

Poetry Series

**chantelle ribeiro**  
**- poems -**

**Publication Date:**  
2012

**Publisher:**  
Poemhunter.com - The World's Poetry Archive

# chantelle ribeiro(1970/10/07)

A woman finding herself

Growing up I was lost. Wrong choices and bad experiences seemed the order of the day, but now that I am older I understand I had to take this journey. It turns out I am happy with the woman I have become...

A mysterious woman with a deep soul and lots of thoughts to share... This then my short biography for now...

# A Beautiful Soul Is Born...

A beautiful soul is born  
Out of sadness and loss  
Rising like the phoenix  
from the ashes  
She bears her cross

Sometimes losing is a blessing  
It makes one see  
It teaches an important lesson  
Through tears and sorrow  
There always is a new tomorrow

Like a rosebud  
That opens with the touch of the sun  
When a heart is opened  
Many battles are won

chantelle ribeiro

# A Bleeding Mess

I Can Tell You This...

chantelle ribeiro

# A Father's Day Poem...

Rum and maple comes to mind  
Your unlit pipe dusted and memorialized  
Warm brown eyes filled with love  
Your photograph against my wall  
A rosary its decoration  
Your voice a smooth lullaby  
Plays clearly in my mind  
Your music fills my soul  
I remember how you sang  
I was so young  
Suddenly  
I am a little girl again  
I remember your tickly moustache  
The laughlines that I loved  
I sigh as I sit here missing you  
For now I am older  
Wiser  
I now recall the sadness  
hidden in your smile  
As I strummed my guitar  
Your tired mind  
Your ravaged soul  
But I was so young  
I never saw  
The worries that stopped your heart  
That ravaged you slowly  
But still you said you were fine  
As long as we needed you  
You were content  
Do you remember reading to me?  
Your Wilbur Smith novels that you loved  
Resides safely in my bookshelf  
I sometimes take them out and hold them close  
The smell of old musty paper somehow  
reminding me of childhood days  
Reading, but not understanding  
The complicated words no child could understand  
But I wanted to know what my daddy knew  
Like a sponge I soaked up your love

Your music  
Your character  
And now I am like you  
But stronger  
You taught me to be unique  
Like you  
Where are you, daddy?  
I wonder if you have conversations  
with God  
Whether you look down and smile  
Or sometimes wipe a tear from your eye...  
Today I celebrate your life  
I love you daddy and always will  
I miss you and wish you were here still  
Your influence was great  
Our father,  
Our Hero  
Our martyr...

chantelle ribeiro

# A Fragile Mind

A fragile mind  
Trying to make sense of it all  
Knowing change is in the air  
Afraid of her own shadow  
A victim of bad choices  
And now remains the consequences  
What will she decide  
To end it all?  
To fight the beast that's in us all  
Named Fear and deceit?  
I watch her struggle with her soul  
I talk about hope  
She laughs  
A victim of herself  
She turns around  
Running fast

chantelle ribeiro

# A Friend...

Tonight you made me smile  
A message of love  
A whisper of what I know  
in my heart  
You love me  
I sometimes feel unsure  
My fear and insecurity  
making me  
my own worst enemy  
And when I feel at my lowest  
You turn it all around  
You tell me what it means to be  
a friend

chantelle ribeiro



# A Grieving Mother...

Ice rain drape the branches  
where cherry blossoms sway  
The bitter cold  
Chills the blood to slush  
The seasons all confused  
like her mind  
She stands at a frosted window  
Her breath clouding her reflection  
A lonely tear  
Drugged beyond understanding  
to numb the fear  
To still the pain  
Hear heart slowly beating  
She recalls the far away memory  
of a little girl  
Golden ringlets bouncing  
on her knee  
Now she wonders from room to room  
Forgetting how she got here  
Suddenly a church bell tolls  
And for a moment she recalls that dreadful call  
Her child is dead  
and it is time to say goodbye  
A gripping sorrow  
suffocating her  
rips her soul to shreds  
that little girl  
that grown woman  
violently taken  
broken apart  
and when it's all over  
when the sedatives have worn off  
where will she start?

chantelle ribeiro

# A Haunted Past...

And so it begins  
This strange chapter  
of self discovery  
of healing  
A haunted past  
The layers peeled away  
Revealing a naked truth  
From deep within voices echo  
The remnants of another time  
When fear let me lock away  
the bitterness and pain inside  
The laughter of a child  
Distant thunder rumbles  
Her silhouette against an angry sky  
The day that child died  
I think of her often  
Staring in a mirror  
Trying to find a trace of her  
in my haunted eyes...

chantelle ribeiro

# A Jewel...

She carries a jewel within her heart  
She hides it well  
Sometimes when her walls are down  
when you look real close  
you will see it glimmer  
Its beauty rare and exquisite  
but they never see  
They let her down  
that girl they saw had nearly drowned  
They never knew her pain  
Never saw her soul scream through her eyes  
her hurt, her rage  
or the stray tear she wiped away  
Only a child  
Alone in a world of pretenders  
they threw her to the wolves  
She had to hide away  
from hungry eyes  
The devastating truth inside  
It ate away at her soul  
but she adjusted to her role  
And through the storms of life she fought  
A battle of good and evil  
A tiny glimmer in her heart  
turned her into a believer  
of right and wrong  
of love and hope  
And still she smiles  
and the jewel glows

chantelle ribeiro

# A Life Wasted...

You drown your fears in a bottle  
Blocking out reality  
You hate your life  
All this negativity  
chasing them away  
those who care  
those who share your life  
Your own worst enemy  
You refuse to compromise  
The demons too strong inside  
eating up the woman you could be  
I watch  
devastated  
by a life wasted  
Remember you were once alive?  
Riding high on life and smiles?  
Where is that girl  
where did she go?  
I wonder if you even know...

chantelle ribeiro

# A Lost Soul...

She lost her voice  
It was her choice  
They let her go  
And now she's empty  
Like the bottle at her feet  
their lies  
their deceit  
A broken promise  
The ebb and flow  
A dark ocean  
High upon the cliff of life  
She sways  
Drunk with the hopelessness  
Lost words  
Only the babbling of the voices  
The whispers of the damned  
is what resonates in her soul  
The pitch blackness of her hole...

chantelle ribeiro

# A Midnight Sky

Don't ask me why I cry  
who hurt me  
if I'm afraid  
for I think you know  
the only one who could hurt me this way  
is you, you know...  
You give your hand and take it away  
Like taking the sun from the sky  
You bait me then leave me  
hanging me out to dry  
like bleached bones on the dunes of time  
I watch as you pull away for the millionth time  
Your footprints fading as the moon rides high  
on the tides of remembrance  
into a midnight sky

chantelle ribeiro

# A Mothers Day Poem

Thank you for giving me life  
For nurturing me as a child  
Protecting my innocence  
for as long as you could  
For imbedding in me  
the will to fight  
the values to survive  
To understand at last  
my true worth  
Thank you for giving me class  
Teaching me how to be beautiful  
To see in myself  
what you always saw  
Thank you so much  
for being my mother

chantelle ribeiro

## A Mother's Day Poem (2)

I look at you  
Still a beautiful woman  
but life has written  
its complex lessons  
upon your face  
So different  
and yet so much alike  
In class, in pride in stubborn stride  
You taught me how to fight  
the difference between wrong and right  
They always said I looked like you  
And now that I'm older I see it too  
I have your hazel eyes  
Your intuition  
the love in your heart  
your strength, your vision  
And now in these Autumn years  
Through loss and nights of endless tears  
The times I missed you, the wasted years  
I just need to say  
on this Mother's Day  
That you are my inspiration

chantelle ribeiro



# A New Chapter...

I wander from room to room  
I talk to you  
Your face haunts my days and nights  
I miss our smiles, our fights  
I am broken  
Shattered heart and wasted soul  
My life so empty, was once so whole  
And now in the Summer of a new year  
I cherish every memory every tear  
You have left me with nothing here  
but the sense of you in every corner  
this home a prison and I the warden  
I need to get a hold on this  
to grieve the loss, to remember this  
But tell me angel if I move on  
Will you understand now that you're gone  
that I need someone to hold me close  
A new chapter to start  
I need to mend my heart

chantelle ribeiro

# A New Day

Dawn arrives in subtle hues  
The sun breaks like an egg  
over the horizon  
Through mists of Winter  
I stare at the awakening of Mother Nature  
Breathtaking and fresh  
Delicate and vulnerable  
Early morning dew  
Tears wept by angels in the night  
collect like snowglobes on the petals  
of a perfect rose  
I thank God  
Feeling humble and small  
For a new day

chantelle ribeiro

# A Poem Is Born

Words pour from my heart  
My hand catches it's essence  
A mind of its own  
It documents each emotion  
A poem is born  
It rises from my chore  
Whispers and gurgles through my soul  
Pieces of a puzzle  
taking form

chantelle ribeiro

# A Suicide Note (For The Misunderstood...)

I need to disappear  
You will not understand  
I know, for you never have...  
Do you know what emptiness is?  
The kind of sorrow that sinks its claws  
into your heart  
that rips your soul apart  
until you bleed out on the floor  
your cries inverted  
your silent screams in the dark  
A complete and utter absence of light  
Did you not once even wonder  
what was going on inside?  
My eyes pleaded with you  
once upon a time  
but you just turned away  
while you pushed me out of the way  
I gave you all I had every day  
I adored and admired you  
And still you just ignored me  
You shunned and criticized me  
Making me feel small  
while you pranced around  
to other's beck and call  
I loved you  
with every breath in my body  
I just wanted to be loved back  
I just wanted your attention  
I just craved the affection  
you gave to everyone else  
and that's a fact  
It hurt to see you do that  
I wanted you to see yourself  
as I saw you  
I wanted you to see ME  
to see the beauty and my misery  
this mystery that is ME  
But you never did  
I am nothing

This is clear to me  
Just another waste of time  
I will never sing again  
I will never say these things again  
In this life I'm of no use  
Maybe where I'm going I will be  
I know you think I'm being selfish  
but know that you were selfish too  
to think I'd give and give and give  
while you just left me black and blue  
unloved, unwanted, lost and confused  
while you just cared about you  
There's nothing more to say  
Except I loved you more each day  
But now that all is said and done  
I have no strength to carry on  
or to run  
Without me you are free at last  
And I'll be a memory from the past  
An echo from a distant place  
A silhouette without a face

chantelle ribeiro

# A Symphony Of Fire

The uncertainty gets to me  
Wandering inside my thoughts  
trying to make sense of it all  
Sometimes your words shake me  
Sometimes your actions break me  
You build me up and break me down  
holding my soul captive  
One day a smile  
the next a frown  
Hot and cold you play me  
A symphony of fire  
Sometimes my hero  
Sometimes a liar  
I love you  
I hate you  
I love you more  
than anyone I have before

chantelle ribeiro

# A Terrible Sadness...

Alone  
Wracked with pain  
Emotionally drained  
Pent up sadness flows  
like a leaky faucet from my soul  
dripping from my swollen eyes  
making me rock to-and-fro  
trying to console my broken heart  
Some days  
nothing makes much sense  
Nobody's there  
Just you and the overwhelming feeling  
of loneliness  
Always there like a faithful friend  
Hidden behind a smile  
but then  
When day turns to night  
And the moon rises in the sky  
The truth becomes naked  
Naked like a new born babe  
And vulnerability overtakes you  
breaks you  
makes you pause  
for just a moment  
Feeling lost you stumble to your bed  
Sobbing loudly to the walls  
Needing love  
Someone to hold you  
To tell you they will be there  
But you are left  
holding your pillow close instead

chantelle ribeiro

# A Wheel Within A Wheel

And so it goes... life  
A wheel within a wheel  
A continuous cycle  
Pain  
Sorrow  
Elation all in one  
A kaleidoscope of colour  
A moving picture show  
Here today  
Gone tomorrow  
And precious moments are forgotten  
Listen  
Listen to the whispers of your soul  
Hear the tolling bell in the distance  
Time is fleeting  
Say what you mean  
Mean what you say  
And never stay down  
Even when the whole world weighs you down...

chantelle ribeiro



# A Woman...

When you look into a Woman's eyes  
You will find her soul  
Her strength and vulnerability  
Her bottomless faith in humanity  
In you  
In her children  
In everyone who needs her  
A Woman is God's most mysterious creation  
An enigma born from love  
A love so profound  
Beyond the understanding  
of men through the ages  
Her love an endless fountain  
Cascading from her heart  
Always giving  
Always seeking  
Never abusing  
Never lacking in sensitivity  
An ocean of secrets  
Undiscovered and misunderstood  
And when a woman cries  
Her tears  
Her sorrows  
Rivers of truth  
Cleansing the world of hurt and pain  
For tomorrow the sun will rise again  
Her beauty exquisite from inside and out  
She is a smile reflected in a stream  
A rock  
A Woman  
She is you and me...

chantelle ribeiro

# A Woman's Strength

Lying half dead  
A broken being in the gutters of life  
Paralyzed by its cruelty  
But in your eyes  
A glimmer  
A flame that slowly  
builds into a raging fire  
You get up  
Lick your wounds  
Scream your rage into the heavens  
And when you are done  
You dust yourself off  
Believing once again  
in hope  
In Love  
In the beauty of nature  
You lift our head in defiance,  
stare your enemies in the face  
and say:  
ENOUGH!  
Woman  
You are strong  
Strong as the ocean tides  
You are a rock  
Though chipped in places  
A force to be reckoned with  
A woman's strength is her character  
A woman's strength is her heart  
A woman's strength is in her vulnerability

chantelle ribeiro

# Abused...

He left her  
broken like a dried out twig  
Hollow and hopeless  
A shell without a soul  
Eyes lifeless she stares  
She doesn't hear her baby cry  
She has no strength  
A skeletal shadow of a woman  
The walking dead

chantelle ribeiro

# Acceptance...

And so the day arrived  
At last she realized  
It was okay to let you go  
She wrestled with emotions  
Smiling  
Being there for others  
But you were always present  
The ghost behind her smile  
Your beautiful remembrance  
I watched her mourn you  
Being brave  
Sometimes she just kept silent  
But her eyes said what she could not say  
She went to the ocean  
wrote your name with a shaky hand  
Her tears blew away  
Riding on a million grains of sand  
But in the water of that bay  
On that warm and sunny day  
She let you go with the tides  
She knew you couldn't stay  
She said goodbye  
She feels bad for all the sadness  
for her tears that felt like madness  
I said you'd smile and say  
That everything will be okay

chantelle ribeiro

# Addictions - Short Poem

Our addictions become our lives  
Denial our best friend  
Like this girl I know  
Lost  
caught in the bottom of a bottle  
drowning in it's potent depths

chantelle ribeiro

# Africa

Africa

Dark and dangerous  
Mysterious and sad  
I watch the sun set  
through the branches  
of a Mopani tree  
An endless plain of rolling hills  
Beautiful and ominous  
Your history devastating  
yet fascinating

