

Inner Thoughts

S. Lancaster-Primus

Presented by

My poetic side 



Dedication

To S, thanks for the push ??

Acknowledgement

A special thanks to Jay for helping with my titles & my other friend Shane for encouraging me to publish.

About the author

Wife & mother of three who is passionate about reading & writing & just wants to share her passion with the world

summary

Secret Love

Mind Control

Internal Pain

Release

Some People, Some Things

Sweet Man

No More

Unexpected

Slow Down

If We Only Knew

Change

Love Pains

Rage

Coming From The Heart

Anniversary Blues

Fighting Feelings

Plastic Smile

Heartbreak Fear

Good While It Lasted

Unspoken Words

Trust

Forgive Me

Truth

Unknown Love

Can I really??

Lemonade

Empty Promises

Me

L.O.M.L.

Give Me Something

Amazing Things

Too Much Care

Shhh!!

Tornado

The Decision

Open Eyes

Imagine

Familiar Feeling

Just Be You

Walkaway

Pillar of Strength

Slow Potion

My Mind

Life

Walkaway

In My Mind

Fragile Life

Who is she?

Secret Love

Like a deep, dark pain
I struggle within me
Looking at you with her
Wishing it was me

I put on a plastic smile
So no one would notice
That my heart is shattered
It's so hard to do this

The introduction I made
Wasn't for you to fall in love
I didn't have a clue
Not one sign from above

Now I sit with both of you
The perfect matchmaker
My best friend and the guy
I wanted to be my lover

My heart implodes
Every time he would say
I'm like one of the guys
I just look away

If for just one second
I can get him to see
How deeply I love him
And what he means to me

Instead, I have to be
Maid of honor with a grin
As he pledges his love to another

Again, wishing it me

Mind Control

Silence betrays my mind
When I think I'll enjoy solitude
It seems so hard to find
And the chaos begins

My thoughts scream so loud
Like a street parade
Banging my throbbing head
Until I give into the charade

The fears of "what if" and "suppose"
Imitating true feelings
The erroneous scenarios
Makes my heart pound in my chest

I lose sight of what is real
And I begin to create problems
I sit by myself and cry
The falsehoods, I believe them

I try to find some way
To get away from the maddening ideas
But I keep listening to what they say
And keep stabbing my heart

I fight the rising panic
I don't know what to do
The make up stories in my head
Has turned me against you

In the end i turn you off
And you're so done with me
At my mind I angrily scoff

Because of it I'm all alone

Internal Pain

I don't know day
I don't know night
It seems the end
Is not in sight

The loneliness and hurt
That fills up my heart
The hatred and pain
Tears me apart

The struggle I feel
Keeps holding me down
The bile keeps rising
I can barely keep it bound

Feeling so helpless
And tired of giving
I've run out of options
So I'm just existing

Release

I feel myself release it
Every tiny, itsy bit
It opened up my eyes to see
What is real & what is fantasy
For a moment I was confused
And both of them my mind had fused
It had me blinded, no doubt
I forgot what we were about
It had me feeling absent things
That is what confusion brings
I was in such deep despair
See in my mind, I was in a love affair
I stopped myself in time
From doing something out of line
I'm grateful for self-consciousness
That got me out of this craziness
Now that I understand what we share
Is fun, easy and don't overbear
It doesn't take a genius or whiz
To know that it is what it is

Some People, Some Things

Some things aren't worth your dignity
Some people aren't worth your pride
Some things aren't worth feeling empty
Some people aren't worth your time
Some things aren't worth the effort
Some people aren't worth the thought
Some things aren't worth remembering
Some people aren't worth the retort
Some things aren't worth the energy
Some people aren't worth a place in your life
Some things aren't worth holding onto
Some people aren't worth the strife
Some things aren't worth the tears
Some people aren't worth risking it all
Some things aren't worth the heartache
Some people are worth nothing at all

