

## Poetry Series

**scott forster**

**- poems -**

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**scott forster (20/02/1990)**

I'm now living in England.

thinker, poet and aspiring journalist.

## **A single bloom in the desert.**

It would be easy to write meaningless words on a page  
such is the void of our age  
may reasons spring  
with gentle heart proudly bring  
all the bounties of the harvest of minds  
with all the wiles and charms  
of beauties, books and poet lines  
inner worlds rich, tapestries of gold  
cloudlike ephemeral sometimes far too bold  
we all must hold to their secrets or forever be lost- truth be told  
we weave a miracle through the sickness of the fog,  
a serpentine cognitive, a trail not fit for pavlov's dog

scott forster

## **Chorus for all seasons.**

A heart full of sorrow  
no hopes for tomorrow  
as dreams slip away.  
We live our lives in the shadow of the sun  
battling our misfortunes, trying to be someone.  
Fickle forces do their worst  
while we come to terms with past defeat  
and the world crawls towards something.. something different  
underneath our feet.  
We try to still ourselves and pray the best for what's ahead  
for in our darkest hour, the future come fills us with dread.  
The passing storm giving way to calm relief.  
Glorious in small victories, grateful for little mercies.  
As the soul strays the path  
In beauty, always to return to course.  
We are blessed to live in this world,  
let us make the most.  
Don't be caught in tangled webs of confusion and contempt  
or sink into pessimism and forgo any attempt.  
Let us rise with joy, to face head high before the horizon  
eyes forward faced focused on the goal  
knowing there is no small injuries without the magnifiscent whole.  
Tender resignation and weather any falls,  
false friends, setbacks, angst and trouble when it calls.  
What more can you seek for? What more can be found?  
There is no problem without solution,  
the answers are all around.

scott forster

**Daisy I do Love you.**

Walking up, ready to see you.  
rushing out, I'm on my way.  
first thing I think about in the morning  
last thing before I slip away.  
I could only ever care about you  
there's nothing I wouldn't do.  
I'd give my heart, my soul, my everything to you.  
I'll look after you.  
and Daisy I do love you....

.....

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....if only you didn't go, MOO!

scott forster

## **Dare To Know.**

Some Inspirational words written by me in 2008 inspired by desiderata. I loved the poem when I discovered it -which was also only in 2008- I wanted to write something in a similar style.

I was thinking of advice to tell others, possibly younger children.

Be proud of what you achieve but never boast  
NEVER compare yourself to others  
share with the world your beauty but do not be vain  
PERFECT APPEARANCES DO NOT MAKE PERFECT PEOPLE

in any choice never let evil enter in.  
strive to learn who and what you are, and never be fearful of that, however distasteful to others.  
expect and accept only the best.

many friends does not make you a good person.  
intimacy is the key.  
be open to your emotions.  
do things worth remembering.  
KEEP WITHIN YOURSELF THE ESSENCE OF THE ROMANTIC, THE CREATIVE AND THE EPIC, FOR LOVE IS THE HIGHEST OF ALL THINGS TIME-THE MIGHTIEST

don't gossip it's a empty waste of your time,

BREAK FREE OF THE BONDS THAT BIND YOU  
CULTIVATE INSIDE YOURSELF THE SPIRIT OF FREEDOM and the qualities of independence and strong will.  
remember Thoreau's 'RESIST MUCH, OBEY LITTLE'  
LIVE AND DIE ALWAYS BY YOUR OWN DECISION solemnly accepting your rewards.

break no hearts and guard yours.  
keep mindful of the poetic AND THE MAGNANIMITY IN THE MUNDANE.  
REMEMBER THERE IS BEAUTY IN ALL THINGS BUT NOT EVERYONE SEES IT.

Forget fate and its paltry concerns-live for yourself.  
surely you will have enemies but they are weak and you are strong.  
NEVER SEEK CONFLICT.KEEP AN EYE ON WORLDLY AFFAIRS AND DODGY POLITICIANS.

READ SOMETHING TO EXPAND YOUR MIND so you can gasp at new knowledge gained, a new understanding.  
set goals and work towards them.  
allow not breach between word and deed.  
teach and you will learn.

ILLUMINATE FALSEHOOD WHEREVER YOU GO.  
POINT OUT SHAMS FRAUDS AND TRICKERY.  
DEFEND THE GOOD AND THE TRUE.  
GO ABOUT THIS WORLD IN A FREE AND EASY MANNER

don't preach you only gain converts and mindless drones and who needs a world of

clones.  
stand out from the crowd - think for yourself.  
know yourself and others.  
know good and bad learn the difference.  
look to other countries.  
record your dreams. find something to inspire you.  
release the inner creativity we all have.

be a SPARK OF LIFE SPONTANEOUS BUT NOT FOOLISH.  
BE HONEST, WHO CAN TRUST A LIAR.  
BE OPEN AND RESPECTFUL IN ALL RELATIONS.  
DON'T SEEK TO USE OR LET YOURSELF BE USED  
NEVER USE VIOLENCE EXCEPT IN SELF DEFENCE.  
STAY UP AND WATCH THE SUNRISE AT LEAST ONCE AND MARVEL AT THE SPLENDOUR  
OF THE DAWN CHORUS.

think of where you've been and where your going.  
think often of old friends forgotten times and places and sadly missed faces.  
be kind not as a duty but as a natural ease.  
carry within you a certain joy.  
enjoy your time learn life's lessons and study your mistakes.

learn the reasons for heart break.  
clear your mind from time to time.  
STRAIGHTEN OUT THE KINKS IN YOUR OPINIONS.  
DO SOMETHING TO MAKE YOU LOOK SILLY.

LOOK AT OLD PHOTOS.  
ACT LIKE A KID AND LAUGH HYSTERICALLY ONCE IN A WHILE CAUSE ITS FUN AND  
YOU'LL NEVER FORGET IT.  
FALL IN LOVE FOREVER AND MADLY.REALISE YOUR LIMITS  
but also your Immense  
FOR GREATNESS  
YOU CAN CONQUER GREAT THINGS IN A WIDE MULTITUDE OF CHOICE.

be the difference, the thing missing from the world.  
Show people how the world could be.  
Show people how an exemplary person would act.

Its never to late to apologise.  
Show forgiveness.  
Cultivate harmony among peoples.

accept that even fools utter words of use to you.  
remember your greatest enemy is YOUR GREATEST ASSEST in that you can learn much  
from them.