Africa

A jewel so rich and authentic  
yet poverty reveals  
your cruelty  
Your deserts unforgiving  
where bleached bones of an antelope  
contrasts sharply against golden sands

Africa

Your beaches  
leave me breathless  
Where many a traveler  
stares in awe  
Your beauty wild  
Your truth so raw  
Your forests  
where morning mists hide  
the secrets from a bloody past  
Your rivers  
whispering and gurgling  
in voices of your ancestors  
Carrying with it the tears we shed  
about what once we lost  
about the dead

Africa

This is my home  
Where beauty and danger walks hand in hand  
A country nobody will understand  
Your wild abandon your diversity  
There is no place better than this for me

chantelle ribeiro

# An Illusion ...

The yearning  
It kills me  
Missing you  
Pain indescribable  
Heart twisted  
Wrung out like a sponge  
No tears flow anymore  
Only emptiness remains  
A black hole in my soul  
I miss your voice  
Your smile  
Your eyes  
And the silence  
Infinite and final  
drives me wild  
To the point  
of madness  
An insanity born from sorrow  
Why did you do it?  
Why did you leave me alone?  
Why abandon me  
Why did you ask me to go?  
You must have known  
I would walk away  
My pride my burden  
Your happiness my everything  
Mine an illusion

chantelle ribeiro



# And You Weep...

Eyes like desert sands  
Their sadness deep  
Pierces your soul  
In your dreams you find her  
The enigma who haunts your existence  
The lady of fire  
The woman of intrigue  
A lonely violin breaks the silence  
And you weep...

chantelle ribeiro

# Anger...

Another eclipse  
Another moment in time  
Gone forever  
The end of a chapter  
I am nobody's Plan B  
You hear me?  
DO YOU HEAR ME? ? ?  
Do you see my eyes  
The anger  
The defiance?  
Do you see my chin lifted  
My trembling mouth?  
I am everything  
You are nothing  
Ash blowing in the winds of time  
You will be lost  
So write my name in your heart  
Let it burn you  
Let it twist and shrivel  
Your icy soul  
My heart in your hand  
reduced to coal

chantelle ribeiro

# Asking Nothing More

Love is in my blood  
in my sweat and tears  
I love with the entirety of my soul  
So intense the passion  
The fire that burns in my being  
My eyes reflect its complexity  
as it consumes my life  
emotions you invoke in me  
confusion then clarity  
eats away at my sanity  
Gosh, I love you  
So completely bare and raw  
Breathless in my fantasies  
My dreams haunted  
asking nothing more  
than to be loved back  
Sometimes I am so sure  
And yet, just when I think I have you  
I lose you all over again  
and it shakes me to my core  
I hope that one day you will see  
and finally find the courage  
to come and look for me

chantelle ribeiro

# Awakening From Myself...

Awakening from myself  
The feeling of belonging  
To something bigger  
The ultimate achievement  
Knowing you have won  
That your tears washed away  
the last traces of bitterness  
That hope resides in your being  
That no matter what you are invincible  
With age comes wisdom  
At last knowing the meaning of acceptance  
Years wasted on self pity  
Me, myself, my shadow and I  
wallowing in misery  
Always pointing fingers  
Never blaming me  
Now I understand  
My heart I held in my own hand

chantelle ribeiro

# Be Still...

Be still  
Be calm  
Shut out reality  
Let the cleansing waters  
of meditation lull your mind

Be still  
Be patient  
Breathe in goodness  
Exhale all the sadness  
Embedded in your pores

Be still  
Be quiet  
Drown out the voices  
Expell the harshness  
and cruelty of the tongue

Be still  
Be healed  
Embrace the warmth  
of the sun on your skin

Be still  
Be you  
Empower your soul  
with the peace that solitude brings

chantelle ribeiro

# Beauty Lives In History

The African breeze stirs  
The air balmy with promise  
I watch the sea of grass  
shimmering on a heatwave  
a lone windmill  
A rusty barn  
The remnants of a beautiful farm  
The whitewashed walls broken in ruin  
bullet holes confess of war and doom  
like open wounds  
The lost souls of those fallen  
I swear I can hear them calling  
Cries of anguish echo all around  
as I trespass on holy ground  
But beauty lives in history  
Its ugly truth revealed to me

chantelle ribeiro

# Because Of Them...

Influenced by life  
she sometimes hides  
Her heart of gold  
For a while shared  
the opening of a rosebud  
A miracle born from love  
She understood  
She found her voice  
Saying things she never said  
Frightened by her own strength  
She turned away  
And now  
with the sense of summer  
Anticipation of things to come  
She forgets  
The same shallow people  
They embrace her  
Smother her  
As I walk away  
Too late she will awaken  
Once again bewildered with regret  
Her best friend lost forever  
because of them

chantelle ribeiro

# Before And After - How Loved Ones Feel Before And After Someone Commits Suicide

Before reading the suicide note: (response from loved ones)

Why?

Why did you do this to me?

Why did you kill yourself?

Why did you not say anything?

Why me?

Why now?

Why did you hurt me?

God is going to punish you

for what you did today

Did you know all this

When you selfishly slid away?

After the note:

I never knew you felt this way...

I never wanted you to go away...

I always loved you

should have told you so

I should have held you tight

never let you go

to that dark dark place

I should have seen it on your face

I should have read between the lines

I saw your eyes but did not ask

I had things to do, another task

It never dawned on me

if I did I should have spoken

that you were broken

torn up inside like this

and now I know just how you felt

My life will never be the same

Your face, your eyes, your voice, your name

will forever haunt my dreams

I wish I could describe

just what you meant to me...



chantelle ribeiro

# Behind Those Eyes

The eyes  
They hold the secrets to your soul  
Emotions raw and true  
Sometimes they show excitement  
Little devils dancing in merriment  
making them impossible to ignore  
Then there are moments  
When your smile doesn't quite catch  
Where deep sorrow shines through  
from the depths of your core  
Where the pent up waterfall  
threatens to burst  
Making them glisten  
A sadness so profound and sacred  
But I see  
I always have  
The questions they ask  
The anger at times  
The scolding passion  
The dullness when you give up  
I know  
But I do not ask  
I simply am there  
Your fountain of youth  
Your cherry blossom  
on a cold Winter's day  
I watch  
I pray  
'Cause one day  
when the Autumn years  
finally betray your sight  
I will relay the stories  
I read every day  
behind those eyes  
For your memories are locked  
safely away  
within me,  
Your mind...



# Better Tomorrows

A new day approaches  
bringing with it endless possibilities  
A fear of the unknown  
A new chapter in my book of life  
Challenging my will to succeed  
To overcome all obstacles  
Things that might test my faith  
In God  
In myself  
To show my true character  
To grow and bend with the winds of change  
To soar like an eagle  
high as the clouds  
To drink with a sigh of hesitation  
The possibility of better tomorrows

chantelle ribeiro

# Black...

Black  
My colour  
My mood today  
Sometimes you are cruel  
You twist and stab the knife deeper  
Ripping through my soul  
Your silence your weapon  
Your torture device  
My back in knots  
waiting by my phone  
willing it to ring  
to hear your voice  
to know you care  
But then the black night falls  
and with it the black nothingness  
Empty and demented  
Wraps its icy hands around my heart  
squeezing  
bruising  
Until I feel the sorrow burst from my eyes

chantelle ribeiro

# Blinded By Sorrow...

It is so dark  
Even in the daylight  
I am blinded by sorrow  
Tears have burnt a pathway  
down my face  
A tattoo of loss  
Lost and confused  
Battered and bruised  
Not knowing what is real  
Your silence is potent  
Driving me to the brink of madness  
I do not 'do' alone  
It cripples my mind  
Makes me feel ill and broken  
Is this your token of love?  
Your hot and cold?  
You play me like I pick at my guitar  
A lamenting song of surrender  
My eyes swollen and tender...  
Will I wake tomorrow?  
Will the madness fade  
into the morning mist of Winter?  
And when I open my eyes  
will your face haunt me forever?

chantelle ribeiro

# Child Soldiers...

Innocence lost in the desert winds  
lifeless eyes stare  
devoid of childish thrills  
Adventures a distant memory  
only survival instinct remains  
The savage brainwashing  
A precious child  
forced into a life of crime  
a machete caked with blood  
soaking into the dunes  
staring out from a dirty bandanna  
devoid of emotion  
on the horizon the azure ocean  
but the wondrous nature of that child  
stripped bare  
terrorized  
hypnotized  
vicious and cruel  
he stares  
Child soldiers  
witnesses to evil so profound  
their families murdered  
before them fell  
they are now the new generation  
of genocide and dehumanization

chantelle ribeiro

# Christmas For Me...

It is nearly Christmas time  
For me a time of joy and sadness  
of old photographs of Christmas madness  
Tinsel and ornaments  
My favorite when he lifted me  
To place them carefully in the tree  
And then when we were done  
he'd lift me up to place the angel  
her golden tresses glistening in the sun  
Now I do not have a tree  
just that special memory

chantelle ribeiro



# Complicated...

I smile  
It's all I can do  
I am me  
you are so you  
Our lives  
complicated  
like the knotted branches on a vine  
Two mysteries  
You and me  
forces of nature  
our destiny  
We storm and rage  
We love and sigh  
We hide our truth behind our eyes  
To be together or apart?  
Where does it end  
Where does it start?  
There's sadness hidden in our eyes  
Desire burning deep inside  
A love so old  
A love so new  
Still unexplored  
And overdue

chantelle ribeiro

# Confusion

Your confusion  
It drains the light in me  
Do you care  
Do you see?  
Makes me feel uncertain of myself  
My ability to make you happy  
Your mind a maze of doubts  
feeding its negativity to my soul  
Darkening my world like coal  
Your mind a tempest of desire  
My life balancing on a high wire  
making me reel from vertigo  
The answers I just do not hold  
My heart racing in anxiety  
with the shock of what you mean to me  
A girl who does not have a clue  
on how to show you  
she loves you

chantelle ribeiro

# Convenient Amnesia...

It is not all about you  
You love  
only when the sun shines upon your face  
You lie  
when the storm clouds gather on the horizon  
withdraw into your little world  
pushing away all that is good  
like me...  
Hot and cold and cold and hot  
you play me so easily  
a symphony of misery  
Broken promises  
convenient amnesia  
And still, here I am  
The fool  
The willing victim  
bringing myself to you  
over and over again  
And every time something breaks  
I crumble  
I stumble  
I cry the tears of a thousand years  
whispering your name  
hating you at this moment  
wishing I could disappear...  
Wondering if what I am is here  
this thing of consequence  
A babbling idiot of despair  
My swollen eyes my wild stare  
And still here I am laid bare  
before your greedy eyes  
My heart upon my sleeve  
dried and torn like Autumn leaves  
that have scattered on the ground

chantelle ribeiro

# Cornered

Cornered

Lonely

They made you a liar

its foulness spewed from your lips

Too late

Your betrayal was brutal

They got what they expected

Me, what I did not deserve

How cruel you had to be, right?

How convincing

You lost although you don't know it

Or maybe you do?

Cornered

Desperate people say desperate things

Holding on to what you consider normal

Afraid of your own heart

Digging your own grave

Losing the one person who understood you

You lost, you know

Big time

I on the other hand

will never be a victim again

Ever!

Never yours

Never theirs

Cornered

A thing without a backbone

It must rip you apart inside

Or does it?

I don't know you anymore

I don't think I could bare it

You will never know now

how contentment feels

The light will disappear from your eyes

Extinguishing the fire in your soul

Cornered

Done  
Disappointed by your character  
I shall remain your biggest mistake  
Your mystery to end all mysteries  
Your bitter-sweet  
Your conscience on rainy days  
And you  
You will be my life's lesson  
A permanent bruise  
on the pure surface of my soul

chantelle ribeiro

# Depression

It is dark  
Here where sorrow lives  
It twists and distorts  
leaving me abandoned on the floor  
My soul  
troubled and restless  
I fight to close my mind from the noise  
The silence unbearably loud  
The unseen force grips my heart  
I can't breathe  
With my head bent  
I stare with dull eyes  
Dried out  
Swollen and raw  
I feel useless  
A thing  
A shadow of the woman I was before  
A whisper  
Lost and alone  
Insomnia making me  
a creature of the night  
Pacing  
Facing dark truths I left behind  
A monster around every corner  
I hide

chantelle ribeiro

# Destiny....

&lt;/&gt;Something happened today  
A new page was born  
Destiny revealed  
My path  
It's truth as clear as a mountain stream  
The roar of a waterfall  
The unmistakable whispering of a truth  
like a brook gurgling in its knotted bed  
All that for years remained unsaid  
I heard at last what it meant  
This thing called love  
Always out of reach  
A lifetime of tears  
All the sleepless nights  
My fears  
Vanished with the setting sun  
I know now a new dawn has begun  
The voice inside spoke to me  
I understood at last  
I smiled knowingly

chantelle ribeiro

# Do You Know?

Do you know I am fabulous?  
A talented girl  
The girl who makes a difference  
even when you don't notice  
The one who always looks in  
When you forget I exist  
A woman of class  
The one you love in secret  
as if I did not know  
And yet you never want to show  
that you see me,  
need me,  
love me  
And I know you know  
For that is why you run  
Your fear always weighing you down

chantelle ribeiro



# Don'T Be Afraid

Don't be afraid  
Change is good  
An uncomfortable feeling  
As your universe expands  
To chase the first light of dawn  
To be your own best friend  
To surrender the past  
And just BE  
The mirror a silent witness  
As age takes hold  
Every line telling the story  
Of sorrow and despair  
Of laughter and smiles  
at some point shared  
You are alive  
A gift so precious you now realize  
So don't be scared  
Lift your face to the sun  
Breathe in the intoxicating  
feeling of content  
Smell a flower  
Sing from your soul  
Soar as an Eagle  
and you'll be whole

chantelle ribeiro

## Don'T Give In... (For Nicky...)

Do you remember when we were little?  
You were the bubbly one  
Your soul was an open book  
Your eyes sparkled with mischief  
And you were invincible...  
I, the older one  
More subdued and deep even then  
envied you  
Did you know?  
Did you know how you'd change?  
Like Summer changes to Autumn  
You have become a stranger  
Your spirit buried beneath  
layers of hurt and sorrow  
You have isolated yourself  
Lost and alone you wander through life  
Drowning  
Sometimes the light's still there,  
A flicker  
A preview of what could be  
But darkness soon descends  
and I lose you all over again...  
YOU lose yourself  
Your mind a collage of fears  
snipping at your heels  
like the demon dogs of hell  
feeding on your hopelessness  
Please, sister  
Here, grab my hand  
Oh please look into my eyes  
so I may capture your soul  
and hold it safe...!  
Please precious girl  
Feel the sunshine on your face  
Breathe the soothing freshness  
of life  
You are lost  
but I won't give up  
Ever...