Sweet Man

The sound of your voice
Makes me catch my breath
So smooth and sexy
It has so much depth
You're enchantingly charming
With your handsome smile
Your honey coated tongue
And boy, you got style
You make me feel so special
That I blush so hard
Your warmness and kindness
You're "sweet too bad"
You have no idea
What it does to me
My heart beats faster
When you look at me so desirously
Moments spent with you
Are so precious and rare
I try to soak it all in
Before it all disappears

S. Lancaster- Primus

No More

I am not your play thing
I am not your puppet
I have real feelings
But all you do is mock it

I do anything for you
Without any question
The things you have me do
I can't even mention

What we have is special
At least that's what I thought
But you play with my mental
And often leave me distraught

I have gotten wiser
Things are not like before
I'm holding my head higher
Since I am worth so much more

S. Lancaster- Primus

Unexpected

Like a cool breez
It moves through me
With such ease
I just let it be
A plethora of emotions
That makes me uneasy
Checking out your motions
Shicked you're so into me
I have no control
I can't harness
My body, mind and soul
My quirky oddness
All I know is
I love how your arms feel
My new safe place
Can't believe this is real
I don't know what to do
It's like nothing from my past
Gow I feel about you
I really hope it lasts

Slow Down

It's new & so exciting
Everything is so exciting
Have to get my feelings under control
Feelings can ruin your world
But the more time I spend with you
More feelings keep pushing through
All the barriers that I put up
Goes down in a giant flop
Maybe I shouldn't say
All the thoughts that come my way
Maybe all the things that I feel
Just doesn't feel real or appeal
I'll keep my feelings at bay
So I won't push you away
I need not to move so fast
If I want things between us to last

S. Lancaster-Primus

If We Only Knew

If we only knew
How things would work out
We'd know what to do
Without fear or doubt
If we only knew
About heartache & pain
We'd know what to do
So it won't happen again & again
If we only knew
That we'd have bad days
We'd know what to do
That they won't come our way
If we only knew
How great life can be
We'd know what to do
To always be happy

S. Lancaster-Primus

Change

I'm afraid to tell you no
To just let things go
For so long you meant so much to me
I don't know how to let you down easily

For the most part things were fine
I was all yours, you were partly mine
But misunderstandings made us separate
Our angry feelings we couldn't placate

In the time we spent apart
I took a good look at my mind and heart
There were things I needed to rearrange
And in me it brought a huge change

Now that you're back and see
That there is a brand new me
You can't seem to stand
This evolutionized woman

S. Lancaster-Primus

Love Pains

I throw my arms up in the air
Again, love has left me in despair
Taking me on a merry-go-round
Until I no longer heard a sound

No infectious laughter, no sweet words
No labored breathing, I feel so absurd
For one moment in time I let love in
Forgetting it is such a dangerous sin

It had me fooled with its beauty & poise
Its glitter & fanfare was just empty noise
Seems like I will never learn
That love's only aim is to watch you burn

I sit with my tears & my broken heart
Promising myself from love I'll depart
My heart has been hardened & never again
Will I ever allow it to let love back in

S. Lancaster-Primus

Rage

Like rain clouds rumbling in the sky
I feel the blinding rage rising so high
I try my best to fight the urge
But it's forcing itself like a giant surge
Soon I will have no control over it
It's burning & crackling like a fiery pit
I close my eyes & count from one to ten
To keep myself calm & my rage penned in
The words hurled at me
Are harsh & cruel as can be
Even though I try hard to ignore
They keep pounding at my door
I feel the trembling of my body
As I'm fighting not to lash out so badly
What have I done to deserve such words?
The answer to that will never be heard
I pray that I don't give in to the rage
The result of that will be me in a cage
I have to find a way out that's best
Until that day comes I cannot rest

S. Lancaster-Primus

Coming From The Heart

In that moment in time
When you're all mine
I don't want to let go
But we both know....

I don't belong to you
You don't belong to me too
But when I look at your face
It takes me to a different place

A place where there's no boundary
And both of us are free
Free to touch free to hold
Free to kiss, free to be bold

It's not being able to share
How I feel because I fear
I don't want you to think
That I am on the brink.....