WATCH THE CHANGING SEASONS LIKE CHANGING SCENES.  
remember THE MOST BEAUTIFUL SIGHT, BETTER THAN YOUR TEAM WINNING OR  
BARE NAKED LADIES IS A HUMAN BEING SMILING NATURALLY WITH NOT GUILT AND  
A CLEAR CONSCIENCE AND NO CRIMES COMMITTED.

obey the law until it becomes unjust then disregard its empty elements  
don't put too much faith in your so called 'social betters' like politicians or councillors.  
studies have shown they're human too, well almost! .  
laugh much  
take time to be alone with nature and contemplate her changing hues of green and  
brown and yellow and blue.  
protect your rights and those of others.

don't focus all your attention on all that's bad  
Everywhere champion the good the true the moral the right thing to do.  
Seek knowledge.  
Seek beauty. In all likely hood this is the best of worlds

scott forster

## Dark Days

a free verse rambling poem. Probably not my best but i like its strange mood.

He didn't believe his worth  
humbled and sickened she ate her afterbirth  
mother had an ugly foetus  
sister says its got diabetes  
sunk into your sorry state  
drowning for air  
caught in a purgatory of despair  
i'm falling  
hanging on the noose  
cut me loose  
I walk a cold dawn morning  
hold me to the light  
why is happiness so far from me  
stab me in the heart and bury me at sea  
finally then i'll be free  
i'm at home with Apathy  
Don't trust too much you'll only be let down  
sadness, i wear like an all too familiar crown  
sunday is just anyday  
erase the dark days  
i was someone's son  
now  
My name is No One.

scott forster

## Everything's In Motion

An edited Altered version of You Have A Beautiful Soul. Contrast It With If You Were The Last Woman.

Everything's in motion  
Worry behind me, a sea of emotion.  
I saw the signs  
Shifting sands, i-ching lines  
The dust settles, it all becomes clear  
I don't need her here.  
There is hope among the ashes of the fire  
There is life after love  
The phoenix braved the flame  
I will see the beauty in many places once again  
Standing in the sun, I caught sight of someone.  
You Have A Beautiful Soul  
The sight of you has made me whole  
The oceans roar. Have we met before?  
Past life? Or something more?  
You brighten up the colours of the world  
A sight to behold  
Ripple across my scene.  
Life is a passing dream

You give me the hope to dream  
And things could never be as bad as they seem  
No matter what comes my way  
you give me the strength to fight to live another day.  
Your so full of 'the good and the true'  
No one else ever could, compare to you  
With my last dying breathe I'd dedicate my life to you  
Two bodies with one soul  
I was searching and found the one who makes me whole  
Was it heaven you stole, when I laid with you  
Caught in a storm, I died and was reborn.

I parade my pretty poetry around this world to make you smile  
You're the seed from which the fruits of joy grow  
You're the thing the dawn chorus birds sing about  
Your kind words are all I need to send me on my way  
I think of you everyday  
No matter what I say, no matter what I do.  
You're my rock in stormy weather  
As I will be, my angel Forever.  
Connected joined by the bonds of love  
To wake to the wonder in your face  
Alive to the possibility  
all the roads you walk they lead to me

You're written on my heart  
it's a bitter sweet kiss when we part  
we're bitter parted, better met  
Leaving you is my only regret

to be so far away  
to be in urgent need today  
if there ever was another way..  
you write your name on my skin  
sleeping by my side,  
I hear you, feel you – breathing.  
I would walk in the cold of the night  
just to find a place filled with your light  
, to hear your voice.

you said it all in the silence  
the green of eyes told the story  
I found solace in your smile  
and all is right with life for a while  
you radiate such light  
You're the light of this world  
And you deserve the best  
You're too good for this life  
Cause this world is a mess.

Id sooth the mountains  
Soothe the sea  
Just for a chance to see you find that special thing you love in me  
The road from your house is long  
Many times I have followed you on the long road home  
If you came to me as madness I wouldn't mind  
If you came to take me, have me for all time  
If you were the sun, I would stare and be blind

I'd give you it all – ETERNITY  
Just to hold you in my arms  
Dead to the world, Lost because of your charms.  
struck by the moment.  
I see for infinity.  
I forget where I am.  
The sky is dark without your star  
And I cry out across the universe,  
Through the hunger of the night.  
I need you tonight.  
I need you tonight.

scott forster

## **Father's Son**

A poem I believe I wrote in an emotional mood. I was thinking of my dad who died at the time.

there's no way to make it through  
I did the best i could do  
I tried hard to be my fathers son  
but I am not the chosen one  
the more things change  
the more cliched it feels  
I look at my life and I see a story of change  
is this how its supposed to be?  
oh father, do you look down  
do you look down on me?  
are you proud of what you see?

Oh father i'm scared  
I need you here  
tell me there's hope  
somedays I don't see it  
I need to breathe new air.

scott forster

## Gaia

A Hymn to you, my beauty.

Gone are your resplendent blooms  
flowers from earth sunk wombs.  
Feral creatures hidden in burrows,  
as snowflakes hit  
the brow it furrows.

Ice scrapped from the windscreens  
the mournful remains of a wilting world.  
a natural quiet  
broken by human life -a- riot.  
While manmade splendor is on display,  
your bountiful greens have always faded away, not much left but brown and bleak.

See how the frost snaps the lungs  
somewhat unconcerned with your depart  
and from ferns to seas  
we watch awaiting ye!  
to return upon your throne and repopulate this home.

With new birth, spring, from new earth.  
All the daffodils speak of you as missed,  
all the world receives your kiss.

Oh high! Oh high!  
The world is full of joy  
so alive, as am I!  
your shining smiles, restore the warmth to my blood  
and life bestows on me a gentle love.  
Blue sky optimism, ice cream curb sides, tender care-  
Happy to be around you again  
and to rise to your welcoming den.

Such is why  
I am tempted to cry  
as you age into grey haired decay  
gifts once given, slowly drifting away.  
..You see them, those since gone  
how silly are we to try to trick and treat our way into your song.  
But we try to comfort  
as you fall to the floor  
carrying on this cycle, once more.....

...I end where I have begun....

scott forster

## **How To Fail At Life**

To Hurt Is Human  
To Be happy, Divine  
Some people find joy  
one day i'll find mine  
I walk through the darkness  
struggling to find the light  
without any strength within me  
to try to put up a fight  
give me a reason to live  
cause dying looks easy to me  
burn me in your memory  
find me in the cemetery  
meet me at the wake  
eyes full of tears with heartbreak

the world is to me painted only in colours of grey  
I have an ache in my heart that says I'm Not Okay.

scott forster

## **I Could've been.**

It's weird to think how things turned out. If I had taken a different path, I wondered how things could've turned out. how they could've been. In anycase I'm happy how they are.

