**Poetry Series**

# Hayley Foster

## - poems -

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## Hayley Foster (March 5th)

hi my name is hayley nicole foster born march 5th friday 2: 04 a.m. at akron city hospital i'm emo and yes i cut myself i do all my piercings myself i have my belly pierced my cartlidge and the bottom of my ears their all gauged i love skinny jeans skate shoes skateboards make-up tight fitting shirts jewrlry and hot topic and BOYZ and not to mention that i'm bisexual so i like girls too i'm 5 foot 2 and i have blue eyes that change colors dirty dishwater blonde hair my eyes change from the color blue for when i'm really happy green when i'm sad normal embarassed hazel when i'm not feeling good or mad red when you really piss me off gray when i found the one i love and i'm around that person i love poetry music tinkerbell the colors pink and black i hate my mom with a passion she can burn in hell i love my stepmom even though she's dead i write poetry songs and journal entries (livejournal.com) i have a tattoo of 3 guitar hero stars in and arch on the lower part of my back i'm gettin my tongue pierced and i want to be a doctor i love to sing my nails are always blood red or pink (mostly red)  my favorite kinds of music are punk rock alternative i collect stuffed animals (teddy bears, care bears) my room is very cheerful even though i am not because my eyes always seem to stay the color green well this is all about me if you have any questions just e-mail me on poemhunter or at yahoo at the e-mail badgirl181218
love,
hayley nicole
xoxoxo

emo rox
emo lover
emo love

Works:

silent voices

**~*The Moon And Stars*~**

Beneath the shining stars,
beneath the gleaming moon,
when night has healed the scars
of the burning noon
and so, to you,
if hate possess your heart,
when the day's hot strife is through
bid hate to depart
the disappointing day,
whenever wrong, or how,
is something that has passed away,
it is ended now.
Forget, forgive, the stars, and
sleep will find you soon
Beneath the shining stars,
the gleaming of the moon

Hayley Foster

**~Nine Lives~**

health is gained
when you are maimed
or when you take a dive
cats that live
have much to give
when sharing their
~Nine Lives~

Hayley Foster

**A Butterfly's Wings**

Teardrops fell from Shelley’s face, as she held her mother’s hand
Sorrow filled her broken heart, as she fought to understand
Why her mom was dying, why she had to let her go
And as her fear grew stronger, Shelley felt her panic grow

For how would she survive without her mother guiding her along?
Giving words of encouragement, support to make her strong?
As Shelley started trembling, the tears continued down her cheeks,
She realized that the end was near, she’d prepared for it for weeks

But now here in that moment, Shelley couldn’t say good-bye
Instead she stood there silently as her mother watched her cry
And as if her mother read her mind, or maybe her heart,
She spoke her final words, intended to leave their mark

“There are so many things I need to say, so many things before I go,
But time is of the essence, so it’s important that you know…
That sometimes, you’ll feel powerless, believing you can’t win
What others think of you will be the image you hold within

“You’ll feel you have to follow quietly, at someone else’s pace,
And be the image on magazine covers, the perfect smiling face
With the pressure to be perfect, you’ll doubt yourself, and what you can be,
But I ask of you, dear Shelley, whenever you doubt yourself, stop and think of me

“For when I look into your eyes, I see a million stars,
Shining from within, all you’re magic and who you are
In your face, a flower’s blossom, a starlit winter’s night,
A butterfly’s wings spread gracefully, without effort taking flight

“A summer’s breeze and sunlight, colorful leaves found in the fall,
Springtime filled with new life; Shelley I’ve found it all
All in life that’s remarkable, when I look at you, I see
And if you can’t believe that of yourself, then at least believe in me”

Shelley listened closely, as her mother’s breathe grew weak,
She wanted to remember every word her dying mother fought to speak
“You can always make excuses, or you can make great plans,
You can bow your head in shame, or, Shelley you can take a stand

“And know how well deserved your place is in this world
Be a clear example, be a mentor to every girl
Take pride in all you are… a woman who is strong
Even when you stumble, when you feel you don’t belong

“For God had a part in making you, and all that’s on this earth,
And even if you don’t realize it, you have tremendous worth
For even though a butterfly may seem delicate…fragile to the eye,
Don’t you overlook the fact; it has what it takes to fly”

Shelley’s mother closed her eyes; her life on earth was gone,
But her words remained behind, giving Shelley the strength to carry on

For in her mother’s words, she heard a message reliable and true:
There is nothing in this world that a woman cannot do

Though there are often times when Shelley feels weak and small,
And it would seem easier to give into others, instead of proudly standing tall,
She finds herself thinking clearly of all the little girls on earth
Who feels so unimportant, not aware of their own worth

And then she hears her mother’s voice, from a breeze softly passing by,
“Don’t you overlook the fact, you have what it takes to fly”

Hayley Foster

**A Million Times**

I have seen you a million times
And every time I see you
I fall in love with you all over again
My heart starts to race
My frown turns into a smile
And all my worries are now in my past
When you smile at me my heart melts
You give the sweetest hugs
Every time you hug me
Your smile is like a new day
Your sense of humor is like no other
The ability you have to make me smile
Is all you need you love me
Your laugh is so soft and sweet
Just looking in your eyes
Makes me melt inside
Your lips look so soft
Soft enough to kiss
You, yourself relive me from all pain
Your hands are as soft as a pillow
The way you comfort me is amazing
Every time we say good-bye
I start to cry
I say good-bye to you too many times
I said good-bye to you a million times.

Hayley Foster

**Angels**

angels gather all around
angels down here on the ground
angels wings are white and frail
angels won't sing there hearts to hell
angels sad and
angels mad
angels may not sing again
angels fly up to the sky
to see a place that we recognize
so angels smile across the day
and when night comes they
hit the hay

Hayley Foster

**Angels Among Us**

there are things in life
that will make you cry
and its times like these
when you barely get by

there are people in life
who will make it hard
there are times when you'll feel
like you're off your guard

but up in the sky
the stars shine bright
over your sorrows
and all through the night

upon those stars
the angels watch
and guide us through
life's toughest parts

they make us laugh
and dry our tears
they release our anger
and calm our fears

there are angels among us
when you're feeling blue
and when you feel alone
they come to you

they pick you up
and hold your hand
they walk with you
they understand

so the sadder you get
and the worse you feel
always remember
angels are here

Hayley Foster

**Be**

Overcome a fear
Laugh out loud
Break the silence
Speak to the crowd

Feel the joy
Taste the wind
Breathe the stars
Imagine

Model kindness
Wear peace
Show mercy
Act as least

Know her sadness
Heal his pain
Listen closely
Receive the same

Make a promise
Give from the heart
Take and return
End and restart

Rise from the bottom
Soar from the deep
Smile and rest
Desire and seek

Learn the secrets
Read between the lines
Thirst for the truth
Look for the signs

Sing and dance
Love and dance
And remember you get
Whatever you give

Hayley Foster

**Because Of You**

Its all because of you,
I'm never sad and blue,
You've brightened up my days,
In your own special way.