Of getting too caught up
And then we have to stop
So I stick to the plan
Knowing you're not really my man

S. Lancaster-Primus

Anniversary Blues

Another year together
Facing day to day life
Being there for each other
During happiness and strife

It's a day to be celebrated
So people say
But I don't feel elated
On this special day

I woke up alone this morning
Thought you'd be by my side
Instead you preferred to be working
That left me torn up inside

I know you're busy
But I'm important too
So I keep quiet to make things easy
And to not upset you

We go into the future
Not sure what it holds
It can be an adventure
Or can be so very cold

Whatever it may be
It's up to you to decide
I'm no longer sitting idly
And let life pass me by

S. Lancaster-Primus

Fighting Feelings

There are days I feel numb
I don't say a word like I'm dumb
I just want to be left alone
As my feelings hover like a drone

I want to stay under my covers
I just don't want to be bothered
I need to sort out some things
The kind of things that emotions bring

It's just I feel at times tied down
Having to keeps my feeling bound
For others it may seem over the top
So I have to control or even stop

I always have to rein in how I feel
So those around me wouldn't repeal
At times it can be hard for me
That it makes me feel so very cranky

I have to clear things in my head
Before words can be said
Some feelings I have to keep to myself
Stacked away on the highest shelf

S. Lancaster-Primus

Plastic Smile

I try to be good
To treat you as a woman should
It's not that I don't care
Or don't hold you dear

I can't even say
I don't love you in every way
I am sure that I do
I really do love you

But what you don't see
Is that something is missing for me
That special kind of spark
The one that glows up your heart

Because it is expected
That I do what is directed
I go on with the game
Even though I am in pain

Years later I can't go
Or let my true feelings show
So I keep a plastic smile
To keep you satisfied

S. Lancaster-Primus

Heartbreak Fear

I am trying so hard to find
A way to get you out of my mind
To not see you when I close my eyes
To not make you the ultimate prize

I need to control my feelings
To keep my heart from reeling
I have to let my head rule
To keep me from being a fool

It's such a difficult fight
That keeps me up at night
I don't want to feel this way
I wish it would just go away

Instead each morning I rise
And I can only see your eyes
I feel the tenderness of your kiss
That I don't ever want to miss

I'm scared of being ashamed
If to you I'm just a game
If you don't even care
That I put my heart out there

S. Lancaster-Primus

Good While It Lasted

You know when things
Are too good to be true
You better believe it
Or it will ruin you

It just takes one word
Or a simple conversation
And it blows up in your face
Without warning or reservation

Expect the unexpected
How we should face each day
Because in just a few seconds
Things can go the other way

You make a decision
That you think is wanted
But you know deep down
It will just leave you haunted

S. Lancaster-Primus

Unspoken Words

I look at your face
And get lost in space
Words swirling in my head
Words that cannot be said

You see, unforbidden love
The kind shunned on from above
Is what I share with you
A love story that isn't very new

We have to hide and sneak
About our love we can't make a peep
We can only share with each other
Sometimes it's a real bother

We don't even say the words
These words will never be heard
Maybe we don't need to
Say to each other "I love you"

S. Lancastrr-Primus

Trust

To trust someone totally
Is to let them in
Your heart and soul
And feelings deep within

To share your dreams
To be authentic and real
They are your person
So you feel comfortable to reveal

But when trust is betrayed
It breaks your heart into pieces
You feel you can't do it again
As your face in others decreases

You build a high wall
To protect your fragile heart
The wall is high and tall
And can't be torn apart

Eventually someone breaks the wall
And you gain your faith again
You take another risky chance
Hoping this time you win

S. Lancaster-Primus

Forgive Me

How can I make you understand?
This wasn't part of the grand plan
It just happened so unpredictably
And I fell for him so deeply

"How can you do this to me?"
Was your heartbroken plea
I didn't mean to tear you apart
It's just time I followed my heart

You have always been a good guy
Saying you're not would be a lie
Just, you were never the guy for me
Though I fought hard for you to be

I hope you can forgive me some day
For breaking your heart this way
I hope you know deep down
I never meant to make you feel like clown

S. Lancaster-Primus

Truth

Truth be told.....

