

words from the soul

anna_x_life



Presented by

My poetic Side **P**

Dedication

This book is dedicated to all those who held their feelings inside. Who feel as is they don't have a voice and don't matter.

summary

are you ok?

I am a boy

staring out a window

glad to be alive

hidden inside

windows to the soul

no way home

when you want to cry

everything that lies beneath

Laughter and Tears

hold on

neverland

It's You Not Me

Desend Into Hell

the rain

time

contemplation of a broken heart

butterflies in glass prisons

are you ok?

Are you ok?
Funny you should ask
Do you really care?
Well let me tell you

My heart is shattered
My voice is gone
My tears have dried
There is no trace

The words I've been given
Stuffed in a hole
The ideas that spark
Put out by life

The horrors of reality
The simplicity of death
A breath is stifled
Before it could live

Am I ok?
No, indeed not
My heart has fallen
Into the haze

My smile
A thing of the past
My laugh
Tainted by sorrow

The words on my lips
Shall never be uttered
The truth in my soul

Hidden forever

The story of my life
Written before lived
Has a ending so near
If only I could read it

The stars in their knowledge
Seem so very far
A wish to be granted
Only once more

Death is an allure
Life is reality
Pain passes on
Still scars bear the tale

Of one who lived
Who braved the world
And kept their heart
Broken evermore

Yet those scars
Are what Shame and people use
To break you down
And glue you into

What is acceptable
And right for them
And once they see
A crack in the armor

They push in deeper
And blame you for breaking
Pulling you apart piece by piece
Until they see what's underneath

Then they turn away
And deny the truth
Because they see what they want to see
No one knows you were made this way

But do you care?
Are you listening?
Or am I just a box
To check on your way?

Would you really stay here
If you saw the real me?
Will you let me cry
Without drying my tears?

No you won't
And thats alright
I'm used to being alone
I really don't mind

If you feel better
Talking to me
By all means
Let me brighten your day

I know someday
Someone will ask
Are you ok?
And you will lie

Everyone does it
It's what's expected
No one needs to hear
No wants to care

You have chains
So do I
From birth until death
Together we fight

In our own ways
Defying destiny
But for now our paths sever
Until we meet again

Are you ok?
I'm fine
You sure?
...yea

I am a boy

I am a boy
My eyes are blue
I have 3 dogs
This much is true
I have no siblings
My parents dont fight
I hate reading
And i sleep through the night
Romance is my life
I'm looking for the one
I want to get married
And have a son
I love chicken
And all things bird
I hate coffee
And I'm definitely not a nerd
I dont wear glasses
I love my weight
I'm very secure
And I'm never late
I dont like life
And I dont have friends
But wait and see
How the story ends
These things I've written
Are all a lie
Think the opposite of each one
Go ahead and try
Then you will end up
Wirh my true life story
Now you know me
And I hope this wasnt corny

staring out a window

Staring out a window
I see people passing by
Each in their own universe
Every one intertwined

Birds are singing
Do they hear them too?
The sun is smiling
Will they smile back?

Staring out a window
It really makes you pause
Notice each little joy
And they will keep you alive

Walking down the pavement
Thoughts deep inside
No one notices me
Except the birds

They warble a tune
In the bright sunshine
Reminding me to smile
Little things that keep me alive

I see a face
A pair of green eyes
And the face sees me
We smile at each other

Cause its the little things
That keep us alive
Happiness in a smile

As warm as the sun

glad to be alive

I awake
Glad to be alive
After last night
I wasn't sure I'd survive

The shouting
Pain and loneliness
Lack of compassion
Left me breathless

Going through my morning
Making my tea
Putting on makeup
Telling myself I'm pretty

A smile in the mirror
A heave of my backpack
Now it's off to school
Where they cut me no slack

Numbing my brain
Doing my best
I swear
I just need a rest

From people
From life
And then I wake up
Glad to be alive

hidden inside

What do you say
When you know they won't listen
How do you break the news
Without hope of acceptance

3 inch thick kevlar, that's how
Been putting up walls
They ain't never coming down
No bullet shall strike me again

The most horrible feeling
Is when you want to tell
The ones you love the most
But are met with silence

Pitying looks, or judgemental stares
Both are expected
But they still hurt
Just once I wish

My filter could turn off
I could say what I want
I won't gatekeep my opinions
You'll know who I am

You want me to be brave
But my childhood taught meekness
You wanted me to be strong
But now you call it defiance

