

# Anthology of Sassy Lou

Presented by

*My poetic Side* 



## Dedication

*To all the ones I've loved and lost. Each and every one of you made an impact on my life in one way or another. I cherish our memories dearly.*

## About the author

Born and raised in South East Kansas. I am 41 years old. Been writing off and on since 1999.

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## Just Remember

As the days go by -  
I miss you more & more  
Yet, as the days go by -  
You believe the untrue furthermore  
Years you want, not months or days  
Here I am getting pushed further & further away!  
Loyal & true is all that I ever been -  
Every time I turn around, I get questioned again  
I knew this was coming -  
Right from the very start  
Once I fell in love with you -  
You were going to break my heart  
If I had to do it all over again  
I would love you just the same  
Always & forever you will have my heart -  
Just remember - You tore us apart!

## Amber Knows

Even in the afterlife -  
You still look out for me  
Telling me not to give up on Waite -  
He is the one - this I shall see  
How much pain & hurt must I go through?  
Don't give up, it will get better, don't give up on him  
Are all the words I ever hear from you  
Knowing how much all of this is hurting  
Little do you know, my heart is caving in  
Wanting just to give up, I can't take it anymore  
Hang in there & hold on tight -  
You whisper in my ear  
Don't give up, Don't take your love from him -  
One day it will all be worth it -  
I will be there with you till the end.  
He is your person, he is the one -  
Soon you will both know it too  
Your love for each other is strong & true -  
Connection that you hold -  
Will guide you through!

## Jail Talk

Years you want, not months or days -  
Then you came home & threw it all away.  
Praying for a good woman -  
God sent me you  
A good one indeed, this is true  
I'm sorry, I will get better, won't happen again -  
Same cycles & patterns, will it ever end?  
Did you wrong & hurt you many times -  
You deserve better -  
I'll prove it to you, it's not just a line  
Away you were for eight straight -  
Promising the world to me -  
When not face to face  
Empty promises & a broken heart -  
Dr. Jekyll & Mr. Hyde were one in the same, too!  
Here we go again -  
With all this fancy talk -  
I'm not falling for all this again  
No proven change, I'll walk  
This is nothing but jail talk.



## I Just Love You

Your kiss is the spark that ignites my soul  
The thought of you makes my heart whole  
The tone of your voice is music to my ears  
It's romantic, like The Titanic, bringing me happy tears

Your eyes have the depth of the Black sea  
When I look into them they hypnotize me  
My imagination runs wild when you flash that sexy smile

Everything you do absolutely drives me wild  
Your lips are like the taste of strawberry wine  
My heart skips a beat everytime I see you

**BFF**

Met last period back in 1995 -  
Didn't know you would be my best friend for life  
The laughs, the cries, & the memories made -  
Gone 28 years later in a blink of an eye  
Always there for one another -  
Through both good times & bad  
No distance or time could break this duo up  
I always agreeing with each other's decisions in life -  
Being there for each other always no matter what  
Our children calling the other "Their Crazy Aunt" -  
A sister from another mister & that's a fact  
Thought our friendship would last another 28 more  
Instead over a quarter of a century threw out the door  
Hope you get everything you deserve in life & more!

**Alex**

Been waiting so many years  
For this day to arrive  
My heart finally able to become un-numb  
Not a single second, minute hour, or day that went by -  
That you weren't in my heart or on my mind  
Never did I want to leave you behind  
Holding you in my arms for that very first time -  
Seems like it was yesterday -  
Yet, it was 19 years ago  
The first smiles, coo's, words, & tiny steps -  
Instills a memory that I will never forget  
Such a momma's little boy you were -  
Way back when  
I can't wait to wrap my arms around you again  
Happy tears & warmth all through  
Cannot wait to see you  
We spent too many years apart -  
Then, now,& forever -  
I will love you with all my heart.