I could've been in staying in the Schoolgirl's room  
I could've been the kid who was hooked on playing Doom.  
I could've walked brighton's shore hand in hand.  
I could've lost you and be swallowed by the sand.  
I could've been the red dolt rambling about the working man.  
I could've been the party animal still living at home  
I could've left for who knows where and been all alone.  
I could've been the 9 -5er in Edinburgh's bustle.  
I could've marched with them, mimiced Bertrand Russell.  
I could've been up for election, become a naive politician  
I could've stayed with them living a life of permission.  
I could've been unaware of the horror, kept my eyes closed.  
I could've been and felt alive in a circle of light instead of failing to write stilted prose.  
He could've never hit me in the nose.  
I could've never suffered in that rain.  
I could've never be in the wrong place and avoid all that pain.  
I could've lived differently and still felt the same.  
I could've lived that day without the ashes on the hill.  
I could be where I was 3 years ago just now, still.  
I could've been the drifter, world ignored.  
I could've drunk and whored.  
I could've been there with the bible quoting Matthew.

...  
But I didn't. Maybe I never would've....

scott forster

## **I Hate Boredom**

Boredom is a vacuum  
A gaping hole in life  
A wound in excitement  
A emptiness of blood  
I just Wanna have something to do  
Nothing catches my fancy  
Everything done is quickly given up  
Boredom is death  
Boredom is how it feels to be a rock  
Boredom is wasted time life effort  
Boredom is thinking "ummm"  
Boredom is oblivion  
Monotonous  
Repetitive  
Boredom is being stale  
Boredom is trying to move and then the fail  
Boredom is a time consumer  
Boredom eats at flourishing  
Boredom is not nourishing  
Boredom is the extinguishing of the flame of life  
Spontaneity is fire, the flame, the spark  
Don't wanna sleep the day away  
I've got far too few days  
Boredom is the slow trudge to death  
With time stretching out to the infinite as a heavy weighted burden  
Caught in dead end rotation  
Without progress, life is stagnation  
Boredom is suffering  
Boredom is hell  
Boredom is too much  
Go and do something today  
Inject life into your veins

scott forster

## **I Searched For a Peace**

I searched for a peace  
in an unknown land  
wished to drive to the limits of the city  
settle down and be safe  
dreamed I'd fall in love with an angel  
and all worry dissipate  
and a death to all burning hate.

How wrong could I be  
to seek such a state of perfection  
in the fleeting scenes of this stage  
I must be naïve  
I blame my age.

I have left all that troubled somewhere far  
yet new despairs birth from the soil  
and demand the attention of my soul.  
The world feels at once so small and more worthy than me  
there is no where left to run to  
I have reached the limit, the edge.

I have sought a noble cause  
an engaging experience  
a blessed relation

how shortsighted  
how I have travelled my mind in vain

The answer?  
the serenity I have sought  
the target aimed for  
Is INSIDE ME!

scott forster

## **I won the popularity contest**

God knows I was blessed  
I won the popularity contest  
feed my friends my vital organs  
Organise my harvest

Never be alone  
or suffered from the sickness others are prone  
Blissfully at home  
in this tomb of stone.

I live up  
to the idol held  
no falling abrupt  
Sadness will only disrupt

Disfiguratively  
your self harming me  
Don't go too far

scott forster

## **If You Were The Last Woman**

This Is a Poem About A Time When I had Been Hurt, Lied To And Cheated On.This was My Poem Saying Thats Over Now.

I have stared into the abyss.  
I knew there could be more than this  
So sorry for her, the furies are a myth.  
She laughed, a demon like Lilith.  
She led me to the garden  
Innocent , easy led  
Tore out my heart and left me for dead.  
"Hoka hey" , I believed it one day  
Was anything you told me not a lie?  
Tell me the truth, look me in the eye  
Be careful not to cast the first stone  
You'll end up a corpse of broken bone  
My claims could crush the wings of a morbid butterfly  
I might walk easy but I'll eat you alive  
I was enchanted but the devil came in disguise  
What's left when the façade begins to fade?  
You could cut my self esteem with a razorblade.  
Washed away by the flood. How dare you speak the world 'love'.  
Suffering I have bore well.  
I said for you I 'd go to hell and because of you I did.  
What is this hell I walk through.Where is the light I struggle to.  
Alone in a purgatory state  
Everyone here's so full of hate.  
The world is cursed with lies and violence  
Desperate pleas cry out from the silence.  
I'm sick of it all, Hope I see heaven before the fall  
My Suffering was a hard to swallow lesson  
The emptiness came as a blessing  
What's sun without a little rain?  
What's joy without knowing pain?  
Do you even feel any shame?  
To be called a princess when you don't deserve that name.  
I never loved you , I only thought I did  
I never liked you , god forbid.  
Something's are bound to failure like a sinking stone.  
But now I found my place and the way for me is shown  
I found the way out of there, Choking, gasping for air.  
She played this cat and mouse game to the last.  
Memories I bury in the past. Thrown into the fire.  
She's just a long forgotten memory. She is dead to me.

scott forster

## **Impasse Highway**

Impasse highway  
no clear road forward  
no clear road back  
something's missing  
not sure what I lack.

Stuck in monotony  
watching myself get old  
when did my life become so predictable  
when did my spontaneity get sold?

I have what I wanted  
but it's not enough  
seems to me the answer I seek  
is not more stuff.

I've met with too much disillusion  
to be the same old me  
my optimism has been smacked from me  
with a hammer blow of reality.

It's all out of balance  
too much living life in my head  
the world is outside waiting  
a story desperately needing read.

Disconnected from those around  
I'm the water swirling round  
the plughole  
being sucked down.

Can I finally put the past to rest?  
now that I have the words to express  
all this stress that's been eating me recently  
and weighing me to defeat me.

I live an uncertain future  
why wouldn't I be sad  
that the hopes I pinned ahead of me  
are now just a delusional fad.

There are seasons of storm  
and seems without lots of reasons, where the sun just shines and the lines just  
rhyme....

scott forster

## Last Summer

a recent re-write of a piece i've had floating around since 2007/2008.

