

Anthology of Raquel G

Raquel Gonsalves

Presented by

My poetic side 



Dedication

These poems are dedicated to each reader who enjoys the world of poetry.

Acknowledgement

Poetry is an expression through words that can't be said.

About the author

I'm a 26 year old female who suffers from schizoaffective disorder. My poems are based on my life and the struggles I've faced. I want the world to know what it's like to be me and also help others who go through the same struggles to know they are not alone.

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Understand

We may breathe the same air
We may have walked the same road
But you will never have the same struggle as I do
I've seen the bad..the worse and the ugly
I've heard the screams
I've felt the pain
We all have our troubles
But yours will never be mine
You never saw shadows or the monsters
You never smelt the fear and the stench of death
You never heard them talking
When they say jump or when they say die
You'll never understand because you're not on the inside
Ever woke up and didn't know where you were
Even though you've lived there most of you life
Ever felt the need to feel the pain of the razor sharp edge cutting through your wrist
Ever thought the world would be better without you
Ever listened to the voices and just give in
Ever felt like your being punished just for living
Well I have but you won't understand
The voices they mock me
The monsters taunt me
So I turn up the music to drown out the sounds
But even in the lyrics they talk to me
They manipulate me with symphony
But it's too bad cause you can't save me
I've overdosed on the pills
I've cut deep into my skin and pass the flesh
I've stood in middle of the road
I've heard them whisper it's time to go
But once again you couldn't save me
You may call me crazy
You may say it's all in my head

You may not care
You may even laugh and stare
You may think I'm overreacting
You may call it a test
But you my friend haven't seen the end.

THEY

They are out to get me
They follow me around
I hear small squeaky sounds
I know it's them
They want to attack me
They've poisoned my soul
I feel so dizzy
I'm weak inside
It's like they've stolen my energy
I'm lost in a place
It has no space
It's cloistered in here
It's dark and smells funny
There's someone lurking
But I see no face
I'm scared and lonely
My tears they fall slowly
Maybe I'm hallucinating
No I can't be
It's all too real to me
I can feel the coldness
It's rough against my skin
Is anyone here that can help me
I'm beginning to panic
I can feel the end
I'm trying to break free
But I can't move my limbs
Think I'm paralyzed
Oh they're gonna get me
Don't trust their words
Don't trust their smile
I think the injection has worked
I'm falling from the sky

Hope I get out I need an escape.

Without you

You heard my cries and you cried with me
You turned my frowns upside down
You were always there to save me
"Just a phone call" you'll say
Because you were always there to listen
I Always thought I would be the first to go
Not you...
Why did God take you.. didn't he see i needed you
From the first day you met me you held me close
You held me under your wings because you loved me without fear
You didn't even know me but your care was shown
I miss you.. yes it hurts.. why did you have to go
It seems like just yesterday we were dancing
It seems like just yesterday we were meeting
You've been a rock through the storm
You've been that hope lights up the hearts of many souls.
I pray your keep smiling like you always do
Watch over from above and always protect me
I love you aunt Linda. You're my queen

These pills

The medicine cabinet is open
the pills all gone
The bottle it lays open
all the contents taken

The tear drops they tumble
right down each cheek
The good times reflected
and the bad times make we weak

Don't bury my body in the ground
Don't want to be seen with a frown
Far from here, it will bless me much,
No longer the pain and sorrow flow in me like it's in a rush,

I will die on this ground with pride in my heart,
But rest assured I know you will be strong
I couldn't help but die inside,
So I covered my pain no secrets to hide

You knew my secret you knew the truth,
Now that I have ended my Youth
I've lost myself blinded with tears
I'll take my life with no more fears

Innocence lost

As i sit here
I remember those days
I see the flash back
But they aren't great
I Looked in the mirror
Then i see her face
Cheeks red as paint
and her pale as snow
Those little teardrops
they run really slow
No one knows our pain
It's torn and stained

I closed my eyes
they flash through like thunder
Those memories of hurt and pain
My innocence was lost at such a young age
I was locked in this place with so much pain
There's nowhere for me to escape

Those things you did they taunt me today
Those memories are stuck like a prey
I was just a child
Living in the devil web cage
Wishing someday you'll bare the same

Closed

The walls all so familiar
Yellow & white
They fit so nice
There is blood on the floor
It's happened before
A little bit swollen
Just be a good girl
And you won't feel the pain

Suicide, it's on my mind
Should I swallow some pills
Or slice these veins
I'm really confused
But I stay through this abuse

He's never the same
And he's drinking again
I love him so much
But I can't bare this pain

It's too late my heart can't be erased
This time it over
Because this time I know
I'm not so strange.

Smell

The smell so near
Yet so distant in the atmosphere
Breathing slowly as the scents consume me
Lavender I sensed I feel a bit content

I close my eyes and begin to dream
Wishing everything would become real
The feeling I have I wish I could keep

Open my arms for a warm embrace
I have nothing to fear
No temptation or danger will Interfere.

