

Between First Light And  
Ashes



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Ashes*

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For Mark



## *Introduction*

Love is a language we all think we speak fluently, until we are silenced by its loss. This book of poems is a journey through the entire landscape of a relationship, from the first tender spark to the final, echoing silence. It's a map of the heart's terrain, drawn with trembling hands, rewritten with inked over scars, and punctuated by the weight of unspoken words. In these pages, you will find the giddy blush of infatuation, the steady warmth of shared moments, the subtle cracks of growing distance, and the piercing ache of goodbye.

But this is not just a book about breaking up. It's about feeling, truly, deeply, sometimes unbearably. It's about the roller coaster we strap ourselves into when we love someone: the euphoric highs, the stomach dropping lows, and the unexpected turns that leave us breathless. These poems are not tidy. They do not pretend to tie up love in bows or box pain into neat conclusions. Instead, they bleed, they rage, they whisper. They remember. And in doing so, they offer something we all crave after heartbreak, permission to feel, to reflect, and, perhaps, to begin again. Whether you are still in the thick of it or looking back with softened eyes, may this book be a mirror for your own story, a balm for your wounds, or simply a quiet companion as you heal.

With tenderness,

*Garry Thijs Nicolaas*



## *Contents*

15. Love in a northern town.
16. The first time we met.
17. A day in the peaks.
18. Love in a quiet life.
19. Safe harbour.
21. Where the sun meets love.
22. Where the wild roads lead.
23. Against the odds, against the tide.
24. Love without measure.
25. Falling in love.
26. When hearts align.
27. Six years in bloom.
28. The edge of forever.
29. Wandering together.
30. The sound of us.
31. First firelight.
32. Love among the noise.
33. Love Between the Cobbled Streets.
34. The man he has become.
37. Echoes of doubt.
38. Touch no longer reaches.
39. Whispered through the skin.
40. Shadows in the wind.
41. Distant hearts.
42. New bonds, shared smiles.
43. The knife you didn't hold.
44. Almost home.
45. The weight of no.
46. Parking lot goodbye.
47. Walking home alone.
48. Not every tear is earned.
51. Puppet strings.
52. The stopgap.
53. To one who comes after.
54. In the quiet you choose.
55. Hey Mark, will so long do?

56. Erased.
59. Between the breaths
60. A Pin for Mark.
61. The mirror cracks.
62. Cruel hearts leave scars.
63. When truth falls on deaf ears.
64. Betrayal.
67. Wishing you well.
68. What follows the fall.
69. The weight of letting go.
70. Through the ashes I rise.
71. The first year after.
72. The hands that lift.
73. Learning to breathe again.
74. Left on read.
75. Becoming.
76. Moving on.
79. Unbroken still.
80. Finding laughter again.
81. The rain walk.
82. Love? I'll pass, thanks.
83. The hollow place.
84. The shoreline remembers.
85. The ghost of the band.
86. No more circles.
87. My ex the devil (And other mildly accurate terms)
88. The man who borrowed backbones.
89. Shade knows nothing.
90. Between first light and ashes.
91. Mr Virtual reality.
92. Ashes to ascent.
95. Discarded you.
96. Tears too many, heartbreak too long.
97. Letter left unsent.
98. Who did you become.
99. Next time.

- 101. The joys of being single.
- 102. Ode to the man who only ever loved himself.
- 105. Time to move on.