God willing  
With His strength  
I will find you again  
whatever it takes  
I will be your guide  
Your Light  
Your Rock  
Your Morning and Evening Star  
I am your blood  
I will guide you all your days  
I will help you find your way  
Don't give in...  
Please don't give in...

chantelle ribeiro

# Emptiness

Emptiness

A vast nothingness

The silence all around

My eyes glued to the ground

No answers

No questions

Only this prolific sound

Louder than a million decibels

The sound of loneliness

I feel you all around

Everywhere

In my bed

In my car

In my mind

The shattered pieces of my heart

my broken soul

will I ever again be whole?

chantelle ribeiro

# Enough...

Enough

A simple word

An exclamation

The final straw

No more

Enough

A full statement

Short and precise

No explanation needed

No more being nice

Enough

Beyond patience

Stopping the abuse

Believing in your self again

No more being used

Enough

Of all the drama

Your casual lies

Your empty promises

Your forever goodbyes

chantelle ribeiro

# Eternal Love

Where to now?  
Now that my life is on hold?  
Why did you leave me alone to grow old?  
I get angry sometimes  
Not at you my love  
But at the injustice of it all  
The time you got sick  
When I saw you fall  
I watched as the evil thing inside  
took you and ravaged your dignity and pride  
Childlike you were at the end  
I loved you so much  
I never let go of your hand  
I promise I will always treasure our love  
A love so sacred and true  
A love no one can replace in my life  
'Cause my life was YOU...

chantelle ribeiro

# Every Day Should Be That Way

Another birthday  
My special day  
Yet I feel so young  
Excited about living  
Gaining new friends  
Having new experiences  
To add to my book of life  
I've written down your name too  
Referencing you as important  
In my life  
past and present  
I have never seen a day  
of such wonder  
So many mixed emotions  
Beautiful blessings bestowed  
Missing my father  
Smiles and tears in a moment  
Pride in myself  
For knowing that I make a difference  
Somehow  
Some way I have touched the lives  
of those I didn't know really noticed  
Once a year people say  
the things to you they never do  
Where everyday should be that way  
Every thought a dedication  
to friendship, hope and love so true  
To say to someone - I love you

chantelle ribeiro

# Fade To Black

You were a tornado  
I the unsuspecting bush  
You swept me up  
in all your magnificence  
Lifting me high  
Your violence hidden  
I let myself be carried  
lulled by a false sense  
of security...  
Fade to Black...

Your words were like honey  
Feeding my hungry soul  
Caressing my tear streaked cheek  
Whispering words I believed  
I trusted you  
Never questioning your ease  
Your empty words...  
Fade to Black...

You went away  
I thought I'd die  
For a little while  
I felt lost, afraid  
But you came to me  
I was in shock  
Your smile to me  
said all I wanted it to say  
I never knew...  
I could feel that way  
Fade to Black...

And now I hear  
the cock crow thrice  
Betrayal complete  
Your soul of ice  
But in your eyes  
the truth lay bare  
But still you lied



And lost your way  
And now I'm gone  
Forever I'll hide  
Never to be your destiny...  
Fade to Black...

chantelle ribeiro

# Falling In Love

Falling in Love

An indescribable emotion

It comes on the winds of a tornado

Twisting and uprooting our defenses

Leaving us vulnerable and naked

Breathless and airy

A desire to conquer

To breathe another beings soul

into ours

To burn with a fire

so intense

So luxurious

Liquid passion through our veins

It captures the heart

Drowning out all sense of reality

A drug that remains a mystery

that forever lies buried

beneath the layers of the soul...

chantelle ribeiro

# Father's Day (I Miss You)

I miss you...  
In a world of trouble  
where nothing makes sense  
Where we hang on to every hope  
Barely cling to life  
I think of you, daddy  
Your smile  
Your awesome strength  
Your silent suffering  
And I wonder what you'd say now  
Would you be disappointed?  
Our mistakes have been many  
since you went away...  
Drowning in tears of self pity  
Giving up sometimes  
Groveling in the dark pit of depression  
Bad health, bad debt  
But still father  
One thing that is potent  
Is my love for you  
for them  
for me...  
I have learned my strength comes from you  
I often talk to God  
I often cry for you  
I know you are my angel  
that you protect my heart and  
watch over us as we reach blindly  
for a sign of something good  
It is Father's day  
I celebrate your memory  
Your spirit I feel move in me  
And I am grateful  
for your silent reverie  
for the love you gave to me  
For my heart...  
Daddy, you are my sweetest memory...

chantelle ribeiro

# Fear...

Fear

Is when we don't believe  
in miracles

So many things  
could go wrong

We forget how to be strong

We follow our heart

up to a point

Stopping as we freeze

for beyond the horizon

another challenge that could free  
our captive hearts

Unhappy minds

Who knows what truth lies there

what precious finds

We are creatures of reality

We do not dream, or hope or see  
the glimmer of our destiny

chantelle ribeiro

## For Angela...

Exhausted and spent  
Unrecognizable to yourself  
Eyes sunken from sleepless sorrow  
Staring at the stranger in the mirror  
Pain so exquisite twists the knife deeper  
into your soul  
Trembling  
Betrayal  
Fear of being alone  
drowning your confidence  
Tears cleanse and brings with it  
Renewed hope  
Strength is a woman's weapon  
Character - her revenge

chantelle ribeiro

# For Me And You

My mind  
A menagerie of images  
A spiral staircase  
Memories from yesteryear  
haunt my present thoughts  
confusing me  
controlling and overwhelming  
its potency  
fear of the unknown  
a year ahead dark and uncertain  
predictions on ancient scripts  
echo from unknown crypts  
warning of the final call  
when humanity will take the fall  
for all its inconsiderate acts  
of global warming and murderous facts  
against the Earth  
against God  
and I now older, heed their call  
Never ignoring the signs ahead  
but instead of panicking I instead  
listen to what my soul says  
Whatever time we have left  
I have this one life  
this precious gift  
to the world  
to you  
I want you to know  
I love you  
Wherever this path may lead  
I have inside me this seed  
Of Hope  
Of Faith  
Of Love so true  
I have reserved this time  
for me and you

chantelle ribeiro

## For My Gran (Vovo Lucia)

Once upon a time  
A beautiful woman  
travelling over many seas  
exotic and mysterious  
strong and willful  
came to stay in a land far away  
She lived a full life  
Passionate and determined  
she made her way  
became a mother  
a grandmother  
a matriarch  
but still the sea beckoned  
and back she went  
to Portugal  
the land of her birth  
her roots  
She had lost plenty  
her husband, her son  
and everyone said  
her new life's begun  
and in the Winter of her fears  
a lifetime of over ninety years  
she could not stop the tears  
She fell silent on a Summer's day  
Over the seas and far away  
to another world  
a heavenly place  
where once again she would smile  
the smile of a young woman  
in the arms of the angels  
who would greet her  
at the pearly gates  
her husband, her son  
everyone  
Her last breath a gentle sigh  
and on her mouth she wore a smile





## For The Second Time...

For the second time  
I heard the ringing of the bell  
the cock crowing three times  
Felt the hole burning deeper  
into my soul and settling well  
my blood running cold  
I tasted your fear  
down my cheek a solitary tear  
For the second time your words cut deep  
leaving me feeling raw and cheap  
The feeling of loss lingers  
like the ice cold Wintry fingers  
from yesteryear  
I just wanted to disappear  
into nothingness  
Black clouds gathered around my heart  
suffocating me  
choking back the hurt in me  
I waited until dark  
It came like a monsoon  
swept me away into a dark lagoon  
of total devastation  
the anger profound  
a detonation  
and I cried like a child  
the eyes in the mirror wild  
as I watched the pain twist inside  
My eyes that of a stranger  
My heart screaming out the danger  
to my mind  
no comfort could I find  
And yet  
with the birth of another day  
I closed my swollen eyes and prayed  
for strength, for hope for love so true  
For I could never sing again without you

chantelle ribeiro

# Forbidden Fruit

Confused  
Torn between right and wrong  
Feeling excited  
Not knowing what to do  
Hot and cold  
Inquisitive about this thing  
This thing clawing at your heart  
Burning and yearning  
Wanting more  
But not knowing why  
I see it  
I feel it in your words  
The things you ask  
The way you want to know  
And I hear it in your silence  
Love is a mystery  
I am its mistress  
I know the signs  
I sense the intensity  
The total control  
of the uncontrollable  
The strength it must take  
I know  
I understand  
I have the same hunger  
the yearning excruciating  
This forbidden fruit  
Bittersweet its taste  
Deliciously mischievieveous  
its intent...

chantelle ribeiro

# Fragile Thoughts

Fragile  
Delicately designed  
Iridescent work of art  
by God's hand  
I watch you flutter  
a graceful dance  
Your beautiful wings  
A kaleidoscope of color  
Awed by your beauty,  
your fearless frolicking  
in a big and dangerous world,  
I am suddenly humbled  
Ashamed of my childish fears  
limiting my capacity to be as you, butterfly,  
the freedom to be Me...  
I smile as you rest on my hand,  
staring back at me  
as if you have understood every word  
of my soliloquy...

chantelle ribeiro

# Fragments

Fragments of a memory  
Moments in time  
An unrealized dream  
Some days you catch yourself  
a collage playing in your head  
like a moving picture show  
Black and white  
Images and faces  
thinking of places  
that made their bed in your soul  
In your mind's dark recesses  
Good and bad  
Happy and sad  
Your finest moments  
Your lowest times  
A wasted youth  
Of guilt and fear  
that still haunts you  
You shed a tear  
But then  
When a new day is born  
And the sun gives birth to life  
You become quiet  
The voices fade  
the echos die  
And all that's left is a cobalt blue sky  
And you smile  
For you have survived

chantelle ribeiro

# Freedom

Words locked in silent thought  
A woman  
Newly born  
Shackles and chains at her feet  
The world her stage  
Her role to share experience  
Her gift her heart  
It spills its secrets  
cascading an endless flow  
Of wisdom  
Her passion  
Reverberating in a poem  
Soothing the broken souls  
The victims of sorrow  
Freedom  
She soars on the wings of words  
Her voice  
Newly found and bitter-sweet  
Make women smile  
And grown men weep

chantelle ribeiro

# Friendship...

Friendship is the key  
Laughter a cure for sorrow  
My soul smiles  
A wink of an eye  
A warm hug  
The silly things we talk about  
Makes life worthwhile  
Warm conversation  
A funny joke  
People you truly care about  
This is the way to go  
To see beyond the horizon  
To let the sun light up your eyes  
To share something precious  
A moment in time  
Memories shared  
A kind shoulder  
Forgetting for a while  
The pain eating away inside  
When someone cares  
When someone listens  
It makes one feel life is worth it

chantelle ribeiro

## God's Own Creation...

Slowly darkness is transformed  
Pastel hues tinged with grey  
Through morning mists  
turn night to day  
A partridge screams  
Morning is born  
A bleeding sun over the horizon  
I watch speechless  
as God's light gives birth  
to nature's creatures  
our beautiful earth  
A fragment of a moment  
I stare in awe  
God's own creation  
spectacularly drawn

chantelle ribeiro



# Gypsy Rose 1

...And slowly as time passes  
the veil lifts to reveal her true beauty...  
And you will feel the sun rise in your eyes  
and the moon cast its magic upon your heart...  
And only then will you know the meaning of true love

A quote from my book in progress: ... Gypsy Rose...

chantelle ribeiro

## Gypsy Rose 2

And I can tell u this  
just when you think u know me,  
that I am open as a flower in Summer,  
you will find yet another layer  
to explore and uncover...  
And I will remain forever the enigma  
that will haunt your dreams,  
A woman of mystery...

