

The Heart's Truth

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Presented by

My poetic side 

Dedication

For Mom and Granddad: The ones who never gave up on me and the ones who continue to remind me everyday just how strange and beautiful life can be.

Acknowledgement

Kara- for being there through every heartbreak.

Soph- for being my rock and the person who saves me everyday.

Mommy- for being my very best friend.

DJ- for being my reason to write and always sharing your opinions.

Shay- for reminding me it's never too late to do something you love.

Shiloh Blue and Salem Jett- for being the reasons I keep going.

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15 weeks

to hold you in my arms just for a second would be all i'd need. I grew you inside of me. 15 weeks was all I had you for. I have never seen your face. I never got the chance to hold your hand. You were the size of an apple. So small. So fragile. There are so many things I will never get to teach you. I will never get to hear your first words or teach you to tie your shoes. I will never get to know you. I can only dream about the person that you could've become. Would you be silly and social like your dad, or would you be shy and quiet like me? There's so many times when you were with me where I would just sit and think. What would you do if you were running around and fell to the ground? Would you get up and continue, or would you scream "MOMMY!" and wait for me to bandage the wound? in those 15 weeks, I couldn't wait to meet you. Those two blue lines, I felt every emotion at once for the first time. my beautiful baby. I never got to see your face, but I knew in my heart that you would be the most breathtaking thing. I often find myself missing those short 15 weeks. Every morning I was sick, every cramp, every flutter in my tummy. I loved being your mommy. Even for those short 15 weeks.

That Night

that night was just like any other
you got off work and asked to come over
i said yes
i loved you like no other
the way you loved me
the way everything was always okay
you would send poetry that made you think of me
being with you was like a mind syncope
the second you'd walk through the door
all the thoughts that were my own fell to the floor
even after all the love
i still gave up
i gave up on us
but i never gave up on you
looking back, you were the most beautiful view
from the dimples on your cheeks
to the curl that hung right below your brow
i know now that you were an angel sent to rescue me
our last night was something i wish i could take back
the fighting
the screaming
the shouting
the crying
it replays in my head every day
it was all me
with everything i said
you would just look at me
the hurt on your face is now all i see
before you walked out the door
you kissed my forehead ever so gently
you told me you loved me
i was pushing you away
i cant make it right

i didn't know that would be our last night
our last fight
our last cry
now, you are an angel
one with wings, who doesn't walk the Earth
one that i can't hurt
the angel i pushed away
for me, that night will be on replay
i can still feel you with me every day
i just wish you could have stayed

Alive

As She sits cleaning her room
She doesn't know what She feels
Is it joy? Gloom?
She sits on her bed and And she looks down at her leg
Scars
What are they from?
54 scars
23 of them on her arms
54 scars from the 54 times She's hurt her own heart
Lexapro
Zoloft
Prozac
She prays to see the day she gets her mind back
The mind that was once hers to control
The one She didn't need to fight
The one that didn't make her weep at night
Is she gonna be like this forever?
If you asked her when she was five how many times She'd cry herself to sleep at night, She'd say
"never"
That little girl who once wanted to be a doctor, a singer, a mother
Just wants to make it through the night
Alive
Not just breathing
She wants to feel alive
She doesn't want to binge and purge
but every day she fights the urge
Her entire body trembles every time a man looks her way
"Is this okay?"
She thinks "What do I say?"
"How do I look?"
If her life were a book, she wouldn't be the hero
Every day she antagonizes herself
She lifts everyone else up

But who's going to hold her at night?
She's tried to tell herself lies
"I'm beautiful. I'm worthy"
She believes them to be untrue
She's beautifully broken
She's never open
Everyone knows her
but do they actually know
As her breath slows
she sees a light, a glow
At that moment
She knows
It's time to go

Blue

When I think of you
i think blue
you are blue
blue is love
blue is peace
blue is truth
blue is a fitting color for you
when I see blue
i am calm
i see...
you
when anything happens, I run to you
you are my blue
my go to
my heaven
my "one that got away"
how could I tell you to go?
i should have asked you to stay
i regret not saying that everyday
just for you to hold me one more time
brush my hair out of my face
just one more "I love you"
i don't hate you
and I think
thats why I'm angry
most days, there's nothing I can do
but sit and think
about what life would have been like if I never met you
I would like to think
life would have been like a song in the summertime
happy
energetic
free

the truth is

i don't think I would have made it this far without you, my blue
even after everything you've done

i know

in the deepest parts of my soul

i was meant to love you, my blue

i don't know if I was meant to love you so

You could break me and teach me a lesson

or

for you to break me only for me to realize

how much I love you, my blue

how much I cherish you

I'm still trying to figure it out

I know everyone says I should give up on you, my blue

but, it feels impossible

However, that's how I know you're my blue

i chose to live instead of die for you

Euphoria

You are the light
Through every heartache
Every fight
Every teardrop from every cry
You are the light
I found a light in you
You shine so bright
that sometimes it's blinding
it's hypnotic
The worst part is
I don't think you see it
I wish you could see yourself through my eyes
The hope I feel when you smile and I see the little gap in your teeth
The glimmer in your eyes when you speak on something you're passionate about
The way I get a tingle in my toes when you touch me
The way you're presence obliterates everything bad in the world
Because you are the light
You are my light
My hope for the world
My favorite color
My favorite song
My favorite film
Nothing compares to the feeling I get when I look at you
The feeling of euphoria