How can I get you to understand,
That I love you more than I can,
How can I get you to see,
Your the only boy for me.

Its all because of you,
my dreams have come true,
Your everything Ive wished for,
and I could never wish for more.

I cant describe how much I care,
But when you need me I will be there,
To wipe your tears when you are sad,
To make you happy when you are mad.

Nobody is as special as you are to me,
Now I hope you are beginning to see,
Just how much I care for you,
And all my feelings will always be true.

Hayley Foster

**Break-up**

you loved me
and i loved you
but we broke up
and now we're through
the pain it hurt
it hurt that much
my heart is broken
and i don't want to be touched
i know the pain will slowly heal
but that's not what i want
what i want is real
the realness of being loved
cared for and being hugged
the warmth of your smiling face
bringing joy to all my days
the way you made me feel complete
my life was better without defeat
and now everythings just closing in
without your love that could have been
this is the way it was supposed to be
this is the way it was
this is the way i want it back
back to the way before we broke up

Hayley Foster

**Break-Up2**

Here lays my heart,
All broken and torn;
There are no feelings left in it,
for me to mourn.
Here lays my mind,
which has repressed;
all the memories we have shared,
that have left me a mess.
Here lays my soul,
which you took away;
Along with my faith and trust in you,
that you broke in a day.
Here lays my body,
All mangled and left to die;
I hope that I can get through this,
and find another guy.

Hayley Foster

**Broken Dreams**

I love you more than life itself
But I’m afraid to love.
My heart is like the fragile wings
Of a tiny little dove.

I'm scared to get too close.
I feel that I can't win.
You'll love me for a little while
Then you'll set me free again.

I've lived so long on hopes and dreams
I don't know what to do.
I don't think I can trust my heart,
For it belongs to you.

I know you'll only hurt me
Yet, I still keep running back.
Between the paths of our hearts
There's a worn and beaten track.

You've got my heart held on a string.
It’s breaking right in two.
Enough belongs to me -to hurt-
The rest belongs to you.

I know that somewhere in your heart
There is a place for me.
I just don't know how to find it
And there's no way to make you see.

I can only hope that someday
You'll wake up and you'll find,
That while my heart belongs to yours,
Yours, too, belongs to mine.

Hayley Foster

**Broken Heart**

Broken heart
Torn in two
Shattered apart
"N"
I lost you
The tears that fell
They fell like blood
Twisted and turned into one
The days that last before I die
I refuse to say goodbye
My thoughts and dreams are gone and gray
I'm wishing they'd come back and stay
My hearts a shattered broken mess
Red with blood thick and wet
Tears that will not cease to fall
Piercing daggers through it all
And with scars and cuts along the way
Always dreaded the day you'd say
"I think that we should just be friends"
And this is where it all will end
And as you turn and walk away
There lies a broken heart you threw away

Hayley Foster

**Broken Promises1**

Promises get broken
Just like someone’s heart
Promises get broken
Even from the start
I get tired of broken promises
And people who say they care
And of all the broken promises
And lies and cuts and tears
Promises get broken
Over so many years
And as these promises get broken
People figure out exactly what they feared
They fear that broken promises
Are never going to end
And what a shame it’s not a lie
Broken Promises never die

Hayley Foster

**Broken Promises2**

You told me you loved me
I told you I loved you too
You said together we'd always be
I said I would be true

You promised you would hold me
You promised you'd be there
I promised I'd cross the stormy sea
To give you my loving care

But you never kept your promise
You aren't the way you used to be
You just gave up on us
And you just gave up on me

You said let's take a break
You said let's just be friends
But please for my sake
Just say the truth, cause it's the end

You promised every day
That you would be there
You molded my heart like clay
Into the shape of a broken chair

You promised to me
That we'd always have our love
You said to me
I was all you could think of

But, now, your walking away
Saying 'let's just be friends'
Now, you made my heart break
That's your way of saying it's the end

Why did you make a promise you couldn't keep
Why did you make a promise you wouldn't live up to
Why did you make a promise that was so cheap
why did you make a promise to this broken hearted fool

Why did you promise we'd be together
Why did you say you dreamed of me in your sleep
why did you promise to love me forever
Why did you make a promise you could not keep?

Hayley Foster

**Burning with flames**

burning flames in the night
fill the people's heads with fright
now the house is burning bright
people sleep throughout the night
now the flames are dying down
may littleones sleep while we gather round
and everyone knows the reasons why that this house
just had to die die die

Hayley Foster

**Butterflies**

Suddenly I get this feeling
My mind draws a blank
My hands are slightly shaking
My heart begins to race

I feel like I'm losing control
I'm nervous inside and out
I have an unexplainable feeling
I wish I could figure this out

These butterflies inside of me
Keep fluttering all throughout
I thought they were gone for good
I didn't know they could come out

It must be the way
You get to me like you do
The way you make me feel
The way I love you like I do.

Hayley Foster

**Changes**

'Friends Forever, ' you promised
'Together til the end'
we did everything with each other
you were my best friend

when i was sad, you were by my side
when i was scared, you felt my fear
you were my best support
if i needed you, you were there

you were the greatest friend,
you always knew what to say
you made everything seem better
as long as we had each other
everything would be okay

but somewhere along the line
we slowly came apart
i was here you were there
it tore a hole in my heart

things were changing
our cheerful music reversed its tune
it was like having salt without pepper
a sun without its moon

suddenly we were miles apart
two different people with nothing the same
it was as if we hadn't been friends
although we knew deep in our hearts
neither one of us was to blame

you had made many new friends
and luckily so had i
but that didn't change the hurt
the loss of our friendship made me cry

as we grow older things must change
but they don't always have to end
even though its different now
you'll always be my friend

Hayley Foster

**Cupid's Arrow**

getting strong
your life is long
fightin like a pharaoh
so help me pay my mortgage
by buyin
Cupid's Arrow

Hayley Foster

**Dark and Light**

let the dark
let the lght
let me go into the night
let me sleep upon the cluods
let the angels gather round
let the air so nice and cool
lower me softly to the ground
take me home where it's
nice and warm tuck me
in bed and i say no more

Hayley Foster

**Do I Feel? ?**

do i feel pain at christmas time
do i feel you everyday
do i feel the tears running down my face
do i feel hope at night
do i feel the need to love
do i feel the sorrow
do i feel unhappy because your not there
or do i feel nothing
just sittin here i thinkin
do i feel?