You want me to be under a man's control
Because he is my leader, I am under him
You say have children

As many as possible

I can never tell you the truth

I am never getting married

No man will control me

I will live by myself, far far away

I don't want children

And I'm asexual

But that too

You can never know

As soon as I turn 18

I'm getting out of here as soon as I can

Going to a really big city

With bad boys and girls

We'll party the night away

I wont feel trapped

I'll know I am free

When you walk out the door

The things I will never tell

The ones I really just can't

Are what define who I am

My values, ideas, opinions

Whatsoever you disagree with

Shall all be hidden inside

And you will never know me

But funnily enough I dont care

windows to the soul

When you gaze into the eyes
They tell so much
Some of what is hidden
Screaming for attention

The very window of the soul
This the eye is called
A peephole
Into one beautiful life

Eyes are a story
Begging to be read
Watch carefully
And you will see

Tales of victory
Over demons
Tragedies with no hope
And unrequited love

Tales of abuse
Scars of survivors
Misunderstandings
And humiliation

Sparks inside every last one
Bring to us a beautiful tapestry
Never silence the eyes
As they are the windows to a soul

no way home

Doing good for a while
But then I faltered
My feet slipped
And down down down I go
Not like Wonderland
Where everything is curiouser
With magic and charm
And chershire cats
No this pit is dark
With slick smooth walls
And a bottom so far
I can't even fathom it
Light
I see light!
But alas to no avail
All it does is show how far I am
It taunts me
Mocks my failure
Just try harder
Is its favorite one liner
Others will pass
Lending a helping hand
Until they realize just how far
I really truly am
Attempting to climb
Pulling at roots
Reaching just above my head
But then falling again
The pit is dark and cold
I've been here far too long
So long I've grown accustomed
To the loneliness of being forgotten
Actually my pit is not that awful

Rather quite cozy
I can see in the dark
So really, I'm fine
I've made friends with the soil
And neighbors with darkness
Light we don't speak of
For it has forsaken us
Many years now it's been
Time slowly inching by
I am now one with the soil
The dark, the air
For they were with me
When no one seemed to care
And when the next one falls
I will be with them too
One in spirit
All without hope
For in this pit
There is no way home

when you want to cry

Sitting here alone
I hear you sob
And I'm glad you're still here
But he doesn't treat you right

You two should be in love
Not ignoring each others existence
Except when you fight
Then I wish for the silence

Please dont cry
You're still safe
He can't hurt you
Only through words

He doesn't need to love you
For you to love yourself
You're still so very precious
Even if he threw you away

Your kids still love you
Friends all over too
So it's literally just him
Who can't see your heart

He doesn't care
You really shouldn't stay
Go live your life
Be free of his control

I'm rooting for you
You're incredibly loved
Remember that

When you want to cry

everything that lies beneath

The sky is not the limit
Look down below
Why go up
When you can descend

The grass is crisp
Waving in the breeze
The flowers without
Beaming up at me

The pools of water
Standing for days
What life, what beautiful things
Are living in the sweet blue

Trees have stood for ages
Fantastic stories lie within
Strong, wise, full of life
All of this under the sky

Yes the sky and beyond
All is within reach
But don't forget to enjoy
Everything that lies beneath

Laughter and Tears

Laughter and tears
Are two very different things
One brings you down
The other makes your heart sing

Tears are for mourning
For lost lives and chances
That which could never be
And the brokenness in this world

Some may never see you cry
Because you've built yourself so strong
But your pillow each night
Will catch every last drop

Sadness and despair
Loneliness and heartbreak
These are the things for which we cry
The pain lasts forevermore

Like the sun breaking through the clouds
And the birds warbling a song
Our laughter is indescribable
The most beautiful of sounds

Incandescently happy
Laughter is the proof
Of a soul once thought dead
Peeping out once more

No one can bottle a laugh

It is a fleeting moment
For some it is rare
And others, their constant friend

No matter how frequent
Laughter is precious
Untainted by hurt
And the sadness in this world

Yet we cry hard
Then laugh the next moment
Because we can do both
Sad then joyous

We laugh so hard we cry
But then we can't stop the flood
Because laughter and tears go together
Both expressions of love

We live, we feel
Its part of being human
We break just to heal
Not always irreversibly

