

Anthology of s.gush1995

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Presented by

My poetic side 

Dedication

To anyone dealing with mental illnesses, addictions and personal struggles. You are not alone!

About the author

My name is Shandi,
I am a recovering alcoholic. Addiction runs strong
throughout all of my family in many generations
along with mental illnesses. Poetry has always been
a solid outlet for me and though I don't write very
much anymore, I am going back to my roots to aid
in my recovery so that my child will see firsthand,
that we do in fact, overcome our obstacles and we
do prevail. I wish nothing but love light and peace to
all, and I hope that everyone will conquer their
challenges and help lead others to success.

summary

The Lessons You Learn

I love you and goodbye

Mom

The Lessons You Learn

Being on the inside,
Looking deeper within.
Some lessons come on slow,
Some pile up instead.
It reminds me of rouge waves,
Building up,
'Til it foams and crashes.
We're so desperate to seal,
Up all of the hatches.
Hanging on,
For dear life inside,
Not quite literally,
Moreso, mentally.
Still, there's no place to hide.
Now it's you, and you alone,
Shaken up hard, by the waters that you've known.
But the fact that you're still alive,
Has to mean that there's more to life.
So when it's either sink or swim?
Take a few deep breaths, and dive right in.
Sometimes progress,
Isn't easy,
But giving up,
Gives you nothing.
To worry so harshly,
About current or future events,
Does not change anything about them.
So change the song,
When you're stuck on repeat.
Take deep breaths,
And ride with the sea.

I love you and goodbye

I've gained some peace,
Since you've been gone.
Although I do feel bad,
Because you needed me to lean on.
But if I'm not strong enough,
To stand on my own two feet,
If I can hardly move,
Because of wobbly knees.
Then how can I possibly,
Use my own energy,
To hold your hand through your own healing?
To lend you an ear,
When I can't truly hear,
To offer you support,
Although I can't handle being there.
It's not that I don't love you,
Or that I don't care.
It's not that I don't miss you.
And no it's not fair.
It's just that I'm trying
To be all that I can be,
To wake up tomorrow
And be better than today.
It's that being a mother, a wife, a caretaker and a worker,
Is all an awful lot of pressure,
Especially knowing that I can't touch the bottle.
It's having to be present.
And learning who I am.
It's the fact that I'm so young,
But I'm trying as hard as I can.
I've fucked up,
a whole lot of times.
Some worse than others,

And now I must learn,
To navigate this chapter of my life.
So yes,
It's been more peaceful,
Since you've been gone,
But I encourage you,
To continue moving on.
Just because I can't be there,
And I don't want to be close friends,
Doesn't mean I don't wish you, the very best.
But my family needs me now.
And I need myself,
There is no room to fall, over someone else.
So with all due respect and so much love wished for you,
I'm glad I said goodbye,
It was the right thing to do.

Mom

I wish that you could hear me
All the years that I've spent screaming
And it all was for nothing.
I wish that you could see
Who you are underneath
All the hurt and rage
You let a demon take your place
Mom got slammed into a cage.
And I think that's when she caved.
As the days have turned to nights
I've watched the fading in her light
If only she could see herself
Through my eyes
And though your body is still here mom
I'm left grieving the loss
Because I know that you've been gone
It weighs on me so heavily
That I couldn't break you free
That I couldn't snap you out of it
That you may be gone for eternity
And looking at my son
I fear for what's to come
I witness a warrior, a true woman of God,
Not just crumble and fall
But never get back up at all
I worry that it will happen to me
That one day I'll break
And my son will see what I'm seeing
And though my hours are filled sorrow and worry
I try to stay present
So he doesn't have to miss me
I think of you in the cold
And settling for that "man"

While I beat myself up about it
It's really out of my hands
So I'm going to try
To do what I always do
Pick myself back up
And remember the best parts of you.
No one can ever
Take your place
But i must move on
Or I'll be stuck in the same space.
Ever so truly
I love you mom
And I've sincerely missed you
Since you've been gone
One day I know
That your body will leave me too
Quite frankly,
We're just waiting on the final phase...
Round two...
It's been a type of cancer
That next to no one knows about
I've literally watched you rot
From the inside out
One day
We'll be putting you in the grave..
And I just don't know
If things will ever be okay.
So for now.
I continue to put my head down.
Keep my mind distracted,
All eyes are on me now...