Last Summer  
they just said NO  
The sun hung low  
no one spoke  
ours hearts were broke  
awake till the dawn  
walking your hometown under a bleak shadow  
i fell to pieces while the world stood by  
Life went on  
Acting like theres nothing wrong  
A hole in the world no one could ever fill  
those wounds that wouldn't heal  
those tears i couldn't conceal  
who could i look to now  
who could i tell my day to now

Your coat and hat hung on the wall in the hall  
empty  
vacant  
storms raged and we just sat blank  
disengaged  
theres so much i never got to say  
a sudden change from joy to misery  
isn't that always the way

committed you to the flame  
knowing things will never be the same  
i had to learn to grow  
i had to find the strength somewhere  
god knows where all the time goes  
its funny how things turn out  
weird that i can miss your shout  
miss embarassment  
miss being wrong

Last summer  
my eyes were filled with sadness  
Am i crazy, to expect to see you walk the street?  
deluded to think you'll be the one i meet?  
why do we only appreciate what's gone?  
a new future broke with the early dawn.

Yet would i really wish for another way? ,  
when its the path that lead me here today.

scott forster

## Like a veil of tears

No one's on your god damn side  
there's no-where to hide  
caught in a tempest  
the doors of despair and discovery open.  
what's my pains though  
to the flood that claimed the many  
prayers for the japanese  
and friends living with unease.  
This isn't about me  
those words are to you and you alone  
I can't carry you  
but I'll walk along side  
as the pain cuts like barbed wire  
as it rips you up inside.

Your so burned by betrayal  
you grasp for love and lose sight  
now your holding the shadows in the cornered room  
calling for another world.

The world didn't turn away from you  
It's still waiting right here  
Hands and hearts still hold you  
up to the shine of the sun.  
Don't shut yourself away  
We're calling for you  
like the reborn spring seen day

I want to put pen to paper to spread my voice  
but I've gotta to make it through  
so I've not got much choice.  
But

This isn't about me  
those words are to you and you alone  
I can't carry you  
but I'll walk along side  
as the pain cuts like barbed wire  
as it rips you up inside.

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## **Living for the day.**

Dear dad  
look at all the troubles, all the woes  
the state of this world captured in the calls of the crows  
hungry children dirty in the dark  
loneliness a demon in the room  
a thousand broken hearts  
hell I know it well  
the cancer is spreading  
at the end of the world, I'm on my knees  
begging you please dear god, find a cure for this disease  
you keep telling me not to cry  
it's not so easy to try  
I have a well to draw on.  
A city of cobbled streets, won't leave me alone  
whispers to me in the night ' says why won't you come home'.  
old beyond my years  
caught in the drawl to the white death  
Grant me one last request  
a blaze of the summer sun  
remind me I once was someone  
a kid in a cruel crowd  
screaming to be heard aloud.  
It's easy to give it up to cynics  
to fall forgotten into the flood  
I am not one of those.  
a small grain of sand, a globe in the hand.  
Where did all the time go.  
Nothing sums it up more than this.

scott forster

## Love Is Simple

A Love Poem.

The predecessor to You Have A Beautiful Soul.

Love as simple as saying what you mean  
Taking in the sight of you  
Is like air you breath so clean  
Your smile is the sight I live to see  
You make me think what a pleasure just to be  
I wish I could show you how much you mean to me  
Because I love you baby, More than you will ever know  
know I tell you all the time  
I thought I'd let you know  
The world is greater, The more soul you show  
If you could hold me forever, I could stay strong through stormy weather  
It's the little things you that make my day  
Like the sweet words of care you say

To be without your laugh, Such a easy thing to miss  
You comfort my lips with your kiss  
I keep your heart close to mine  
Think about you all the time  
When I see you it'll all be fine  
Heaven's when you let your beauty shine

Your not like the other girls  
You're an angel and my world  
I'll hold your hand And walk with you on the sand  
Everything's in motion  
You, me, baby and the ocean  
Your voice rings like a bell, Soft tomes make my heart swell  
If the greatest lovers are damned, Let us go to hell  
When your scared its all turning black  
I'll bear your burdens on my back  
I will chase away all those fears  
Wipe away all those tears  
Make good all those unhappy years

Every moment with you, I'm born anew  
Distance is just space, I wish I was in your place  
By the sea, staring at your face  
I worship at your temple  
My lover and my lady  
My girlfriend and my baby  
Goddess and princess  
Precious and subtle  
Worth a war and mine to love and love, FOREVER MORE.

scott forster

## **Man in Decline.**

Lived too many years inside my head  
too much time living like I was dead.  
It's been so long since I felt this alone  
So far, so distant  
from what I once called Home.  
Caught in a Karmic loop, no way out.  
release met, set me free.

This can't be real  
Losing touch  
I tried to find the heart of trust  
but they just mouthed insincere platitudes.  
Friendship is golden, This bond is bound to rust.  
What are these walls to the world.  
why am I so worried?  
what happened to those old days?  
you kid, you make me seem senile grey.  
out with my.....  
having.....  
I'm scarred in sympathy.  
I want my saltire sky.  
Mortality made me a man  
Skipping past street corners, clubs, adventures and higher learning.  
I'm a man in decline.  
Worried he was plucked from the vine  
hungry for the time.  
On a quest to put this empty ache to rest.

Written 11/3/2010.

scott forster

## **Misery loves Company (and it found it)**

Themes: sadness, bitterness, pain, feeling lost in the world, loneliness, crying, emptiness.

Sometimes life grabs you by the throat,  
forcs you to examine words you wrote  
upon a page  
and on looking up  
you see yourself on the stage  
quoting tragedy in a daze  
with sorrow at the open door.

Clinging to any comfort you can,  
lost in a city of strangers.  
Isolated, alone in your own cell  
a reversal of Sartre's 'other people are hell'.  
When in moments of judging the void  
you'd sell your soul not to be the voice  
crying out in the wilderness  
far removed from tenderness  
consumed by the flame of bitterness.

At the World's End you'll find me wandering,  
dangling on the edge  
remembering those things you said.

The world could've stopped turning  
apocalypse come  
It would not have mattered  
I am foreign to the joy of the sun.

I lost my faithful light  
and for almost a year, the world was eternal night.  
Any stranger who dared to ask,  
'what is written on your heart? '  
my reply: 'abandon hope from the start '.

Like a foolish son of Atlas,  
I bore all the burden of humanity upon my back  
when time to shrug them off  
My vision was obscured by starless black.

scott forster

## **My Girlfriend Gina's Poem To Me**

I was talking to her and she said its ok to put up her poem.she hates it but she said it was ok. i said i felt bad posting her word but she says don't worry.I really like it.I don't know why she hates it.

