

Glass eyes and porcelain smiles

A.L.H



Presented by

My poetic Side **P**

Dedication

I would like to dedicate this book to first my mother, whom without her support and endless talks I would have not been able to gather the confidence needed to get myself out there. Second my dad, without your love and assurance I would not be the person I am today. Third is my daughter aurora, though i only knew you for a short time you showed me the depth of real love and showed me I had it all along within my family unit. I will always carry you with me, In everything I do, no matter where I go, You are my guiding light.

Acknowledgement

I would like to say thankyou, to every single person who has held my hand. My grandad who protected me, my brother who was the first person to show me how loved I were. To my nan who would always do her best to make sure I was okay. To the baby brother who never failed to make me laugh, to my sister who loved and helped me everyway she could. Lastly to my baby (who is a dog) lyra, who helped me heal and slowly brought me back to myself.

About the author

What can I say about me? I'm a kind hearted, old soul who loves writing, the smell of earth when it rains, a simple Campfire under the stars and laying on grass in the woods. I've survived being abused as a child in every sense of the word, to grow into my teens and i survived being raped. I've had family shut doors in my face and fought through domestic violence and depression. I lost my identity and then i lost my daughter and my grandad (my grandad the day after my daughter's 1yr anniversary) I will strive to make them both proud of me in everything I do.

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Dancing with fate

*wet pillows and endless dreams,
Those tears that turn into streams,
Forgotten wishes, pained hope,
Balancing on that tight rope,
Silent cries within harsh breaths,
Those psychological deaths,
Taking count of every thought,
And every night that I fought,
Forever dancing with fate,
Longing the pain will abate.*

Beautiful Brokenness

*Take me as I am, in all my beautiful brokenness,
Don't shy away or take offence at my outspokenness,
Love me truly because of every scar and every fear,
In every time I'm silent and those times I disappear,
Hold me when I wake in tears, not an ounce of aggression,
Encourage me, help me believe in myself, no question,
No matter what the rollercoaster, never, ever quit,
Share the monsoon of pain, I'm always drowning beneath it,
Take my shaking hand in yours and help me believe in fate,
With all our lives in front of us, our dreams we will create.*

Step-by-Step

*Taking flight, my dreams are my own,
Finding my footing, now I've grown,
In taking my own hand I'll trust,
Trauma responses I'll adjust,
Building my life, brick at a time,
Its time to start that uphill climb,
Shaking knees and unsteady hands,
Look over those forgotten plans,
Have faith in every wobbly step,
It will happen, just step-by-step.*

Castaway

*Sinking into dissolution, like feet into sand,
Constantly chasing choas, my brains undermanned,
Slowly subsiding, slipping silently away,
Drifting within emptyness, the lonely castaway,
Tiptoeing into abandonment, my soul afire,
Wrapped wrath wrestles with worried whispers in hellfire,
Resist rationality, that relentless reign,
Disappear in distraction, disguise my own disdain.*

Sounds of the cosmos

*I have a secret, a secret so rare,
A sound so beautiful, nothing could compare,
It hums like gravity, loud as can be,
A sound so slow, a steady grow of a tree,
It comes in waves, a sound so natural,
So alluring, so soft, as if supernatural,
It caresses your soul, makes you feel,
A sound so bewitching, it couldn't be real,
A hint of metal and the rustle of a leaf,
It's so alien, like the deep sea coral reef,
Trust me, when you hear it, you will know,
The sounds of the cosmos, helps you grow.*