## Danielle

Many years have passed -  
Since I've seen my sweet precious girl  
Never a day that came & went  
Were you not on my mind or in my heart  
Curly blonde hair & big blue eyes -  
You were the light of my life  
Giggles, smiles, hearing your first word - momma  
Memories that will forever be embedded in my mind  
Seeing your face & holding you for the very first time -  
7 lbs 8 ounce little baby girl of mine  
All grown up -  
Beautiful as can be  
Daddy's girl you may have been -  
Yet a mama's girl you were, too  
Wish that I was never apart from you  
Praying for the day -  
You come back into my life  
So many days, nights, months & years  
I shed so many painful tears  
My love for you has never left -  
Wanting nothing but the best for you  
To hear your voice, your laugh & see your smile  
Hold you in my arms again  
Is the day that I can't wait to get here  
Sooner than later I pray, Amen  
Danielle Marie, I hope one day you will see -  
That you always have & forever will  
Mean everything in this world to me



## Should of Known Better

Should have known better -  
Than to holler out to you  
Two years earlier -  
Quite the arrogant one, I would say  
Getting your attention was the worst thing to do  
I didn't know then -  
How you would make my heart so blue  
Cheating, lies, & drugs or what you knew best  
Seven long on & off years  
They were pure hell at best  
Mental, emotional,& physical abuse,too -  
I was so young, I didn't know what to do  
Two children we had together -  
One girl & one boy  
I already had a little girl,too  
Should of known better -  
Than to holler out to you  
Using me in any way that you could -  
Hurting me in every which way that you thought you should  
Your madness,evil,& crazy ways -  
Made me lose my babies  
You didn't care either way  
Told me that if I wasn't going to be with you -  
I wouldn't have them either  
You made sure of that  
No matter what obstacles I went through  
Losing so many years with my babies -  
Now that they're all grown up  
I can have a relationship with them maybe  
I should of known better -  
Than to holler out to you  
All the days, months, & years -  
You made my heart blue

One at a time -  
I'm getting my babies back  
Nothing you can do to stop that  
I should of known better -  
Than to holler out to you  
Years gone by, depression taking over  
Pushing through the days, months, & years  
Surviving the hell you put me through  
My babies are all grown up  
Can't keep us apart anymore  
For the rest of my life -  
Showing them, that they are my heart & more  
They are what I survived this crazy life for  
I should of known better

## Game Over

Lies, mind games, & playing with people's hearts -  
Giving hope to both  
Words that you tell to one -  
Exactly the same to the other  
I love you, I want you -  
Don't listen to her; she's causing problems you'll see  
It's forever baby you & me  
Games, lies & many fables told  
All of this is starting to get old  
Never any truth from you ever said -  
Just playing with our hearts & our heads  
42 - Still trying to be a player -  
Strike, you're out! This game is over!  
Wanting your cake & eat it too -  
Having two lovers & not wanting to choose  
Grow up already; you're about to lose!  
Been with you forever for a while now -  
Time after time I choose you  
Yet you just feed me more lies  
Tearing my heart & world apart  
Playing on my feelings & love for you -  
Keeping me on that line & at your convenience  
Jokes on you, I give up!  
Realizing you lost me & it's too late  
Not falling for your words any longer  
Eyes wide Open; also I'm much stronger



## Fading Away

I slowly start fading away -  
That you don't see  
On a dark & solemn night -  
I disappear into the darkness  
Not a soul will notice -  
They never really cared about me  
Days, months & years -  
One by one, slowly pass by  
The shadows & voices -  
Start to disappear  
Years have passed -  
Empty, lost & solitude I've become  
I feel nothing anymore -  
Completely numb!  
I slowly start fading away

## My Angel

Three paces behind -  
Walks my angel  
Her energy felt everywhere  
I look over, see her silhouette -  
Peace over me

Visiting only every couple of months now -  
Used to be weekly if not even more  
How often she comes to me -  
Doesn't really matter

Her voice in my head, or hand on my arm -  
When I'm feeling down -  
She always is around  
Sometimes she stays for awhile -  
Others not so much  
Hearing her whisper in my ear -  
Gives me warmth & goosebumps

She likes to play games on me -  
That I don't like much  
We had a silly accent that we used to talk in -  
The only time I can talk like that now  
Is when I feel her strongly  
Once I talked in that accent & didn't realize it even  
Before I knew it & paid attention  
Out of me, came her voice!