Hayley Foster

**Dying**

You know dying never felt so good
When I'm lying in your arms
But dying in love feels so much better
When I know you're always there
But dying when you've shattered my heart
That's when dying really hurts
You say you never meant to hurt me
But I'm lying in the dirt
You know I said dying never felt so good
When I was lying in your arms
But I feel like I'm dying in hate
And falling with the stars
So yes, dying never felt so good
But dying when you've shattered my heart
That's when dying really hurts

Hayley Foster

**Effect (Jack)**

It seems you have an effect on me,
that makes me fall for you,
it seems that you control my mind,
no matter what you do,
I get lost within your bright blue eyes,
and your sexy smile too.
But everytime you look at me
I fall more in love with you.
Although I want to be with you,
I can't get passed my fears,
that your just gonna break my heart,
and leave me all in tears.
I want you to know I love you,
and I will forever more,
and soon there will come a day,
when you won't make me suffer heartache anymore.

Hayley Foster

**Emo Love**

Emo heart
broken to bits
turns to black
as she cuts her wrists
loves the pain
it's all she feels
as the blood pours all around

a razor's blade is
shiny and wet
drips with blood
that's from her neck

the life she had
she couldn't bare
and as she dies
she sheds a tear
of all the memories
in her mind
there's just that one which materialized
of a girl and boy so in love
she vowed to die
because she loved
and as she breathed her last breath
she realized that love never lasts

Hayley Foster

**Face behind the Mask (E Unum Pluribus)**

she's an artist of sorts,
with her brushes and paints
But she doesn't use canvas,
it's opinion she taints

around certain 'friends'
she paints on a grin,
so she can be popular,
so she can fit in

with other friends,
she's loud and obscene
it's the aim of the game,
to be rowdy and mean

close to her family,
she's quiet and shy
they hardly take notice
if she is nearby

when she's with the guys,
she's a tease and a flirt
she gives and she gives
ignoring the hurt

the people nearby her
they hope and they pray
that they could be popular
like her one day

But when she's alone,
she breaks down and cries
for there is no answer,
when she asks 'Who am I? '

Hayley Foster

**Faded Memories**

Faded memories are the worst
Never knowing what they hurt
Memories that were once so clear
Fade away year by year
Just like friends they fade too
And brand new scars that speak the truth
Love that’s meant to last
It comes and fades by the days
Faded memories are the worst
Never knowing what they hurt
Dreams so bright so blue so true
Slowly tends to fade away
Those faded memories we soon forget
And there will be more soon to come
Faded memories day by day
Faded memories never stay
Faded memories are gone and gray
And
Faded Memories are the worst
Because we never know what they hurt

Hayley Foster

**Forgetting That One Person**

It’s so hard to get that one person out of your mind...
Even when they did you so wrong you still love them...
Tell me why is that? ?
Its cause he stole my heart and I can’t get it back.
Then it’s almost like you want to forgive them for what they did
you tell yourself that you are moving on but really are you?
Do you just say that to try to make yourself feel better?
Even though deep down inside you are really not...
So the only person that you are fooling is yourself...
Time will heal and that someone special will take that spot...
You may not believe it right now, even I don't
but it will happen,
that’s what I keep telling myself.

Hayley Foster

**Freedom Of Flight**

I was put in a cage by my parents,
But now they have opened the door
I know that my whole life is out there,
I'm not a kid anymore

They tell me how they had felt,
The day that they were let free
They say it was oh-so-exciting,
But their words aren't enough for me

And now that day is finally here,
The world is mine to explore
I know that when I step out there,
I cannot turn back anymore

My first step will be purely courage,
My second will be disbelief
My third one will be with great pride,
My fourth one will be up to me

Hayley Foster

**Friends**

we laugh
we cry
were all the same inside
you glad
your sad
it doesn't matter why
it's you
it's me
there's not another shoe
it's friends
it's plans
it's you and me again
it's gone today it's all the same why
i'm glad your here every single day

Hayley Foster

**Gone**

Emotions ran through my head
I found myself wishing I was dead
All because you were moving away
I knew I would never see you another day
You got in your car and waved goodbye
and then I was left all alone to cry
I felt helpless, and all alone
I could only talk to you on the phone
You were my neighbor, and my best friend
Why, Oh why did it have to end?
You made me so happy, so carefree
you made it feel okay for me to be me
It’s been almost a year since you moved away
but it feels like it was only yesterday
I remember everything you used to do
it may seem impossible, but it’s true
You were the best friend I ever had
Now that you left me, I am beyond sad
I love and I miss you more than you ever knew
You’ve taught me so much, and I want to say thank you.

Hayley Foster

**Gray**

when i was a child
i saw in black and white
everything was obvious
either wrong or right
no arguements, no pros, no cons
choices were precise
pure and joyous clarity
gave me a simple life
so i grew and learned to face the world
living life that way
and now i feel so unprepared
cause black and white turned gray
my unfaltering vision failed
focus left my eyes
where choices were so obvious
i can't tell wrong from right
because today i am a teenager
and nothings quite so clear
i'm seeing through an adults eyes
a child's biggest fear

Hayley Foster

**Green Clover**

there once was
a leprechaun from Dover
who told and ogre to bend over
and pick up  a thing
for health and for spring
a lovely, long stem
green clover

Hayley Foster

**Guardian Angel**

When I look at you
I know that I am safe
By the touch of your hand
And the look on your face
Holding me close
Together as one
My guardian angel
My only one
Each moment with you
Is something I love
Together forever
My true love

Hayley Foster

**Hard To Forget**

I really want to forget
that we had ever met
but you're clinging too tight
haunting my lonely nights
I tried to go to places far from here
yet it's still your voice I want to hear
your face and smile I want to see
it's always with you I want to be
Hope you'll be the one for me
cause I can't afford to set you free
though we're a million miles apart
you'll still be the one in my heart

Hayley Foster

**Have you ever**

have you ever wanted to dry a tear
that you know you had made fall?
have you ever said something
that you never meant at all?
have you ever wanted to reach out
to someone who was in pain?
have you ever wanted to give sunshine
to someone who lives with rain?
have you ever wanted a chance
to go back and change the past?
have you ever stopped to realize
that time slips by too fast?
have you ever loved somebody
and never told them so?
have you ever held back a question
that you really wanted to know?
have you ever felt you might explode
from holding stuff inside?
that's when you have to make a choice
between happiness and pride
i decided i would tell the truth
to share all that i feel
my heart feels so much bigger now
truth was the better deal

Hayley Foster

**Heart of gold**

hearts of gold
are good i'm told
to keep you healthier
if your life was measured
by its price
you'd be wealthier

Hayley Foster

**HeartBroken**

You broke my heart, and made me cry,
and a million times I wonder why.
I thought that we were meant to be,
together forever you and me.
Of all the people I thought I knew,
I never guessed that it'd be you,
The one who ripped it all apart,
and left me standing with a broken heart.