Is it ever the truth?

I don't think so in this world

Most times you're like a sleuth

The embellishments are amazing

The reasons quite outrageous

What are you really gaining

Telling lies so humongous

It's as if they dream of it

And then come up with a plot

Then they come to you and sit

Spewing it non stop

When caught they play the victim

Not wanting to be accountable

It's like a sickness within them

But eventually, all lies are payable

S. Lancaster-Primus

Unknown Love

Sometimes I feel so foolish
Sometimes I feel so dumb
Why do I always have to be
Emotionally undone

I open up my heart
Letting love come in
It leaves me in a wreck
And makes my world spin

To give of yourself freely
Not thinking of what may be
Not sure if it's reciprocated
And if you're in this all lonely

To love and not know
If you're in it by yourself
That if you give up on things
There's something worthy on the shelf

Sometimes it's best
To let go of things
There's just one problem
You'll always be wondering

S. Lancaster-Primus

Can I really??

Can I really be happy to see
Someone loving you instead of me?
Is it really true
That there isn't a me & you?

It won't be an easy task
It might be too much to ask
The deep roots you have in my heart
I don't think will ever depart

There's no amount of time
Not enough stars that shine
That will make me stop loving you
There's nothing you can do

I am trying surely
To handle it maturely
I may even smile to see
You happy without me

S. Lancaster-Primus

Lemonade

It's not our fault
How life turns out
At time we have no control
On how it all unfolds

We may be going our way
All joyous and gay
Then out of the blue
Life just hits you

It may be a good thing
That makes your heart sing
But you have to leave it alone
Since you're set in a tone

That thing that is said
Is just stuck in your head
When with lemons you're paid
You just make lemonade

S. Lancaster-Primus

Empty Promises

You said everything will be alright
That I won't have to fuss or fight
That things will be smooth & hassle-free
But I think you lied to me

You promised if I get with you
All the bad thing I won't go through
You sold me a dream that I believed
And in my heart your words conceived

I opened up my eyes and see
A life filled with disappointment & misery
Your sweet words now leave a sour taste
And I think of how much my life is a waste

Now I sit here trying to come to terms
Of this horrible lesson I learned
To get up everyday & face the fact
That what I gave you, I can't get back

S. Lancaster- Primus

Me

I am unashamedly weird
You can get lost in my head
There's no straight and narrow
But corners and detours, no arrows

I am spontaneously wild
A very impulsive child
I act on how I feel at the moment
It often leaves others spent

They don't understand the things I do
And most times they misconstrue
Explaining make no sense
Since discussions get really tense

There's no way I can be
Anything else but me
I may be hard for you to feel
But I'm 100% authentic and real

S. Lancaster-Primus

L.O.M.L.

I met the love of my life
For the first time today
I was taken aback
When he came my way

With a contagious smile
And the sweetest personality
Instantly my heart melted
And I fell in love immediately

The feelings I have for him
Is unlike what I've ever experienced
All the time I thought I was in love
I was just sitting on the fence

The more I get to know him
The deeper I fall in love
I never thought it was possible
That someone could fit me like a glove

Unfortunately, all love stories
Don't have a perfect end
But I am just eternally grateful
I can call him my friend

S. Lancaster-Primus

Give Me Something

I feel my efforts
Are all in vain
I give you everything
But it just leaves me in pain

I expose my soul
But you give me nothing
I have to chip away
To get a little something

All I ask from you
Is a tiny opening
I'm not asking you
To give me everything

At the end of the day
I ask for your trust
If you can't give me that
Then it will affect us

S. Lancaster-Primus

Amazing Things

The birth of a child
How fast they grow
Getting lost in a smile
And you don't even know

Waking up in the morning
To see a brand new day
The tingling feeling
When love comes your way