Fatigue

Loving you is exhausting. I'm tired of not knowing what I can and cannot say. What's going to piss you off today? You never open up unless I beg you to. I love you so much and I notice when you're hurting. I just don't know how to fix it. It's like we're in a loop. The loop of trials and tribulation, so why can't I leave? We both know we are no good for each other. Everyone tells us. You've had so many chances to leave, so why didn't you? Why do you continue to stay when I do nothing but drag you down ? I've fucked up so many times, and I admit that, but I can't take it back. I regret ever meeting you. Not because I hate you, but because I've done nothing but give my all for you, and still continued to mess us up. The thing is, it's not just me . You keep me close enough for me to still have hope for us. It's dehumanizing. I love the man who never shows up. I love the man who says all the right things, but his actions are all wrong. I love the man that was once mine, but is now too far gone.

Mesmerized

The first time I saw you
You wore black pants
orange hoodie
so perfect
Just like a painting
You had no flaws
Still I see
No flaws
I was mesmerized by you
I still am
I know I can be too much
I've been told
But it's you
You with whom I want to grow old
I want to dance in the kitchen at 2am
When the rain hits our roof
We sit on the front porch
Watching it pour
The littlest droplets make me think
The littlest moments with you
The texts
The calls
The memories
They're just for you and I
60 years later
I hope to look into your eyes
While we're dancing in the kitchen at 2am
and still be mesmerized

Pretty Enough

I have always been the girl who is pretty enough to touch, but never to love. Some people don't know how that feels, but I do. I have been loved by three men in my life: my first love, my best friend, and the man i thought was the love of my life. The only one whose love I have never doubted was my best friend. If I forget everything else in the world, I'll never forget that he loves me with his all. Whether romantic or platonic, he loves me. Unconditional love is something special. Knowing that no matter how much you hate yourself, you'll always have that one person to love and reassure you. It's the purest, most beautiful thing, but it is also heart wrenching. Beautiful because I am one of the few who get to experience that love. Heart wrenching because I am scared to accept it. To him, I am a person, not an object. He sees my flaws and loves me, not despite them, but because of them. To him, I am the girl pretty enough to love.

Scary love

I know what scares me

I think you know you have a hold on my heart

You know that no matter how far I am, once you call, I'll come running

I regret the decision I made everyday

Every time I speak to you or see your face, I freeze

If I had to save someone from drowning, I'd choose you over me

I still love you more than you could ever believe

It's been one month without being able to call you my love

All the love I have to give will never be enough for you

And that scares me because I don't know what to do

Being with you felt like floating in a pool of stars

It was scary but invigorating

You were all of my feelings, all my emotions, all my love, and the only thing I thought about

If I could go back to the day I let you go, I would beg you to stay

I miss you more than I've ever missed anyone or anything

I was completely and utterly in love with you and that doesn't just go away

I know that you won't be walking beside me or holding my hand throughout life anymore, but you'll never leave me

I like to think that a love this deep will never go away

You won't be there, but you'll be there with me

And although it hurts sometimes, I'll always be so happy

I'll hold you in my heart until you don't want me to anymore

And that's what scares me

Our love is scary

Winter

Our hearts beat so rhythmically
Almost like a scripted scene
We take the same breaths
And love the smell of the frozen air
It reminds us of when we most cared
Winter was the time of confusion
New experiences
Adventures waiting to be made
Winter was our first date
Winter was the time of our lives
When we realized for the first time
We were too young to die
When we were too happy to cry
You were the warmth in the cold
And were my light in the dark
I often think if we could go far
Go to a place where there's no hurt
No worry
No sorrow
Would we have a tomorrow
It's said that our time here is limited
But we are infinite
We are the only constants
We are the constellations
We are the moon
We are the ocean and the flowers
We are us
Just like we were on that first chilled winter's night

You and me

We were never supposed to be together
We were never supposed to hold hands
Or talk everyday
We were never supposed to end that way
Never supposed to begin in the first place
But you
You are my day
My night
And everything in between
You are the one who saved me
You continue to save me
The one who loves me unconditionally
Inevitably
I believed you were meant for me
Now I know it wasn't meant to be
Everything comes to an end
Even you and me