Laughter and tears
Both so very different
Yet they are expressions
Of the very best in humanity

hold on

he wont tell you what
to wear or how to act
he wont pretend he cares
then stab you in the back
he wont give you hope
then take it away
he wont open his mouth
and ruin your day
once you're 19
you'll be free
hold on til then
I'm begging you baby
you'll be ok
he wont reach you
so hold on til then
until the sun rises anew
you'll be ok
it'll get better
so hold on til then
my dear darling self

neverland

One starry night
I had a dream
That I could take flight
So much easier than it seemed
A wonderful feeling it was
One of hope and desire
Magic because it ever grew
A wildfire in the wind
So I took to the sky
Over the moon through clouds
Dodging birds minding their business
Now, I was one with them
So up up up I soared
Til I saw a star to the right
And at this I aimed towards
Straight on through night
In the morning a beautiful sight
Met my tired, weary eyes
How I lived without this before
Will always be a mystery
A place so perfect
Without troubles or worries
No sadness nor neglect
A place really only in stories
And in stories it would stay
And I would never leave
My youth will never change
This is where I belong
So gliding about
Over rivers and streams
Mermaids and crocodiles
Peaks and ravines
Ships with white sails billowed Gleaming cannons full of fire

Loud rough pirates
Even one with a hook
This land is full of wonders
Stubborn pixies and lost boys
Songs played to the wind
Nothing without a voice
I suppose all children dream
Of a place very much like this
Where they can be free with no rules
Where they decide their fate
People never really die
Nothing bad ever stays
Good triumphs over evil
The hero saves the day
Such a longing
So very powerful
For a place better than here
A place filled with hope and magic
Happiness and joy
Comfort from belonging
The very heart of humanity
A wish so great-we dont even know
But it drives us
Urges and guides
The longing for life to be different
Better, more kind
People don't grow apart
Animals don't die
Hearts will never hurt
And children won't cry
But alas, tis only in stories
Because we are here
And we have to grow up
Accept the pain, survive the wounds
Smile magic into the world
Open your heart, learn to live

Because then, even though you're grown up
You never lose hope
I'm older now
I suppose I woke up from my dream
No flying or wishes for me
Not even with pixie dust
And that's ok
Because I don't need it
There's a lil bit of magic every day
Inside each and every soul
You just have to be able to see it
So to Peter Pan, Tinkerbell
And even Captain Hook
A most sincere thank you
For showing me the world as it is With hope

It's You Not Me

I used to cut myself
You asked me to stop
Said it hurt you
Because it hurt me
Guess you don't know
You're the reason I took it up
Your words cut deeper than any knife
My marks are the physical manifestations
Of the wounds you gave me
And somehow my work hurts less

Just had to numb the pain
With more pain that I control
It was either this or go
Slipping away to someplace
Where I can't feel a thing
Looking down at myself
Wondering why do I do these things
But it scares me
Yea I scare myself
With the thought that I might never come back

I would stay away forever
You'd never pierce me again
Feeling empty forever
I think I can handle that
But when the silence
Frightens me more
Than all of your rage
I know it's time
To return to earth
And be here in this body

It'll get better
Everybody tells me
Just give them a chance
You'll see them change
But tell me, why should I
Just hand you a knife of forgiveness
So I can turn to smile at trust
While you stab me in the back
Promises are bullets
Apologies are empty sounds
Coming from your lying lips
You can drop the act
It's all been done before
I'm familiar with this plot
It's the one where I lose

How are you so blind
How can you not see
I didn't harm myself
You fucking cut me
Yet I am the one with the problem
Explain why I need some help
Just cause your shitty parenting is showing
Doesn't mean you should take it out on me
So the next time a new scar appears
Don't roll your eyes and say she's at it again
Look in my eyes and ask me why
Because I'd love to enlighten you

Desend Into Hell

I woke up
Thinking I was ok
But then last night
Came flooding back

The yelling and crying
Slammed doors and open wounds
Monsters auctioning love
To angels starving for comfort

Envoking the name of God
To excuse the torture
Using ungiven authority
And relishing in the power

So crawling to the sky
I knocked on heaven's door
Waiting for years
But there was no sign that I was heard

If God is on the monster's side
And they are truly saved
Then I shall descend to hell
In flames of rebellion

Dancing in the ashes
Of a message of hope
Because nothing was done
When we needed love the most

So down I fell
To my paradise in flames
Where I can laugh with no restraint

And no one claims to care

At least the liars know who they are
The murderers and addicts too
Nothing evil disguised as good
That is what I respect