Stardust

*Take me through what you desire,
Those memories that burn like fire,
All the qualities that you admire,
And all those dreams that backfire,
Walk me through all that pain,
Those monsters you tried to tame,
All those secrets that are aflame,
And all the demons you can't sustain,
Lead me through your darkened mind,
Those hidden boxes that you've designed,
All those issues you've yet to find,
And all the times that you were blind,
Show me how many times you tried,
Those quiet moments where you cried,
All those times you could have died,
And every moment you broke inside,
Walk me through the pits of your dispare,
Those people that pretended to care,
All those times into nothing you'd stare,
And every betrayal that left you unaware,
Lead me to that trap, deep in your soul,
Those desires that are as black as coal,
All those chances you should have stole,
And every nightmare you can't control,
Now, take my hand, let me show you,
That special light, shining through,
All those storms, yet stronger you grew,
Overcome and battle, it's what warriors do,
You have not an idea, not even a clue,
You're rarer than stardust, if you only knew.*

Upside-down seas

*Clawing deep within that rabbit hole,
Accept you'll never be in control,
Glass eyes and porcelain smiles,
Inner peace is desolate for miles,
Rigid irritation, my tsunami of rage,
The polarised mind, trapped in a cage,
Hypnotised puppets hallucinating death,
A thousand eyes, your last psychotic breath,
Float to the bottom of upside-down seas,
Pass the jellybeans that jump like fleas,
Spinning faces with soulless eyes,
And constant fireballs in the skies,
Sorrow as deep as the mariana trench,
To hope you cannot help but blench,
Confused mercenaries tinkering with fate,
Those dancing demons that will never abate.*

Arrow of death

*I am the one, they call in whispers so faint,
In gargled noises and the minds constraint,
I am the one who waits, who harbours your fears,
The place between spaces, the music of the spheres,
I am the one who experiences your departure,
Who waits unseen, the deadly archer,
I am the one who envelopes your soul so black,
Who takes you where you need to be, the eternal payback,
I am the one, the soul keeper, in shadows so dark,
I am the only one, for alone I must embark.*

Innocent eyes

*The mirror lies,
It is not me,
I can't compromise,
Within shattered hearts,
I simply cant,
Foolishness from the start,
Trapped within days,
Misery on repeat,
Soul inevitably ablaze,
The eternal shout,
Shifting in times,
Winds of intermittent doubt,
Take me for what I am,
The broken beauty,
That perfect anagram,
With innocent eyes,
Buried within fear,
And everyone to demonise.*

Prince

*Take a little trip down memory lane,
Into your childhoods domain,
To that Prince you wanted to find,
Just put yourself in that presence of mind,
He was charming and sweet,
With a dangerous edge you wanted to keep,
Down to earth and ready to defend,
But only to you, his will could bend,
Calm and protective without a doubt,
Supportive and guiding, throughout,
That beauty with a touch of flaw,
Relaxed, but always ready to draw,
Wants to be near you, Till the end of time,
But alas only in fairytales do they rhyme,
So I'm stuck, searching, always for you,
My Prince that always shone through.*

Depression

*D-riving like a madman on slick roads,
E-verything at war, those heavy loads,
P-ulse quickens as you head for the close,
R-eliving the need to overdose,
E-xposing wounds, Every single hope,
S-ends my whole body into the dirt,
S-miling so fake my face doesn't know,
I-rritable intentions that only grow,
O-nly alone and always lonely,
N-ever at peace, depression only.*

Campfire talks

*Hushed whispers in the morning rain,
Those stolen kisses we attain,
Endless sunsets and mountain views,
Those droplets of love we infuse,
Two sets of footprints in the sand,
Silly castles we build by hand,
Blanket days and those morning hikes,
Starry nights and our Facebook likes,
With campfire talks and gaming feuds,
Knowing eachothers little moods,
Random dancing with not a care,
Every bit of laughter we share,
Just the feel of your hand in mine,
How being with you is divine.*

Blink

*Drifting aimlessly, trapped in the seas of grief,
Those slow stormy nights, of utter disbelief,
Encased in endless darkness, untethered in space,
The loss of you, no, I just, I cannot face,
From the deepest seas, right to the farthest star,
Doesn't even come close to how loved you are,
You see I thought I have time to watch you grow,
Watch you happy, giggling in the fresh snow,
I thought we'd fight over clothes and silly boys,
With paint on the wall and falling over toys,
I thought and I thought, but now, I cannot think,
Just the thought of you makes my shattered heart sink,
Our stolen time, promises that were broken,
And everything that is now left unspoken,
It won't be long, the blink of an eye sweetheart,
It will be, as if, we were never apart,
Enjoy heaven, Wrapped in all that peace and love,
Soon I'll fly up to you, my sweet little dove.*