Always checking in on me & giving strong advice -  
Regularly, in my ear she whispers  
Don't give up on him; he is the one  
I know it's hard now -  
In the end, it will be worth it, you'll see!

But she is always with me -  
Good & bad days alike  
Looking over me -  
Even in the afterlife  
My best friend she was -  
Angel for me now

## Questioning

In a good place -  
I thought we were  
Here you go, again -  
Questioning my every move, thoughts & words  
Why, oh, why -  
Never have I gave you a reason to  
Honest, faithful, loyal & 100% -  
All I ever been with you from the start  
No reason to change now -  
You should know you have my heart  
Same cycles & patterns -  
Is it ever going to change?  
My heart & mind can't & won't go thru it again  
You have to trust & believe in me -  
Or it will be the end  
In a good place -  
I thought we were  
Don't start in again -  
Questioning every word  
Been thru too much now -  
And continuously brought back together  
Trust & believe in me -  
We will be together, forever

## Occasion Forthcoming

Excited, yet nervous & a slight anxious, too  
It's been five months since I have seen you  
In just a couple weeks or feasibly a month  
A possibility of seeing your handsome face  
Butterflies fluttering & heart pounding fast  
I really don't know if that's good or bad  
Stomach twirling & heart aching  
In hopes to be able to catch up with you  
Longing for a hug & maybe a tiny kiss -  
You, my friend, I have truly missed  
Not getting my hopes up -  
Don't know if able to sojourn  
To look into your eyes once more & see that smile -  
Whether 2.5 seconds or hours longer  
Period of stay with you doesn't even matter  
Worthwhile & time well spent  
To feel your arms around me & holding me close  
Possibility that I will hold on tighter -  
And not want to let go  
Potentially nearing time to see you again -  
Fills the empty spot in my heart  
That place belongs for you

## Me Time

New year, new resolution  
You know that storyline, too  
Doing this & doing that  
None of that ever really happens  
An absolute fact

No resolution made in a few years  
This year I did though  
Sticking to it, that's a fact

Me time  
From here on out  
My way or nothing at all  
Not settling no more  
Call me selfish, greedy, venal & more  
What I have to offer, what I give, what I do  
To a greater extent further it's true  
I'm taking a stand for once  
Getting all I deserve & substantially more  
Not settling no longer  
My wants, needs & desires  
My life is now, not getting any younger  
Me time

## Time

*Seconds, minutes, hours, days & months  
Time slowly passing by  
Praying for all the words that were spoken  
True to what said & you truly want  
Fresh start & new memories to be made  
Smiles, laughs, growth & flourishing together  
Meaninglessness & wishful thinking -  
A dream that will never come true?  
Or a bright new chapter in our story?  
Only time will tell which is pure  
Jail talk or are your expressions real?  
Happiness, healthiness & to be with one another -  
Is all I ever wanted from you  
Too much to ask for -  
Can it really become a reality?  
Time has given us both good & bad  
Kansas Rose's, love without words & plenty of compassion  
No more idle promises, words told or a broken heart  
Time will surely tell -  
New beginning together  
Or is it time for us to part?  
Your viva voce what you truly want -  
Or just colloquy to keep me holding on?  
Time, time will surely tell*