From my book in progress.... Gypsy Rose...

chantelle ribeiro

# Gypsy Violin

It aches when I breathe  
I search your eyes  
looking for a trace of your soul  
You stare at me sometimes  
I pretend that I don't know  
When will it begin  
our adventure  
of life  
of love  
of something better?  
When will you show  
If what I read in your heart  
is true?  
If what I feel inside my being  
is what I'll come to know?  
You play me like a gypsy violin  
your hot and cold symphony  
And leave me breathless in my dreams  
is all this just a fantasy?

chantelle ribeiro

# Harsh Reality...

The whole room disappeared  
I was left  
small and insignificant  
staring at the floor of my soul  
I couldn't breathe  
for in that fraction of a moment  
I felt you depart from me  
The coldness enveloped my bones  
Leaving me stiff and frozen  
feeling lost  
A wanderer in the desert  
of harsh reality

chantelle ribeiro

# Have You Noticed?

Have you noticed  
The little things?  
Things that went wrong  
Because I was gone?  
Do you see  
Now that the day is new  
And you let me through  
How things change suddenly?  
The days are sunnier  
The sky brilliant blue  
Things look  
brighter to you?  
I told you then and mean it now  
I'm under your skin  
There's no getting rid of me now  
I sense you're happy  
I admit I am  
The relief profound  
I still need to understand  
To see the truth  
That was there all along  
Between me and you  
And why you waited so long?

chantelle ribeiro

# Hot And Cold...

Hot and cold  
You go through life  
Never committing  
To anyone but you  
Your selfishness pathetic  
A dark bruise left on innocent hearts  
You let them in  
Then shut them out  
Never feeling their confusion  
Never caring  
Always running  
Always seeking  
But you never love  
The chase is what intrigues you  
not the catch  
Your eyes devour  
Then you leave again  
Your trail of destruction  
long and brutal  
Hot and cold  
Your definition

chantelle ribeiro

# I Am A Woman

I am a Woman  
Worthy of a Kingdom  
A jewel, rare and exquisite  
Mysterious as the night  
Deep as the ocean  
Vulnerable as a butterfly's wing  
I am a Woman  
Soul, old as the earth,  
Blood liquid passion  
Heart, ship of sorrows and hurt  
I am a Woman  
A mystical being  
Beautiful in my complexity

chantelle ribeiro

# I Am Blessed...

I am blessed  
By your friendship  
Your attention  
The caring in your eyes  
The excitement of your voice  
to know it's all for me  
I love how you love me  
The words that pour from your heart  
Your soul open and welcoming  
Do you know what it means?  
Do you know my gratitude,  
my total adoration of you?  
These little things mean the most to me

chantelle ribeiro



# I Am Home To Stay...

I have seen my true reflection  
A fraction of a second I recognized  
The light behind my tired eyes  
There is a wisdom in pain  
An awakening of the spirit  
Tears cleanse and wash demons away  
And for that moment  
For that fraction of that second  
I see who I truly am  
Just a girl  
Created from love to love  
One that could never understand  
her true worth  
A stranger yet somehow familiar  
A lost soul finding her way  
A hitchhiker on her journey of life  
And I know I'm home to stay

chantelle ribeiro

# I Am Not Perfect

I am not perfect...  
I am sometimes moody,  
a little wild,  
a little weird,  
sometimes your heaven or your hell,  
but I am what I am...  
I am your intrigue,  
your friend,  
your fantasy,  
your conscience,  
your every breath...  
I am the woman who loves you unconditionally...  
The one who will always be there...  
Just being Me...

chantelle ribeiro

# I Believe In Love

I believe in Love  
It's in my blood  
I was born from Love  
And will die knowing  
That in my lifetime  
I was Loved  
It is in the deepest crevices  
of my soul  
A part of me I won't let go

chantelle ribeiro

# I Don'T Understand....

Why are you so afraid  
You asked me a question  
I answered  
A whole world of truth came out  
In my words  
in your silence  
I know  
I always knew how you felt  
Yet you run  
every time you shun me  
ignore your heart  
tear us apart  
break my spirit  
murder hope  
I lose myself in the pain  
Swimming in the thick goo of confusion  
Thrashing  
Wanting to breathe  
Choking on my tears,  
drowning in your fears  
your greed  
I told you something  
I thought it would make you smile  
Maybe hold me for a while  
Not throw me on the floor  
or kick me to the curb  
Never thought it would disturb  
Your fragile mind  
Yet you love me  
I know and so do you  
but the truth makes you blue  
I don't understand  
I never did  
How your eyes look into my soul  
Melting me with fire  
as you walk away shoulders bent  
Unhappy with yourself  
My image burnt into your head

chantelle ribeiro

# I Had A Dream...

I had a dream  
A vivid scene  
My funeral  
A beautiful white chapel  
candles burning  
silence...  
Ave Maria started playing  
I saw my family  
saw their agony  
But my eyes were drawn to your face  
your haggard look  
your fall from grace  
And I knew you wished you had told me  
wished for once that you could hold me  
save yourself the agony  
of growing old in misery  
I woke up crying and thought of you  
and how this love story  
would never come true...

chantelle ribeiro

# I Hoped...

I knew you'd be back  
I hoped  
I hurt  
I never despised  
Always prayed  
Always stayed alert  
Waiting  
Wondering  
Willing you to come to me  
So that I'd know  
It was harder for you  
to let me go

chantelle ribeiro

# I Just Am...

Here I am  
Just me  
Nobody important  
Just a girl  
I am what you want me to be  
Innocent and sweet  
Or devilishly bad  
Trying to be  
loved  
Complicated mind  
Scarred heart  
Troubled soul  
But I smile  
People stare as I walk by  
I don't even try  
I just am  
I walk with a swagger in my hips  
Sensuality my gift, my curse  
I break hearts  
I mend them  
I am this woman  
Enigma is my name  
This is how I was created  
I am not to blame

chantelle ribeiro



# I Knew

I knew  
I knew then and I know now  
Your uncertainty  
It feeds on  
your fear  
Altering your destiny  
As you cower  
Making the wrong choices  
Living with the consequences  
Always running  
Always seeking  
Never content  
The next conquest  
The what if's  
Your constant confusion  
Must be exhausting  
I knew  
I knew then  
And I know now  
Why you still wonder  
How you came  
To lose Me

chantelle ribeiro

# I Know...

I know  
don't ever think I don't  
I know what's in your heart  
what thoughts are in your mind  
your eyes speak a language of their own  
You don't have to speak  
or tell me what's ailing you  
for we are connected  
our souls are joined  
fused together by the sun  
our passion-filled eyes  
cooled by the shadow of the moon  
Your smile betrays your sadness sometimes  
but those mirrors of your soul  
they never lie

chantelle ribeiro

# I Love You

You are my sunrise and sunset  
Every star in the sky  
Every grain of sand  
You talk to my soul  
with your eyes  
without saying anything  
You capture my heart  
with your smile  
making it swell with pride  
I love you  
A love as ancient as the world  
I hang on your every word  
And drink in your thoughts  
Every second a precious pearl  
With the innocence of a child  
Wide-eyed I stare  
For to me you are beautiful  
You make my blood bubble with pleasure  
Exploding through my veins  
Liquid fire  
With wild abandon I love you  
A primitive love that stems from desire  
Throbbing and pulsing  
Music in my deepest being  
Your laughter lifting me high  
Higher than where the eagles soar  
You make me feel free  
This is what you do to me  
I'll love you for all eternity  
Until the earth explodes  
You are my world  
My Life  
My love

chantelle ribeiro

# I Love You For Loving Me...

Those eyes  
They speak to me  
A prophecy  
A tale of Love  
Of longing  
Of comfort  
Your arms my safety  
Where I can breathe  
Be whole  
Be Me  
I shed my skin  
And come to you new  
Each Night  
You save me  
You teach me who I am  
Who I want to be  
I love you  
For loving me...

chantelle ribeiro

# I Love You...

A red rose on the virgin snow  
A heart beating a primitive song  
Liquid fire coursing through my veins  
I love you  
Like the love you read about in novels  
A childlike wondrous experience  
Pride for who you are bursting in my chest  
Exploding into a prism of colors  
Rich and sweet the taste in my mouth  
Like the honey nectar from an exotic fruit  
You live in my tomorrows  
My soul serenades your beautiful eyes  
I sigh with its recognition  
I am alive  
Alive with this feeling of content  
A happiness so rare, so true  
Unconditional and unselfish  
I know it's because of you

chantelle ribeiro

# I Need To...

I need to be by the ocean  
sitting on a rock  
Staring at the vastness before me  
breathing in the salty spray  
tasting its abundance on my tongue  
Meditating  
lulled by its primitive rhythm  
calming my nerves  
Making me aware of my vulnerabilities  
feeding my hunger for a life well lived  
I need to see the waves  
crashing in violent abandon on the beach  
yet gently soothing my tired feet  
A dolphin frolicking in the surf  
Carefree and childlike  
wild and free  
I need to walk along the shore  
Leaving footprints as I go  
Knowing I was there  
picking up its gifts so rare  
I need to go to that beach  
So I can lose myself  
Listen to its secret whispers  
Just to find myself  
Smiling  
Knowing I will be okay  
just as the river finds its way  
To the ocean far away

chantelle ribeiro

# I Never Quite Understood

I never quite understood  
Never comprehended  
what it truly meant  
To feel this way  
So alive with anticipation  
Renewed hope  
A revelation  
A confession of all that is true  
To hear those words  
I love you  
And at this point of my life  
Where so much lies undiscovered  
I stand in awe  
Not knowing what to say  
Just exploding from my core

chantelle ribeiro

# I Promise

Packing up the memories  
in a cardboard box  
At first resistance  
She was afraid  
Afraid of what it would mean  
Afraid you'd think she'd forgotten  
What you meant  
But after careful thought  
Acceptance kicked in  
The sense of closure  
Of healing to begin  
Some things she kept  
Materialistic things that  
will remain a part of you  
Never to forget  
The bond between you and her  
your presence will be immortal  
That box her treasure chest  
Her holy grail  
And you will now and always stay  
Her mother  
Her hero  
Her best friend  
Her guardian angel  
I sat here and listened to her sorrow  
Drinking in the bitter-sweet  
The mourning not yet complete  
And I remembered how it felt  
The day we emptied out the shelves  
of my father's life.  
As a friend  
I promise I will stay  
never far away  
To remind your little girl  
That even gone,  
you'll always love her still...

chantelle ribeiro



# I Remember

She looks for you  
in every face  
She hears your footsteps  
Echoes of yesterday  
Her heart crumbles  
when she shuts her eyes  
Your face a blur  
It still hurts  
A million miles  
Could never take  
The love etched  
inside of her  
You broke her heart  
Because of you  
She fell apart  
Tell me  
Do you think of her?  
On cold lonely nights  
When the touch of Winter  
comes to play?  
Do you miss her?  
With the hundredth tear you wipe away?  
I remember that day  
I watched as she walked away  
A witness of your betrayal  
You stood there speechless in the rain  
Wrapped in misery and pain.  
And all I could feel  
Just not comprehend  
Is why great love stories have to end?

chantelle ribeiro

# I Sit Here Sometimes...

I sit here sometimes  
staring at a blank page  
frustration building up inside  
So much to say  
yet the words escape me  
Tonight is no different  
There is a sadness in my soul  
Where it originates from,  
I do not know why or how or how long  
Suddenly the riverbank breaks  
A flood of tears  
A little earthquake  
The darkness nears  
no one can see  
this hole growing inside of me  
I want to scream  
Yet I make no sound  
what is this beast that has me bound?  
I guess it happens  
A melancholy moment  
where silence lives  
Born from just being human  
From being there for others  
You push yourself to the edge  
It is hard keeping people motivated  
When sometimes you need it more,  
but delay it  
Then after I write what I feel inside  
I feel better  
Cleansing the soul  
Seeing things in perspective  
I know my calling and I I know I can't hide  
Even if it sometimes feels no one's on my side  
I have to smile and be that friend  
To those I love to the very end  
And one day when I reach the end of living  
I can say that it all was worthwhile giving  
Just to know I made one person smile  
That I made a difference for a while

chantelle ribeiro

# I Sometimes Wonder...

I sometimes wonder  
Am I worthy?  
Do I matter to the world?  
To you?  
Or am I just present  
A fixture you've grown attached to  
A shadow that keeps you company  
when life's storms weigh you down  
Your anchor  
Your rock  
I speak the words you only think  
I am your voice  
I say the things you want to hear  
I take away your every fear  
But do you hear me?  
Do you see I am even here?  
Sometimes I break  
Lie shattered at your feet  
while you just step right over me

chantelle ribeiro

# I Wanted You To Know...

I trembled that day  
The first time you asked for my name  
I wanted to run  
Vulnerable and afraid  
I could not move  
Your eyes melted me  
I saw this stranger  
Yet you woke me from my slumber  
The slumber of normality  
Of feeling nothing  
Years of neglect  
degraded me  
Your voice stirred in me  
things long forgotten  
You found me interesting  
You cared to know ME...  
I wanted you to know  
how you saved me  
once a long time ago

chantelle ribeiro

# I Watch Her Mourn...

By day she is okay  
By night nothing seems right  
The melancholy sadness  
with the icy breeze  
squeezes her heart  
tears her apart  
And once again reality steps in  
All that made her smile forgotten  
Only the echoes of yesterday  
reverberates through her being  
A soft hand on her cheek  
A warm embrace  
Her mothers voice, her loving face  
She has no more tears  
yet her soul bleeds on  
another heartbreaking moment  
another sad song  
I watch her mourn  
I know that time will slowly creep on  
And one day  
When Winter turns to Spring  
The light might return to her eyes  
And new blossoms will bring  
New hope  
Or maybe a smile  
And she will once again see  
that life is worthwhile...

chantelle ribeiro

# I Will Fly....

I can't sleep  
My mind a collage of images  
Excited by a feeling  
of expectation  
Now knowing what it is  
Feeling like it will be okay  
My future bright  
Richer for this sudden clarity  
A feeling deep inside  
always been  
always felt  
that I was meant to be important  
What that means i do not know  
Where it will take me I will go  
Reaching for a goal  
A dream  
The stars in the midnight sky  
I will spread my wings  
And I will fly

chantelle ribeiro

# I Will Still Be There...

I am here  
Always here  
No matter what you said  
How it hurt  
How you lied  
or ran away  
It is nothing  
You needed me today  
And me  
I came running  
I am not a stupid girl  
But a friend  
A woman of character  
Of faith  
And I believe in you  
Even when you don't  
When the world turns its back  
I push against the crowd  
to stand there next to you  
Protect you from life's storms  
Protect you from yourself  
I meant what I said  
I still care  
Even if they shake their heads  
I will still be there...

chantelle ribeiro



# If An Abused Dog Could Speak...

Chained and chaffed  
It hurts, Master!  
Why do you glare at me?  
Do I not love you unconditionally?  
Why leave me alone?  
I am hungry and dizzy from the sun  
Please bring me water!  
Have I done something wrong?  
I never asked you to choose me  
I thought you wanted me all along!  
But I was glad you did  
I miss the warmth of your arms  
I was only a little pup then  
but you loved me didn't you?  
You made me love you too!  
And now I look up at the sky  
I want to be that butterfly  
I do not understand  
the harsh words  
the burning pain from your hand  
I am your friend  
I am loyal until the end  
So here I have to remain  
But in my eyes you'll see my pain

chantelle ribeiro

# I'M Your Friend - A Poem For A Friend Who Is Following Her Destiny

I am your friend  
And will always remain  
Your rock when you need saving  
Your voice when the world silences you  
Your memories in moments  
when loneliness envelopes you  
Be strong  
Show the world  
what I've known all along  
Follow your rainbow to the gold  
Your destiny in your hand you hold  
I am so proud of what you've become  
Someone who's defeated her demons  
and won  
I will not say goodbye or farewell  
Just look after yourself  
and see you around  
Thank you for all you've done for me  
The times that you comforted me  
I am your friend  
and will be there  
till the bitter end

chantelle ribeiro

# Invincible...

What do you see  
When you look at me?  
Do you see a mystery?  
A woman born to love?  
Or a slave of humanity?  
A dreamer of destiny?  
A naive child trapped inside?  
Then you are mistaken  
I am a force of nature  
I am the olive branch  
to all victims to frail to fight  
A fantasy novel where faeries dance  
Your heaven or hell  
Not your show and tell!  
I am a Woman of secrets  
Shaped by countless lies  
And did you know  
That I live for love still?  
I am, my friend invincible...

