

Soul Burn: Anthology of the Heart

Santajah Douglass



Presented by

My poetic Side 

Dedication

I dedicate this book to Ms. Lori Mahone who was a light in my life since I was a young girl. She gave spirit and hope to someone who wanted to hide because of the mistreatment in her life and she will forever be missed but I dedicate this book to her because she let me be seen and let me be heard and I couldn't have asked for a better mentor who truly cared for me. I also dedicate this book to Dr. Morris W. Lee he was my pastor and the beckon of hope and light and always told me how much the father above loved me so and that will forever stay with me till the day I die and may he rest in peace for giving a young girl strength when she thought she didn't have any. I also dedicate this book to Tiaunnah, Cristian, De'leon, Gina and Mathew for being great friends and supporting me and being there for me I don't think I have met truer people in my life and I'm forever grateful.

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About the author

I'm Santajah Douglass. I was Born and raise in Youngstown Ohio. I graduated from East High School and currently getting a degree from Youngstown State University in Psychology. I like to think I'm a person with lot of deep thoughts and a huge heart. I love adventure and I'm not very Judgmental but I am opinionated and I find nothing wrong with that. I do like equality and communication above anything else and I love to help others in my free. I was a girl who became a women and that didn't happen over night. It took hard work and determination and belief within myself but also I had a good team of people behind me who saw me for who I am and if you don't remember anything about me remember this: The color of my skin don't hurt you it your mind not ready to think and my mind is not small yours is just not open to the world of possibilities I already see before me. Creativity is not limited and the world around can be cruel or beautiful but I'm no fool because I see both right in front of me and I'm ok with it because there more to come and to know about the world inside me and my head.

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Rain Storms

Let the rain drops fall
Did they mean anything at all
The storm rolled on in
and now your trying to roll out

Don't fuss or pout
Let the rain wash the disgust away
Let yourself grow beautiful one
And shine like the sun

It keep raining it will not stop
Every drop is a memory
Every memory has a moment
Every moment has emotions

It raining and thundering now
Those emotions hold powers
Every emotion has a person
And every person must weather a storm

Young girl

You been through so much young girl
The world should open up young girl
You can be what you want to be young girl
You can love who you want to love young girl

When your young they say alot
When your young you think alot and do alot
When your young you must be careful
When your young your moves are made for

Young girl you can dance!
Young girl you can sing!
Young girl you can Act!
Young girl said All I ask for is a chance

I'm the young girl and what do you see
I'm the young girl who whole heart is as pure as the sea.
I'm the Young girl who was hurt,misunderstood and worst
I'm the Young girl who still believes in her dreams and most of all hard work

I'm a Young girl males do not own me
I'm a Young girl being used is beneath me
I'm a Young girl and I'm black and I'm proud of that
I'm a Young girl but don't misinterpreted that

The Truth about Me

She has a heart of gold some say she's too bold
Some say she's self centered
Some say she to caring
Some say she's too kind
Some say she's been abused way too many times

Some people think they know her.
Some say she's a know it all
Some say she's ugly
Some say she's pretty
Some say she's smart

Sometimes she's a work of art
But when i look at her
I don't even know where to start
So if I was the one writing this letter
and if these were my words to say

I would tell her What they say they don't know the half of
If they were ever to love you
If they were ever to care
You must judge by heart not by how they look or what they wear

The Voice From Inside Of Me

Where do I start your voice is what I hear inside my head
And I dont know what with me but it seems my thoughts of you never end
I lie awake thinking about your most inner thoughts and dreams

Sometimes I think does your future include me
Sometimes I feel super giggly and sometimes I feel something deep
Sometimes I have to think is this reality or some very fascinating fantasy

I walk and we talk and I sing and you dance is it possible I'm in a trance
And if I am will I end up in some far distance land away from things I planned
Would that be so bad if I end up some where with someone asking can I have this dance

Oh voice inside my head tell me is this destiny or is everything fated to fall apart
Oh tell me is this really my reality or a illusion a strange conclusion to a work of art
Oh tell me is this something I want or is it something i need because I still hear the pounding of my heart as I breathe

What Did you Do

I walk I see something a crystal sky
As beautiful as a sky will ever be seen
As amazing as the sparkle in his eyes
Every moment of time that passes by
reminding Me of every moment that not Mine

A moment in fresh air where I feel myself breathing
For the first time I don't know what I was thinking
I just remembered for that I just loved my being
The music that filled the air around us we were not
Thinking we were just two Confused being