## Conflicted & Confused

*Emotions, feelings & thoughts conflicted  
Not knowing what to do  
Had myself convinced, I wanted to give up on you  
Something felt different, something felt off -  
My mind running amok & wild  
Days went by & my mind was made up -  
I was finally going to let you go  
Few more went by -  
Thoughts, feelings & heart started changing once more -  
Heart wouldn't & couldn't let me -  
Neither could my mind.  
He is my love, my person, my everything I want & need  
Hoping to see him, touch him, look into his blue eyes & amazing smile  
Through both good times & bad times  
My love has never truly changed  
Definitely the man for me -  
God willing he will one day see*



## Not Over

Day has come & the time nearing  
To see the face of that special one  
Excited, happy & very nervous, too  
Stomach in knots & body shaking  
Can this really be happening -  
Possibly, maybe?  
Lots to say & speechless at same time  
Many many months gone by  
Deep breath in -  
Hold -  
Exhale slowly out  
To look I to his eyes & feel his touch  
Never realizing I missed him this much  
Thought our story was over, not a fairy tale either  
Yet, just another page turned -  
Chapter ended  
That book may be over  
Our story not so much  
Sequel, perhaps a prequel?  
A lot less heartbreaking -  
Much more love & great memories in the making

## The Untrue

You said you still loved me  
Wanted us to be better  
Show & give to me the man that I deserve  
All the words & promises aforementioned to be true  
Deep in my heart I knew they were fictitious  
Give you my heart, mind, body & soul  
Loyal, true, real, loving & wanting just you  
Loved you with every ounce of me & more  
The demons & trust issues take over & win every time  
Lies, fables, deceit & such  
Untrue statements breaking my heart  
Just like in the past  
Can't take any more craziness & toxic ways  
Let me go  
Let me be  
You are no longer the man I want or need

## Love Me or Leave Me

Thought our love was real  
From how it came to  
The way my love for you snuck up on me  
I know it was 100% real & true  
Never in my life have I cared for somebody like I do you  
Your smile's, mannerisms & the way you look into my eyes  
I thought you loved me, too  
Love me or Leave me -  
It's very easy to choose  
With everything that you put me through  
I still always chose you  
I loved you & wanted to flourish & grow old with you  
Same cycles & same patterns that you continue to do  
You truly only care for yourself, if even that  
Not ever really completely in love with anyone  
Selfish & manipulating anybody that you can  
Time is here  
Time is now  
Grow up & be a true man  
Love me or Leave me -  
I'm not going to ask you again

## No More

Not one single thought about you since that early morning  
No looking back, second guessing my decision to finally say I'm done  
That should of been made a long time before  
All the broken promises, heartache & meaningless words  
I couldn't do it anymore  
Tears of pain, heart break & hurt shall no longer stream down my face  
You made me look like a fool for far too long  
It was here, it was now  
Time to pack my things & protect my heart & mind  
Ready to be me, true to myself & move along  
Pain, hurt, sadness that I endured because of you  
Left weeks ago  
My mind & heart are healing now its true  
I'm at peace with it all finally at last  
My sister's words were not correct on the matter  
My person, definitely not you  
In due time, my person, will shine through

## Addiction

How many times am I going to do this to myself -  
Knowing what the outcome will be  
Hoping & praying your words you spoke or true this time around  
Will it mend, or will it break  
Last chance, make it your best yet  
Should have known it was just more rubbish being told  
Same lines slithering off your tongue  
All I ever did was love you & want only you forever, nothing more  
You just let all your demons & your addiction take over  
Making up & believing all these insane things to be true  
Yet, am I the insane one for doing it over & over, just like before?  
Putting me through absolute hell -  
Causing so much pain, hurt & tears  
I blame you for all of it -  
The lies, accusations & such  
Shouldn't I be mad at myself  
For letting you do it continuously over again  
Guess what -  
I have an addiction, too  
It differs from yours & I didn't want to quit or let go  
Strange as it seems, my addiction is you  
Telling me you can't fight this alone & you need my help  
Anything I did, it was always wrong  
Time to close that door in my life -  
It's time I start helping myself