There is beauty in the pain
For we all feel it too
And going out in a blaze of fury
Is how we will defeat life once and for all

So as my final show of defiance
I take one more step towards death
The end is before me
And I wake another day

the rain

little cold drops from above
that fall in pitter patter
all together make a splish splash
thoroughly soaking me

i used to hate the rain
the stormy clouds and thunder
lightning terrified my brother
but my mom would smile and say

look at all this beauty
this incredible scene
lighting calls to thunder
and is never lonely long

as a child i learned
to love the storm
but rain took longer
for me to truly understand

why must it be wet?
why is it cold?
why does it ruin
the fun when it appears

all i knew was droplets racing
down the car's window
maybe sometimes a rainbow
were the only beautiful things

5 scars and 6 gallons of tears later
I've learned to love the rain
sitting alone my tears are invisible

when the sky is crying with me

it envelopes me
covering the pain
and taking the icy numb
away when it leaves

washing it all away
i feel at peace
and i can laugh with the rain
as my heart breaks in the flood

i dance, i sing, i am alone
no one to see a single moment
except for thunder calling
and lightning flashing

and rain covers us all

time

so fast
i was 13 yesterday
today I'm no different.
but i am different
I've changed
no i haven't!
its a beautiful thing to rush in colored streams of water and blood and tears.
those never change
but i do smile more.
15 was so old
it went by too fast
can i stay this way forever?
i dont want the future arriving.
I've been so good- I've been happy. tears visit more.
i was with a mom today
she was so loud.
unhappy and tired was her smile.
no
no
no
what if i no longer see beautiful things?
will my thoughts become survival instead of wonder and contemplation?
what if i become stuck because time was too quick to get rid of me?
people no longer are magic but drudgeries to be dealt with.
but rain? will i laugh in it like i used to?
please let there be pieces of mineself that ebb and flow but never drain out with life.
should i be thinking about these things at 4:29 with the crickets? no they say I'm young, that my life
is ahead of me and i have all the time in the world.
time is slipping
moments keep ending.
perhaps why they're marvelous.
why im marvelous.
but how long til i hate myself again?

until my mind is a prison instead of a universe?

until books have no meaning and music pointless?

no

no

please no.

I've changed so very much.

my wish is for the seconds and days and decades to bring me peace

tranquility as i lose moments.

i wont leave screaming and hateful at the beautiful world i love

im so young.

i should sleep.

contemplation of a broken heart

the ache in my chest
reminds me to breathe
to acknowledge the pain
and relish in the hurt
2 am is when i over dramatize
and romanticize my tears
listening to lyrics that stab my heart
truly in pain but amused all the while
in retrospect my breakdowns mean I've lived
I've dared to open my heart
and break another's
i am alive and living and experiencing
have i mentioned my over romantization?
I'm so glad i can finally connect with taylor
I'm thrilled to be a teen
the pain feels good
perhaps i really didnt care
which is why I'm contemplating so hard
the self reflection and the tears
make it all worthwhile
the aesthetic of the broken heart
is so fun to try on
and all this while
i still have to remind myself to breathe
this isn't particularly how i wanted the year to go
i do truly wish i didnt have this ache
but the experience exists
and shall remain under my belt
and there are moments i just want to run back to you
feel the high when you smile at me
crossing my fingers hopefully
those become fewer and lesser and nonexistent
it might hurt to see you dance with someone else

but I'd rather that than dance with you
and i wish on a star
that it hurts you too

butterflies in glass prisons

butterflies in glass prisons
for the world to marvel at the splendor
pierced through fairy wings
magic is only beautiful if you end it

chemicals in my brain are why i feel the way i do
electrical impulses tell me what i experience
i exist only in science
but its ok to romanticize to survive

i am a remnant of stardust
a star which ceased to flame eons ago
so in a way i did too
me and me and you

the universe is in each
flaring and expanding
our galaxies collide with each other
and our stardust is sprinkled on another

we have tiny traces
of everyone we have met in us
from a smile they gave to the pain they made

the circle of life?
unending connection?
or simply wishing on stars?
starshine and all

so magic is stars
and stars are us
and we are magic
and butterflies too

chemicals in the brain

i am not sad

i am in correct working order

i am functioning perfectly

and wings in the dust

shall writhe and sink and shrivel

and magic is gone

but look at the night at the pieces of us in the sky