Pesky bugs I didn't mine because before I knew it
I was getting to comfortable and I should of drew the line
I told myself it would be fine to live in the moment and stop thinking all the time
I dont regret it the shooting stars or the late night talk but now I thinking maybe things have gone to
far be careful what you do because hearts can have scars too

Is Love Possible

I dont know what to think anymore
I dont know where to go anymore
I dont know what to say or why I'm feeling this way

I walk through a park and flashback of the dark come in
I see a dog and a pupper is all I think of
I see a Tortilla and a Bun comes to mind

I see a dark night sky and I think uno and times at the arc
I see a bed and all I think and remember is that I can't sleep
I see the wheels in my head going round and round

You ask me about kindness I can answer back
You ask about my smarts I can answer that
You ask me is love Possible I'm dead silent

When I can't think or when I can't breathe
When everything is not what it seem
When they ask about home it not a place but a pair of arms

I Know It True

When you think you know
When you think you figured it out
When your heart glows

You know your not over it
You know you mean it
You know the truth

I guess life just like that
I guess it true and no matter
How mad I am at you

I know that it true
I know that my heart still beats too
I also know I'm still in love with you

Weeping Heart

I don't know if I'm foolish or why your on my mind
I know it wrong but what I did was right so why
Does my heart cry every Night and echo your name
Your not in my sight your not in my life
But even so I still think about you and
Why does it fill me with such a heavily Fright
I dont understand the aching and quaking of my soul
I dont know why with everything in me I'm trying so hard to just let go
But my body my mind my soul was it always your goal
I dont understand I weep because I feel everything within me so deep
I know you spent months thinking about me and I'm not sure what it mean
I know the shine in your eyes seeing something new but I felt something
I never wanted to walk away from you I wish I was strong enough
to tell you these things and I wish I didn't feel these things either
Your not mines to keep but I still want you in more then one way
Why do I feel ashamed to have these feelings that are so deep
Why does my mind constantly remind me your something
I could look at but never really keep so my heart just sit there and forever weeps

what you know about Heart

Call me crazy but I just want to let my heart come home
It been on a journey and it feel like it a trip to Rome
But no matter what I never ever feel like I'm really alone
I just feel my soul is calling not knowing what it looking for
But whatever it is I know it going to be something incredible and meaningful
Something that says I know your there and even if I didn't your beautiful I swear
I dare not lie to you because I have no reason to
I look at you and I see heart and
I see what you are and what we can be
I won't run from this and I won't hide what I feel inside
I look in your eyes and feel my heart is on fire and I won't let it expire
I look and I see you and it wonderful to see all of you
I see your passion and your drive
I see your hope and your love
I see your devotion but I also seen you rise above
Call me crazy but what I feel is real and sometimes
you can't help the way that you feel sometimes it like I'm dreaming
Only thing is if what I feel is fake don't let me ever awake

Do I Dare Love

what scarier then admitting I actually might be scared of something Admitting that I actually might be in love instead

how do I know? i wonder your most inner thoughts and dreams

always thinking if your ok or alright or safe

wondering if you ever feel or

know half of what i feel for you

I tried to ignore it and I had every reason to walk away from you

but if it was that easy for me to do

I wouldn't be up at night thinking the things i do

some nights i dont sleep and there are millions of places i could be

but the one thing you probably will never know is I felt safe in your arms So in the end I feel stupid and foolish because since the day

i first looked at you i havent looked away and every moment

we been together and been apart wont go away

i have nightmares and fansties of everything

im tossing and turning and it seems to never end

I cant help the way i feel

My eyes won't let me look at anyone else and I have tried

Your not the only who could love me but

your the only one i want to love me and

that what makes a difference but i guess

that to late or you will never truly be ready for the

unsteady breaking of my heart

as i supportingly watch you march on

It Deep

I don't know how deep but it deep
What am I referring is it my emotions
Or is it My dying yet lifeless filled Sleep
It deep but how deep
Is it the ocean full of waves
Trying to control my nerves by telling me to behave
How deep does it go
Is it the road up a head scare and afraid
Of what around the river bend
It deep but can you risk it in the end
I dont want to feel like I'm drowning
yearning and knowing that I feel your heart pounding
I don't want to take a gamble or doubt or guess
How deep It goes should not be a test but
Only something you can truly express

Where Are You?