Hayley Foster

**Honey, Baby, Sweetheart**

you kiss me so gently
you hold me tight
you make me smile
all day and night
your the beat of my heart
the love of my life
my thoughts in the morning
my dreams at night
the one that i'll love till death do us part
my honey, my baby,
my sweetheart,
my Sam

Hayley Foster

**Hopeless**

I’m all alone in a room that’s dark,
Fighting the urge to add another mark
My tears are flowing, my thoughts collide,
And the end result I’ll have to hide

I’m battered, bruised, and all alone,
Unable to fight this on my own
Friends used to help me through the day,
But they saw my pain and ran away

I’m growing weaker as the days pass,
Afraid today might be my last
I know the next move is up to me,
Asking for help is the only key

Hayley Foster

**I Am Alone**

I’m sitting here alone
realizing your gone
I know I cant change things
I know I was wrong
They all say I don’t need you
they all say I’m better off
they don’t understand I love you
yet I never said it enough
I regret what I did
but I cant take it back
wish I could hold you
I want you back
I know you deserve better
I know imp messed up
but cant go on without you
I miss you so much
Baby I’m sorry
i know i said it before
i mean it more than ever
knowing our loves now behind a closed door
I didn’t realize what i had
till i lost you
my heart bleeds inside
i cant forget you
Cant you find it in your heart to forgive me
love me once again
tell me everything’s alright
tell me its not the end
Yet i know the end is now
i know you’ll never love me again
I’m sorry baby
that i was the one to let you down

Hayley Foster

**I Found Love**

I told you once, I will tell you again.
I love you now, I loved you then,
Its hard for me to let you go
but now I don’t wanna go that low,
we made each other laugh, we made each other cry,
but the hardest thing is to say goodbye.
When I first saw you it was strange,
A few days later it all changed.
Step bye step we make it through,
the funniest thing is we aren’t that blue….

Hayley Foster

**I Need You Now**

my friend i need you now
please take me by the hand
stand by me in my hour of need
take time to understand

take my hand dear friend
and lead me from this place
chase away my doubts and fears
wipe the tears from off my face

friend i cannot stand alone
i need your hand to hold
the warmth of you gentle touch
in my world that's grown so cold

please be a friend to me
and hold me day by day
because with your loving hand in mine
i know we'll find a way

Hayley Foster

## I Only Wanted You

A thousand words couldn't bring you back,
I know because I tried.
Neither could a thousand tears,
I know because I cried.
You left behind a broken heart,
and happy memories too,
but I never wanted memories,
I Only Wanted You.

Hayley Foster

**If**

If I could go anywhere,
it would be in your arms.
If I could have anything,
it would be your kind heart.
If I had last words,
they'd be 'I love you'
If there is bad in my life,
I know what to do:
look at your face,
see your smile and your eyes.
There's no more darkness,
because you bring the light.
If you were the sun,
and I was the moon,
there'd be niether day or night,
just me and you.
And as we stood side by side,
watching the world pass time by,
my life would be complete,
my dreams fulfilled,
knowing you love me,
and always will.

Hayley Foster

**If Ever There**

If ever there was a time,
that I needed you,
that time would be now because,
you would be here to love me and hold me near.
and if there was ever a time,
that I wouldn't need you,
that time would be never because,
we would be together forever
and if there was ever a time we need to forget,
that time would be now from all the
arguements, and fights, and evil things we said.
and if ever there was a time for forgiveness,
that time should come soon because,
I'm sorry for all the hurt and the pain I caused you
and if ever there was a time for true love,
that wouldn't be very hard to find because,
that true love has been here, and always will be
until the end of time.

Hayley Foster

**I'm In Love But Not With You**

roses are red violets are blue
i'm in love but not with you
why didn't you tell me from the start
instead of goin around and breakin my heart
you told your friends how you made me cry
i told your girlfriend how your full lies
yeah you can go around sayin how you played me but
what goes around comes around boy you'll see
and yes i got a new boyfriend
and he's nothing like you
and yes i'm in love
but not with you! ! !

Hayley Foster

**Impulsive Identity**

Make a wish upon an eyelash
Kiss a butterfly
Run barefoot over sandy beaches
Blow dandelion seeds into the sky

Make a statement loud and clear
Say what’s on your mind
Wear whatever you want to wear
Show the world you’re undefined

Run and play with wild horses
Let your hair fly free
Be confident express yourself
Let no one tell you who to be

Practice karate on a trampoline
Be wild and dye your hair
Laugh and sing at the top of your lungs
Spread smiles everywhere

Show everyone your fearless self
Now’s your time to shine
Don’t fear at all what others think
Just paint your own design

Hayley Foster

**Inside**

Bottled up inside
are the words I never said
the feelings that I hide
the lines you never read

you can see it in my eyes
read it on my face
trapped inside are lies
of the past i can't replace

with memories that linger
won't seem to go away
why can't i be happier?
today's a brand new day

yesterdays are over
even though the hurtings not
nothing lasts forever
i must cherish what i got

don't take my love for granted
or soon it will be gone
all you ever wanted
of the love you thought you won

the hurt that i am feeling now
won't disappear overnight
but some way some how
everything will turn out all right

no more wishing for the past
it wasn't meant to be
it didn't seem to last
so i have set him free

Hayley Foster

**Its Tough To Be A Teenager**

its tough to be a teenager, no one really knows
what the pressure is like in school this is how it goes

i wake up every morning and stare into this face
i wanna be good looking but i feel like a disgrace

my friends they seem to like me if i follow through with their dare
but when i try to be myself they never seem to care

my mom well she keeps telling me i gotta make the grade
while both my parents love me it slowly seems to fade

it seems like everyone i know is trying to be so cool
and everytime o try i end just a fool

i've thought about taking drug i really don't want to you know
but i just don't fit in and its really staring to show

maybe if i could make the team i'll stand out in the crowd
if they could see how hard i try i know they'd be proud

you see i'm still  a *(virgin)  * my friends they can't find out
cause if they really knew the truth i know they'd laugh and shout

sometimes i get so low i want to cash it in
my problems really aren't so bad if i think of how life's been

sometimes i'm really lost and wonder what to do
i wonder where to go who can i  talk to

its tough to be a teenager sometimes lifes not fair
i wish i had somewhere to go and someone to really care

Hayley Foster

**Just a Quote (Not A Poem)**

The only thing I really want in life is to be loved by someone, held in their arms, kissed with passion, have my tears wiped away, for someone to truly care about me and to be with that person forever.

