

# Heart Of A Warrior

Loata Moala



Presented by

*My poetic side* **P**

## Dedication

*This Book is Dedicated to My Team Momma 4 Hearts. Although we are temporarily separated I'll forever keep going holding onto hope knowing one day we'll be a family again!! I love you 4 so so much with everything inside of me!! You guys are Mommy's motivation to keep going especially on my hardest days I'm so sorry for this temporarily separation just know my love is unconditional and I'll never give up til your in my arms again my team my babies momma's 4 heart beats???? I miss you & love you guys oh so much!!*

## About the author

Her name is Loata Moala. She is 34yrs old. Half Tongan and half White. The only girl with 3 brothers who reside in different states. Mother of 4 beautiful children. 3 boys 1 girl. They are the reason her heart beats and keeps going through these hard painful battles is for them. She been writing poetry 20 years now. Since she was in Jr high. She lost her Mother January 2014 and recently lost her Father January 2022 . Temporarily separated from her Children since January 2018 but continue fighting and overcoming obstacles daily. Her Motivation is her 4 heart beats ???? along with her Parents as her Heavenly Angels ?

## summary

Rise & Fall

Heart Of A Warrior

## Rise & Fall

It's so hard to believe  
How far i have come  
From everything i been thru  
To the oceans i have crossed  
Im so proud of myself  
Many times i had to check me  
Where i was at in life  
And the ugliness i was becoming  
I can own up to it  
I accepted so much mistreatment  
Emotional mental to physical abuse  
Broken promises another heartache i accepted  
I put my guard down  
Loving with everything inside of me  
Only to realize thru my pain  
He was incapable of loving me completely  
I know i am the one to blame  
For expecting so much when he wasn't ready  
We were 2 different individuals  
Fighting our own battles silently  
I've learned compassion  
Towards others and myself  
I had to accept an apology I'll never get  
I walked me through my own chains of hell  
I had to accept  
Where im at in life  
These last couple years shown me  
Who to distant and ride by my side  
Who really got my back  
And low-key hating  
I don't sweat the small stuff  
I choose to continue living  
Yes i made some mistakes

Thats something i had to live with  
It took me a long time  
To find the piece i been missing  
Please take this in  
And breathe slowly and repeat  
I had to learn sometimes in life  
It doesn't always go planned  
The way we thought it would be  
We may make mistakes  
Cause pain hurting the ones we love  
But i refuse to let this defeat me  
This stumble is my comeback  
Gonna be epic rising above  
Those who underestimated me  
This is only my beginning  
To the rest of my life  
I rose from the fire y'all lit  
Still standing why y'all surprised?  
She got a Heart Of A Warrior  
With A Beautiful Soul  
Through her struggle of a Painful Past  
She set that shit on fire  
From the flames She Rose!!

## Heart Of A Warrior

Have you seen that woman Or Would it even matter If you knew her story Of the silent pain she battles Would you give her a chance And see the scars she strongly hides With an understanding open heart And all the judgements aside It would break your heart If you knew the war within She fights alone at night she has tried so hard to forget But when the memories flood thru Her heart break all over again w/regrets Of A Painful past That She has to live with So why yall look down on her Missing out on a beautiful soul But because of the choices she made Led her down a different road Yall so easily point fingers And Judge her from a distance How could ya Look down on her Cuz how she medicates Isn't to society acceptance She didn't ask to be an addict Or for the painful demons she faced she did her best w/ every situation That life had thrown her way But when the nights shes had enough Suddenly her reality sets in She takes a hit to ease the pain Numb a past she cant forget She was everyone's shoulder They could lean on in hard times She Always given them chances Just to be deceived by their lies But Her heart was so forgiving No matter the circumstance It was a blessing and a curse That she always have your back She Open her heart and door From All walks of life w/no judgement She Always learning the hard way That Everyones heart is different But She didn't let that change her Or even turn her bitter A beautiful sensitive caring soul She accepted we only human She was always there for everyone Family or friends always had their bac But when she needed them most They quickly refuse to offer a hand She knows shes made her mistakes She got to live with them every day How could yall look down on her Whn ya dnt kno the pain she has faced She tries so hard to be strong Cuz Thats the only choice she got Tired of fighting w/ her heart&mind Of Where did she go wrong she just wanted love&acceptance Someone standing by her side with a shoulder to cry on ears to listen without no judgment or feeling like a burden but let her vent out the heartache and pain thats been building shes kept locked inside for so long you wouldn't notice because outside she seems so strong with a heart so fragile it would kill you to see the pain only few could handle she never wish it upon another from everything meant to break her look she still standing you couldn't handle the storm God asked of her A beautiful soul with A Heart of A Warrior