Having someone at your side
Who sees who you really are
Having confidence in yourself
To know you're a superstar

The joy in your heart
When with family and friends
Knowing that for you
They'll ride till the end

There is so much more
That can be said
But some amazing memories
Should just remain in your head

S. Lancaster-Primus

Too Much Care

It's not always good
To show how much you care
What you feel for someone
They may not even be there

You pour your heart out
Mind, body and soul
And at the end of it all
You're treated so cold

No matter how you try
To keep it all inside
From the moment you see them
Everything bursts outside

You end up breaking
Your very own heart
By caring too much
Right from the start

S. Lancaster-Primus

Shhh!!

I took an oath of silence
Never again will I speak
Sometimes I find myself saying
Things that make others shriek

No more will words pop out
Whenever I feel like it
Whether I'm right or wrong
My mouth will remain zipped

Sometimes I don't control
Whatever I have to say
It may come out rather harsh
When I didn't mean it that way

I am mostly misunderstood
And it tends to get to me
Though I try to be careful
And don't react and let things be

No longer will I talk
About what races in my mind
I will keep it locked in there
Maybe I'll seem a bit more kind

S. Lancaster-Primus

Tornado

We started off really fast
Like a raging tornado
But like a tornado doesn't last
Eventually things soon got slow

Feelings got all tangled up
In this whirlwind affair
Now we need to put a stop
And put things in neutral gear

We decided to be casual
That we'll take it at snail's pace
But then again as usual
We race off in each other's space

We know we have to walkaway
We've tried doing it before
We know If we go our separate ways
The tornado will be no more

S. Lancaster-Primus

The Decision

I made a difficult decision today
I made the decision to walkaway
This decision truly affected me
Because from true love I had to flee

Right now my heart is shattered in pieces
As if invaded by a thousand diseases
I don't know if it's the right thing to do
But I guess to my decision, I must stay true

I don't know how to move on from this love
I'm searching for answers from the stars above
No one has an idea, not even a clue
On what remedy there is, what do I do?

So here's to endless nights tossing & turning
While my heart, body and soul will be yearning
For the only man that captured my heart
And from who I have to sadly depart

S. Lancaster-Primus

Open Eyes

People will say
What you want to hear
But it's in their ways
You will see if they care

My eyes are open
I can finally see
What's deep within
And how you feel about me

I don't blame you
No, not at all
It's the things I do
And how quickly I fall

So I'll stay in my lane
It's the least I can do
Though for me it may pain
It's easy breezy for you

S. Lancaster-Primus

Imagine

Imagine how it would be
If only you and me
Could just be together
Loving & caring for each other

To wake up every morning
Before the day starts dawning
Making sweet love to you
Like only we can do

To see your intoxicating smile
Holding you for a long while
Staring deep into your eyes
Feeling like I won first prize

It won't always be easy
The bumps may make us queasy
But as long as we're together
We will face any type of weather

. S. Lancaster-Primus

Familiar Feeling

That feeling you feel
When you know what you know
Things are about to get real
Not sure if you're ready for the show

Things begin to change
And it's out of your control
Everything is rearranged
You know it in your soul

In order to survive
You simply accept things
Though you don't 't feel alive
Since your heart no longer sings

You take a deep breath
And walk through the door
It all feels like death
But you've been there before

S. Lancaster Primus

Just Be You

No matter what you do
Some people won't like you
They will always find a way
To have something bad to say

They don't have the tiniest clue
How much this even affects you
But would they even care
About the negativity you bear?