Hayley Foster

**Just Friends**

I love you more every day,
my name I long for you to say.
Do you know just how I feel?
Do you know this love is real?
Sometimes I wonder what you think.
When you hear my name, do your cheeks turn pink?
Do you dream about me every night?
Wish to hug me and hold me tight?
Do you think we're meant to be?
Together forever, you and me?
These are the questions that run through my mind,
your way into my heart, you did find.
It drives me crazy as to what I should do,
Should I risk a friendship and confess to you?
Or should I keep my feelings inside,
Keep them locked up, let them hide?
I just don't know what to do anymore,
my heart it aches, my heart it's sore.
I love you more than you could know,
and I don't want to ever let you go.
So even if I'm just a friend,
I'll always love you until the end.

Hayley Foster

**Kiss**

Point your lashes down
and you can picture my face-
Im Smiling...

Open your mouth, speak with your heart
and you can see my soul-
Im Waiting...

Place your arms around my waist
and you can embrace my uncertainty-
Im Shaking...

Press your lips against mine
and try to catch me-
Im Falling

Hayley Foster

**Kiss Me**

Kiss me with passion
or tender care
kiss me with promises
that you'll always be there

Kiss me with love
or to make my heart dance
kiss me with promises
always full of romance

Kiss me so gently
or with heart-stopping might
kiss me with promises
that will last through the night

Kiss me for hours
or until our stop sign
kiss me with promises
that you'll always be mine

Kiss me wrapped up
and safe by your side
kiss me with promises
that we'll never hide

Kiss me so deeply
or in a warm embrace
kiss me with promises
that'll make my heart race

Kiss me so rough
or light and mild
kiss me with promises
that'll make me go wild

Kiss me, very calm
or to let your love show
but kiss me with promises
that you'll never let go!

Hayley Foster

**Letting You Go**

I loved you once,
you hurt me twice.
Now our friendship
pays the price.
I always said
I'd be here for you
and this statement
still remains true.
When you need me
I'll be right there,
I'll hold your hand
and show you I care.
Just right now
I'm letting you go,
but I still love you;
just letting you know.

Hayley Foster

**Liar**

Trust was meant to be broken
lies were meant to be said
friends were meant to be hurt
and left to lie in the dirt
tears were always meant to fall
from the eyes that said it all
i trusted you with all my heart
but now it all just falls apart
people tell me everyday
words and things of which you say
you must love to see me cry
so now i wanna go and die
my broken heart wonders why

Hayley Foster

**Life**

life is here
life is there
life is upsidedown
and life is inside out
life can go on for a
million miles cause i don't care
where life will lead cause  all i care about is you on this day
so life here
and life there
life alone
life everywhere and
life is gone
and i just said i don't care
where life will lead cause all
i care about is you on this
day
and
everyday

Hayley Foster

**Life/Pain**

if you could feel the pain i feel
you'd be very surprised
it would break your heart and make you cry
but you'll never understand just why
your tears would fall
and they'd fall like blood
the pictures will make you scream
you'd be too scared to face the facts
and you'd be unable to dream
and if you do the dreams you have
will wake you up at night
they'll haunt you, torment you
til your too weak to fight
so welcome to my life of pain
enter if you dare
because this life that you'll enter
is too far beyond repair
so help me make this life i live
better in some kind of way
for i'd be much happier if i could live
a day without this pain

Hayley Foster

**Lonely Heart**

If I had a heart I'm sure it would say
How lonely its been since you went away,
With no one to snuggle and no one to hold.
I guess I'll adjust, or so I've been told.

It's hard to sit back as the line seems to grow
And watch all the flirting, when deep down I know
There's nobody there who can know your heart
Or feel your thoughts even though apart.

To know your thoughts with just one word
Without the others being heard.
To feel your heart and share what you love
Like some magic secret from up above.

The music flows and so do the smiles
From you to them across the miles.
Even our songs that were special there
Are followed by smiles for all to share.

I guess it's me... I just don't understand
You told me you loved me and held my hand.
How can I trust anything you say,
When I'm yesterdays news the very next day.

If I had a heart it would beat in place
Instead of having this empty space.
And yours would beat along with mine,
And I'd be yours til the end of time.

Hayley Foster

**Love**

Love is when you miss him even before he's gone,
when you could listen to him talk all night
and never get tired of hearing his voice,
when the sound of his name sends chills down your spine,
and when you see his smile the second you close your eyes!
So many ways to say, 'I love you',
never enough to say how much.
The word forever seems like a long time,
but if you're with the person you love
then forever isn't long enough

Hayley Foster

**Love <3**

The love of my life is
Someone special, it's true
He's someone I want to be with always
My special someone is you

Will you be mine forever
Is what I want to know
Every time we're together
My love continues to grow

The love I feel for you
Is one I've never knew
Everything you do for me
Tells me you love me too

I love the gifts you give me
They show me that you care
Each one also gives a promise
A promise you'll be there

I'll love you forever
Until the day I die
I'll be forever by you
Trust me- I wouldn't lie

Hayley Foster

**Lucky Horseshoe**

Kickin horses
par for courses
makin you so strong
by buyin this
lucky horseshoe
you wouldn't dare go wrong

Hayley Foster

**Lullaby For Your Friend**

When she’s crying on your shoulder
And you don’t know what to say
Just whisper softly in her ear
That everything will be okay
When she says her heart is broken
And her soul feels so alone,
Just tell her that you love her,
Just tell her on the phone
When you hear her breathe so gently
And see tears fall from her eyes,
Wipe them one by one away,
Tell her everybody cries
And soon she will look up at you
And maybe start to smile,
And thank you just for being there
Through all the painful while
And you’ll look down in her bright blue eyes,
And know just what to say:
That on you she can depend
And everything will be okay