Astral plane

*where the misty mountains end, the valley grows thick,
Where Medea creates balance between her tricks,
Follow me beneath her crown, that darkened forest floor,
Down the path of caves, knock on osiris' door,
Be vigilant, be brave, be true, deep in your soul,
Believe, let your deepest inner light guide you through,
Adjust, redirect and define your point of view,
Goddess hecate may bring fortune to your life,
Lucky are those, those few that glimpse their afterlife,
Careful as you go, dicey is the astral plane,
Tormented screams of the damned are all that remain,
No one is created equal, alot will fail,
Just less than half deserves their perfect fairytale.*

Shelf

*Being at war,
Fruitless I saw,
Teeth, at one's self,
Dreams on that shelf,
Anger, within,
Mind, in a spin,
Forever wrong,
But always strong.*

Happy 50th dad!

*My amazing dad surfing into fifty,
Celebrating right, with a bottle of whiskey,
Outdoorsy and confident, with a shy casing,
I hope you get everything you've been chasing,
Stop worrying about the faces behind the curtains,
And the F.B.I isn't watching you, that's for certain,
Hiking, kayaking and walking the dog,
Going to the nude beach, in the early morning fog,
From catching spiders on your chest,
To making furniture at mums request,
You raised me and I can't thank you enough,
Especially how you loved me when it was tough,
Just one hug and I know it'll be okay,
My dad, my safe spot, so whats left to say?,
Chill out and have a few beers,
I love you so much! Here's my cheers!*

Cocoon

*Empty in dispare,
With not a single care,
Problems you do not share,
Flaws of which you're aware.*

*Stride confidently into pain,
Anger and doubt only remain,
The perfect beast you can not tame,
Only hope and passion are aflame.*

*Hold you breath and feel,
Only terror to which you heel,
That perfect moment you wish to steal,
Anxiety is your last meal.*

*Always on the outside looking in,
Hope is your biggest sin,
As your demons do nothing but grin,
Acting is your second skin.*

*Always a step from madness,
Dreams are empty gladness,
Constantly worrying about badness,
And never escaping my sadness.*

*Take all you've learnt and fly,
Say only what would apply,
Take stock and identify,
Those wrongs ready to rectify.*

My mum

*my bestest friend, my night light,
Our bond forever airtight,
You've wrapped me up, kissed my knees,
Endless talks over Chinese,
Belting out Celine dion,
Every nightmare, poof, just gone,
You've always supported me,
Even when we disagree,
You're amazing and so kind,
Quick wit and humor assigned,
Infectious laugh, heart of gold,
Never change, be you, be bold,
How did I get so lucky?
My safety net, my mummy,
I hope you have a great day,
Lots of love on your birthday.*

Unexpected tears

*emptiness, my stopper in grief,
Life is the cruelest thief,
Praying helplessly night and day,
That ache won't go away,
Insanely pleading in my mind,
Just wishing to rewind,
Fighting unexpected tears,
Dreading when the storm clears,
Memories of you bitter-sweet,
Within dreams, I'm complete,
Holding my breath for that release,
Back together in peace.*

Birthday bobble

*my little bobble turning sixteen,
Boss girl with a fierce dream,
You're amazingly kind and sweet,
With a weird thing about feet,
a cute button nose, and gorgeous eyes,
I can't wait to see your awesome self rise,
I love you more than you will ever know,
I'm so proud watching you grow,
I'll be here for you, whenever you need me,
No matter what, through anything, you'll see,
Have an awesome day, be strong, be brave,
Always be yourself and never cave,
My awesome little sister growing with grace,
Always shinging with the stars in outerspace.*