## Melancholia

It's been a long time coming  
Felt it impending nearer & nearer  
The pulled it has on me  
Bringing me further & further down  
Been here before, yet, something is different  
A grasp that's very strong & Tighter hold on me than before  
Don't know if I can take control  
And come out of it like other points  
Just want to be left alone  
Let me do me  
I see the stares  
I hear all the whispers  
Deeper & deeper I fall  
Not wanting to get back up, yeah I do  
Having not a care in the world these days  
Lost in my own creation  
Let me do me  
I'm not ill - treating anyone  
Dark & lonely  
Gone

## My Individual

Giving my all & then some  
Time & time again  
To be let down, hurt, broken & more  
My someone, is this even real  
Or just an old wise tale being told  
Loyal, honest, faithful & true  
Wanting nothing more than to receive back in return to what is brought forth  
Easily to be reciprocated, not a contemplation of being a choice  
There is a black hole where my heart used to be  
Tired of being damaged because I wear my heart on my sleeve  
My human, this one soul that was meant for only me  
Are they out there  
Or an illusion that I will never see

## Dr. Jekyll & Mr. Hyde

Eyes so blue they have you falling fast -  
Smile that flutters the butterflies in your belly  
Yet, a tongue that slithers like a snake  
Heart, love & soul; It's all up for the taking -  
Grabbing tightly & not easing up  
Little did you know, he was just faking  
Gave him all of you; Mind, soul & body  
No other had you always yearning & wanting more  
Lies, betrayal & deceit -  
Wouldn't & couldn't ever legitimately love you -  
Just a hell of an act & nothing more  
Laughs, good times & couldn't ask for a better man -  
In a blink of an eye it all changes  
The devil, reincarnated, he becomes  
My love, my heart, my person -  
Gone in seconds flat!!  
Sadness, pain, hurt & broken pieces to come  
All the unbearable damage that cannot be undone  
Words of atonement came sliding out of your trap -  
Taking you back time & again  
No longer trusting the dialog that escapes from your lips  
Broken & empty unlike ever before  
A black hole now is in place where my heart used to be  
Dr. Jekyll & Mr. Hyde no longer has a hold on me



## On One

Heart racing, hot flashes, thoughts in every which way direction  
Is this really happening -  
Or am I just on one?  
Paranoid, delusional & hallucinations, too  
Crazy I am & that's a fact  
This isn't just all on my head  
Or am I just on one?  
Lies, mind games & affirmation  
Everyone against me  
Words are hard, thoughts are harder & cannot concentrate  
Is this just circumstance -  
Or am I just on one?  
Distrustful, fearful & over suspicious as well  
Manufactured, unreal & inane it may seem  
This is an evil doing  
It's not all in my head; has to be  
Or am I just on one?

## Confined

Confined to a world of craziness & chaos -  
Surrounded by strangers, acquaintances, friends & family  
Desolate, alone & solus  
Seconds, minutes, hours, days, months & years pass by -  
Hiding & running from the pain consumed  
Time standing still & moving in slow motion -  
Screaming for help; although nobody can hear my cries  
Lost in a vast sea of emptiness & years of hurt, sadness & pain  
Consumed by the thoughts of leaving this world behind  
Not one soul would notice me gone  
Grasping & wanting the life I deserve  
Reaching harder as the moments of life pass by -  
Never grasping it; yet it's right at my finger tips  
Further & further I fall down the rabbit hole  
Is this the life -  
That I will continue to lead?  
Or can I find that life I deserve & need?  
Lost, broken & an empty shell that takes me through life  
Don't know how much longer I can manage this fight  
Thoughts keep stirring in my mind -  
Confined by a world of craziness & chaos