Hayley Foster

**Mirror Me**

When I stare into the mirror,
What is it I see?
I see my own reflection,
Staring back at me

But then I look deep within,
The mirror of my soul
I see my present, and my past,
And what the future holds

I see myself as what I am,
And what I could have been
I see the shadow side of me,
That’s hidden deep within

As I stare at my reflection,
Staring back through my own eyes
I see myself as others do,
But I also see the lies

Others cannot see, of course,
This person I conceal
They know the person I’ve become,
But my other side is real

The mirror rids me of disguise,
Of Hatred, Truth, and Tears
I see myself through my own eyes,
And see my deepest fears

Maybe I should end it all,
So many ways to die
I lean up against my wall,
And suddenly begin to cry

The tears stream down my face,
As I begin to say good-bye,
Good-bye sunshine, good-bye dad,
Can’t say I didn’t try

Then I look into the mirror,
And see me standing there
A troubled, lost, and lonely child,
With tearstained cheeks and matted hair

The mirror has two faces,
One of truth, reality
The other is what others see,
My made-up fantasy

Well mirror thanks for being there,
But it’s time I step away

It’s time my mask came off for good,
The real me is to stay

Hayley Foster

**My Deepest Fear**

of all the people in the world
it's funny how i picked you
it's like every morning i wake up
my blue skies all turn grey
but when i see your smiling face
the grey just goes away
and for reasons i can not explain
it's funny all that way
cause all i want is for you to
hug and hold me near
although you're not always there
i know that you still care
and your smile can brighten anyone's day
but no matter how hard i hide my face
whenever something's wrong
you always seem to know
and take the pain away
for there's a time every now and then
that i might shed a tear
it's hard to be around
and face my deepest fear
that one day you won't
be there to help me through this shit
and all the walls that you once built
will all tumble to the ground
and when they fall so will i
and i'll never be able to you say
don't cry it's alright i'll never leave your side

Hayley Foster

**My Heart Given To You**

My hearts on fire,
My love so true,
I want you to love me,
The way I love you,
I know how I feel,
And I wont you to know,
But you push me away,
my heart sinks so low,
You don’t need to show off
for people to care,
you don’t need to be cool
for a love that you share,
I've always been here
If u needed a friend,
Ill always be here to
Help till the end.

Hayley Foster

**My life**

my life is here
my life is there
my life is completely everywhere
my life is upside down
my life is inside out
my life is crazy
my lifes a scare
my life leads nowhere
on an endless path
my life is really somewhere out there

Hayley Foster

**My Light**

you are the light in my darkness
my shelter in a storm
you give me strength when i am weak
and your love to keep me warm
when i was hurting, lost, abused
it was your faith that i had used
when i was cold, depressed, and lonely
i stayed alive by your love only
when i felt pushed or shunned away
it was your friendship that made me stay
when i was sick and felt like dying
i knew you loved me by your crying
i knew you loved me knew you cared
you did what no one else had dared
you took the time to learn to see
just what i really am in me
you listened to my thoughts and fears
and helped me wipe away my tears
you helped me learn to respect and love
to pray to God my Lord above
you're the light in my darkness i hope you'll see
i love you daddy for eternity

Hayley Foster

## My Mind's Made Up

My mind's made up
you broke my heart,
its torn in two and ripped apart,
there's blood and tears,
wounds and flesh
destroyed by all the words you said,
you made me cry,
you made me hurt,
you made me fall into the dirt,
you made me mad,
you made me smile,
you made want to kill you,
while you just laugh and carry on,
pretending that you did no wrong,
but now its time to say good-bye,
I've already found another guy.

Hayley Foster

**Never Say I Love You, If You Don't**

Never say I love you if you don’t really care.
Never talk about feelings if they aren't really there.
Never hold my hand if you are going to break my heart.
Never say you are going to if you don’t plan to start.
Never look into my eyes if all you do is lie.
Never say hello if you really mean goodbye.
If you really mean forever then say you will try.
Never say forever. Cause forever makes me cry.

Hayley Foster

**Not Really A Poem Just A Bunch Of Quotes That i Like and Wrote 1**

Some say love is a feeling that lasts til death do us part
but I disagree. My Love for you will last beyond death, beyond earth, beyond this universe

---

All I ever think about was watching you walk away and the question that goes unanswered: Is could I have made you stay

---

The worst thing in life is to wait for someone who will never return to your heart

---

Love is giving someone the power to break your heart, but trusting them not too.

---

Take your time and kill me slowly

---

I told you I love you and you said good-bye
I said I love you, you said good-bye
I said I needed you and you made me cry

---

'Good-bye' always was your favorite word

---

You stole my heart and I can't shake that you said I was just your worst mistake

---

Don't believe in love... Its never true

---

*Forever -> = -> Never*

---

To write Love on her arms
she drinks long from a bottle of Liquor,
Takes a razor blade from the table and
locks herself in the bathroom,
she cuts herself using the blade,
writing 'F*ck Up'
large acrossed her left forearm

Stop the Bleeding
Rescue is possible
Love is the Movement

---

Love is not what we become but what we already are

---

Love is the extremely difficult realization that someone other than oneself is real

If our love is only a will to possess it is not real

Faith is the Substance of Things hoped for, the evidence of things not seen

When you Blame others you give up the power to change

The weak can never forgive, forgiveness is the result of the strong

To live with the fear and not be afraid is the final test of Maturity

It appears I am destined for something

Within your heart keep one secret spot where dreaming may go

Sick of crying...tired of trying, yeah I'm smiling, but inside I'm...dying

These violent delights have violent ends and in their triumph die, like fire and powder, which as they kiss, consume

I'm used to being lonely, its the only thing I can rely on these days

GO ahead and Hate Me XX

Take your time cuz sometimes broken hearts do heal

Take me in your arms, hold me close, and never let me go

Stones and Bones, Snow and Frost, Seeds and Beans, and Polliwags, Paths and Twigs, Assorted Kisses we all know who Hayley Misses

In a world of your extreme beauty, everything normal is ugly

Frighteningly Beautiful, Dangerously Strong, Breathtakingly Fast

Stay Beautiful Forever

---

Live in your World Die in mine

---

Promise to be my Romeo and I'll Forever be your Juliet

---

Sentences of yours running through my head, Searching for a chance to catch my breath, a never ending dream you'll become a part of me, Day or Night, Dark or Light you'll be taking over that thing called my Shadow

---

Know that when you see me Know I'll always be there watching over you as your Guardian Angel

---

Love is the last thing that will enter my heart as long as you're there and you never part and the last thing I want is for you to be unhappy I love you

---

My Love is just a feeling that will never cease to grow

---

If you didn't love me then why lead me to believe it

---

I hope you know you're the reason for all my pain

---

You held the key to my heart and you tossed it all away

---

Kiss Me Kill Me I just want you to Love me

---

A broken heart can't be healed

---

I live in a crazy world where my heart is always broken and the hurt it never ends

---

How can I make you love me? ?