What makes it hurt more badly
Is when these people are family
The ones that you depend on
Apparently you've been so wrong

I guess you have to take it in stride
Despite how much it hurts inside
All you have to simply do
Is to yourself be true

S. Lancaster-Primus

Walkaway

Sometimes I feel like walking away
Dropping it all & just getaway
Away from all the stress in my life
From dubious people, heartache & strife

People can be so very mean
They like to advantage me it seems
I give them my all & it's not enough
Sometimes it's better for me to be tough

I give all of my time and my heart
What do they do? They tear it apart
I give everything I have in my soul
What do they do? They leave a black hole

But there'll come a time I draw a line
A line that I have to define
I have to forget & focus on me
Screw them all, that's the best thing you'll see

Pillar of Strength

I feel like everybody wants something from me
Everybody has a problem that I need to set free
I am everybody's shoulder to cry on
But when I need somebody there's no one

I hurt so much inside but I have to be strong
Everybody looks up to me like I can do no wrong
They are so blind they can't see me
Only those who look, like really look, can see

What's funny is no one asks how do you do
Their only focus is them and can't see that you're blue
Sometimes you try to reach out but it's a waste of time
Because they only care about what's on their mind

As soon as I start talking they cut me off
They're only concerned with them and not my cross
So I will continue to burn up inside
And be the pillar of strength for them on the outside

S. Lancaster-Primus

Slow Potion

Sometimes we have to take a step back
And think and retrace our steps
At times our approach of attack
Is too aggressive and we need more depth

Things can move at lightning speed
And we can crash and burn so badly
A breather can be all we need
To see where we're going more clearly

At times our minds get clouded by emotion
And the reality of the situation is lost
That is when we need a slow potion
Or what we hold dear will be the cost

Now that our eyes and minds are open
And we don't let our hear and emotion rule
We can appreciate what we've gotten
And don't lose it all like a fool

S. Lancaster- Primus

My Mind

My mind is like a hurricane
Raging around with thoughts
It is so hard for me to contain
And I can't charter its course

My mind is like a tornado
Destroying feelings in its path
At times it doesn't know where to go
And just passes through with wrath

My mind is like a tsunami
Slowly but dangerously clearing the way
It calmly but forcefully embodies
And washes the unnecessary away

My mind is like a serene sea
Where there's just stillness & peace
Everything is settled and in harmony
And all the commotion cease

S. Lancaster-Primus

Life

Life why are you so cruel
To me, your lovely child
You were suppose to nurture me
Always, not only for a while

Life why did you take my smile away
And replace it with salty tears
You took all my hopes & dreams
Transforming them to endless fears

Life you did say some days will be hard
I didn't know you meant everyday
Heartbreak, disappointment & hurt
That's all that comes my way

Life please give me the happiness
You know I so rightly deserve
Life I am on the verge of giving up on you
Don't be fooled by my calm reserve

S. Lancaster-Primus

Walkaway

What am I doing?
Giving my all
When I continue
To slam into a wall

I told you I love you
I shouldn't have said
Because all that you do
Is play with my head

I know it's not ideal
It's not what you want
I think that you should
Stop putting up a front

I am not feeling
That vibe anymore
I'll do what you want
And walk out the door

S. Lancaster-Primus

In My Mind

When I sit in solitude
My mind goes to work
In this crazy altitude
Many shadows lurk

Negative thoughts jump merrily
Fear skips along and play
False scenarios frolic jubilantly
Commotion rolls my way

My head and heart connects
Intertwining feelings and fear
Afraid they will be rejects
And I lash out so unfair

I hurt what I care for
Destroying it most vehemently
Now my mind and heart is sore
Because I destroyed them completely

S. Lancaster-Primus

Fragile Life

One minute you're smiling
Enjoying your life
Next minute you're not there
And your loved ones are in strife

We hear all the time
Live your life to the fullest
But what does that mean
When some days aren't your best

I believe it's letting your people know
They're loved and cared for
And mending your fences
Before death knocks on your door

So before it's too late
Make sure that they know
How you feel about them
Was not just a show

S. Lancaster-Primus

Who is she?

With every stride
She walks with pride
Who is she?
She is woman

With every fall
She still stands tall
Who is she?
She is woman

With every slap
She claps right back
Who is she?
She is woman

With every tear
She smiles without fear
Who is she?
She is woman

With every pain
She does it over & over again
Who is she?
She is woman

With things falling apart
She has endless love in her heart
Who is she?
She is you, she is me

S. Lancaster-Primus