

Just_me__clary

Clary BeFree

Presented by

My poetic side 



Dedication

To Mi Amor. Thank you for your support through the encouragement so that I can express myself in

Art Form.

About the author

Hello, my name Clary.

summary

What Now

Dear Self

Joke's on You

It Pains Me

This is reality

Demons BeFree

October

Fighting Myself

I don?t Belong

This Pride

Embracing Nature

Soon I will Return

I Miss my Sister

Dear Postpartum Depression

What Now

I am human

I am female

I am real

I feel pain

I feel fear

I cry

I laugh

I smile

Even If it is just pretend

My sadness consumes me

It brings me to my knees

I hate what he has done to me

I want to say i hate that i fell for him

But he has become the air that i breath

I no longer want to love him

But my heart won't listen

I cry for him

But he just won't listen

I am lost

I am scared

To live without him is just not fair

Dear Self

*Dear Self,
Stop living like this
Aren't you tired of this pain
Stop crying like this
Aren't you tired of living in fear
Stop dreaming like this
Aren't you tired of waking up in sweats and tears
Stop holding your breath
Aren't you seeing the blood draining from your face
Stop holding on to him
Aren't you seeing he drifted away
Stop being naïve
Aren't you seeing you are no longer the same.
Sign,
Your dearest old friend*

Joke's on You

*Is come to this...my dearest old self...is either you or me.
I fear I don't have the mental capacity to fight you within.
You have stayed hidden for far too long.
Maybe is time for you to take your seat once more.
I know certainly...I don't want this seat anymore
Is exhausting, relentless, tiring, even aggravating, and it drains me.
It drains My blood through these open veins.
You have broken me from within.
You played better at this than I did.
You make life look easier, even beautiful in your own hateful ugly darkness.
You...you are selfish.
You...you are bold.
You...you are fearless.
Inadequate of feeling the air being taken from within...nearly dying.
Is that what you want?
You want me to beg you to breath?
You're funny at these games you see..?
What you don't know is I let you win.*

It Pains Me

*In the middle of the night when I feel like I can't breath
when it seems as if walls are closing in
I reach for you knowing you are not within reach.
I close my eyes and imagine you next to me.
Because destiny alone isn't sufficient for this dream
I paint the colors of our once love
Knowing only on the canvas it'll remain the same
You however...are not the same
Hate has consumed you
And I am the only one to blame
Can we get back to the bright beautiful colors, We once's shared?
Those yellow and orange and bright blues
Has turn like the clouds do, those storming afternoon
What once was beautiful is now tainted
The colors have turn grey and dark
Fuel with hatred
There is no happiness left
You took it all with you
Leaving me in despair
Afraid of what it will do to me
I hold on to our memories
I long for your touch, a kiss and your soft embrace
Please come back to me
For you are my happiness
Forever embedded in me.*

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This is reality

I keep telling myself:

"Be proud of yourself"

This year has been nothing but test after test

with every test it ended in pain.

In many ways I began to lose faith

everything begins to get blurry and at times I feel like I should be running.

To escape this universe would be lovely

Away and through outer space

Through the portal I went

Following you through each door

I came across worlds unknown

I couldn't stop running

For I needed to see

where you were going-without me

Your stride gradually started slowing

You turned to look at me

With tears in My eyes, I begged for you to talk to me

Words were forming but you turned from me

I tried reaching out for you

But you ignored me

"Mommy don't leave me" I began to cry slowly

You turned to me and simply just said:

"One in every eight women died of this everyday"

"Breast cancer is a beast that makes you lose faith"

"You must not chase after me, ever again"

"For you have been chasing a ghost I am afraid"

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Demons BeFree

*These demons taunt me
To escape is their wish
Repressing them is key
These demons taunt me
They wish to be free
Repressing them is working
But I feel weak
These demons taunt me
Control is what they seek
Repressing them is working
But within me they speak
These demons taunt me
Repressing them feels like climbing a mountain
Where only at the top I can breathe
These demons taunt me
Repressing is keeping them
From making me quit
These demons taunt me
In hiding they'll stay
These demons taunt me
Until we meet again.*

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October

*October you left me
With you went part of my heart
October you left me
I cried for days in the dark
October you left me
The battle was lost but you put up a hell of a fight
October you left me
Chemo was not enough to keep you alive
October you left me
Without telling us you began to say your goodbyes
October you left me
Breast cancer was the enemy in disguise*

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Fighting Myself

*I feel this darkness pulling me deep into its surface
It whispers at night for me to follow
I become scared of where it will take me
But this darkness has magnified its strength
It seems like getting lost in it, makes more sense
I want to scream but who will hear me for alone i already am
The sorrow consumes me
It has me questioning my own strength
I beg for it to leave me
But at night when everything is quite
I hear it creeping step by step
I fear this darkness will win
For i have no more in me to fight it within*

I don?t Belong

Happiness never last very long
You must find a way to hold on to it
Because before you know is gone
You go right back to your miserable thoughts
Back to the inconsistency diluted world
Back to the worries, if this will be the day you are called home
Depression grows and anger leads your cause
Suddenly the only way you can survive is by eloping with your thoughts
Happiness no longer exists
We are just mold to be believers
But when tragedy strikes
We become comfortable with loneliness and isolation
This place we become a custom
We learn to call it
Home

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This Pride

*Pride why won't you let me be?
Why must you hide so viscously
Awaiting the moment you're fulfilled
No care as to who you hurt
No care as to who you see weep
Pride why are you like this?
You claim to be grown but act like a kid
When will you learn your actions leads
To broken relationships
and those once beautiful dreams
@clarybefree*

Embracing Nature

I love to watch the colors in the sky.
As they dance together intertwine.
One by one, they eventually unite
Like two beautiful souls', mating for the first time
Look up from time to time.
Don't miss out on such a beautiful sight.
@Clarybefree

Soon I will Return

These are My wings
With them, I am free
To fly against the wind
Through sunny and stormy days
I aim to disappear
Eventually, I will find my way back
But for now, I hide within the clouds
@Clarybefree

I Miss my Sister

I want to dance with an angel
Can we dance in the rain
Or on a beautiful sunny day
We can dance in this universe
Or we can go to yours
I ask you:
Are the flowers there, just as beautiful?
Do they grow just as tall?
Are they vibrant in colors?
Do the sunsets,
Bring others back to their core?
I want to dance with a angel
I want to hear her laughter
I want to beg for a smile
I cry for her touch
I want to dance with an angel
Today, tomorrow or any day for what is worth.
I scream to this angel;
Sandy when will you call me home?

Dear Postpartum Depression

This tiny creature i hold in my arms.
This tiny bundle i gave you life.
I saw you in my belly a few weeks into your life.
I promise then, to love you for the rest of my life.
I see you now and i become overwhelmed.
What once was excitement is now filled with distressed.
At times i cry suddenly without warning.
These sleepless nights have become routine.
I wish to break from it but it's hopeless.
It pulls me everyday more within.
I spend most of my days away from you
My chest thunders from the thought of failing you
I desperately want to stop feeling like this.
I wish i could say why i feel like this
But nothing makes sense
No one will understand
They all will judge me
Perhaps even report me
I drown in hopes that someone close to me
Will see these changes
Without questioning help me and restrain from judgement
I wasn't like this before
This just started one day after giving birth
How can i feel this way? When you are my every breath
I love you more than life it self.
I just wish i knew how to get help.
To all the mummies out there struggling with postpartum depression...know that you are not alone.