As much as i love you  
I stop and think  
What did i do?  
To deserve you.

I just dont know what to say  
when you walk in the room it brightens up my day  
sometimes its hard to express the way  
i feel about you because of the past  
even though i bonded with you so fast  
its still hard to this day

its been months and my love has grown  
from the words you speak to the things you say on the phone  
make me smile just a little bit more  
it used to be a chore  
to wake up in the morning  
but now you give me a reason  
and a reason to be happy  
even if the rain is pouring

Ive never been perfect  
till i met you  
You give me a reason to hope  
you give me the strength to cope  
i was lost till you found me  
and together we  
Could rule the world?  
or is that just a dream  
but the way you make feel  
anything is possible

was this fate  
did we always belong together  
was it a matter of time  
before we met and a life of hate  
turned into a feeling so great

I dont need a single thing but you  
people come and go  
people leave and things are lost  
but nothing matters whatever the cost  
because of you and the love you give

if perfection is a myth  
you shouldn't be real  
but your my definition of perfection  
and i hope i never have to deal

with a single day without you  
as my heart would be breaking  
and nothing would feel right  
as you make my dull life so bright

i dont know what the future holds  
although it is with you  
and even after death  
we will still be close  
as our love is stronger than life

So what can i say?  
except I love you.

printed with permission of Gina.

scott forster

## **My Hopes For A New Born Child**

not the most rhythmical poem ever but I think it expresses something really nice.

May You be born with a fearless spirit  
May You speak the truth till the end  
May You fight for your rights & others  
May You be the champion of the Good & The True  
May You live with your Liberty  
May You be blessed by Nature  
May You find peace among the crowd  
May You find the best within you and hold it up as a banner  
May You illuminate the world with reason's bright light  
May You never give in to the darkness, walk with strength and courage  
May You avoid the Hate of your fellow beings  
May You find your place in the world  
May You be free from sorrow and always find solace

I wish for you to be able to see the Glory Of Existence.

scott forster

## **Narrator**

I keep having this recurring dream  
I'm watching my life on a movie screen  
I'm the narrator and  
The audience of every scene

\*\*\*

I was born a baby under the sun  
I've made mistakes  
Just like anyone....  
Full of grace  
She was my first, my last  
My heart tied to that place  
It's grey stone could be the only place  
I could ever call home.

\*\*\*

The towers came crashing down  
My eyes could not believe  
A new dawn I could not conceive.  
I ate of the apple  
And saw the sky shift.  
In this new century I felt adrift  
Clinging to old romantic dreams  
Longing to be missed

\*\*\*

That moment was bliss  
I believed it was love  
Alas it was never meant to be  
without a bitter heart I say  
All the better that was for me.

\*\*\*

Soulless.lifeless  
She just cried for 10 minutes  
I just sat blank  
What could I say  
The world changed today  
Never to be the same  
I remember last summer's  
Ceaseless rain  
We scattered the ashes on the hill.

Their lying there still.  
Growing great through heart ache  
Pour life into my body  
Fire to end this emotional winter.

\*\*\*

The easy path is down  
Scenes of situations feel like past lives  
The moon is low tonight  
I still have far to go.  
On the long road home.  
It will never be enough  
I can never be saved  
Wasted my life  
chasing fantasies  
and misguided disease  
My voice is silent  
So much in love its heartache  
So ready to love so unwilling to fall  
There is life after love, or so they say  
These old town streets can't heal me now  
No comfort in a crowd  
After parade I fell under the shade  
All I see is sad faces all around  
We played this game of cat and mouse to the end  
I have looked into the face of the sun  
Once I felt a lonely child without anyone  
You spit bitter words  
The streets are littered with people with pain in their eyes  
That glimmer of hope dies  
What do you see when you look at me the shadow of a man in insecurity

curves and spirits cannot save me  
It feels like reality has betrayed me

\*\*\*

We beautify creation with a story book lie  
I've wrote this line far too many times  
The warmth of your skin  
Love looks down  
A small town situation  
I guess I liked you and I don't know why  
We live and learn and teach ourselves to lie  
I wished we could have been friends  
Lets not pretend  
We move in different circles and  
Your just not someone I could bear my soul to

Your so hollow , I see right through you

\*\*\*

The sun is on its death bed  
Capricorn is in the house

\*\*\*

Dear friend you made me feel human when the world crushed my spark  
The times when the voices are all you hear  
the trees block the sun and you fall into the dark.  
Girl you gave me joy  
Helped me be reborn  
When so much was dead or in ruins  
In honest truth I don't know where im going  
but I know where I've been.  
You opened a whole new world to me  
I ran from them and this is what I found  
I should feel alive but I feel so dead

\*\*\*

In a house of Athena  
The future radiated  
The sand no longer stuck to my feet  
I breathed full and free  
My mind never wandered from your shores  
I lived a life of quiet to soak you in through my pores  
Though I never had time for let be.  
You made a new man of me  
A new star to shine. A new destiny.

\*\*\*

We weren't close  
We hid the truth behind doors  
Never to dare be opened  
It was all a sorry show  
Gored my glow  
Take me away  
Caught in this twilight winter state  
Held hostage in this place I hate

\*\*\*

I'm back at the desk  
staring at a blank page

considering what to write  
if I were to put to pen to paper  
and write out my life,  
my story of age.

scott forster

## **Never Born Stillborn Tomorrow**

I am an empty tomb  
I am a bleeding womb  
I am a reckless hollow  
I am the never born stillborn tomorrow.

Dug my grave  
now I'll lie in it  
We live to die  
die to live  
It's all down to me  
the edges blur the tragedy

I only have myself to blame  
I glued the dirt to my name  
shit stain

I'll call you up  
to hear a voice  
to connect to reality

Do you really love me  
is this all for show  
what's this creeping void  
that's got you all annoyed?

I am the worse company for myself  
I choke from lack of breath  
Celebrating the shadows end  
and wishing it good health.

(25/4/2011)

scott forster

## Night out

(It's not meant to rhyme or be clever lyrically but to be evocative  
It's an experiment with a different style that I've tried before)

\*\*\*\*

Grateful for memories.