chantelle ribeiro

# Invisible...

I am so tired  
Nothing makes any sense  
A zombie following blindly  
Stumbling, dragging my sore feet  
I am a mess  
dark moons under hazel eyes  
swollen from endless lies  
Frustrated  
feeling dated  
A thing discarded on the curb  
Invisible  
I have used up all my words  
some spectacular revelations  
left me spent  
and went unheard  
I prayed, I tried, I cried  
but now all that's left is this  
a complete and utter emptiness

chantelle ribeiro

## Is It Me? ...

What is it?  
Tell me what's ailing you?  
What is that little thing  
eating away at your soul?  
Devouring your thoughts?  
Is it me?  
Is it something I did?  
Your silence devastates me  
It makes me feel ignored  
Insignificant  
Like something that's there  
but really isn't  
Do you know how it hurts?  
To be pushed away  
To be shunned  
To have once heart slowly ripped  
from your chest  
Not knowing what to do  
Feeling sick with worry  
Feeling guilty for nothing?  
You say it isn't me  
it's you  
What does that mean?  
Don't you love me any longer?  
I pick myself up  
trying to be stronger  
trying to understand  
Why I no longer feel worthy  
or the touch of your hand

chantelle ribeiro

# Is This Going To Be Different?

Is this going to be different?  
The whole experience  
From this moment on  
Will I be a different person?  
Will the sun be brighter  
or will the noose pull tighter  
around my beating heart?  
Your voice resounds in my head  
The whisper of love  
I heard what you said  
Do I let my walls crumble  
my vulnerable heart in your hands,  
or will I stumble again and again?

chantelle ribeiro

# It Was Not My Fault - A Poem For Abused Children

Words hurt when written  
from the chore of the heart  
Where pain resides  
Hidden in the folds of memory  
They sometimes fester and die  
The shocking secret of a child  
I had to dig deep  
I had to convince my soul  
It was okay  
That secrets could be revealed  
Once buried deep and safe  
Away from prying eyes for years  
Behind the veil of hidden tears  
I used to smile  
Mask in place  
hiding from my devastating past  
My child mind convinced it was my fault  
Never wanting them to know  
My innocent life shattered  
Shards of mirror reflecting  
the emptiness inside my soul  
Never trusting  
A fugitive in life  
I roamed lost in confusion  
Running away from ugly truths  
The voice inside whispering  
A trembling soul  
Wasted years and growing old  
But now I know  
I remember his evil mind  
The cold blue eyes  
The monster of my dreams  
The wasted years  
And I know it was not my fault

chantelle ribeiro

# Just Me...

I hope that one day  
you will see my light  
You will understand my thoughts  
See the woman  
my soul  
my heart  
Know that my love is pure  
unconditional  
That my friendship is immortal  
That I say what I mean  
That the truth in me  
naked and bare as it is  
Is the truth that you love  
That at last you will see  
Just me...

chantelle ribeiro



# Kiss Me

Look into my eyes  
Into the depths of my soul  
Let the passion swallow you whole  
Let the fire ignite in your veins  
kiss me  
taste me  
I want to become your favorite flavor  
An explosion of exquisite pain  
The kind of pain you'd want again

chantelle ribeiro

# Leave Me Be

You don't know me  
Stranger of another world  
Intrigue your motive  
You hunt me  
I run like a frightened deer  
Afraid of your honesty  
Afraid to think even a little  
That there is hope  
Leave me be  
Let me wallow in this self-pity  
In my own favorite tragedy...  
And maybe in the Spring  
When the new seeds grow  
I will let you in  
Air out the darkness  
Say farewell to the Winter in my soul  
And let the sunlight shine on my face  
But for now sweet stranger  
Leave me be  
let me wallow in this self-pity  
In my own favorite tragedy...

chantelle ribeiro

# Life

Life is a roller coaster ride  
Highs and lows  
Constantly taking us places  
Familiar things  
Strange faces  
Its constant ebb and flow  
Like tides on a stormy sea  
It tells the story of you and me  
That glimmer of hope  
our destiny  
Through tunnels of time  
we go  
light and dark  
dark and light  
just out of reach  
always to fight  
for freedom of the heart  
Our captive souls  
our secret pasts  
our joys and woes

chantelle ribeiro

# Life Is A Beautiful Ride...

I watched a love story on tv...  
It was Autumn in Central Park,  
the golden Winter sun  
peeping through the branches of beautiful trees  
decorated in golden leaves...  
a carpet of gold upon which stood two people in love...  
A moment frozen in time  
when the woman tells her new-found love  
she has a terminal illness...  
The sorrow in his eyes devastating and exquisite...  
and I thought for that delicate second -  
this is the circle of life...  
we are born to love those we love  
until that moment when our hearts become silent...  
that we should treasure every precious moment...  
Life is a beautiful mysterious ride...  
and we the lucky passengers...

chantelle ribeiro

## Like A Delicious Melody...

I sometimes catch you staring  
a look of wonder on your face  
as you search my eyes  
watch my lips  
And for that split second  
I know all about the passion  
I see the heat explode in your pupils  
An moment of silence  
the weird shyness  
And then you look away  
Escaping to the secret world  
within the rooms of your heart  
where I play a mysterious part  
in your hidden fantasies  
You love me  
I hear it in the echos of your words  
in the in between nuances of your sighs  
And yet you play me  
Like a delicious melody  
You haunt my dreams  
You crush my days  
Your silences sometimes makes me hide away  
My tears have soaked the earth  
like the summer rain  
Still here I am  
Just being me  
A living, breathing, feeling thing

chantelle ribeiro

## Longing...

Your eyes speak to me of longing  
I see how you watch my lips move  
Your eyes soft and inflamed  
by the passion in your blood  
We sway with the music  
I feel the heat from your soul  
igniting the melting fire in my heart  
You whisper to me  
how I love your voice  
No sound has ever sounded so sweet  
telling me about your life  
And never before have I felt so lonely  
Very aware that when midnight arrives  
in her raven beauty  
that we part ways once again  
to our separate lives  
of commitment and duty  
Never admitting how much we care

chantelle ribeiro

# Look At Me...

Look at me  
See my screaming soul?  
My made-up smile?  
Do you see the chains,  
the pleading in my eyes?  
Free me  
Let me be that butterfly  
Let me be independent  
free from this prison that is my life  
I talk to you with my sadness  
I cannot hide the madness anymore  
Cannot ignore the sunlight  
and that open door  
Let me be me  
A woman  
craving her own security

chantelle ribeiro

# Lost

A wanderer in the desert  
of life  
Going nowhere  
but in circles  
You are lost  
Lost to you  
Lost to me  
The light has gone from your eyes  
Blinded by your ignorance  
You stumble through life  
A victim of your own stupidity  
Who are you?  
Jeckyl or Hyde?  
For I don't recognize  
the creature before me  
Your allies - lies and betrayal  
have led you here  
Lost to you  
Lost to me

chantelle ribeiro



# Love

Love

It is what defines me  
A short word  
Yet powerful in its complexity  
I was born from love  
I think of it every second  
I live for it  
Without it I am  
like the burnt out wick from a candle  
shriveled and small  
insignificant  
My heart is filled with its magic  
I wear it on my sleeve  
I ooze its sensual power  
seduce with its fire  
that resides in my eyes  
I am its mistress  
I tremble at its cruelty  
and explode in its ecstasy  
Its passion laid bare  
upon the virgin snow  
I understand its many faces  
its levels of intensity  
Therefore I suffer in this infinite wisdom  
baring the mark of the rose  
Upon my breast

chantelle ribeiro

# Mute...

Mute...

No words left to utter

I listen speechless

The truth revealed

bombards my senses

I feel sick

Little earthquakes start from deep within

I tremble violently

No tears

None left

But the buzzing in my ears

Memories flood my mind

Numbing me

My eyes close

Your face just a silhouette

against the glaring cruel light

Adrenalin shoots a tsunami

through my veins

My eyes snap open

My mouth agape

The pain sharp and breathtaking

My heart contracts

It's anguish pouring

out from my eyes

My body doubled over

Still, no sound I utter

Mute...

chantelle ribeiro

# My Drug...

I will die for you  
I will turn my life inside out  
Just to see you smile  
Your lips haunt my days  
Make the ride worthwhile  
But I am the only one  
The only one that sees the sun  
endless possibilities  
the promise of our destiny  
Still I compromise  
Still I fight and hide  
the heavy tears in my eyes  
Love is agony  
An endless ocean of tragedy  
The drama that's my life  
My heroin  
My ecstasy  
This is what you are to me

chantelle ribeiro

# My Favorite Time

It is the witching hour  
My favorite time  
To clear my mind  
from the cobwebs of the day  
Peaceful is the night  
The wind blows softly  
It's breath cool and crisp  
Stealing through my open window  
Caressing my cheek with its icy fingers  
Reminding me I am alive  
A creature of midnight  
I search my mind for perfect words  
To bare my soul to the world  
My heart on my sleeve  
Echoes of yesteryear  
Sometimes a smile  
Sometimes a tear  
Pain and sorrow my source  
My experience  
Raw and fresh,  
but mine...  
To share  
To be the friend you may not have  
The stranger  
who somehow understands

chantelle ribeiro

# My Fear

This fear  
It eats away my strength  
It makes me a thing  
going through the motions of life numbed  
Afraid of my own shadow  
I fear losing you  
losing them  
losing my mind  
Around every corner  
I cautiously tread tiptoeing  
Mind never resting  
sleep only a memory  
Frightened of being left behind with guilt  
with knowing I did not do enough  
I close my eyes each night worried I pray  
I talk to God  
sometimes not knowing what to say  
But in my mind  
Lies my inner child  
A child that believes in miracles  
In goodness of souls  
In love  
And the hope that He is listening  
Imagining His awesome arms  
like the wings of His angels  
enfolding me

chantelle ribeiro

# My Mind

My mind  
A menagerie of images  
Spiral staircases leading to secret rooms  
Holding within the demons that loom  
Echos from another time  
The lyrics from a song  
Faces that have come and gone  
Love the murderer of reality  
kidnapped my soul  
no longer free  
A spider's web of fantasy  
spinning its threads  
trapping me

chantelle ribeiro

# My New Chapter Has Begun...

Like a bud of a flower  
I open to reveal my soul  
I have no fear anymore  
I have become whole  
Acceptance  
A word alien to me  
Now lingers in my smile  
I know my destiny  
To heal with tongue and thought  
Born again  
My mind clear and focused  
The past a distant rumbling  
Dying with the setting sun  
My new chapter has begun

chantelle ribeiro

# My Quote To The Little Girl Inside Of Me

Do not fear little one...

He will never leave you...

The demons and monsters will always be there in the darkness,  
ready to pounce,

but with God as your protector,

nothing can harm you...,

except you if you lose sight of His light...

chantelle ribeiro



# My Soul Is Silent...

My soul is silent  
Black and blue  
Because of you  
Sometimes sleeping  
Seeking healing peace  
Cocooning my heart  
in its protective embrace  
But the scars remain vivid  
Bright and raw  
It hides  
Kind words  
spoken in the night  
makes it shy away  
whimpering and cowering  
A sigh of hesitation  
It breathes another day  
Waiting  
Wondering what to believe  
What to trust  
What to love and to hope  
My soul is silent  
Weeping softly  
Lost in mists  
of remembrance  
The future  
of uncertainty

chantelle ribeiro

# My Soul Mate...

I heard your heart  
pleading for understanding  
Sharing it's darkness  
Intertwining with mine  
Something changed today  
A special moment  
A fragment of a secret  
deeply hidden away  
you reached out with your soul  
leaving me breathless  
The intimacy of a minute  
burned into my brain  
And I stand in awe of your rawness  
your exquisite pain mirrored  
in my eyes  
I think you know  
Because you feel it in your soul  
A motion  
A shift in time and space  
Today we merged like one  
on another plain  
you and I forever joined  
by our sorrow and pain  
And I cried  
Tears of joy rolling down my face  
for in this universe  
On this lonely planet  
I found my soul mate

chantelle ribeiro

# Nature's Show

Autumn hues and fallen leaves  
Winter's fingers tickle the air  
The morning mists hang around  
pregnant with mystery

Cloaked in icy dew  
the roses bend and bow  
The pretty petals lose their grip  
Accumulating on the ground

I love the cold  
It's freshness awakens  
my exhausted soul  
as I stand at my window watching nature's show

chantelle ribeiro

# Never Quite Beginning, Never Quite Ending...

Here we go again  
The same routine  
You in hiding  
Me confused  
The vicious circle of me and you  
Never beginning  
Never quite ending  
Free falling from the sky  
First there's the high  
then the shattering sound  
as my spirit hits the ground  
This is too much  
I am a girl with nothing to trust  
But a cold and empty house  
As empty as your eyes  
As cold as your heart  
Never together  
Always apart  
Here we are again  
Never quite beginning  
Never quite ending

chantelle ribeiro

## No More Words...

I want to disappear  
like the fog does when the sun appears  
Like I never existed, was never here  
I wonder if you'd realize then  
Miss me and cry out loud  
as you bang your fists into the ground  
Sometimes I feel invisible  
A lonely shadow of a girl  
That long ago had lost her way  
With no more words left in me to say  
Maybe some day  
when I have the strength  
I'll tell you why I had to leave  
But for now just let me be

chantelle ribeiro

# Nothingness...

There is nothing louder  
than the sound of complete silence  
that is born from your core  
radiates to every nerve-ending,  
pregnant with a thousand memories and thoughts,  
unspoken words that have not yet been created  
to describe the total nothingness you feel sometimes  
Where love leaks from the open wounds of your heart  
to drip silently from your swollen eyes...

chantelle ribeiro

# Obsession And Lust

Obsession is like a serpent  
twisting and coiling in the deepest  
bowels of your soul

