

Baring My Soul

Michelle R. Olds



Presented by

My poetic Side 

Dedication

To my husband, my heartbeat.... even time could not keep us apart.

Thank you for showing me that ALL THINGS ARE POSSIBLE!

Acknowledgement

My life journey of lessons and blessings has allowed me to BARE MY SOUL. All those who took part in my journey, THANK YOU.

About the author

I have been writing poetry since I was a child. It started and has always been a form of therapy for me. I hope my trials and tribulations show others that there is always light at the end of the tunnel. FIND yourself, then BE the BEST version of yourself!

summary

FIRE & DESIRE by Michelle Olds

Looking Glass

Love you.... Love You Not by Michelle Olds

Blind Heart by Michelle Olds

NO MORE by Michelle Olds

Evolving Me

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Forbidden

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WORDS by Michelle Olds

Affirmation By Michelle Olds

F(free) E(each)A(altruistic) R(reality)

WHY.... WHY NOT?

FIRE & DESIRE by Michelle Olds

Mind in a daze, trying to see through the haze of your proclaimed love
You eye me at a distance, like you're an apprentice of my mind
I watch you, watch me in this slow dance of hypocrisy
Wanting me while you belong to another
Having me while you belong to another
Was she also once your prey?
Pray she doesn't see how your eyes linger on my derriere
As the air thickens
Clouding my heart
My brain SCREAMS for logic to intervene
In a jolt, I fall out of the daze of your haze to factuality.....
You are forbidden fruit

Looking Glass

Turmoil inside me
Locked without a key
wondering what will become of me

Not to be loved is more than I can bear
For only you have ever touched that place within

Here I am a coward playing pretend
While the world watched over and over again

Alone with my secret, no one to tell
Might as well put love back on the shelf

Turmoil inside me
Who has the key?
Anyone but me

To be loved is just a device
Anyone can buy for a price

To love or not to love
Just ask the heart
For only it knows right from the start

Turmoil inside me
Let me breathe
Let me know what it is to be free

Love you.... Love You Not by Michelle Olds

What is it about you that stays on my mind??

Like a shooting star across the sky
You take my breath away
Longing for you when we are apart
Relying on fond memories of our start

Heavy in my heart, tight across my chest
Nothing can express my feelings for you
Why try....
To characterize is to minimize

You are my soul
My paradise
My happily-ever-after

I hold a thousand words for you
My lips will never speak
Your ears will never hear

What is it about you that stays on my mind?

Blind Heart by Michelle Olds

When I'm with you nothing else matters
Not the lies
Stench of betrayal
Or your wife

Kisses intoxicate like wine
You are so fine
Color milk chocolate, deep brown eyes, strong arms
My own Hershey's kiss

Your touch ignites my body
I am drawn to you, like a moth to a flame
Helpless
Helpless
Helpless

When I am with you nothing else matters
Not the violent outbursts
Slaps to my face
Or your kids

Loving you causes me to quiver
Cry from pain'
Shrink from shame

Helpless
Helpless
Helpless

NO MORE by Michelle Olds

You raise your hand to knock
me down

Flinching at the bellowing
Sound of your voice
Shrinking as you close
The distance between us

STAND TALL...
I am scared...Conflicted
emotions

You raise your hand to knock
me down
For you see the woman I want to be
Completely free

I've seen the fear in your eyes
As the woman inside starts to rise

It occurs to me
YOU FEAR ME

Seeing the challenge in my eyes
Mixed with pity and despise
You will raise your hand to me **NO MORE**

As I walk out the door...

Defiantly

Evolving Me

I am a woman on the come up
Yes I am

Having weathered broken relationships
Depleted soul, poor judgement

I am a woman on the come up

Learning lessons and loving oneself
Likes, dislikes, all the possibilities in between

Turning financial struggle into financial freedom
Using positive thoughts to overcome negative thoughts

I am a woman on the come up
Yes I am

Opening myself to receive love
As I expect it
As I give it

Knowing the bad won't last forever
Happiness is right around the corner

I am a woman on the come up
Oh Yes I am!

Gotcha

You know all my spots
Know how to make me scream
Even when I don't want to
Matching my pace at all times

Slow-N-Steady
Fast-N-Furious
You do whatever it takes to make sure I'm satisfied

Sometimes I feel I can't take it anymore
But you refuse to let me go
"Almost there" you say

Damn, that felt good....
Same time, next week

Personal Trainer

Forbidden

Always on my mind
Day and night

Constant like a dream
I cannot fight

What draws me to you is your heart
Something which is rarely seen

The attraction between us is hard to ignore
A burden to carry, now a chore

To be with you if only for a moment
Fills me with endless thoughts of "what if"

My heart is yours exclusively
No need to ask

You are always on my mind
Day and night

Becoming

Love is not the becoming of one
It is adding more to your partner
A bad day turning bright
A hug without words

Respecting one's ability to grow
While having their back if they fall
Partnership
Not afraid to agree to disagree

Know that I will always love you
But there will be times that I won't like you
Know that I trust you with my heart
But will walk away if you abuse it

Love is not the becoming of one
It's when a person makes you want to be better
To do better
To live better

DOLLARS and SENSE by Michelle Olds

Once you said you loved me
I asked it was true
You said it again, so I believed you
How long have you been living this lie?
Denying me of all I ever wanted...