A spaghetti bowl to fill a hole  
a tune to get you in the mood for party  
a bus ride into the city of possibilities and suicide  
a french girl, all smiles and voulez vous..a little bit punk rock

what am I doing here  
the lesbian girls in the corner get all the hetro's drooling  
all these people remind me how I'm alone  
shitty embarrassment tells me I must be getting sensible  
what was I thinking? Dutch courage?  
trying to connect to a void  
a pain I'd rather avoid  
noise in vacant streets  
splash of orange spew  
hobbling daddylong legged girls in tiny skirts  
clickety clack of their high heels  
Jesus is there with his turtle shoes though his license says 'tom'

....I might walk easy but I'll eat you alive.....

I carried you  
shops aren't for climbing  
cared for that night did I feel.....  
.....what a fateful encounter....  
you drowned him with all your drinks  
Some things still hold.  
..Don't sit with fascists...  
a punch in the stomach  
No all night bakery?  
I walked away  
you didn't give a fuck  
So all this was a sham to past the time? ? ?

Quiet keys in the door  
Coming home as the sun comes up  
sleep in bed as birds sing.

\*\*\*\*

Said more than I meant to say  
You made me human again.

scott forster

## **Ode to Liberty.**

Her most high. Lady Liberty  
such bountiful gifts you have bestowed  
nature granted me such powers, such rights  
you will not take them without fight  
I was born graced with liberty  
Yet tyrants bind me into slavery  
And act like no one wishes to be free  
The Censory blanket suffocating stifling  
The candle to burn  
To keep all we dare not speak  
from the slow creep  
The flag not carried by the weak  
If you will not follow  
Then I advise keep wearing your chains  
May mercy find you in the hours of pains.  
Truth be told I had wished for more  
Than to look on distraught at the weak willed bend knee lower  
Will they not comprehend  
Is the will of man so quick to bend  
Are we so far fallen  
I despair for this world so deeply  
I carry this sadness discreetly  
How poor in spirit we are to suffer as such  
My friends do we distrust our brothers this much?  
Time will tell.  
Good intentions path the road to hell.

scott forster

## One Dimensional

I don't want them to know what I believe  
Because I'm not one dimensional and there's more to me  
I'm not just about this or that, but human being, human doing  
Human living, human feeling.  
I don't fit to the stereotype gripes  
I ain't no cardboard cut out man, this is real life.  
I don't want to be lynched for something I'm not.  
Take me as a whole, a embodied soul not as a single slice of the pie.  
I am a complete person, a unified I.  
It comes to pass your sight that I have a dog in a certain cause, a certain fight  
From there it seems to me, I am assumed to be  
This 24-7 word warrior carrying it all the time  
When I do other things, write lines, waste time.  
There is more to me than I can express in one back -forth repartee  
This isn't a cartoon on tv, real humans they are 3D!

scott forster

## **Rebel Girl**

Girl you think your so laissez faire  
But there's not about you that says self aware  
'born into a guilty world' is not a valid guilty  
why do you wear that mask of pretence?  
playin' on your ignorance  
your so full of rage  
a radical at your age

truth is your just a kid  
and behind that front your naked.  
Hollow without sense.  
making noise without consequence.

scott forster

## Reflections

You can't confess  
all those crosses you carry.  
Bearing your soul to a book  
hoping for caring words  
beggin' sympathy from a look.  
Given all you had left  
put life into each page, each breathe.  
Flowing into the night  
trying to bury day light demons  
that burden your door.  
empty of hope  
but holding out for more.  
All these unanswered questions.  
Ever the cynic  
With no where left to fall.  
Dreams come to halt  
now just morbid stink of despair  
carrying all the memories of sweeter air.

Written 25/11/2010.

scott forster

## **Saturday**

Yesterday we spoke in a crowded room  
it was a strange state  
a chance encounter led by fate.  
You said you thought you knew me  
I said so too  
and so was born  
something new.  
You were open to my answers  
I did spill my soul.  
a real connection was made  
no pretence was betrayed  
foundation stones were laid.

You said you live round here  
I hope you find me here  
I hope you live as sincere  
Angie,  
I wish you all goodness and light.

First written 1/5/2011

scott forster

## The Eagle

'Where liberty is, there is my country'

-Benjamin Franklin

The eagle is trapped in a cage  
Its wings clipped for many an age  
It tries to fly but is struck a violent blow  
And the resilient eagle is once more laid low  
Men of folly treat it as a game  
Those who should know better berate it's honoured name  
Such misery such grief  
that powers that be without common sense  
delight in such wicked mischief  
lies have led the good astray  
to cast spears and turn all our feet to clay  
parting people in conflict like a red sea  
wise talk of virtue rapidly flee  
replaced by talk of ruler decree  
You see  
You see  
You see  
Please understand me  
I had come to speak to thee  
Let my words awaken ye  
Do not lightly bid farewell this omen  
Capture and crystalise this moment.

scott forster

## **The little sad things.**

All lives have the little sad things  
people who you've met and will never see again  
beautiful friendships now dead in the water  
romances which burn hot and then fade out  
that person who hates you with no obvious cause  
the cool kid who's all about onesided concern

scott forster

## **The Lonely Child.**

Do you remember the lonely child  
The one out in the wild  
The one they spoke about  
Who lived a life without love  
All alone in the cold  
They threw their stones  
Hurling their abuse  
Huddled in the corner  
No comforting ear  
Distance removed  
From all of you

Play your games  
Tell your tales  
Slander names  
Always on the outside  
Looking inside  
Lost in the desert  
A pilgrim on a path to oasis  
A seeker in search of solace  
Feeling like Jude, Hope for the hopeless

The lonely child  
Everyone forgets  
Who hides behind a face of smiles  
Who worries when he falls short  
Caught in a storm of change  
Pulled by the universal tides

scott forster

## **The Universal Embrace**

It burns  
It burns with urgency  
It demand and begs  
Satisfaction!  
Come sun or snow  
Without where would we be  
There wouldn't, you see  
It can be embraced or denied  
Demonized or sanctified,  
Dissected and analysed.  
Pure or perverted  
Obsessed or deserted.  
From scabbard drawn  
Zoe. zoe. zoe. Spawn!  
Lock and key  
The future of humanity  
Some use as profanity  
The Universal embrace  
Held as high  
In every time and place  
With hard vowels  
It wakes the bowels of the earth  
To each end a new one born  
Every rose with it's thorn.

scott forster

## **This Is All Rehearsal, Baby**

Confused, this tilted ground gives way  
through disgust, through disillusion  
these delusions I have given away.  
You look at the pages  
try to guess the chapters  
then it faces a sharp re-write  
and your staring over an unfamiliar city walking to a destination out of sight.

