

Poems of a Disturbed Mind

By Eliniel

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Just...poems I've written..some happy, some depressing...some...whatever.

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1 - Alone

ALONE

In hatred and in fear

I live my life

In the darkness

In the light

I have much regret

And pain

Just bottled up inside

With no one to help

With no one to save

I am by myself

I am

ALONE

Meaning apart from

Anything or anybody

Abandoned, desolated

Deserted, alone

It doesn't matter

How you put it

It will always

Mean the same

So let me live on

Being ignored

I am

ALONE

Instead of expressing my pain to you

I resort to cutting

Or punching the wall

No one will ever

Understand my pain

Which is why

You don't know

The worst secrets

Of my dark life

And you wonder why

I am

ALONE

2 - As The Light Dims

As The Light Dims

By, Christina Heaton

I walk in the darkness

Pretending that you're here

Pretending that you really love me

I know you're not really there

But I talk anyway

I talk to the darkness before me

But it makes my heart ache to speak

Even worse than it already does

I wish that you were here

Walking with your arm around my waist

I wish that you'd really love me

So that I may take some comfort in the dark

When I look at you from a distance

I see nothing but hearts around your face

When you talk to me face to face

I can't help but stare into your eyes

When you hug me in your gentle embrace

I feel the warmth of your body engulf me

But then you go away

And alone I am again

I know that you're not here

Walking with your arm around my waist

And I know that you'd never really love me

So I can't take some comfort in the dark

Now alone in the darkness of my life

I am engulfed with problems left and right

I can talk to you about it, my dear friend

And then my heart will mend

When another bad thing happens

You'd be here by my side within minutes

So I could take in the comfort

But in the end, you still won't love me in the way I want

But I still wish that you were here

Walking with your arm around my waist

And I still wish that you'd really love me

So that I may take some comfort in the dark.

3 - Barbaric Yawp (For English Class)

With my short dark hair and my deep brown eyes
I concealed the many secrets my life held
From the time when I was nine and my dad left
To the many times that I mutilated myself with knives
And made my knuckles turn black and blue by punching walls
The melodic, magnificent music that I produced through an instrument
And the long disturbing poems that I wrote
All helped unconceal all the anger and frustration deep down
But then I met him and my life was turned around
He warmed my heart with his smile as the sun melts ice
He brought me out of my hard shell
And this is what I have to say to that:
As long as you have life to live
You should live it
If I fall
I know you will catch me
As long as you're there for me
I can live my life
But the day you go away
Is the day I die

4 - Child Labor Poem (for Hist Class)

Christina Heaton

Anastasia O.

Pd.8

We work many hours

We don't get time that should be ours.

Not much money comes in

And that should be a sin

One of our friends got hurt

And no one cared

They said, "Suck it up."

The area is always dirty, smelly, and sweaty

There isn't much light

Now we won't grow up bright

Because there's no school for us

I just want to be a normal little kid

Who plays all day and sleeps all night

I want to have an education

But that's out of the question for me

5 - Flower

Flower

By, Christina Heaton

Just like the flower

Resting in the vase

I am dead

The once vibrant red rose

Is now hanging down

In a crinkly shade of brown

And my heart is the same

It used to burn red

With the fire of passion

And love

But that fire

Has all but vanished

It burnt my heart

To the small crisp

That it is now

The flower now has dropped

From it's stem

Into my shaking hand

The last string of support

Has just snapped

I fall to my knees

Filled with emotion

And like the flower

The last string

On my heart breaks

Tears flow out freely

Uncontrollably

My body breaks down

And like the dead rose

No one can save me...

6 - I Need Someone

I Need Someone

I need someone right here

Sitting with me

Comforting me

In these times of distress

I need someone

Who will let me

Cry on their shoulder

And let me get it all out

I need someone

Who will hold me in their tight embrace

And stay with me

Until the pain is gone

I need someone

Who will kiss me

On the forehead

And tell me that it's all right.

I need someone

Who will love me

And I need that someone

Very soon

7 - My Life At Nine

My Life At Nine

By Christina Heaton

This is a true story of my life at nine...it may be a bit depressing, but enjoy.

I lie on my bed

With thoughts in my head

I think of my past

The happiness didn't last

When I was nine

And bliss was mine

I never thought of the day

When he would move away

He told me he was leaving

And I only felt like heaving

Once he was gone

By the next dawn

The goodness was none

And I felt as if my life was done

The sudden impact left me sad

And really very mad

My life came to a halt

And he said it wasn't my fault

It was a terrible experience to see

When my father left me

Over the years I've gotten over it

Bit by bit

And he should know

That I still love him more than I show

8 - To All My Friends In The Marching Band

To all my friends in the band:

The time will come

For us all to part

And go our separate ways

The winter snows

Are inching their way nearer

The fall season is over

And the first flake will drop

As we watch them come

One by one

We'll think of the great times

We had together

As icy blizzards

We had rough times

But with help

We got through and through

This season is the greatest time

To be with you

We'll freeze together

Sitting in the stands

When we get our prize
We'll shout out loud
And smile to each other
With this
We'll spread warmth
Throughout the band
All the couples will kiss
And the friends will hug
The joy will be abundant
And as we rest our heads
We'll remember that
We are wanted
In this small mass
That we call our band

Thanks everyone for a great season...and being there for each other in a time of need. You guys really are true friends.

Love, Christina