Poetry Series

chantelle ribeiro

- poems -

Publication Date:

January 2012

Publisher:

PoemHunter.Com - The World's Poetry Archive

Poems are the property of their respective owners. This e-book was created by chantelle ribeiro on www.poemhunter.com. For the procedures of publishing, duplicating, distributing and listing of the poems published on PoemHunter.Com in any other media, US copyright laws, international copyright agreements and other relevant legislation are applicable. Such procedures may require the permission of the individuals holding the legal publishing rights of the poems.

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...

Works:

None, but aspiring to some day...

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 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 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 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 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 Terrrible 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...

chantelle ribeiro

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 possibilty of better tomorrows

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 of 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

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....

</>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

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

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 goodbeyes

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 intence
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

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 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 mischievieous
its intent...

chantelle ribeiro

Fragile Thoughts

Fragile
Delicately designed
Iridescent work of art
by God's hand
I watch you flitter
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
asif you have understood every word
of my solliloque...

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

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 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 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 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

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

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

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 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 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 you 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

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 couldron
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 pire
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

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

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

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

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 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 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 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

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

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 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

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 cliche 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

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 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 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 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