A phone call forms the fragments of another era  
the pages are torn  
I used to have faith a god was listening  
the perfect sadness when there is no floor to fall.

scott forster

## **This is YOUR democracy.**

Starve the day  
I'd ever be tempted to walk their way  
This isn't my kind of party  
They mouth the words but their hearts say nothing more  
Tear into our freedom, liberty is their whore.  
They spit on her and rape her till she's sore.  
Monopoly on truth- we will speak honestly.  
" we must use force for a solution"  
Yes there you have there lies  
Live on your tv screens, libraries, media scenes, American dreams.  
Here we are again, do we ever learn?  
This game is a fix, the dice is rigged  
Whichever way you turn, you'll be the peasant worm.  
The gun in the room is hidden in your argument  
9-5 an indebted slave to their compulsory 'rent'.  
Pollute the channels of conquest  
In the name of all the best, stop them robbing breath from my chest.  
Standing in the way.  
You can't run your life, don't try to run mine.  
Parasitic pyramid, yeah yeah your eyes are blind.  
Praise property in the say sentence glorifying its abuses  
Hey! don't worry they think you have your uses!  
Police won't give the innocent rest, no no peace  
Because they're guilty of being from the middle east.  
Criminalize vices legislating morality  
Hiding behind bleach teeth rhetoric and putrid vanity.  
Budget cuts, a whole lotta fuss.24 hour coverage on the BBC  
A double bluff plot by the ruling confederacy  
Welcome to democracy!  
Where your every step is caught on CCTV  
Where it's not your right to control your body  
Where your someone else's property!  
This is your democracy.  
This is your kleptocracy.

scott forster

## **Time grows weary under my feet.**

Empires fell, London burned in a year of hell  
still she never came  
In denial, I hope in vain.  
My face blackened with soot  
Alone with the drunk and destitute  
The bombs blew  
Sirens sounded  
I waited while the years flew.  
My heart hardened by the sights I saw  
Every oozing sore, every blood feud, every pointless war.  
It was enough to make me lose all trust  
And wish this whole creation reduced to dust.  
They marched in the name of workers with tools  
And killed millions with bureaucratic rules.  
Where is my honour for suffering these dusty centuries  
Where is my release. where is my peace.  
The questions plague, dance and play  
My mark of Cain, my awful pain.  
I ventured I had wished to look upon Thanatos's stare  
For this anguish not a second longer, my soul to bare.  
What weight I must carry  
Envy almost flows from my throat  
Enough for atlas to gloat.  
This albatross  
This ancient cross - I did not mean to compare....  
I did it all myself with arrogance unrepent  
My years of wandering, the study of man well spent.  
I thought myself a Milton figure  
And set my mind on wonders no bigger  
Than all but my daily loaf and room  
And thus my fate I sealed for blasphemous doom.  
My prison without walls,  
My travelling alone  
This earth my house but not a home.  
I vex my thoughts with self pity  
When eye for eye, this is my just desert  
For what monster could so easily his eyes avert  
When that innocent man was whipped and hurt.  
A monster is all that I am. If man only knew.  
There pound of flesh due with hate anew.  
Long and lonely I have travelled this world of blue.  
And still I have not in my heart to give in to you.

scott forster

## **Used To Be, A Story Of Loss**

Life is a hard struggle  
a war against regret  
fight for forgiveness or to forget  
somewhere along the way I lost myself  
I used to know what life was about  
used to be life was about growing up  
not growing apart  
used to be life was a sunshine dream  
not a cold hard knife in the heart  
things aren't how their supposed to be  
Once I was happy  
it was stolen from me  
once I was happy  
it was stolen from me  
Once I was happy  
ONCE! ! !  
summers at an end  
harsh winter's come  
hard leaves will fall  
and show I'm not that strong at all  
weakness wets my eyes  
I'm not the man you think I am.

scott forster

## Victorian Design

Slashing away  
see what's left  
a hollowed out insides  
a carcass in a cradle  
aimee lays knickers at knees  
a fatal flaw  
a determined disease

The passerbys demonstrate no idle want of care  
for moonlight shudders set the scene of wintery anxious air  
her limp limbs spell out a sympathy our sorrowful society needs to hear  
I have heard the owl cry  
bloody bathtubs  
empty underpasses  
shriek in the midnight still  
coats only protect us from the weather  
not from ourselves

scott forster

## War of SOME against REST

'When I was a child, I talked like a child, I thought like a child, I reasoned like a child.  
When I became a man, I put the ways of childhood behind me.'(1 Corinthians 13: 11)

A silent minority suffer at the hands of a ruling few  
The democrat remarks " yeah but who's ruling who"  
I'll tell you who  
They're ruling people just like me and you  
They've got one hand on your wallet another on the trigger  
They might change the bars but the cage never gets bigger.  
As if it even matters who you vote for  
It won't stop the oppression  
It won't end the war.  
Damned it you do, damned it you don't  
The ballot slips in, they win claiming you voted them in  
You refuse, sleep in ignore the issue go on with life all the same  
They will use your resistance as a battering ram to claim  
You haven't got a right to complain.  
The suffragettes what did they succeed in winning  
The right for women to degrade themselves  
thinking they decide more than who will hold the chains  
Whose who sell the war games  
Whose who mastermind the flames  
The hell that burst from the bombs  
But it's over the sea, so it allows them to see  
Themselves removed from all of that  
Living in narrow confined life.  
A bubble, on the shelf, ignorant self.  
Ignoring all others pains  
Dismissing the agony caused by F-16 planes  
Lies placed on the tv screen  
Tell you war is glory  
As children, flesh burnin', scream.  
It's irrelevant  
Whether you kill a child with a grenade  
with their parents dependent on your foreign aid  
a bloody pool of poverty, a mess you made.

They'll easy sell a lie will the BBC, CNBC, ITV, NBC  
Your only kidding yourself  
Wishing for unbiased content  
understand there's a name for it all  
It's called 'manufacturing consent'.

Soldiers slaughter civilians in the sands of the east  
Trumpeted as champions of peace  
By the warrior cult.  
At the same time as they shoot an innocent man in the head  
Plant a gun in his hand and write in reports that's why he's dead.  
Rampant corruption, symptomatic of the system  
'disappear a family' and only get's noticed when someone missed them.  
Every military affair has a racist air  
Xenophobic rants dragged out when asked why they're over there.