---

Kill me get it over with, I don't want to live, But I'll always love you

---

Only you can mend my broken heart

---

## Quit breaking my heart and try to really love me

---

Hayley Foster

**Once Upon**

Once upon a memory
Some one wiped away a tear
Held me close
And
Loved me

Hayley Foster

**One Chance To Be Me**

Today for a second I waited,
A pause that I needed to take
Held tight were my eyes to my pillow,
Delayed was the motion to wake
A moment was needed to listen,
To the silence that filled the new day
A moment to be more decisive
About the self that I want to portray

Sometimes I wish I felt pretty.
Sometimes I wish I was more.
Sometimes I wish I could vanish,
Through a promising wide-open door
Sometimes I wish I felt needed
Sometimes I wish it was true
Sometimes I wish I could realize
All the things I've needed to do

But the wishes of maybe are countless
And the hours do not disagree
That time makes a habit of slipping away
And there's only one chance to be me

I'll always know when I'm tired
And I'll always know each mistake
I'll always know when I'm happy
And I'll always know when I'm a fake
I'll never regret that which happens
I'll never deny a good friend
I'll never on purpose, harm my own heart
I'll be there for me in the end

Hayley Foster

**Pain**

if this is life i'm in pain
if this is life i'm goin insane
if this is life show me away
if this is life
just go away
if this is life
it's not today

Hayley Foster

**Pot of Gold**

Rainbow colors in the sky
A spectrum to behold
And at the end of this rainbow
You'll find the Pot Of Gold
♥ ♥ ♥

Hayley Foster

**Reasons**

in my mind
there is you always knowing what to do
but now you watch me step ans fall
having no reason to care at all
but now your gone
what else to do
but sit or stand as life goes through
i thought you were the only one
but of course that thought wasn't true
i loved you lotz and that's the truth
but you made it all fall through
you lied to me i didn't care
because you were just always there
you made me laugh you made me cry
you made me feel special inside
so kiss me and just say goodbye
and remember You lied

Hayley Foster

**Seconds**

as we grow up, we learn that even the
ONE person that wasn't supposed to EVER let you
down Probably will, you will have your heart
broken probably more than once and it's harder
everytime you'll break hearts too
SO remember how it felt when yours was broken
you'll fight with your Best Friend
you'll Blame a new love for things
an old one did
you'll cry because time is passing too fast
and you'll eventually lose someone you love
so take too many pictures
laugh too much
and LOVE like you've never been hurt
because every SIXTY seconds you spend upset
is a minute of HAPPINESS
you'll NEVER get back.....

Hayley Foster

**Shooting Star**

I want to be a shooting star
Gliding through the air
Hearing everybody’s wish
Upon my shooting star
To hear their wishes
To know the truth
To know just who they are
Making every wish come true
Through morning afternoon
And when night falls
I shoot again
Hearing the wishes to be said
For I am now a shooting star
And I’m shooting far and clear

Hayley Foster

**Silent Scream**

outside you see me smiling
and floating through each day
a little tired a little thin
but overall okay

but you don't hear my anguished thoughts
which surface every night
they plague me, haunt me, torment me
til i'm too weak to fight

and so next day i come to school
with deeply shadowed eyes
i smile, laugh, and speak on cue
living a pack of lies

a silent scream echoes inside
reaction to my lie
til with no warning it erupts
and i crumble down and cry

come find me, help me, make it stop,
No! keep out go away
for if you come, i've no control
over the words i say

can't you hear my silent scream
decipher what i hide?
so come and ask me what is wrong
come sit down by my side

if nothing else then please read through
this tangled web i weave
for you are really not the one
i'm trying to deceive

help me, i don't know what i want
i've lost my guiding light
please hold me, let me cry and say
somehow you'll make it right

perhaps deep down i know what's wrong
what keeps me up awake
what is the source of all my tears
and ever- ther heartache

but not yet can i face it
or maybe i just won't
please someone help me understand
god only knows i don't

Hayley Foster

**SO WHAT**

you broke my heart
you made me cry
for that i wish you would die
the pain you caused was just to much
and now the only thing to do is fuss
you did once you'll do it again
when will your story ever end
you made a promise that you couldn't keep
about the love you had for me
i guess i should just say it
now
so what
you used me
good-bye
farewell

Hayley Foster

**Something Right**

could i ever have imagined
would i ever have believed
that i have finally found you
the man of my dreams
like most little girls i believed in true love
but as time went i did not think for me
that true love would ever come
then from out of the stars you came to me
like a king on a quest
to look for his queen
tall, dark, and handsome your eyes called out to me
like a tiger on the prowl
my heart began to beat
soon i was weak
you caught me off guard
unaware and unarmed
yes
i have fallen
right at your feet
though my eyes had a vision of you and i walkin
love was not yet
true love was yet to come
so i followed my heart and i asked god please
to let me see this man for the man he is to be
not fot whom i should percieve him to be
let me see this man the way his eyes see me
you see
i
too would find love
now
it is my turn
let me show you what my love is made of
with each night i look up to the stars all so bright
they sparkle back at me
i know
i must have done something right

Hayley Foster

**Stay Beautiful**

Stay Beautiful
Even if we don’t stay friends
Stay Beautiful
Even if we fall apart
Stay Beautiful
Because you’re going to be someone in life
Stay Beautiful
For me or if not for me
Stay Beautiful
For yourself or for the people you love
Just Stay Beautiful
Because someday you’re going to find the one
You really truly love and she’ll be telling you
To Stay Beautiful too
Stay Beautiful
Because you’re an amazing person and
That’ll never change and
Stay Beautiful
Because you’re one and in a million and
Stay Beautiful
Just to stay the beautiful person
You are today and
Stay Beautiful
Because that’s who you are
You’re Beautiful

