

I CAN'T SLEEP!

Pull the covers over my head
and put a tranquilizer shotgun to my
brain and blast me to dreamland

Where the sheep I have been counting
are auctioned out as slaves and are
modeled down runways,
wearing technicolor dream coats and
singing John Lennon's "Imagine"
as my chaotic conscience is
fragmented into perfect order

Bulldoze the battlefield of worries
To the back of my mind
and let my wishes occupy the
Foreground, populating the space With
a utopian world where
Snorlax is king and
Siesta's are mandatory
Because sleep is the primary religion

My Dream World
A village of all of the places I have
Lived and visited over the years
An amalgamation of
Nostalgia and de ja vu
Employing my imagination as a
Paintbrush to bring definition to my
New reality, and using my optimism
As a toothpick to extract it's flaws

My second home
Where my room is actually clean
Where I have no bills to pay
No girlfriend drama and
No finals in the morning to take
And where my tossing and turning in
my bed becomes a
Meditational Shaking~~Body Waving
to the tranquil music of the ocean
breeze and the crooning birds
that sing poke-flute melodies and
Simon and Garfunkel harmonies
creating lullabies that could even
put Death to sleep

It's like a Mario Pipe Dream".
Filled with lollipop flowers, gumdrop
forests, and towers made like ginger
bread houses with tea-cups spinning in
town square as all of the people
who have ever touch my life are
banded together at the park
Drinking beers.
Pantomiming scenes of the past...
Waiting to get tapped on the shoulder
for a dance down Memory Lane

I said to one of them "Take me back!"
Take me back to the golden days of
pizza parties at Chuckee Cheese,
winning tickets at the arcades
just to get the toy soldiers with the
parachutes, wishing your mom
gave you 500 dollars for coins
instead of 5.
Take me back to the water balloon fights
at the park,
sneaking out after dark
and the feeling of getting
drunk for the first time
Take me back to playing
haky-sack at recess
Take me back to the Power Rangers at
my birthday party, my first Halloween
eating candy, velcro shoes,
Kool-Aid, and playground memories

Take me back to smile at the past and
now show me to my future
Where my cards are chosen from the
random deck of possibilities
Where all of the 'what-if's morph into a
musical in my mind,
presenting to me my Future.

Where all is good and will be good

Fix my soul next to the stars
So when I open my eyes,
I can still dream

Dreamland

Matt Snyder

Matt Snyder is a recent graduate from Pepperdine University, receiving his masters in clinical psychology with an emphasis in marriage and family therapy to pursue his dream of being a music psychotherapist- (not a music therapist). He is an alumni of UC Santa Cruz, where he first started writing poetry and going to slams after seeing the video of "The Kurosawa Champagne" by Derrick Brown. Matt is also a musician, playing a variety of instruments in the band, Concord, and is currently working with the Dementia and Alzheimer's disease population providing music therapies. Fun fact: Matt is a certified Laughter Yoga leader!