Love
That's all I asked of you
Not money, clothes, cars
Just love

Why was it so hard to love me?
Was it because love didn't have a price tag...?

What I wanted most was the least expensive
You couldn't even give me that

You never loved me
If so, prices would not have mattered
What did you gain- NOTHING
What did you lose- your best shot for ETERNAL HAPPINESS

I don't play games
You thought I was a Monopoly set
A piece to be bought
Money only buys so much
I was never for sale

Inner Thoughts by Michelle Olds

Burden on my mind
Straight up decline
Of the world today

Peace on earth
Mocked with jest
Tests the patience of all believers

What's left to say
But do your best
Until your final day of rest

Anticipating the reunion of those you love

As long as your heart is open, you will never be lonely
For they are only a memory away
Hearing you always when you pray

It may seem like forever and a day
But that joyous day soon come
Like the morning sun

Reunion of those you love

Movin\\' On by Michelle Olds

When is it enough?

Late night tears

Remembering how he used to hold you

Sparks gone

Bond broken

No more words to be spoken

Do you keep trying...?

Knowing it falls on deaf ears

He hears but doesn't listen to your heart

Crying...

Dying... with disappointments

When is it enough?

Walk away bruised

Stay, continue to be abused, neglected and unappreciated

When is it enough?

LOVERBOY by Michelle Olds

That man of mine
He's so sweet
He can make a butcher give away his meat
Make a wino spill his wine
Just to spend a little time with that man of mine

A man so sweet, can't possibly be all mine
Ladies open their legs at a drop of a dime
Kiss and tell is what they play
Wanting to see that man any day, anytime or anyplace

In a shack filled with rats
on the floor with other whores
Any day, anytime, anyplace

That man of mine died today
If everyone had their way
He would live a thousand more days
That man of mine sure was sweet

Tenderness

The way you look at me
Clear to my soul
Makes my heart sing

My every wish
Thought
Desire
Comes back to you

Wanting
Needing
Loving.... you

Trust by Michelle Olds

A selfless act
Which leans on Faith
A sister of Love
Whose brother is Strength
Mother is Happiness
Married to Trust

Be responsible
Be true
The next heart may be your own

Broken, battered, feeling blue
Who knew?
A small word
Weighing a ton
Could cause undone

Trust

Sun and Clouds by Michelle Olds

I love you for our yesterdays
Doubtful that today will be any different

The memories of our souls talk
To months filled with silence
Years filled with what if's

You are my soulmate
I think more often than not

To feel your touch upon my face
Arms around me, strong embrace
You whisper...

My love grows wider everyday
Wanting for you to stay with me....
Always

I love you for our yesterdays
Doubtful that today will be any different

To hear you speak will bring a smile
But only for a little while
We both know the joy of today
Will fade away like yesterday

I love you for our yesterdays...

HeartAche by Michelle Olds

Getting over you

The hardest thing I ever had to do

How do you stop your heart from breaking?

Your body from longing

Your mind from remembering

How it felt to be loved

We search our whole lives

Only to be heartbroken

Do you give up on the memory....

Or make new memories?

Who's wiser,,,

Those who embrace the sight of love

Or those who dodge it at all costs

How it felt to be loved

Sounds like love by Michelle Olds

Beautiful sunrise

Ocean blue sky

Cotton puffed clouds

Tropical breezes

I feel enchanted

Pink sand beaches

Breathtaking sunset

Dinner by candlelight

I can taste happiness

Glistening moon in a diamond laced sky

Dancing to the rhythm of a lone heartbeat

I see love

Infinity By Michelle Olds

My love for you has no bounds
If only you can see
What you mean to me

You've been alone so long
To weather the storms
Not realizing that you belong with me

Back then, even now
I will always hold you down

For my love for you has no bounds
Forget these clowns

It's you and I
Rising to the top
Which nothing will stop

My love for you has no bounds
Pronoun we
As it should be

Till your final destiny
With glee, I will treasure my memory
Of our infinite love

Lifeline by Michelle Olds

Unable to deal with the pain of life
I sought you

Your love and strength have carried me
Through my inner struggles

Words of wisdom
Endless support
Undivided attention

With you by my side
The journey of life becomes easier

An angel in disguise
A constant blessing

I turn to you for comfort, happiness, wholeness
You are my best friend, confidante, soulmate
Thank you for being you

Passion Pursuit by Michelle Olds

Lonely heart

Missing..

Waiting..

Wanting..

You

Empty soul

Searching for the one

To fill me

Complete me

Make my dreams come true

Broken

Tears finalize the truth

Unanswered prayers

Pain which holds my heart captive

To question why is to acknowledge weakness

Spirits shattered

Strength depleted

Ego bruised

Am I destined for a path of destruction?