Hayley Foster

**That's Not True**

You think you know, but I know you don’t
I ask you to understand, but I know you won’t
You assume I don’t care, but you couldn’t be more wrong
I’ve cared more than you know all along
I can’t explain it, but I’m drawn to you –
Your voice, your touch, and all the things you do
Each time we cross paths, it hurts more to say goodbye
I try not to care, but that’s just a lie
Although it seems we’re always worlds apart
Know that’s not true ’cause you’re here in my heart

Hayley Foster

**The Shadows**

in the shadows of the earth
i watch as the sun goes down
it rains it pours
the light is no more
the light disappears the shadows move on
the air is the wind upon the shore
but without the light standing there
so this day forward i watch and i wait to
see the shadows disalate
so when the light comes back to me the flowers will bloom
the shadows be gone
my heart opens up to sing a love song
and while i watch and while i wait
to the end of time
that the light will be some day
some where
some how
out there

Hayley Foster

**Thoughts I Know Are True**

for the people that gave us joy
may not be here now
the ones that made us laugh
will always be within
though at times it may bring tears
we know everythings just fine
and though they can't wait to see us
we'll always be inside
the people that we lost and the people that
we gained turn to us for the world as if it's all the same
so the angels we have now their souls
still remain within and without any kinds of pain so
now it brings us sorrow that i can not control it will not
kill my memories for the one that
flys above
and now their still with us
and my angel has her wings
she'll fly up to the sky and live for all
eternity

Hayley Foster

**Time**

is there time
for me to see
how much time is lost
is there time
to see
my angels life
is there time
to see how
much i miss you
is there time to just be me
is there time

Hayley Foster

**True Hurt**

You ask me to quit calling,
you speak in words of hate.
You say you never loved me,
that all those words were fake.
I never really hurt you,
at times I thought it fair.
But you put me down and ridicule
and never seem to care.
I thought that you were different,
that you'd never hurt me.
But now I know the real you,
now it's the truth I see.
Your intentions were clear all along,
you didn't hide them well.
I soon found that all you wanted
was to kick me when I fell.
But I am smarter now,
for support I have my friends.
I know for sure next time,
this won't be how it ends.

Hayley Foster

**Until I Found You**

The first time my heart was broken,
I thought I was through.
I swore I'd never love again,
until I found you.
You are the one who makes me complete,
the one I think about everyday.
Every time I'm near you,
I start falling in more than one way.
You may not know this,
but you've always had my heart.
I just wanted you to know,
that I've loved you from the start.
You make my heart beat faster,
with every breath I take.
I know I'm in love with you,
Trust me, this is not fake.
The first time I fell in love,
He ripped my heart in two.
Forgive me if I seem scared,
I just don't want to lose you.
The first time my heart was broken,
I thought I was through.
I swore I'd never love again,
until I found you…

Hayley Foster

**Untitled**

I really want to tell you
Just how precious you are to me,
My every thought of you is as loving as can be
My heart is totally filled with things
That words alone can't say,
This comes especially for you
With love on Christmas Day.

Hayley Foster

**Untitled 2**

My mind drifts toward those thoughts of you
a thousand times a day,
You're always there within my heart
you always know the way,
A constant craving deep inside.
I need you...oh...so much
To look into those bright blue eyes
to feel your gentle touch.
It's the mere sound of your voice
that makes my spirit soar.
It reaches far into my soul
down to the very core.
You haunt my dreams through every night
a vision so intense,
an apparition
so sublime no possible defense.
You are the love of my whole life
such joy I can't recall
you are and always will remain
my everything.....My All.

Hayley Foster

**Vows**

I never thought that I could meet
someone like you
you are my friend,
you are my smile,
you are my everything.
You are a breath-taking reflection
of God's heart for me,
of how he pursued me and loved me
even when I didn't love myself.
You held my hand in the Darkness
and you pulled me out into the Light
I Love You.....
And I'm ready to be your wife.

Hayley Foster

**What is love?**

What is love
but an undying flame that burns
what is love
with butterflies in your your stomach
what is love
but a feeling that can't be controlled
what is love
but you longing to see that person again
what is love
but a passion that you'll never leave their side
what is love
but an emotion that can't be stopped
that tingles your body soul and mind
what is love
for every moment taht their away
and a small piece inside of you dies
this is what love is
and continues to grow over time

Hayley Foster

**What is love? 2**

What is love
Love is the gentle touch with a hint of passion and a soft sprinkle of lust
Love is trust

Love is holding hands ever so gently under the moonlight
Love is trust

Love is staring so intently into your lovers eyes with the feeling that,
this is so right
Love is a sweet walk in the park with that special someone
Love is pain, pleasure and everything nice
Love is trust

Love is loving and caring for you in a very special way
Love is remembering the simple and special things we do and say
Love is remembering how sweet you are and wishing you
a happy valentine's day

Hayley Foster

**When I Close My Eyes**

I can see your face..
My heart calls out, wanting you with me in this special place..
I can feel your arms holding me tight..
I long to snuggle close and feel all my fears take flight..
I can see your smile..
Reminding me to be patient for just a little while..
I can feel your gentle touch..
Shivers run over my skin, I miss you so much..
I can see the love in your eyes for me..
Shining brightly where all who care to look can see..
I can feel your presence surrounding me. Holding me. Loving me..
And I know deep in my heart our love was meant to be..
I love you…

Hayley Foster

**You**

When I wake up each morning
my first thoughts are of you,
When I go to school and sit throughout the day
I daydream all afternoon,
When I'm walking down the street,
heading towards my home
I wonder if you think about me,
when I'm thinking about you.
When I lay my head down before I go to sleep,
I wish you were laying here right beside me
and that you'll never leave.
And when I close my eyes each night
I dream and dream and dream about you.
And the reason for this is because baby I love you.

Hayley Foster

**Your're On My Mind**

I lie in bed at night
I lie in bed and cry
I lie in bed and think
About your beautiful eyes
I go to school a mess
I think about your life
And then I know I had enough
I go and cry again
I know I want you back
Back in all our lives
And even though we're scared
We care and love you more

Hayley Foster

**You've Touched My Heart**

You've given me a reason
for smiling once again,
you’ve filled my life with peaceful dreams
and you've become my closest friend.

You've shared your heartfelt secrets
and your trust you've given me,
you showed me how to feel again
to laugh, and love, and see.

If life should end tomorrow
and from this world I should part,
I shall be forever young
for you have touched my heart

Hayley Foster