If the world is a maze I guess I am always going to be lost
Tossing and turning and constantly wondering what is wrong
I can say hi and I can be shy but what does it matter I'm invisible in everyone eyes
I can see you but you can't see me only what you want to see is my reality
It like a film once it done the camera powered off only I was never turned on
I never got the role I never been the star invisible Invisible that what you are
Has it always been this dark in this room I sit in
It funny really because I'm invisible even to the light that has never came in
It can't even be tragic for a story that has never happened
So what do we do when you have no road that lead us home ?
What do we when there no place ?no thoughts ? when they don't have a clue
Where are you? Where are you? Where are you? The question I wish I had the answer to

I Been Thinking

I been thinking about the life i live and if it was ever real
i been thinking of my endless heartbeats and why i feel this way
i been thinking, I been thinking, I been thinking

i dont think you have a clue but no i don't hate you or anyone but
it the fact that i'm scared and then i never knew why my heart wondered back to you
i don't hate you, i don't hate you, i don't hate you

i think we grown up and i think we grew apart and I think as the world keep turning
there will always be a place for you in my heart and the words in my brain that are left unsaid
I been thinking, I been thinking, I been thinking

You Told Her But I know Her

you told her she was weak and that the path she was on would lead to nothing
you told her that life couldn't be the way she wanted it and it would leave her with nothing
you told her that the world she lives in is a fantasy and when she wakes there will be nothing

A empty glass is still a glass
A empty room is still a room
A world is still a world even if it doesn't include you

you told her she was weak she actually turned out really strong with the strength to know where she belongs
you told her life couldn't be the way she wanted it but that nothing became something real quick
you told her that the world she lived in was a fantasy and well all people start out as dreamers but her faith made her a believer and a huge achiever

Unexpected Rainship

drip drop there is only such much time on the clock
bam boom I never knew the unpredictably of the storm coming through
crash down and now my life is waken with all kinds of sounds

walk walk and the rain is a calling card to me now
dash dash and now I'm looking for something I haven't quite found
splash splash and now I'm full of smiles and laughs

drip drop there is so much time on my clock
bam boom this life I live is not quite doom but I love the unexpected things that we do
crash down and my life full of sounds that I'm amazed that I have found

All I Want

All I want is to be happy and I use to think it cost but I know that it doesn't cost a thing really

All I want is to be free out of these chains that you tried to keep me in but now I saved myself from others wants and needs

All I want is truth and I know many have let you down but I'm not that girl that sits waiting in the background

Free myself from the prejudice and sexist views

Free myself from the physical and emotional abuse

Free myself from the pain and tears that I use to let flow through

All I want is to be happy and it doesn't cost really but my future ahead is very fulfilling

All I want is to be free and I did break the chains of others wants and needs and help myself and the ones that really matter in-between

All I want is truth and I apologize for the things you been through but I know my worth and siting and looking pretty will not be the only thing I do

You Don't Have Control Over Me

I won't let you control me or the way I see things
I won't let you control me or tell me what I need
I won't let you control me because I refuse to be a puppet on your strings

Your always like do this do that
Your always like better seen then heard
Your always like she just a girl and nothing more

I won't let you control me or the way I see things
I won't let you control me or tell me what I need
I won't let you control me because I'm the master of my faith and I control the air I breathe

The Colors In My Head

blue as the ocean I like looking at
red as the blood pumping through my heart
white as a lily which is the purest thing I have seen so far

what do you see and I say if only you knew
what do you mean and I say open your eyes for the truth
what am I looking for and I say that a question only you have the answer to

blue as the ocean I like looking at because when I do it make you smile like your brand new
red as the blood in my heart that remind me that there much more to come
white as a lily which is the purest thing I seen so far but a reminder that were not that many worlds
apart

Never Enough

why is it never enough I do it all

why is it never enough all for one and one for all

why is it never enough someone always dissatisfied with the effort I am making

I cook and clean but I'm not Cinderella

I'm smart and I read but I don't play the beauty to your beast

I'm creativity and I have dreams but I don't fit the role of Rapunzel or Tiana or even side characters who are hardly ever seen

why is it never enough I do it all and yet everyone is always displeased

why is it never enough all for one and one for all when we were so suppose to be a team but it never like that

why is it never enough someone always dissatisfied with the effort I am making until I'm alone and my heart forever breaking

What Is Romance?