A cancer

Eating away and destroying  
loves pureness

Lust is a fleeting emotion  
boiling and bubbling like  
a witch's cauldron  
burning like the fires of hell

chantelle ribeiro

# Ode To A Politician

Honey drips like poison  
from your lying mouth  
All you see is greed  
Your eyes cold  
Your promises empty  
Like their lives  
The people you use  
The ones with the broken backs  
cracked heels  
And rough hands  
The ones you despise  
You are a hypocrite  
And a liar

chantelle ribeiro



# Oh Heart...

Stop, please stop  
I am weak  
I am only one  
I feel your excitement  
The tremor so familiar  
The breathlessness  
The quickened pulse  
But not now  
Please, not now!  
Don't cross that bridge  
Oh heart  
Please heal first  
You are so scarred  
Ravaged by the past  
Devastated by the present  
Vulnerable you fall again  
The ultimate victim  
The slave of passion  
You always search  
And here we are again  
Hold on  
Just wait for me to rest  
To lay my soul down for a bit  
Before the next excruciating test

chantelle ribeiro

# Only She Will Know...

She dances on the edge of her time  
the tango of life and death  
Their lamenting cries  
Their fear of what's to come  
Goes unnoticed by her  
Or does she pretend not to see?  
What is she thinking when  
she closes her eyes?  
Does she see the white light  
of heaven's pearly gates?  
Does she long for the sweet release  
of a life well lived  
Or does she fight in silent protest?  
Not saying that she knows her time is close  
This Woman  
The anchor and rock to many  
What mysteries does she hide?  
Her devoted loved ones  
Standing in selfish need for her to survive  
Sometimes planning ahead her funeral fire  
Death has its own time  
Let her be  
Let her accept her destiny  
She - an old woman with her beauty  
in her eyes  
Only she will know  
when her spirit whispers  
to her heart: 'Goodbye'  
That it is God that did decide...

chantelle ribeiro

# Peaches And Cream (A Poem In Memory Of My Granny)

I remember your skin  
Peaches and cream  
A tiny woman  
A big dream  
As a child I watched you bake  
your cheeks rosy from the heat  
Always busy  
never beat  
I admired your beauty  
that inner glow  
I thought you were pretty  
Delicate as a rose  
You spoke softly  
Sometimes you seemed shy  
A beautiful song I sang  
made you cry  
You barely spoke English  
I didn't care  
You were my granny  
with the soft white hair...  
In the arms of the angels  
may you rest  
and know in our hearts  
you will be missed...

chantelle ribeiro

# Please Go...

I thought I was okay  
That I was free  
I thought my anger would subside  
That I could live again  
Love again  
That my heart could endure a million storms  
And here I am  
Your prisoner again...  
What hold you have over me  
Seems you love my misery  
Or is it my mystery?  
Please go  
Chase your dreams and leave me be  
To pick myself up again  
For the millionth time...  
Why do you do this to me?  
Why do you hold the key  
to my tormented heart?  
Just go  
Leave the key in the door  
And maybe then I will be free  
To find the road back to Me...

chantelle ribeiro

# Pretentious People...

Pretentious people  
they leave a bitter taste in my mouth  
Forever competing  
Always waiting in the wings  
making what you do seem small  
changing what you view as the truth  
into uncertainty  
winning over hearts with wallets  
always pretending to be better  
with their fake smiles  
superficial gestures  
and blatant lies  
they feel they rule your world  
Nothing you do feels good enough  
Belittling your heartfelt goodness  
they con their way into the lives  
of those you love  
playing their little games  
laced with jealousy and hatred  
with their wagging tongues  
and greedy eyes  
they take something beautiful  
and turn it into filth  
Jealousy an evil drug  
To be pretentious is weak in my eyes  
To do good deeds born from motive  
I despise  
But know this now  
I will not give up what is mine  
My love, my hope, my peace of mind  
For in my heart true love shines

chantelle ribeiro

## Primitive Love...

When the tornado meets the volcano  
The earth and the moon will tango  
to the primitive call of love  
from the deepest recesses of the soul  
Ancient in its intention  
Lust and Love and Spiritual ecstasy  
Wrapped up in a delicious cocoon  
writhing in orgasmic swoon  
Lover's lips that meet as one  
their magic love story just begun  
under the spell of the sinking sun

chantelle ribeiro

# Real Love...

Do you know what love is?

This is love...

What you do for those around you

how you protect the ones dearest to you

How you are sensitive and understanding

How you forgive

It is in your eyes that speak for your soul

the soothing tone of your voice

the tears

the sharing of an experience

It is friendship and faith

a warm embrace

the thoughts that keep you awake

It is in the prayers you share with your God

the way you say - I love you

That is real love...

chantelle ribeiro

# Reflection...

I smile  
Dark circles under my eyes  
My compact my trusty friend  
Hiding the tell-tale signs  
Of an exhausted spirit  
Always looking strong  
Always seeming brave  
But am I?  
My reflection thinks otherwise  
Fine lines seemed to have appeared overnight  
But not bad - I think - for my age  
Today I rediscovered old photographs in a box  
Unblemished innocence  
A beautiful child  
And I search my soul for her  
I know she hides somewhere inside  
Shy and scared  
for she once got hurt  
Yet I remember good times  
The softness of my father's eyes  
Ponytails decorated with soft satin ribbons  
I sigh  
A tear trickles slowly down my face  
For the lost years of that child  
The ones I will never get back  
My teenage years  
Silent and violent  
Confusion and a broken soul  
A very big and scary hole  
But still I rose above it!  
As I sit here now  
Immersed in the why and how  
I know I am lucky  
I know I AM STRONG  
and I know now this is where I belong  
I breathe  
I watch the world around me  
And embrace another day  
I step out into the Winter sun



All the weariness melts away...

chantelle ribeiro

# She Blew Away With The Wind...

She blew away with the wind  
Your eyes still scan the horizon  
The shadows obvious in your smile  
You talk to her  
A sigh  
A tear  
Her voice a whisper in a brook  
Gurgling your name  
Always here  
Your senses lulled by her perfume  
A thousand roses in full bloom  
At her grave you lay a wreath  
Your memories laced with agony  
The child in you lost and dazed  
All I can do is watch and pray...

chantelle ribeiro

# Silence & Solitude...

Silence cleanses the soul  
Makes one look inward  
Reflect in solitude  
Refreshing and crucial  
to body and mind  
Words are superfluous  
The quiet conversation  
with our own beings  
Is sometimes all we need

Solitude is not lonely  
It is spending time with yourself  
Searching  
Searching for that inner strength  
A time to adjust our attitudes  
On life  
To breathe goodness  
Relaxing the mind from the negative  
And see everything in perspective

chantelle ribeiro

# So Many Lives

So many lives  
Lost  
A year of remembrance  
Sorrow  
Rivers of tears  
All around I witness  
the truth of it all  
We were born to die  
The control not in our hands  
We can only live  
Live a life of truth  
Whatever that may be  
Tomorrow is not guaranteed  
We are small  
insignificant beings  
Dust particles in a vast and endless Universe  
Like a grain of sand on the bed of an endless sea

chantelle ribeiro

# Sometimes

Sometimes  
when the seasons change  
and time runs away  
do you sit and wonder  
what you've missed along the way?

Every second  
Every minute of every hour  
should mean the world  
for you will never get it back again

Sometimes when I watch the people all around  
Scurrying like ants to get to the next place  
Frowns decorating faces  
Vile tongues and unattractive scowls

And I wonder if I seem that way  
On days when I too don't notice  
The bright blue sky and fluffy clouds  
Or the way the sun feels good upon my face

Sometimes I think we think too much  
We lose our way  
And we lose touch  
With the little things that life's about

chantelle ribeiro

# Sometimes You Crack...

Sometimes you crack  
Your face distorted  
like in a shattered mirror  
It becomes the birth of a monster  
Your eyes the eyes of a stranger  
Empty  
Your soul a lump of coal  
The bottle your best friend  
your confidant  
My worst nightmare  
You change  
Your face a mask of ugliness  
Your eyes bloodshot and dull  
And I stand there  
Looking at what you've become  
Something dies in me  
Every time  
And it never lives again  
The memory clings relentlessly  
And I can never let it go

chantelle ribeiro

# Sorrow

Do you know what real sorrow is?  
It is an agonizing throbbing pain  
It twists and bends the soul  
Excruciating its reign  
Over senses and emotion  
Devastating in its destruction  
A black hole in the depth of your soul  
Twisting the knife deeper into your heart  
Tearing and ripping it apart  
The tears come hot and fast  
A flood that starts deep within  
Not stopping until you can barely see  
Through haunted eyes  
Exhausted and swollen  
Eyes that will never see the world the same again  
Eyes that know the truth, the loss  
And when the last leaf of Autumn falls to the ground  
And the snow covers your footsteps  
The damage is done  
Another scar appears with the setting of the sun  
For life goes on  
With masks in place we carry on  
Until the night  
When the moon rises behind stormy clouds  
When you are alone again  
Sorrow comes knocking  
You give in and let go again

chantelle ribeiro

# Spring

Spring is here  
Possibilities new and fresh  
Blossoms in delicate pink  
I feel the coldness leave my bones  
I am in love  
In love with God's creation  
New life erupts from the soil  
I feel excited  
Not knowing what tomorrow brings  
New hope of new beginnings  
The chattering of finches  
The buzzing of a busy bee  
Feeling young  
Feeling free

chantelle ribeiro



# Still We Wonder

It's a new week  
Another question mark on our existence  
We are so sure about our time here  
So careless with our words and thoughts  
our days predictable and crazy  
Our feelings hidden away behind walls  
Masks in place we prepare for another day  
Adrift on a sea of unhappiness we go  
Blindly following each other  
Never thinking or blinking  
Robots going through the motions of living  
Lying and deceiving  
Using and abusing  
Never genuinely interested to know  
About the pain  
The sorrow  
The deeper meaning of life  
We are our own worst enemies  
Victims of our own bad choices  
And still we wonder  
why we are where we are  
When all we have to do is be thankful  
we are here at all

chantelle ribeiro

# Stuck...

How do I say goodbye  
How can I make you cry  
Will you understand,  
when I let go of your hand?  
I love you in a way  
but how do I say  
that I have to find my destiny  
and be the best that I can be  
Time is cruel, my love  
As cruel as time could be  
And now it's time to walk away  
It's time to set me free  
Once we were good together  
through good and stormy weather  
But that was then and this is now  
I got stuck somehow

chantelle ribeiro

# The Boomerang...

These are strange days  
I don't understand sometimes  
how people flick the switch  
between coldness and passion  
Like a boomerang you throw me  
knowing I'll return  
to feel the fire in me burn  
And I promise with each new scar  
that I will walk away  
As I break away you run  
pulling me until I come  
Another day  
Another year  
For me it never ends  
And yet I cannot get enough  
Even if sometimes it's really tough  
I am your addict  
You are my drug  
My one and only weakness  
of whom I just can't get enough

chantelle ribeiro

# The Fog

The fog rolls in  
Softening the harshness of reality  
It blankets everything in a moment  
of its ghostly embrace  
obscuring imperfections  
hiding secrets whispered in the night  
In its depths, truth you'll find

The rain falls softly  
A lover sighs  
A gentle breeze  
Rustling leaves  
Melancholy closes in  
And like the fog  
envelopes my being

chantelle ribeiro

# The Ghost That Led Me Astray

His name  
Sounds sweet on her lips  
On the beach  
the tendrils of the Wintry fog  
wraps itself around her feet  
she cries  
in its ghostly embrace  
for love  
for loss  
for him  
She signs his name at the water's edge  
A final gesture of her despair  
Its icy coolness bringing back  
the frozen image of his heart  
as he said farewell  
Her lips tremble from cold and sorrow  
She walks into the bitter coldness  
The waves lap at her long white dress  
Unseen hands pulling her below its crests  
I see the story unfold again  
The legend of the ghostly waif  
And now upon awakening  
I stand on that very spot  
A coincidence?  
I think not  
Your voice rings in my head  
Your goodbyes too much to bear  
I close my eyes and turn away  
From the ghost that led me astray...

chantelle ribeiro

# The Hole In Her Soul

I look at her  
Fragile and aging  
Her skin like silk  
Blue veins stand out  
Against the milky whiteness  
of her hand  
Her hair dulled  
lifeless and thinning  
Staring into another world  
Longing for the sweet release of death  
How long can she hold on?  
She smiles as if all is well  
But it does not reach her eyes  
A sadness lives in them  
reflects the hole that's in her soul  
I watch her walk with shoulders bent  
Her pain and burdens heavy  
A mother's love and sacrifice  
has made her feel unworthy

chantelle ribeiro

# The Kindness Of An Outstretched Hand...

Today I saw a woman  
Scarred and broken  
Stand up and face the world  
How proud she stood  
her scars a reminder  
Her child her salvation  
With chin held high  
she told her story to complete strangers  
A powerful moment  
Her moment  
Her past  
Her truth  
I felt so small  
Her confession painful  
She made me weep  
She made me understand  
That all it takes sometimes  
Is the kindness of an outstretched hand

chantelle ribeiro

# The Lighthouse...

I will wait upon the shores  
Through the tempests I will stay  
Never giving up on this love  
Never going far away

I will stare at the horizon  
searching for a glimpse  
of your ship of love, my love  
the reason that I live

Oh hear my heart beating  
See the beckoning lighthouse light  
See the candle I am burning  
in the window late at night

Oh how your love consumes me  
how I long for your embrace  
All I have now in my memory  
Is the image of your face

chantelle ribeiro



# The Lost Girl...

A mirror breaks  
Her life a distorted reflection  
Her madness and obsession  
She rocks herself to sleep  
Nightmares and demons  
Her shattered heart on the floor  
Her broken dreams  
The girl she was is no more  
Alone in her knotted mind  
Lost and searching  
for something she'll never find  
A maze within a maze  
Curled up in a ball she lays  
The girl with the tattoo  
In her mind she thinks of you  
You took her from her life  
You the epitome of lies  
Your seductive voice  
Her heart wrenching cries

chantelle ribeiro

# The Mystery Of Life...

As Winter slowly approaches  
And the crisp morning air touches my cheek  
I wonder about tomorrow  
So many unanswered questions  
An endless circle of confusion  
like a broken record milling through my head  
I watch as new life forms  
a promise of a new beginning  
And I dream of a perfect day  
Anticipation in wild abandon  
My heart beating loudly in my ears  
A love so sacred and real  
I stand in awe of my transformation  
My mind in turmoil  
Wondering  
Waiting  
Barely breathing  
Wondering what all this means  
For in the quiet of twilight  
Golden memories and wasted years  
I see it clearly  
I taste the saltiness of tears  
The mystery of life  
A new season of unknown fears  
A new me  
And with the Winter breeze  
What will blow this way for me?