Mortal lease

*kisses on a cold moonlit night,
Blow wishes, float out of sight,
Whisk away withing winds of hope,
Run and howl with the lycanthrope,
Cold, deep waters glowing blue,
Ice that burns, deep with you,
Flower petals drifting sweetly,
You envelop me, so completely,
Sing with mermaids as they shine,
You're my eternal cloud nine,
Timed torment veild by peace,
Prison sentence, a mortal lease.*

Arcade

*I can't do this anymore, this perfect charade,
I'm completely sick of always being betrayed,
I can't keep on repeating, for the next decade,
Your apologies are nothing but a band aid,
I need to break it down, get rid, this barricade,
Everything in me panicking, like an air raid,
Pray and hope the goodness in me, Doesn't fade,
keep on wishing, always, I'll stop being afraid,
Stop being constantly played like I'm an arcade,
With every fibre, my soul, it needs to cascade,
Needs to bare everything, blow, just like a grenade.*

Reality

*I will not crumble, for I am strong,
I speak the truth, though I'm often wrong,
A most humble heart, with a cruel edge,
To serve justice is my deepest pledge,
Above the stars, the eternal scales,
The grand plan, is all in the details,
I've bled, wrestled and endlessly fought,
Wished and prayed, hope, I've endlessly sought,
It was my time, I took my place, my power,
My enemies, I will now devour,
My chains mean nothing, my soul is free,
Love and hope, is now, my reality.*

Hypocrite

*I can feel every emotion,
Hear, your every notion,
Your soul's as deep as the ocean,
Yet you waver at every motion.*

*Take your own hand,
Every doubt that's been manned,
Trust the ground is not sand,
And your fate is in hand.*

*Scream what you want heard,
Be honest, even when it's slurred,
Keep true with your word,
And keep your sight when it's blurred.*

*Remember, you are worth it,
Their wrongs are theirs to admit,
You're not just a misguided misfit,
And love isn't live with a hypocrite.*

Blue sunsets

Stephen King once said, the scariest moment is always, just before you start,
Like Yuri hearing rumbles from the rocket, Voskot 1, in its great depart,
From the troposphere to the exosphere, earth's deepest secrets have been explored,
Since the beginning, we have dreamt, about the mysteries of space we've adored.

The home of the gods has inspired and challenged us, almost daring us to be bold,
Such wonders of each planet and who knows what surprises have yet to unfold?,
Only our minds can confine us so remember, living is easy with eyes closed,
The most beautiful stories always start with wreckage, it's where magic's exposed.

Go pick up a book, because a reader lives a thousand lives before he dies,
Ideas are cheap, it's only what you do with them that counts, be brave and rise!,
Creating a world from words is prodigious, in ways that you can't comprehend,
Writers share the deepest parts of themselves, they lay all bare, hoping to transcend.

The man who had no imagination has no wings, so cling to it and fly!,
Inspiration floats in the air, we have to be relentless and learn to try,
You can watch electrically charged particles turn to light in their descent,
See, in order for the light to shine so brightly, the darkness must be present.

We watch hydrogen and helium churn and collide, giving us light and heat,
We desperately search for other planets, terrified of our own defeat,
From the hexagonal-shaped storm on Saturn and its whimsical yin-yang moon,
To earth's dreamlike Van Allen belts and famous manoeuvres like the perilune.

Mars is there waiting to be reached! So be audacious and don't let your dreams slide,
The big blue ice ball, Uranus, has 27 twenty-seven moons and spins on its side,
Like science, good books don't give up all their secrets at once, redefine your mind,
The imagination is essential, ideas need to be mined and combined.

From Shakespeare to Danya Kukafka, many have influenced the written word,
Writing is easy, all you have to do is cross out all the wrong words, and be heard!,
Many forms of writing exist for us to share our minds, to learn and connect,

And it's within our writings we can strive to mend society's disconnect.