What is romance? is it flowers everyday just because your in love

What is romance? is it hugging the one you love endlessly making sure they are ok

What is romance? is it getting down on one kneel proposing to the one you need

love has sparks that light up the dark

love has moments that burn into your heart

love has things that make you believe in happy ending

What is romance? is it flowers everyday for the rest of your life

What is romance? is it hugging the one you love endlessly till you don't feel the pain anymore

What is romance? is it getting down on one kneel and promising the world to that one lucky person that make you feel like the world is at your feet

Dear Me

Dear past that I'm leaving behind you don't define me your just a life lesson

Dear future I'm coming soon Nothing will stop me from getting to you

Dear present are you happy? Are you well? Are you in love? In your case I hope your not picking up peanut shells

some people come and some go and the purpose of the past not everything or everyone was meant to last

so smart and great and a handsome husband that is surely worth the wait in your future a hard working woman and amazing soulmate

right now your you and no matter how confusing our present is we always make it through because I'm the best of you

Dear past I'm leaving behind you don't define me your just a life lesson and for better or worse I'm ready to face it

Dear future I'm coming soon nothing will stop me from getting to you no mountain no road I'm yours and it true

Dear Present are you happy? are you well ? are you in love? just be who you are you light up the dark and your an angel that deserve the best even if we did or do face scars I'm with you through it all

Forgive

Forgive myself today
Forgive myself tomorrow
Forgive myself always

it is not always your fault when it a two person game
it not always your fault so stop taking all the blame
it not always your fault so stop feeling ashamed

it is not always your fault when you loved them most
it is not always your fault you couldn't hold them close
it is not always your fault that they can't understand your struggles

I would have climbed every mountain and gallop my horse to the end of the earth to prove my loyalty to you

I would have sat on my throne as your equal and queen but instead I felt like the jester and a joke for all people to see

I would have done anything to see you smile and laugh just for a while but you didn't have the same courtesy for me

I choose to forgive myself and give my heart when ready
I choose to forgive myself and heal and keep the road ahead steady
I choose to forgive myself but even more I choose to forgive both of us

Forgive myself today because everyone going to need it someday

Forgive myself tomorrow because even know life come with sorrow you might not get another chance tomorrow

Forgive myself always because even in sadness and even when you hate me I will always have the strength and love myself so I forgive and let all be well

Shout It From The Rooftop

Shout it from the rooftop that I'm unafraid
Shout it from the rooftop that I deserved to be loved
Shout it from the rooftop that I make the rules and the world is my play

I use to be scared but I no longer live in fear and I refuse to be afraid were I'm still standing here
I use to think I deserved less then what I was worth man was that a bad time I was just at my worst
I use think I was a bother and now I know I'm a blessing and never a curse because I can have the world and myself worth

I will yell and scream until you hear me across every movie screen
I will climb every mountain and do everything I can all because you said I can't
I will not be silenced but I still will not choose violence because peace is what I'm after

Shout it from the rooftop that I'm unafraid and that I'm a woman who will never be played
Shout it from the rooftop that I deserved be loved but respect is given and earned don't doubt my wits or you will never learn
Shout it from the rooftop that I make the rules and the world is my play and guess what the leading lady is me and in this world I will succeed

Don't Tell Me You Love Me

Don't tell me you love if you don't mean it
Don't tell me you love me without feeling
Don't tell me you love me and leave without warning

I'm sick of the effort your never making
I'm sick of the tears I cried when I believed you over everything
I'm sick of your I'm sorry when you only say it to just do it again

I waited for hours for your company and the smile I thought would come to me
I waited for your effort that you promised me that you would put in but I wasn't good enough
I waited for you and you said I love you the three words I knew I couldn't say but it my fault
believing your words were true anyway

Don't tell me you love if you don't mean because I can live without it
Don't tell me you love without feeling because I will quickly disappear
Don't tell me you love me and then leave without warning because I don't want waste my time
because if you loved me you wouldn't walk but instead fight with me and for me till the end

Had it up to hear

I just had it up to hear with rude people
I just had up to hear with those who feel so entitled
I just had it up to hear with the disrespect around here

I'm human but I'm not stupid and I feel I should be treated with respect
I'm human and sorry someone didn't teach you manners but I'm gonna teach you it now because I'm not having it
I'm human but you got the wrong one if you think your going to say anything you want

I just had it up to hear with rude people they are cruel and I don't mind making you look like a fool
I just had it up to hear with those who feel so entitled someone should have put you in your place a long time ago
I just had it up to hear with the disrespect around here and the rudeness for no reason just stop talking I don't want to even hear you breathing

Say What You Want

Say what you want life is short
Say what you want but I'm going to enjoy it
Say what you want but I'm going to be me

I just think my world is always expanding and the judgement of people are always changing
some days they are yes and other days they are no and then there are days you are right and then
there are days you are wrong
the world I'm living is no where near over yet and I'm ready for anything coming and I don't need
anyone to save me