chantelle ribeiro

# The Ocean

The ocean heals  
Breathe in deeply  
Let the saltiness cleanse you  
Let it wash away confusion and despair  
Let your tears merge with its waters  
Your fear be swept away by its tides  
Listen to its mighty roar  
and hear the voice of God  
Stare at its infinity  
Sense its strength  
His strength  
And let it rock you with its rhythm  
All your fears dashed upon the rocks  
And when you lie spent on that beach  
with the warm sand at your back  
remember me

chantelle ribeiro

# The Old Man On A Bench...

An old man on a withered bench  
Down by the ocean's end  
Staring at the stormy sky  
wondering if she's there up high  
watching him sit in their favorite spot  
where he wrote - forget me not...  
'Here is the bench where we would sit  
you and I a perfect fit'  
He whispers softly to the wind  
and wishes she would hear  
how he misses her  
or wipe the tear  
that silently creeps down his face  
as he remembers a time and place  
Her lively eyes  
Her soft grey hair  
Memories so bitter-sweet  
are all he has of her  
And in his gnarled old hand  
he lovingly holds her wedding band

chantelle ribeiro

# The Open Door...

Your weakness gets to me  
makes me want to rip  
your heart from your chest  
and trample on it  
You are a coward  
A fool to your own truth  
a puppet on a string  
being dangled  
by your faithful followers  
You never listen  
Do you see my eyes glisten?  
Can you see my angry soul? ,  
my hungry mouth?  
Do you feel the earthquake  
in my heart as it bleeds out on the ground?  
Do you even care?  
Sometimes I wish you were never there  
I hate you but I love you still  
And I'm guessing I forever will  
It takes a cruel soul to ignore  
The meaning of an open door

chantelle ribeiro

# The Passing Of Time

It is hard to fathom  
the passing of time  
Fleeting as the sunrise  
Ebbing as the tides  
Winter on our doorstep  
Leaving embedded  
Footprints of echo's  
memories left behind

chantelle ribeiro

# The Place Where You Feel Whole

There is a truth to be found  
in staring at the waves  
as they crash upon the beach of life  
Like staring at a fire  
Making you reflect inward  
Silently getting back to that place  
you have long forgotten  
within your soul  
A place where you feel whole

chantelle ribeiro

# The Puzzle...

Just when the last piece falls into place  
when the puzzle is complete  
When years of searching melts away  
And new hope grows in the Spring  
You turn away  
Running, screaming for the hills  
And leave me heaving, barely breathing  
clinging to what is left of this  
an empty dream  
An earthquake starts from deep within  
shaking me  
breaking me  
pieces of puzzle explode into nothingness  
some pieces are lost  
some are tossed into space  
never to be seen again  
And I am left shivering  
lost again  
Not knowing if I can ever trust again  
And the circle continues  
Starting by square one again  
I pick myself off from the floor  
Once again hurting to the core...

chantelle ribeiro



# The Rat Race...

Overwhelmed and confused  
We carry on  
with life  
by sunset too exhausted  
to care  
The whole day a blur  
Time spent on wasting life  
Running the race  
Making ourselves ill with stress  
Surviving the unforgiving pressure  
of human nature  
Always too busy to reflect  
Too tired to care  
Too quick to neglect

chantelle ribeiro

# The Rotten Seed...

You cannot change...  
Your memories are  
like dust in the wind  
Conveniently forgotten  
All you see is your selfishness  
Your own foolish pride...  
You ignore their pleading  
Their tears are invisible to your eyes  
You lie and cheat  
You belittle and question  
everyone's motives  
But your own  
You brush aside  
anything worthwhile  
Nothing much matters to you  
You want to control  
Every aspect about you  
Your feelings  
Your needs  
Your money and power  
Superficial you will go through life  
Angry and small  
Your own false god  
narrow-minded  
And overbearing  
Never truly in love  
Never content  
Just you and yourself  
A shadow of humanity  
Seeking  
Destroying  
Using  
And breaking spirits  
Damaging Souls  
You are the product  
Of your own greed  
The lonely wanderer  
The rotten seed

chantelle ribeiro

# The Wheel Turns...

You with your narrow mind  
Your obsessive manner  
Your pointing finger  
Your wagging tongue  
Poisoning everyone  
Making me your victim  
Black on the inside  
Your mouth a thin line  
Filled with garbage  
You stare through me  
Your jealousy apparent  
insecure and insignificant  
Your cruelty massive  
Poison dripping from your mouth  
You spew profanity  
Behind your false smile  
That never reaches your eyes  
You spread your lies  
Rumors that damage fragile lives  
The wheel turns  
And it turns well  
And quite frankly  
You can go straight to hell

chantelle ribeiro

# The Worth Of Me

One day I will disappear  
like the fog  
when the sun appears  
You will look for me  
Walking in a complete daze  
You will recall the special ways  
In how I loved you  
Doted on you  
Did everything I could for you  
Because you were My One  
But never did it dawn on you  
That I'd eventually run  
I tried  
God knows I cried  
My life a mess because of you  
One day my love  
You'll understand the truth  
You'll see me so differently  
At last you'll know the worth of me

chantelle ribeiro

# There Is A Storm In Her Heart

There is a storm her heart  
Defiance in her eyes  
Fire and anger  
Her wounded pride  
This woman of passion  
Strong and yet  
A slave to nobody  
She learnt from the best  
to survive  
You know, don't you?  
You know it's too late  
You can't break her  
or possess her  
You can't fool her  
or capture her soul  
For she is free  
Her mystery  
Her beauty will haunt your days  
As it should  
For you left her for dead  
You murdered the person  
she could have been  
There is a storm in her heart  
Defiance in her eyes  
She will never forget  
How her heart  
bled into her eyes  
That moment you  
threw her away  
Forever missing  
is how she'll stay...

chantelle ribeiro

# There Might Come A Time...

We spend time  
getting close to those  
who intrigue us  
who inspire  
or move us  
spiritually  
And here I am  
only me  
guided by my inner voice  
I make time  
I look forward to every moment  
rare and priceless to see you smile  
To hang onto your every word  
You ignite my inner spirit  
with your light  
with your sorrow  
And still,  
when it comes time to choose  
I lose...  
I am the stranger looking in  
The dark mysterious presence  
that haunts your dreams  
What hurts is what you do not say  
There might even come a day  
When I turn around  
and forever will walk away

chantelle ribeiro

# There Where You Are

There where you are  
Where the angels live  
you are free  
Free from the pain that held you captive  
Free from watching helpless  
as your loved ones mourned  
Knowing the time was close  
To bid you farewell  
Free to live in peace  
Your journey was hard to watch  
Helplessly waiting  
My hands shaking  
as the sands of time ran out  
You were there,  
but it wasn't you anymore  
Just a whisper, a shadow  
of the woman you were before  
Who knows what you were thinking?  
I watched you wither away  
A friend for life you were  
A lady  
Immaculately dressed  
Always a kind word  
An outstretched hand  
to lift me up when I had fallen  
You will be missed  
My memories will never fade  
Your face engraved in my soul  
And one day when I too leave this earth  
we shall meet again  
My friend  
Until that day falls upon me  
While seasons change  
And years fly away  
I will speak of you fondly  
For your friendship was  
sincere and true  
And while I'm still here  
I will remember you



chantelle ribeiro

# Thoughtless Words...

Your thoughtless words  
echo in my mind  
overwhelm my heart  
It breaks it into shards of mirror  
reflecting the cruelty of your eyes  
as it cuts deeply  
severing all thoughts of self worth  
It makes me look at myself differently  
An out of body experience  
Watching in horror  
noticing my imperfections  
as now you have pointed them out  
Everything I believed I was becoming  
destroyed in a moment of weakness  
A woman like me  
Sensitive and vulnerable  
It hurts like a thousand daggers  
thrust into my soul  
And now when my eyes have swelled  
from humiliating waterfalls of sorrow  
I sit here  
head bent  
And I know  
I have to get up tomorrow  
start my day again  
Forgive  
Forget  
And pick myself up from the floor  
and start again...

chantelle ribeiro

# Time To Let It Be...

I wrote your name near the water's edge  
And watched the high tide coming in  
With each wave a little was erased  
Like the days gone by since I saw your face  
Each day closer to being healed  
A step further from you and me  
I watch the sunset  
Colors painted by God's Hand  
Your eyes the color of the sand  
My tears carried off by the wind  
Silently I tremble within  
A calmness envelopes me  
Your name has gone  
Forever free  
Drowned and swept away by the tides  
To another place another time  
And I alone on the beach  
Knows it's time to let it be...

chantelle ribeiro

# Time To Let You Go...

I know I have to go...  
Your eyes have lost its light  
My heart bleeds into mine  
But pride in myself,  
and the whispers in my soul  
Tells me it is time  
to let you go...  
The ultimate sacrifice  
Our love my rock  
Washed up on the shore  
Another love story  
Another closed door  
Remember when we met?  
Bitter-sweet the memories  
forever will remain  
Your picture on my wall  
will remain forevermore  
And I can only hope  
You have no regrets  
When Spring comes  
When the Winter wind blows you away  
And the blossoms hang pregnant from the trees  
Will you think of me?  
I will be okay  
A woman with character  
Down I will not stay  
My sorrow is personal  
Buried deep within  
But where one chapter ends  
Another will begin...

(For Sandra...)

chantelle ribeiro

# To Be A Writer...

What I feel I write  
It takes only a moment to capture  
when I look inside my mind  
the words pour out in painful rapture  
Sometimes I just stare  
No words to express  
Feeling like I just don't care  
But it's hard to ignore  
what I truly am in my core  
Sometimes I feel small  
and I hit that brick wall  
where words escape me  
where reality breaks me  
And as I lay there on my bed  
my thoughts turn to you instead  
and I sigh  
sometimes I want to die  
as thoughts and words  
are ripped from my soul  
leaving behind a black hole  
It is hard to be a writer  
sharing my truth  
admitting I'm a fighter  
of love  
of hope  
of sincerity  
laying bare my vulnerability

chantelle ribeiro

# Tomorrow

Tomorrow  
Will it be there?  
Have I done enough today?  
Said all there is to say?  
Life is a fleeting fair  
Always rushing  
Pretending not to care  
But what if it's too late?  
Another hour  
Another minute  
The tick-tock of Father Time  
No more rhythm  
No more rhyme?  
A death,  
A birth  
The circle proceeds  
And we move along to where it leads  
Not stopping to smell a flower  
Telling someone we care  
Hugging a child  
or just being there...

chantelle ribeiro

# Undone...

I can't contain the truth like you  
Locked into the deepest crevice of my soul  
Haunting my every thought  
Making me miserable  
Pained by what it means  
Trying to cover up the uneven seams  
of my broken heart  
Because of your inability to face  
what's in front of you  
You make me a prisoner in this place  
while you run away in haste  
Tripping and stumbling through your days  
Knowing, feeling the empty space  
A hole within your soul  
And me in my quiet grace  
have to face the world alone  
Another day lost on my own  
Your name now bitter on my tongue  
Silently broken and undone

chantelle ribeiro

# Untitled

I stand alone on a deserted beach  
Small and insignificant  
Eyes closed  
Face upturned  
I scream your name into the wind  
Cursing  
Weeping like a child  
Tears merging with the ocean  
Carrying its sadness with the tides  
to whimsical worlds  
Where mermaids sigh

chantelle ribeiro



# Up And Down...

Up and down I go  
Emotions riding tsunami's of time  
I crash and break upon the shore  
Washed out and half drowned  
I try to crawl  
But then  
As the high tide washes in  
I am snatched and carried by the wind  
Carried high upon the crests of life  
Awaiting the clutches of pain and strife

chantelle ribeiro

# Valley Of Defeat

Your aura black  
The darkest night cannot compare  
Your eyes a mess  
Their beauty dulled by your despair  
Fear consumes you  
Eating you alive  
Your spirit damaged beyond repair  
by countless lies  
I hear you sigh for the hundredth time

Get up!  
Let Me help you  
find your way!  
Be your Light...

But still you ignore Him  
Frightened  
you step back into the shadows  
Once again  
Somewhere a bell tolls  
Thunder growls ominously  
As you pass through the gates of no return  
As lightening lights up your dark world  
For a second I catch one last glimpse:  
A lonesome figure  
Hunched shoulders  
Ancient looking  
Dragging feet  
Head bowed  
Heading for the edge of hopelessness  
For the Valley of defeat...

chantelle ribeiro

# Wait For You...

I am in love with you  
You stepped forward  
nobody else was there  
I leaned on you  
head on your shoulder  
But you have her  
And still I don't care  
I know with every fiber in me  
that you belong with me  
but for now I must hold on  
Patience wearing thin  
I can't give in  
I close my eyes and dream my dream  
And in it you are there  
holding me  
kissing me  
telling me how much you care  
It is not like I'm obsessed  
or naive or foolish or filled with air  
I know what my soul tells me to do  
And that my love, is wait for you...

chantelle ribeiro

# Water

Water

It gives life

It cleanses

Like tears do to the soul

I think of the ocean

Its awesome power

yet gently lapping at the shore

bringing gifts from deep within

a perfectly formed shell

A message in a bottle

A love letter still intact

A tragic end

But when the sun peaks over the horizon

And dolphins play tag with the waves

I smile as the breeze gently caresses my cheek

Aware of its mystery

its deadliness and liveliness

Its beauty and mysteriousness

And I thank God to be witness

to the beauty laid bare

A banquet of breathtaking moments

That He chose with me to share

chantelle ribeiro

# We Ask Why?

The human psyche  
Fragile as a breath of air  
Yet strong in despair  
We love  
We hurt  
We lose  
But somehow we survive  
The sands of time trickle by  
The hours pass, minutes, seconds  
Like ants we scurry around  
Missing opportunities  
Our selfish needs materialistic  
Never stopping once  
To smell a flower  
To let ones gaze  
caress a sunset  
To play with our inner child  
To love with abandon  
To kiss with passion  
To be kind to one person  
who desperately needs us  
To thank God for our little miracles  
For being alive  
For being unique  
For being loved  
We despise what is ours  
We envy what isn't  
We covet with our eyes  
And hurt the vulnerable  
And yet  
When things turn dire  
we ask why?