From awe-inspiring horror that gives you goosebumps and leaves you captivated,
To heart-warming stories which provide a sense of hope, that's been long awaited,
The earth has music for those who listen, no matter the distance we may roam,
With so many planets we could call home, just waiting in their goldilocks zone.

Out of the mountain of despair, a stone of hope, so live, laugh, with no regrets,
Such beauty awaits us, from planet eating black holes, to flawless blue sunsets,
Every time we conquer space and every time we show grace, ourselves we define,
Strive for greatness, because, it's one small step for man, one giant leap for mankind.

a.l.h

My heart

With every beat of my heart,
And every second we're apart,
With every breath I exhale,
Remembering every detail,
My missing piece to my soul,
I'm impossible to console,
I will search for you always,
Love you, till the end of my days
Keep you, my heart, forever,
My angel, forget you, never.

The longing

The window that wants

The reflections that haunt

The lesson that taunts

The waters that jaunt

The thousand brush strokes

The storms that choke

The droplets which coax

The smokes that stoke

The Shackled wildlife

The mistakes that are rife

The summation of life

The sought after knife

The picture that lies

The screams that pacify

The demons which baptise

The soul's dejected sigh

Mirror morgue

*Haunted eyes stare through me,
Searching, longing, lost at sea,
Soundless cries echo within,
A prisoner in her own skin.*

*Hidden traumas itch and gnaw,
While the circling buzzards caw,
Hands wave from a waring mind,
As she leaves the world behind.*

*A glitched heart stained in pain,
Just three steps before insane,
Gritted sickness, snatch and grab,
A pretty present on a slab.*

Moon maiden

*On highest beam of full moon night,
A goddess wove her magick rite,
Within the depths, hope took flight,
And turned the darkness into light.*

*Bestowed a gift to maiden bare,
With milky skin and eyes so fair,
The babe shone bright like Altair,
And cleansed the sorrow from the air.*

*With great magic infused in thee,
Strong and wise, a mighty tree,
The special babe blessed by three,
The one who'll lead the blind free.*

*The special ones bathed in white,
Their magick she will ignite,
Those elements forged to fight,
Under Mahina's great might.*

Bait.

*Dancing silhouettes twist and deform,
Pulsing as they transform and swarm,
They take on your form as they perform,
As cynical smiles blur the storm,*

*Blood spattered beaches stagnant and dammed,
Endless pain to be monogrammed,
Loud and chaotic screams of the damned,
Always begging to get programmed,*

*Those puppeted shepherd's steer you wrong,
As they follow the pipers song,
And drawing on their need to belong,
Their imprisonment they prolong,*

*Shamed and herded into pens Like swine,
Moths to the flame down in the mine,
Lured to damnation, fish on a line,
A painful end, mine to assign.*

Just breathe

*I'm just a memory away,
So don't cry away the day,
I'm right here beside you,
Helping guide you through,*

*You'll be okay, Don't worry how,
My struggles are over now,
My Flaws Stripped, I'm now free,
Dont be sad for me,*

*Think of those special times we shared,
Not how you were unprepared,
Take a deep breath and smile,
I'm waiting a while,*

*For me, the years will fly on by,
As i watch you from up high,
My soul now filled with pride,
Now go ride the tide!*

Your sign

*You're fine, you're okay,
Don't plug your airway,
Have your time, It's fine,
Learn to draw that line,
Always reassure,
This you can endure,
Forever awaits,
Those doubts will abate.
You're fine, you're okay,
No time to delay,
Have your time, It's fine,
Take this as your sign.*

In every touch

*Please, do not be sad for too long,
To the heaven's I now belong,
A joyful empathetic place,
With only love in it's embrace.*

*I'm so sorry that you're hurting,
I'm not gone, I'm just converting,
Joining all those that came before,
Filled with light and love as we soar.*

*Take a moment and smell the air,
And don't worry! I'll be right there,
I love you all so very much,
My love infused in every touch.*

Adrift in you.