I can be crazy and my days can be weird but I'm human and being normal is very boring
Maybe some day I fall in love and maybe someday someone will appreciate me even with all my
flaws and all my scars
I'm not living in fear and I'm not scared there a world full of risk that I have to face because that life
and none of us ever escape that

Say what you want life is short and remember everything you do is your choice
Say what you want but I'm going to enjoy it the ups the downs the crazy and everything all the way
through
Say what you want I'm going to be me and there no one else I rather be because I'm the best
person I can be

Almost Existing

You are a past time
You are rumors and myths
You are something I never thought about

I'm okay with waving goodbye when you say hello
I'm okay with you thinking I was wrong even if I was right
I'm okay sleeping alone because I use to not be able to sleep at all

There no point in being sad or mad
There no point if I'm the bad guy in your story
There is always two side to it but I'm okay with it not existing because why risk my happiness

you are a past time and that fine by me
you are rumors and myths some part truth and some parts lies and some never existed to start with
but that ok because I won't cry
you are something I never thought about because your something I never seen and things
unspoken have no existent to me

Waiting Game

waiting for things take time and patience
waiting for things take a lot of heart
waiting for things take a person who truly wants the best

I refuse to live in fear and insecurities and the battles ahead are harder then you ever know
I refused to live in fear because I'm tired of the abuse and I'm sick of seeing people get hurt and I want to do more for better or worse
I refused to live in fear because multiple people have done the exact thing to me but only different there was no one there for me

I can't do it I refused to keep living in sadness and I refuse to see it either
I can't do it I refused to see people be torn down and in pain but there will be a brighter day
I can't suffer in the misery because I'm stronger than that and so I help because there not many people left with kind heart compare to the rest

Waiting for things take time and patience but it will be worth the time spent and the effort you are making

Waiting for things take a lot of heart and courage so don't ever be discouraged in fact show the world what your made of

Waiting for things take a person who truly wants the best and showing kindness when others have only showed you hell is a big step in maturity and being someone who okay waiting there turn for glory

She Is Mine

She is tough

She is powerful

She is undefined

She is cool and creative

So quick to judge without looking at yourself and so much time wasted in all the wrong places

So quick to say she has no talent but never showed up to see the packed crowds that surround her

So quick to say she ugly but never knew that she actually was asked to be a model and you see beauty in every shape and form

You think you know her but you don't have a clue what she made of

You think you own her and your wrong and I think you really must be confused

You think she belong to you boy get a clue I'm not your property or your slave and I'm not a dog stop yelling at me like I'm the one the that need to behave

She is tough as a stone a very unbreakable rock and she bold and speaking her mind not a problem so I'm told

She is powerful like a goddess in her ways with the reputation and strength of a queen and the most amazing enchantress I ever seen

She is undefine when they say there are literally no words to describe this girl they mean there is no definition her anywhere my uniqueness

She is cool and creative and just overall amazing so your kidding yourself if you think she is your because in case someone forgot to inform

She Is Mine!

Anger Sadness and worthlessness

Do I deserve to be happy? I use to think I did that the hell I went through was a trial that someday would end

Do I deserve to be loved? apparently I don't no amount of good I do will ever cure the hole in my heart and the pain continually coming too

Do I deserve to be here? now that a question that still a miss and at this point and all this evil I really starting to wish I didn't exist

Time after time and challenge after challenge I do all these things and I never measure up

Time after time and trying not to give up hope but it seem that I was a tool and a joke and I guess it was about time I woke up

Time after time and effort after effort and I'm tired of the way it feel this anger and sadness and worthlessness I just wanna disappear

Do I deserve to be happy? I use to think that I did but I guess pretending I was happy only works for a little bit

Do I deserve to be loved? apparently I don't and it better to be alone then receive fake love that will never work

Do I deserve to be here? well the answer to that is now extremely clear and now I know they want me to disappear and not exist to see me angry and make feel completely unloved and total worthless and it crazy because to them they find that perfect.

She liked a boy

You said she was ugly
You said she wasn't smart
You said she couldn't sing or act
You said she be better working a pole
You said all these things and more

Would it be different if I never met him
Would it be different if I was someone else
Would it be different would you put your jealousy away

Would it be different if it was you and not me
Would it be difficult if he wasn't beside me
Would it be different words maybe some of joy

I don't get why you hate on my name
I don't get why you play the victim
I don't get why your so petty and upset

Did you get upset at the fact we had a choice
Did you get upset because we fell in love
Did you get upset all because I liked a boy

Neither of us win up against each other
Neither of us win because he doesn't want one or the other
Neither of us win and write about a pointless war
Neither of win and it all because we both liked a boy