What's to be expected, when Nazi sympathizers are accepted?  
Into our so called 'boys', the power elite's play toys.  
They'll tell you it's not like this.  
But they don't know what's going on  
The training robbed their humanity, fed them up in vanity  
Bred them to kill then led them to thrill at the thought of getting caught by an afghan  
So they can feel like a real man.  
go home and beat his children  
cause he's so messed up from the horror of it all.

scott forster

## **When Your Not Here With Me**

when im not with you the rain becomes a river  
but doesn't wash my tears away  
the sky becomes a gallery with all my pain on display  
hardship makes me climb a mountain for a minute of success  
failure points the mirror my way  
and flaws are picked out in the spotlights  
energy becomes a broken drive  
and all i was or knew has lived to die  
the words i keep so close to me  
they whisper in the wind of moments held in your arms  
dead for all to see  
but the distance floods the chamber like the open sea  
and as i flail on the floor  
Falling, i see the face of misery  
when your not here with me  
when your not here with me  
when your not here with me.  
how is a smile possible  
when your a mile off heartache.

the glory of your skin is breathin' in  
the glory of your skin is breathin' in  
when your here with me.

scott forster

## **You Have A Beautiful Soul**

To My One True Love, Gina

your written on my heart  
its a bitter kiss when we part  
we're better met bitter parted  
to be so far away  
to be so in need today  
if there ever was another way  
you write your name on my skin  
sleeping by my side  
i hear you, feel you -breathing  
i would walk in the cold of the night  
just to find a place filled with light  
to hear your voice.

to listen to you speak those words  
your laugh sweet as honey  
i love when you find me funny  
You give me the hope to dream  
And things could never be as bad as they seem  
You're my rock in stormy weather  
As I will be, my angel  
Forever.

No words need spoken  
you said them all in the silence  
your pretty eyes tell the story  
i found solace in your smile  
you radiate such light  
you are my sun  
your the song i sing  
my one true love  
my everything

without you im a hollow shell  
and in hell id rather dwell  
than to be without your gentle lips  
for a passing second.  
any hour im not with you is wasted time  
we share stories  
im your soulmate and you are mine

Your cute little texts you send  
ones that make my day  
from my girl and my best friend  
I'll parade my pretty poetry around to make you smile  
You're the seed from which the fruits of joy grow  
You're the thing the dawn chorus birds sing about  
Your kind words are all I need to send me on my way  
I think of you everyday

No matter what I say  
No matter what I do

Your so full of 'the good and the true'  
No one else could ever, compare to you  
With my last dying breathe I dedicate my life to you  
Two bodies with one soul  
I was searching to find out your presence makes me whole  
Was it heaven you stole?  
When I laid with you  
I died and was reborn  
On that frosty morn

You write me a letter  
I study it  
And find peace  
Id sooth the mountains  
Soothe the sea  
Just for a chance to see  
You find that special thing you love in me  
Your so pure  
It makes me happy

Id give you it all - ETERNITY  
Just to hold you in my arms  
Dead to the world  
Lost because of your charms  
You melt me like a puddle  
Babe you're a real life puzzle  
I wanna take time to figure you out

I could stare at you all day  
Your so lovely  
You stand that certain way

No matter what comes my way  
You give me the strength to fight to live another day  
Connected joined by the bonds of love  
Shining like the sun  
To wake to the wonder in your face  
I lose it all and in my mind I come back to this moment  
This place

They say love is humble  
Love is gentle  
But my love shouts aloud  
Your pictures on my wall  
Your carried wherever I go  
I love you baby more than you will ever know  
I know I tell you all the time I just thought id let you know

In this uncertain world I find comfort in having you  
scott forster

## **You know who you are**

You sit there with laptop in hand  
not replying to me  
and giving me the silent treatment as you demand.

What the hell have I ever done  
for you to throw me to the lions  
and mark me out as no one

Abuse me  
make me bleed  
infect my mind  
curse me with troubles

I'd rather be damned than ignored  
you're pushing a thin wedge.

scott forster

## **You took me here.**

Maybe I'm ugly  
but not as much as you  
cant take this, cant take this no more  
my minds scattered on sheets of paper on the floor  
she goes, I know, its true. I'm bland, shes so bored  
If it wasnt true I wouldn't find myself always ignored  
So indifferent so seeking to be adored  
Cant trust you, no not anymore.  
Dont trust too much you'll only be let down  
but really does she think im the one  
or is it false faced when she calls me 'hun'  
I'm too broken to even try  
I'm too scared to die  
I'd live but I fear  
Walk these streets but my heart is no longer here  
doubt made a cripple outta me  
maybe its destiny  
for sure its falling badly  
bad mistake putting me to the test  
I'm too weak, a failure you see  
victim of circumstance  
why don't i have faith to trust  
so many questions  
im insecure im not sure  
im in love shes so pure  
im so neurotic  
its erotic  
I touch her words it, hurts too much just being here  
tie me tight, block the light  
I wont wake up or put up much of a fight  
missing for 7 days  
god is dead god is gay  
the world is in disarray  
maybe im all out of breath  
maybe i dont have the strength  
everythings so meaningless  
I'm dead and I'm alone in this  
these are the times that try  
tears they dont know I cry  
I find myself off somewhere else asking why  
I live in a house but i dont feel at home  
she listens to a song  
to keep her sane through the night and the unending..rain  
shes too far away away from me, im alive only because im in agony  
I touch her words it hurts too much just being here  
It takes so much to find reason here  
this must be the longest year  
I need you now  
I'd bring you back, if i knew how  
show me how.  
I crossed a line  
please god let me take it back

I cant live without her  
shes all I lack

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scott forster

## **You type those words so methodical**

You type those words so methodical,  
It's as if what your saying is mythological  
And I've come so far since I held those truths in my hand  
Like the world didn't worry me yet I was weighed upon so I didn't stand.  
I've met and I've fled  
those very same things that I once said  
There was something so peaceful in 4am dawn  
that made those bus rides not seem very long  
Summers without concern contrast with the holding of that urn  
with the flames that burn  
a hole, a hold on memories  
No one knows of times I wrote  
my pen my only connection to reality  
my nature drove me towards insanity.  
You sent me a letter today,  
said why'd you have to be so far away  
I've told you before it's not my fault  
I miss your welcome and your sensual assault.  
I've wrote words that have fallen on deaf ears  
done it for a number of years  
that this is less about you and more about me  
putting down my humanity.  
I guess I've done some things  
who's to say? ...

scott forster