But then I open my eyes
And just a faint glare
My fairytale has just ended there

Killed that one

When I got the news
I was in dismay
My heartfelt heavy
My eyes were weary
So many mixed emotions
And only one decision
wiped it away or let it stay
Even though someday I will repay

Walking and asking is this the right way
I opened my legs and began the unholy procedure
Only one day but yet so much emotions
I've made a mistake
I want someone to hate

The pain it hurts
As I bit my lips and my hips circulate
What have I done
Taken another
Just a silly coward
I would have been your mother

It haunts me
It taunts me
At least I'm free
Something I can't seem to be
This would have meant everything to me.

Fear

Darkness, Oh no
It's repeating
Do you see what I'm seeing?
Or I might just be dreaming
I see a light and somehow it's fading
Please don't leave me
I'm lost in these fears
It's too much to constrain it

Running like lightning
I try to approach it
But the faster I run
The faster it's closing

Wait, I see a candle
It's beaming
Relief is sounding
But I can hear him coming

Standing in fear
He has no care
Why is life so unfair?

Midnight

I go to bed
There I weep
Tears of sorrow
It has capacitated

Stares into the midnight
There's no winter
My pillows are wet
I didn't mean to get it soaked
I've finally broke

Inside my head
The pain is repeating
Words that hurt
And my life cursed

That well lit fire
And no candle light dinner
Seems oh so far from this
Painful sinner

Judge

Blue, yellow, green
They always seem to be competing
These voices they keep on preaching
It's soon near the end
So why do we all pretend

We look for a hero
But what are we
We're hoping for better
Searching for love
In a forbidden gutter

Thrown out like thrash
Battered like dogs
Do you see where we're going?
Their minds are demented

This world of ours
So corrupted
We've become enemies
Unloving and destructive
Guns and weapons have become the new stand
Open your eyes and see passed the blind
It's our time.

Death

Death I can hear him calling
Death I can see him creeping
Is it wrong to look away and up to the ceiling?
Not here, not there
Death you have no place here

I can see him smiling
The sly childish smirking
Not here, not there
Death you have no place here

God is fighting
God is winning
Why tempt me, a child of God?
Not here, Not there
Death you have no place here

My angels are guarding
I'm shield by his blood
Haven't you been losing?
God has his blood surrounding me
Death you have no place here

Her

Today you finally spoke of her,
That's when I came to see
That she was everything to you
That I could never be.
It came as no surprise to me
I knew I'd not compare
But when you cried the whole day through,
It was more than I could bare.
I wished that I could hold you
And take away your pain
But you pulled yourself away from me,
It was then my heart was slain.
You told me how you missed her
and it broke my heart in two
To see you feeling so much pain
When there's nothing I can do.

And then I finally realized,
You were asking me for space
You never spoke those words to me
But I read it on your face.
That's when my tears came flowing
Harder than they were before,

Because I knew the time had come
For you to close the door.
I said I'd wait forever
Then I gave you one last kiss
and I prayed that there would come a day
When it's me that you will miss.

Dreams

Laying here
No worries
Or fear
Eyes are heavy
Heart beats race
Yet I can't sleep

So much on my mind
Nothing is right
Moments of dreams
I await incomplete

May it be happy
May it be sad
Another world
Will be unfold

Death cages
Angels singing
Can't wait to start my dreaming.

Dark time

Songs of sadness

They play through my mind

Seems so cold but I'm waiting

To hear the stories foretold

Beginning to see the lost

Even though it's coming to an end for me

Communicate they say

Don't be selfish

But I never am

No matter how hard I try

I can't even lie

Cursed by emotions and all these feelings inside

Wish I was different

Maybe then you'll see what you want me to be

I hope one day I can find the master key

Same place

Everything is the same.
Back at the same place
How much more can I take
This isn't another mistake

Fighting this battle
And it seems as if life has won
Should I give up now?
Or put up a fight
Sooner or later it
Will all come to light

Us

I was young
And you were older
I confided in you
I gave my all to you
First man in my life
First test of heartbreak and lies
I cried many nights
Yet I lost the fight
Was it worth it?
All the pain and all the abuse
Thought you really loved me

Yes I was young
And you were older
That made me think you would be so much wiser
Even when it got rough
I stood tall
But I guess I wasn't strong enough
This girl so broken
Don't think I'll ever comprehend
You said you loved me but
It was all pretend.

Hope that one day
Hope that someday
You'll remember me
I pray it's not in your daughters eyes
Because one way or day we will always have to repay.
I've seen your anger
I've seen your deceit
Hope I get one day I get to see your love come out to play

After all

Even though I never really shown it
Every cut hurts so much more
When there ain't nothing to put on it
And boy you should of seen me
Got hurt, but i did a damn good job
I was one of the smartest in my class
I worked so damn hard
And I got through it all
Even when they hurt and raped me
But I can't let go of the thought that
You probably could have saved me
When life's hard, it means something
You get through, you gon' be something
Cause pain hurts but it heals too
And after all this shit that I've been through Imma make it

They said

They said smile, so I smiled
They said you're stronger than you think,
So I kept smiling
They said you're beautiful
But all I saw were the scars and the tears
They said you can be anything you want
But all I saw were the failures and the past
They said i wish you the best
So I slit my wrist and watch it bleed
Watched as all the hurt subsided away
Because my best was to no longer exist

Lost

Why is my heart so eager to learn more
When my soul cries out there's nothing left
My mind is being torn apart
Can't differentiate between fantasy and reality
Am I wrong for hoping for better?
Am I lying to myself that I'm going to be better?
These hopes, these dreams, they seem so real.
I know it's my mind that's playing these games
But my heart won't let it win.