## Any More

Mind in every direction -  
Completely blanket the same time  
I cannot take any more of this -  
White flag is flown  
I give up  
The damage is done  
They got what they masterminded  
Battle & war both won  
Mental breakdown has begun  
I cannot take anymore of this -  
How much more can they do?  
Thought about it a time or two -  
Say goodbye to the world I once knew  
Push me to proceed to that place -  
Why -  
What did I do?  
Despised me that much -  
Mad because they aren't me?  
Give in & let them win -  
Or put up one hell of a fight?  
Shouldn't make such a fuss over lil 'ol me!!  
Battle may be won -  
War is not quite over  
It's just now getting interesting  
Not going to let them get to me  
I will get the last laugh  
Try & try again -  
Everyone of you will lose  
Break me all you wish  
My life means more than you ever will  
I cannot take anymore of this

## Bachelor Girl

Destined to be solus & forlorn -  
Pondering this to be true  
Craving to have love furnished to me as I obliged to them  
Tears, pain & a broken heart are all I ever get  
Wear my heart on my sleeve -  
Care a lot more than I should  
Mind games, toying with emotions & intermittently black & blue to boot  
Each mortal has an individual that is fated for them -  
Mine must have gotten lost & gone astray  
Not giving up on finding my forever person  
Just taking a step back -  
Searching no longer for him  
When time is right -  
We are able to convene  
No more hurt & heartache  
Yet, is there such a creature for me -  
Or am I just inevitable to be single & unaccompanied?

## Multifarious

Possibilities, options & choices are many -  
Acquaintances, friends maybe yet more  
Can you see yourself with any of them?  
Thought, second-look & ponder much longer  
Is there a certain particular one that makes the mind curious & in awe?  
All catch your attention in some form or another  
Is there anybody at all that makes you wanna stay?  
Laugh, smile & catching feelings perchance -  
Lust is it or conceivably be more than that?  
Acquaintances, friends maybe yet more -  
Perhaps in time you will know for certain  
Caught your eye & God willing your heart, too -  
Lust is it or could it be more  
Acquaintances, friends & for all one knows love of your life  
In due time -  
You'll posolutely realize indisputably the truth

## This Place

One step forward  
A million back it seems  
Why, oh, why  
Doesn't anything ever work out for me?  
Is this the pathetic I should be on -  
Give me a sign, show me the light  
What is the reason I keep coming back to this place?  
A lesson to be taught -  
Mistake to be fixed?  
Darkness & melancholy starts to set in -  
Others like to partake in the shenanigans & nonsense  
Pack up & leave time & time again  
Just like that, I'm back with no reason or rhyme  
Let It comes to surface the reasoning for returning to the place I despise  
By myself, alone, I feel safest  
Out of the reach & sight of the evil doers & their lackeys  
Hiding in the shadows -  
Awaiting their next attack  
Begging to learn the logic for me being here  
My mind & well-being has taken a beating  
Miles away & more; I want to be  
Ready to leave & finally be free

## Exit, Stage Left

Two years ago today -  
You told me you loved me for the first time  
A tear slowly fell down my cheek  
Finally, able to hear you say those three little but enormous words  
Little did I know -  
That was just the start of many untruths told  
Then blinded by the love I had for you -  
Put up with way more than any one soul should  
Good times, great times, bad times & definitely worse times to come  
Still wanting & loving only you  
Thinking no other could compete compare or take your place in my heart  
Act 2 of your outlandish scheme to begin your new scene  
All the hurt, pain & tears you brought forth to me through the years -  
Undeniably without a doubt more than I wanted to endure  
Yet, still standing by your side -  
Wanting always & forever just you!  
Minutes, days ,months & year n 1/2 pass by -  
Slowly, my eyes begin to open wide  
Grasping, taking in & hearing the lies slithering off your tongue  
Act 3 & 4 -  
Still playing with my emotions, heart & mind  
Hats off & standing ovation to you  
Intermission has come -  
Time for me to take center stage  
Calling you out on your lies, craziness & abusive ways  
No longer having control of me -  
Or able to trip from the tongue  
Just to keep me hanging on  
In conclusion, I was starting to relinquish the feelings I had  
Hard as it was to push through -  
Settling never again & tolerating all the nonsense & insanity you brought forth  
Me time has arrived & the season of me is here  
Juncture of getting what I deserve has veneered