chantelle ribeiro

# We Go Through Life

We go through life searching  
putting all the pieces of the puzzle together  
We meet many people  
form relationships  
some platonic  
others more personal  
Then we get older  
we understand things so much better  
We become more selective  
in who we invite into our hearts and lives  
for valuable lessons were learned from past mistakes  
we start to like ourselves a little more and realize  
that lost opportunities weren't bad after all  
that we needed to travel on this road  
to have this new insight  
and we acknowledge the good and the bad experiences  
knowing at last it was all part  
of a bigger picture  
we had to discover on our own  
to complete our journey to a better life...

chantelle ribeiro

# Weeping Willows

My heart listens to your eyes,  
My soul to your heart...  
I long to hear your voice  
whispering my name  
like a gentle breeze whispers  
through the weeping willows  
of my being

chantelle ribeiro

# What Am I?

I was outside myself today  
looking in  
seeing the raw emotion  
the sad sad eyes  
hunched shoulders  
And it made me angry  
Angry that I lost again  
had given up the fight  
to be heard  
to be me  
What am I?  
A thing that only exists  
when you want her to?  
An object of beauty  
one minute I am priceless  
and the next in pieces on the floor?  
Have I no voice?  
I'll tell you now  
I will not bend  
You may hurt me  
but I will not stumble  
For I am me  
I am not here to be stepped on  
I am vulnerable and sensitive  
But indistructable  
I have endured things you can not imagine  
And I have survived  
Your words may hurt  
May rip my heart to shreds  
You may laugh behind my back  
or judge me for not conforming to your ways  
But I shall not budge  
I know who I am  
I do not know who you think you are

chantelle ribeiro



# What Is It That People Want From Me?

Why am I the gullible one?  
The one who believes in hope  
In a new friendship  
In people's goodness  
When all I get  
Is egg on my face  
Complicated personalities  
People with baggage  
Immature souls who use me  
Abuse my spirit  
Abandon my life  
Because they don't understand  
Why don't they even try?  
Why do they lie and say they see  
Just to turn and walk out on me?  
What is it that people want from me?

chantelle ribeiro

# What Is This All About?

Do you care,  
or don't you?  
I never quite know  
just what it is you show  
Sometimes we talk, we share  
our laughter  
our despair  
And yet I never know  
what morning will reveal  
Or what it is you really feel  
Are you in  
Are you out?  
What is this all about?  
Maybe one day I'll understand  
and know exactly where we stand

chantelle ribeiro

# When I Lost You - On 14 September 2012

Unreal  
A moment of profound silence  
My heart racing in my chest  
I hear it in my ears  
A roaring  
Is that me screaming like a wounded animal?  
Your eyes glazed over  
I thought you were sleeping  
Your eyes staring into heaven  
a slight smile on the corners of your mouth  
Dead...  
Gone...  
A lonely tear down my face  
as I hold yours in my hands  
A face I loved  
Still warm to the touch  
I was too late  
You must have waited  
And in the silence of Ward 9  
I let you sleep  
I feel you leave with a part of me  
A part of my soul  
and in the center of my heart  
a big black hole  
My love  
My life  
My everything  
How will I live through this thing?

chantelle ribeiro

# When It Rains

When it rains  
something happens in your soul  
A stirring of emotions  
The mind wanders off,  
exploring places that lie dormant within us,  
forcing us to face whatever it is we buried in there...  
For me the rain signifies a cleansing of the mind and heart,  
sometimes causing great sorrow or melancholy  
and other times a sort of peace,  
washing away the negative energies  
and replacing them  
with renewed hope and inspiration...

chantelle ribeiro

# When The Moon Is High...

I know the confusion  
How you talk to your heart  
How you plead for the answers  
Looking for the way  
Knowing that you love  
I read it in the hidden truths  
you sometimes so deny  
I know these things  
for my heart breaks too  
when the moon is high

chantelle ribeiro

# When You Smile...

When you smile  
you chase away the darkness  
Your inner light blinds me  
So beautiful and translucent  
You fill the world with it  
All the demons flee in fear  
As soon as you are near  
I can just be me  
You let me step outside of me  
to become someone extraordinary  
A butterfly I am to you  
And now I see me like you do

chantelle ribeiro

# Where Are They Now?

I am here  
Always here  
No matter what you said  
How it hurt  
How you lied  
or ran away  
It is nothing  
You needed me today  
And me  
I came running  
I am not a stupid girl  
But a friend  
A woman of character  
Of faith  
And I believe in you  
Even when you don't  
When the world turns its back  
I push against the crowd  
to stand there next to you  
Protect you from life's storms  
Protect you from yourself  
I meant what I said  
I still care  
Even if they shake their heads  
I will still be there...  
because where are they now?

chantelle ribeiro

## Why? ...

Sometimes the cradle breaks  
We fall into thorns  
Wondering how to keep the balance  
How to survive the challenges  
How to survive ourselves  
But, as it sometimes works in life  
A miracle appears out of the darkness  
A light, its beauty breathtaking and bright  
And still we wonder why  
Why we get a second chance to shine  
Human nature is an enigma  
We trust no one  
We are afraid  
Afraid to live with conviction  
To accept love as our truth  
To embrace the complexity of life's web  
As another stepping stone appears  
We choose to go back  
Afraid of something new  
To live a life of potential bliss  
we shun what is good and true  
We stick to what we know  
whether bad or good  
Just because we feel secure  
And when our Autumn years approach  
the horizons of our lives  
we ask again the question - why?  
Why didn't we spread our wings  
Make decisions based on love  
Follow our hearts  
Why did we shun  
Our one and only chance?

chantelle ribeiro



# Winter

Winter is here, my love  
Cold and bleak like  
the tempest brewing inside my being  
Uncertainty and fear envelopes me  
Loneliness and melancholy  
reminds me of my human fragility  
And I, a slave of love's cruelty  
seeks the shelter of your arms  
to silence the thunder in my heart  
to protect me from life's storms

chantelle ribeiro

# Winter In December...

Winter in December  
The rain drenches my weary heart  
dripping down my face  
mingling with the salt water from my soul  
My memories filled with the image of your face  
I don't understand  
the silences that breathe between us  
I sometimes stare and shake my head  
willing the insecurities away  
convincing myself tomorrow's another day  
And when the sun is born again  
I continue on my way  
still I see your eyes in my mind  
I miss you every day  
You will never know  
never comprehend the emptiness  
my dark thoughts  
my loneliness  
The absence of you in my world  
and how that leaves me unfulfilled  
Since you passed on to another plain  
I have never been the same...

chantelle ribeiro

# With Age Comes Wisdom...

I love my age  
To think I feared it  
But now I notice things  
Little things  
Things I never understood  
Never quite recognized  
In myself  
In others  
Things that touch my heart  
With age comes wisdom  
A cliché I now understand  
A certain look  
A reaching hand  
Mistakes were made  
Battles lost  
But now as reality seems clear  
I know at last that I have won  
The search of Me  
For I am free...

chantelle ribeiro

## Yellow Roses... (A Mother's Day Poem (3))

Old photographs are all that's left of you  
The Autumn leaves have fallen  
All around upon the ground  
Scattered like my memories  
And here I am once again on Mother's day  
Standing at your tomb  
I brought your favorites  
Yellow roses wet with dew  
This is my time with you  
I miss you mom...  
Times are hard  
I am in pain  
When will it all be okay?  
When will the sorrow go away?  
The miss you days  
will always stay, won't they?  
but I swear sometimes I hear you whisper  
when I shed a tear  
that's when I know that you are here

chantelle ribeiro

# You

You make me smile  
Your warmth like a summer's breeze  
against my cheek  
Your friendship my rock  
through the hurricanes of life  
Your hands warm and safe  
upon my trembling shoulders  
Calming my insecurities  
and childish fears  
Your eyes soft in the harshest light  
caress the innermost depths  
of my soul  
You are my destiny  
My reason for breathing  
You  
You make me whole

chantelle ribeiro

# You ... Monster ...

Do you know, Monster  
what you did?  
Your filthy hands  
Her innocent mind  
Your evil voice  
still haunts her days  
But you made her strong  
Stronger than you'll ever be

You...Monster...  
on your evil throne  
Amongst your gold  
You are the master  
of what?  
Evil incarnate  
The perfect life of lies  
An empty shell  
who thinks she's forgotten  
Your disease-ridden mind  
Your foul words of passion?

You....Monster...  
You still live in silence  
Your true nature you  
forever buried  
Your fake smile  
your charity unwanted  
Unfortunately when you reach heaven  
A sign will say:  
'We are full, your fate is the other way...'

You....Monster...  
You Will Pay...

chantelle ribeiro

# You Are Significant...

When you were born  
on this day all those years ago,  
you never knew how significant you would be one day...  
the lives you would touch,  
the smiles you would bring to many...  
So sometimes when LIFE happens  
and leaves you in a mess on the floor,  
wishing you were never born,  
remember these words...  
Remember the smiles,  
the times you fell in love  
and touched someone's life with your presence...  
To yourself you are but one person,  
but to someone else,  
you mean the world...  
And that is huge....

chantelle ribeiro

# You Believe In Me

You believe in me  
It means more than the stars  
I smile in my heart  
as you push me to succeed  
push me to the front of the crowd  
holding me on your shoulders  
up on a pedestal I sit stunned  
the view dazzling and frightening  
yet I feel safe  
as you brag with me  
I feel loved and part of you  
something I never knew I could be  
It is overwhelming  
Crazy  
making me delirious with love  
with hope  
with gratitude  
For I am still me  
but that seems to please you

chantelle ribeiro



# You Just Don'T See Me...

I don't have many earthly possessions  
But did you know my heart is priceless?  
I come to you bearing it on a golden tray  
All that I am here on display  
But then just when I think you see  
I realize you just don't see me

chantelle ribeiro

# You Said It Was Okay

I was afraid  
But then you smiled  
Caught in a web of lies  
Of ugliness and despair  
But you were there  
Catching my dreams in your hand  
You protected me  
Holding and supporting me  
Your eyes soft and forgiving  
You said it was okay  
My selfish thoughts,  
my foolish ways

chantelle ribeiro

# You Took My Breath Away...

It smells like Summer  
Like wet earth smells after a rain storm  
Fresh and sweet like wildflowers  
Like the sultry scent of the ocean  
on a balmy summers day  
The day I knew you loved me  
you took my breath away  
Wild like gypsy horses running free  
my heart beats within my chest  
My soul soars free  
I drift upon billowy clouds  
to the heavens  
smiling as the angels sing  
My heart so full of wondrous things

chantelle ribeiro

# You Will Reap What You Have Sown...

Why bother with niceties,  
Being a lady?  
When really I want to look at you  
And shake the smirk off your mouth  
Rip your heart from your chest  
And throw it to the ground!  
The amused look in your eyes  
Your attitude of defiance  
I want to scream into your face  
The raw pain I feel inside  
Always the better person  
The woman with class and pride  
Poor naive me  
Your puppet on a string  
Your disposable thing  
But now that the sadness is over  
Where bitterness resides  
Black and seething my anger  
I want you to listen  
To see and feel humiliation  
I want you to experience pain  
The way I had to endure  
Your lies and my frustration  
My fear I want to hide away  
From your hurtful glare  
And tell you in so many words  
that after what you had done  
I am numb and really don't care  
for your foolish games  
Your immaturity shocking at your age  
Further inflaming my own rage  
You will reap what you have sown  
Somewhere somehow you will know  
The feeling of abandonment  
You will always remember this day  
And realize the price you had to pay  
And one day when your Autumn years  
are lonely and filled with fears  
You will think of me and wonder why

You chose that way to say goodbye

chantelle ribeiro

# Your Confession

You blow my mind  
You - so private  
telling me  
confessing  
that you see ME?  
I waited  
Waited forever  
For this  
For this recognition  
For this love  
For your heart to open  
For you to let me in  
I watch in silence  
In awe of your eyes  
Its pain  
Its trust  
Its truth  
And now that I have it  
Now that you speak with your soul  
I am speechless  
And yet  
I wonder what it means  
What you mean when you say  
Nobody understands you  
like I do  
When you say  
Nobody means what I do  
to you  
I have lost so much  
Watched my world crumble  
I have cried a million tears  
Wasted so many precious years  
But I regret nothing  
For in this moment  
your confession rocks my world  
Makes me stumble for the words  
Makes me breathless and excited  
All I want is for you to love me  
All I want is you

My best friend  
My rock when I am drowning  
My summer when the winter dew  
Like diamonds stud the petals  
of the flowers in shades of blue  
I love you  
I love you like nobody else  
And I hope that what you say is true  
For I am nothing without you...

chantelle ribeiro

# Your Destiny...

Your destiny will not reveal to you  
the happiness it held for you  
without me in your life  
I think you know this  
I have fought a good fight  
Brought you back to life  
I looked after you  
Always a friend so true  
And yet you listen to lies  
from the lips of hypocrites  
their jealous eyes  
You push me away  
not listening to what I have to say  
Why do you do this?  
When in your heart you know  
what lies within  
what makes you whole  
what makes me sing  
Our love is rare  
Something only we can share  
But you always run away  
And I always end up on a tray  
displayed before their greedy stares  
while they laugh and sneer  
and no one cares  
You stand alone  
I feel your pain  
But all my loving was wasted  
and in vain

chantelle ribeiro



# Your Ghost

How does it feel to be cruel?  
An unfeeling thing  
Selfish and ruthless  
Murderer of hearts  
What do you seek?  
What do you see in the mirror  
Do you wonder who the creature  
looking back at you is?  
Or do you lie alone in your bed  
and grieve  
For Love  
For Friendship  
For a little warmth to melt the ice in your veins?  
Now it's your turn  
You watched me turn away  
and disappear with the Winter mists  
You will be lost  
Your memories will be torture  
Your bitterness and anger  
Your fate...  
You will know at last  
the meaning of abandonment  
I will not rejoice  
I will not smile at your expense  
I am me  
I am not you  
I am the ghost  
That will forever haunt your days

chantelle ribeiro

# Your Words...

Your Words  
has left me speechless  
Beautiful and honest  
I felt my soul rejoice  
At last  
At last I heard it from your lips  
You care...  
It has been a long road  
to try and break your shell  
Sometimes to fight a battle  
that left me spent and still  
You always shut me out  
And now  
Now that you see my worth  
You weren't afraid to tell  
And I am left here smiling  
Knowing I have won  
It was no losing battle  
Our time has just begun  
Your heart a precious treasure  
has opened up to me  
And you friend will never know  
Just what that means to me

chantelle ribeiro