Lonely heart

Letting Go by Michelle Olds

Numb is my heart and legs
As I walk away from you
The only man I truly loved

Won't compromise my heart
Loving you, when you want to be loved
I deserve more than that

We all have a weakness
Mine was, loving a man who doesn't want to be loved
Action speaks louder than words

We just have to listen

Words by Michelle Olds

The power of words
Can punch like a fist
Comfort like a hug

A misguided fool
Using anger as a tool

So be kind to your mind
Sweeten your thoughts
To be mindful of breaking hearts

Know the words you say are long lasting
Making an impression, before any action

Always a challenge
Don't be savage
The power of words can affect generations

Romance by Michelle Olds

As I ponder my knight in shining armor
Strongly believe in karma
I asked for you

How clever the Universe
Has blessed me with you
Forever

Depart never
Flawed together
We will weather all storms

Your love has transformed my blues
Into pinks and reds hues

As we say "I Do"
In the essence of your presence
I delight in my right
To have the honor to be called Mrs B

True Talk by Michelle Olds

A chance to love you
With all of my heart
For I see in you
What you hold close

I look into your eyes
The windows of your soul
And see what our life could be...
Together

Driven by your need to succeed
You deprive yourself of love
Seeing the two as incompatible

Love is a component of life
That one should seek, not avoid

A chance to love you
With all of my heart

Spellbound by Michelle Olds

Red glow of sunset
Twinkling stars on a cloudless night
Watching the ocean as it caresses the shore

I am reminded of my heart
Once jagged, now smooth

My love is reminiscent of a tide
Confident, strong and beautiful

The allure of flirtation
Which casts a spell
Unknowing of your captor

Till it's too late
Like a spider's spun web
You are caught

Caught in
Caught up
In this thing called love

For Grandma with Love

We thank you for your gift
For you have touched us all in separate ways

Always quick to lend a helping hand
Offer a shoulder to cry on
Stern words to uplift
Helping us to help ourselves

We thank you for your gift
For you have done something special for each of us

Your light will shine eternally every time we remember your smile
Although our loss of you is bittersweet
Tears today for our mourning hearts
Fond memories we rejoice until we meet again

We thank you for your gift
Loving us as we have loved you
We thank you

Withdrawal by Michelle Olds

Overslept

Headache

Missing you

Rainy day

Car won't start

Missing you

Boss on my ass

Can't concentrate

Missing you

Finally home

I see you

You smile, I smile

All worthwhile

Unconditional by Michelle Olds

I will give you my heart
To do what is best
For I know you will do the right thing

Love me
Grow with me
Challenge me

I only ask of one thing in return
Your heart
For which I will do the right thing

Love you
Protect you
Keep you

Accept what is in your heart
Or play it safe
The choice is yours

Naked Truth by Michelle Olds

To change your perception of me
I wear my heart on my sleeve
A perception foreign to me
Just to get you to see

Then I realize
It is not that you don't see me
Reflection
I am the mirror image of you

You are scared to love
While I am scared to unlove
Hostage to our thoughts
Conflict

Mind over matter
What matters is the heart
Kindred spirits
Fighting to be masters of our own fate

Love or Lust by Michelle Olds

Longing to be with you
My lips... Your lips
My hands... Your hands
Bodies entwined like rope

To hear you, is to want you
To feel your touch
To wonder how I've ever lived without it
To love you, is to bring you into myself at costs

Love or Lust

With every breath I take
I feel you
Smell you
Taste you

To be without you
To live with only memories, would be like....
Cutting out my heart
The heart that bleeds only for you

WORDS by Michelle Olds

Ask
Request
Permission
Conquer
Surrender
Open
Love
Cherish
Treasure
Always
Forever
Eternity--- My heart demands of you

Trust
Faith
Believe
Allow
Surrender
Open
Listen
Hear
Follow
Today
Tomorrow
Always--- Your heart's promise

Affirmation By Michelle Olds

I love you

I love you

I love you

Even when I don't like you

May even despise you (temporarily)

I love you

Days filled with gest

My heart sometimes a mess

Wondering...Is this a test?

Staycation

Vacation

Impromptu rendezvous

I know that I love you

Till the end of time

You are mine

I love you

I love you

I love you

F(free) E(each)A(altruistic) R(reality)

Why do they fear us?

kill us

When all we want

Is a way to live another day

Just do what "they" say

As we bleed red

Sometimes lying dead

Never taken into account

The benefit of the doubt

Innocent till proven guilty

Hands up!

Why do they fear us?

Turn around and want to be us

Appropriate... us

Take our namesake

For goodness' sake

Always ready to debate

HIStory

Cannot relate

To our pain

The burden

Being unseen

Jury of our "peers"

Listen with deaf ears

Why do they fear us?

The beginning of the end

Racism

Opening your heart

Is a good place to start

WHY.... WHY NOT?

Ya'll be askin
Bout all this passion
I have for love & justice

It bothers me
To see all the hypocrisy
In the loaded questions

Why ya'll still mad?
Why ya'll still protest?
Why can't WE just all get along?

Still mad since we are not treated equally
Still protesting since Oprah 2005 and her millions was denied entry to Hermes
We can't just get along till the wrongs have been made right

We are in sight
Of futures shining bright
If only we all can see

The need for us all to be free
If not hand in hand
At least side by side

Love & Justice are action words!