Question existing

On bended knees and teary eyes
My heart beated for you
Never understood how I could love someone
When I could hardly love myself
But I soon came to realise that my heart
It only gave of what it wished it could receive
See my mind was so corrupt,
So miss used by so many passersby
It learnt to cope, it built a firewall within its membrane
That I couldn't hate,
The more pain I felt, the more love I released.
Now you've changed and I see the good in you
My heart still doesn't know what's fiction from what's real
So I'm here, questions existing,

Maybe it's the hurt you caused
Maybe it's the fact I haven't learnt to accept the past
Yes, you shattered my every been
I'm left confused, although I see the love in your eyes now
The love I've begged for, for years
Maybe it's too late,
I'm numb but can you tell?
I'm lost with the answer I should give you,
So I'm here, questions existing,
Should I say yes or should I walk away?

lost and broken

Am I really losing my mind
seems like I'm walking into no where
darkness everywhere
somehow I can't reach the light
am I falling deep or im leading to the end

wheres my calvary
where's my hero
guess this is the way I'm supposed to be
lost and cold
broken and crushed feels like I'm at the end
I can see it now
not the light but the darkness
I think I'm suppose to jump
but jump where?

Lil Draco

Persistence was it
confidence be it
who thought walking in that store would change my day
who thought God heard me when i prayed
maybe it was meant to be
that day you were just sent for me

contemplating suicide,
thinking God wasn't on my side
almost lost track of the time
walking through that aisle
was a blessing in disguise

you asked for my number
guess you knew i wouldn't hit your line
i kept walking but somehow i felt those butterflies
it was the persistence in your eyes
and me hoping you wont tell me no lies

Two weeks later we're vibing in your car
round of applause, cause you started to break down my walls
i swear my life was officially yours
after we fucked that first time
lost my soul after looking in your eyes

Draco E

You brought me back to life
Our souls entwined like we were living in mob ties
Connected through the music
Connected through them bloodlines

You're my addiction, my contradiction
It's like an affiliation of love
Caught up in these feelings
Got me thinking I'm your queen
But it was just the music and the drugs
Felt like I was sipping on some lean

Taking these steps in my life
Don't feel like I'm going to win
You became my inspiration
You became my love
The only person in this world
I thought I could trust

Never knew how to trust
Until you came my way
Learning the meaning of loving you everyday

Miss you

Even though you made me cry You even made me laugh Knowing you were inside of me I felt like the world belonged to me Never got to see your eyes

Or even watch you sleep

Didn't get to hold you in my arms or even go on shopping sprees

Why the world took you from me It keeps on breaking me

My soul keeps hurting

I don't want to keep on living Feels like my purpose has ended You were everything to me I saw how happy your father was You meant the world to us The look on his face and sound of his voice I knew he would love you forever First visit to the hospital I knew something wasn't right They kept saying it was normal But you were telling me different I wish I could have saved you I wish you had just stayed Those two pink lines brought so much joy to my life Now my days are filled with pain I can't ever hold back the tears Now I feel like I'm the one who needs to be saved All I want is to be with you again All I want is to see your face Just want your warm embrace

Strangers again

What if words could explain

What if these tears could spell your name ,Your face is an image that's tattooed in my brain

Did I imagine the love I felt or was I insane You were my safe haven The place I called home
Without you I felt alone The time with you I wish I could freeze Your voice so comforting It made this
heart weak With you life felt worth living You could do no wrong and I felt so strong Now I'm
breaking and it's like one big catastrophe Because you're living without me A lie I could never tell
when it came to you My mind is flooded with only memories of you Surrounded by many but still I'll
only choose you Never mattered that we had different point of view Wish I knew how to act like I
didn't care. Thoughts of losing you I couldn't bare Those nights turned into months And your
friendship grew into love Praying for those calls once more.

Soul ties ?

In my mind I'm screaming
but you can't tell
These emotions I feel it's like a spell,
Every breath I take feels so incomplete
My heart is confused
no I can't wear this love on my sleeve,
Should I open up this pandora box or should I just pretend I can't feel,
so my soul won't be crushed by these hopeless dreams,

Body to body that's where it began
Oh how I wish we didn't , but here I am
Cursed in my actions
Trapped in my sub-conscience
Can't remove your face
Tattooed in my brain
and this feeling I have can't be contained.

As I walk this path no words to speak
Just feelings I can't understand and I feel so weak
When we're apart your soul I seek
Hoping you feel the same way
Or maybe it's just lust and I'm still asleep.