*I try to resist, it's autonomic,
Oh the pull, it's something subatomic,
Interlocking fingers torment my mind,
The essence of you forever enshrined,*

*Pining and restless, while I dream of you,
My reality, I cannot construe,
My heart, now at a disadvantage
My love, how I stumble and mismanage,*

*My soul waits atop the stanley headwall,
For you I'll wish on the stars, come nightfall,
A beautiful illusion, content, lost,
Unmercifully bound to be star-crossed.*

Torture transaction.

*The attentive window sits bitter and alone,
As vindictive vines of envy become overgrown,
Darkened clouds fester, poisoning slowly within,
And discordant branches haunt before dreams can begin.*

*Resentful shadows form as the candid clock ticks,
Fettered to the rhythm and ready to transfix,
Smothered in indifference, deadened in distraction,
Trauma for tranquility, torture transaction.*

*Dragged from security as hateful hands clench,
And disfigured hopes comfort, discarded in the trench,
Tangible laughter mocks as teeth tear sanity,
And now, death echos loop, in search of humanity.*

A matter of seeing.

*I sent a butterfly to tell you hello,
I sent you feathers within the winds that blow,
I whisper in your ear, when you're feeling blue,
Just to let you know, I'm always there for you.*

*I sent a bird to put a smile on your face,
I sent laughter, to remind, life's not a race,
I squeeze you ever so tight when you're down,
Just to remind you, I'll always be around.*

*I sent a bumblebee to lighten your heart,
I sent wishes in hopes nightmares would depart,
I walk beside you, as pride fills my being,
I am here, it's just a matter of seeing.*

Always

*I fell in love in the easy silences,
Between smiles and adoring looks,
Within tender kisses and lazy days,
Till I carried you with me, always.*

*I disappeared behind those angry words,
Between lies and counterfeit tears,
Within your perfectly constructed ruse,
Till my love for you hid the abuse.*

*I rose, breaking the shackles of disrespect,
Between those harsh realities,
Within suicidal ideation,
Now, finally free from sedation.*

You

*You exist between breaths,
Within the calming pause,
Always beneath because,
You're between my heartbeats.*

*You exist within dreams,
My hearts secret reprieve,
A place where I don't grieve,
You're the hope within me.*

*The silence between cries,
And pain that fills my days,
I'll carry you, always,
Till I smile my last breaths.*

The effort to believe

*Hit play, go through the motions,
Masked, ignoring emotions,
Pick yourself apart to feel,
All in an effort to heal,*

*Hit rewind, running from the pain,
Abandoned, screaming in the rain,
Heavy breaths tearing deep within,
In an effort to stop the spin.*

*Hit eject, tear down your cage,
Persevere, ignite your rage,
Self destruction, time to leave,
Freedom waits, now just believe.*

Undersea

*The fullness searing inside,
And shadows heckle - die,
Walk through the trauma - lie,
Abandoned,
 Left behind,
 Cry.*

*The crawling - razor sharp,
The static - pulsing - thriving,
Dissolve - withdraw - surviving,
The crawling - razor sharp.*

*Searching for broken pieces,
The patchwork princess - me,
Forever dreaming - free,
Enchained,
 Ensnared,
 Undersea.*

Here

*Do you feel hopeless too?
Adrift and senseless - here,
Do you feel torment too?
Unhinged and silent - here.*

*Ignite the dregs of fear,
And rise without regret,
Until the end of life,
Adapt but don't forget.*

*Do you feel hopeful yet?
Serene and patient - here,
Do you feel treasured yet?
Embraced in silence - here.*

And

A ghost!

***It stood transfixed,
With rhythmic pulsing ebbing-
And shaking boney hands,
Which hovered forming death - and***

***Engulfed the room with haste.
A journey rippled forward,
Which showed a world devine,
It planted deep inside - and***

***Then carried something free,
As if unfixed - unbodied.
Seducing every nerve,
Within my flowing curves - and***