Moment has come & I was done... done!  
Able to whole heartedly let you go out of my life  
Not a single tear to stream down my face over you -  
Didn't turn around or look in the rear view mirror  
At serene with my decision  
Have that fresh new start for me



## Better You & Me

Crazy as it may be -  
Non-fiction as it can get  
The one who came to me was you  
Wanted another chance for an "us"  
A better you & me -  
Seems like the times of the past are upon us once more -  
Praying that it's not factful of my notion  
Supposed to be your girlfriend again  
Yet, something is definitely askew  
"How are you, what you doing, miss you" & such -  
Nit a single one asked &/or stated from you  
Silence, voicelessness & inactivity -  
Ghosting me, to the casual eye would take it  
A better you & me -  
No lies, no games, betrayal or deceit  
Stronger & healthier those time around  
That's what you exclaimed  
Is this what you really wanted -  
Just playing with my head?  
Jumping to my own conclusions  
Over thinking, magnifying & losing sleep over -  
Like I sometimes do  
Be honest with me& let yours words be frank  
A better you & me -  
That's what you divulged you wanted  
Remember -  
You're the one who came to me  
Crazy as it may be

## It Was Never Really Me

Guess you finally found your forever love  
It was never really me  
Don't know how to process this news  
As a matter of fact  
It's tearing me apart  
The love I had for you was unlike any before  
Thought you were my person  
The one soul made for only me  
What a fool I was for thinking you ever loved me  
Guess she gives you something I never could  
I loved you with all of me  
Probably more than I should have  
The passion of my unconditional love & wanting forever only you  
My weakness after all, remember my addiction was you  
Guess you finally found your forever love  
Our story has at last come to an end  
You will always have a place in my heart that belongs only for you

## Our Time

Time wasn't on our side -  
A few years ago  
Tick tock, tick tock  
Two years gone by  
Does Father time now have our backs?  
Though I like to you then -  
I knew that I couldn't be all in  
Here we are  
Time has crossed each other's paths once more  
If you're ready -  
I'm certainly ready; entirely in!  
Time be on our side this go round -  
Without a doubt, I've fallen head over heels  
Time be true, let us see, that your on side now -  
Can it finally be?

## Insidious Change

When it's time for something new, you will detect it. You will detect a desire to relinquish. Let go, relinquish. To shed layers, move to re-create. You will know because there will be an insidious change all around you. You will release the old because you are really clearing a path for what's ahead. Trust this process. Know that life does not take from us anything unless there is something else imminently impending its replacement. Insidious change, take hold & go with it.

## Firsts

First crush when I was a young one  
First to take my virtue  
First you steal my heart  
First "puppy" love of mine  
First to make me become a mother  
First I was to marry  
First want to ever break my heart  
First to share grandchildren with  
Firsts of so many of mine  
Yet, never really had a real chance together  
Will there ever be another first for us?  
Now is the time to find out  
It could be the first of more manies!

## He's The One

My first crush on  
That "special one" when I was seven  
That feeling of "he's the one"  
It never faded away!  
Deflowering me on that dark night  
Stole my heart & I didn't even put up a fight!  
Always flirting with one another when around  
The father of my first born  
Longed for a real chance together  
Yet, those odds never came to  
That feeling of "he's the one"  
Hasn't disappeared yet!  
We are all grown & lives have changed  
Crossing into each other's personal spaces once more  
Our time, has it come to be  
Will there ever be a possibility?  
That feeling of "he's the one"  
It's here & undeniably is going to stay!

## If I Could

If I can make myself better.. I would

If I could turn off my feelings just like that.. I would

If I could unbreak any hearts I broke.. I would

If I could stop everything I hated.. I would

If I could turn back time.. I would

If I could just have 5 minutes more with my loved ones that have passed.. I would

If I could find a stairway to heaven.. I would

If I could stop being human.. I would

If I could stop being alive.. I would

If I could survive living for another year to come.. I would

## Feelings For Another

How can a person have such strong feelings for so many years for another  
Yet, lead two completely different lives separately!  
My first of many shared with a special one  
Initial human to have my heart  
Coincidentally enough, original being at breaking it, too!  
Wondering numerous years what it would like to be with him  
Did he ever sit & ponder what it would like to be with me?  
Lost and thought & heart searching within  
Smile comes to form on my face, dreaming of him  
How can a person have such strong feelings for so many years for another  
Reminiscing my memory warehouse of time spent together  
Makes my heart warm, belly twirl & legs feel like rubber  
That one soul meant only for me  
Could it be true  
Could it really be?  
You see that mortal that was intended for me?  
How can a person have such strong feelings for so many years for another



## What Is It About Me

*What is it about me -*

*What did I ever do so wrong?*

*Why is it that every time I let my guard down*

*Start feeling & caring for another*

*I'm always on the losing end somehow?*

*Giving my all & more every single time*

*Wearing my heart on my sleeve*

*My heart gets broken continuously*

*Can't help that's who I am*

*And the way I was made*

*What is it about me -*

*What did I ever do so wrong?*

*Why forever on the downside anyhow?*

*Bedevilled with solitude & companionless*

*That's what happens when I wear my heart on my sleeve*

*Gaslighting, mental trickery & heart strings enticed every which way*

*What is it about me -*

*What did I ever do so wrong?*

## Disappearing Into The Darkness

Life moves forward; yet, I still remain in the past  
Trying to pull myself together, but I keep collapsing to my knees  
I continue living in misery  
How I wake up every morning still to abide unsolved

Demons ingrained in my head won't fade away  
Divulging to me I would never see the light of day  
I strive to stay brave & strong for the ones that mean the most  
But they see me as intrusive

I strive to live the life I want & deserve, but cannot succeed  
Society has me tantalized in its clutch  
I try to break free from the manacles of negative thoughts  
It's a hard that can never be achieved

I do not have a mind of my own  
I have become a serf, to societies throne  
Ruminating too much about the "what ifs"  
Without looking to see I'm at the brink of the abyss

I don't know who I am anymore  
I sense I'm a complete stranger to myself  
They say time heals all things  
If time heals, then why do I keep stressing -  
And cannot heal myself?

I continue trying to prove to society that I'm not a mistake  
Like a vehicle without brakes  
My heart shudders with fear & agony  
Fear of disaffirmation & susceptibility

In this world I somehow find my way, a passage I will bid welcome  
With strength I'll cast ahead, my dreams I will never jettison

Although the skies grow darker & wind roar loud, I will sail through  
For in my heart, I hold the truth, I am not a mistake

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## For The Road

I've fallen way too many times  
Then I'm ever bold enough to enumerate  
And I have marched into the blazing fires  
Without any misgivings  
Yet, I am a simpleton who has the conception  
Not to learn from what she's showed  
But I'm still going to fill up my glass once more  
And have another for the road  
I may of prayed once or twice  
To the Gods I have no conviction in  
Cried out for guidance a few times perhaps  
When I felt I needed saving  
Made the wrong decisions a many  
And to'd when should've fro'd  
But my glass is raised once again  
To have another for the road  
I've been disparaged & manhandled  
Lost heart & fallen foul of dishevel love & trust  
Yet, somehow not thrown in the towel  
I've trailed the misfortunes to many times to count  
Ignored all signs & red flags, too  
The good riches I'm bestowed  
Yet, I'll swallow down each & every last drop  
And then take another for the road  
It's not about inner strength  
It's not about being meticulous  
Through the times I go unseen  
And when those around me are daunting  
It's just that I keep equanimous with the pierces that skewer through  
And no matter what life throws at me  
I'll take another for the road