

Poetry Series

Toine Sheppard
- poems -

Publication Date:
2008

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

Toine Sheppard(11-29-92)

my life is too long to tell all about. but i started writting poetry in third grade.
people say its for emos. i dont really believe in lables so i say its for everyone if
your really in to it.

113 Lbs

your legs are bruised
your face is dry

you run as fast as you can
until you start to cry

your head is aching
you want to kill yourself

only when you think about eating

your bodys shrunken
your mind is leaving

you dont care
as long as your not eating

you try so hard
you want it so bad

but when you gain a pound
your so sad

your feeling the worst
you've ever been

but i dont care
as long as your thin

Toine Sheppard

Am I

Am I looking for love in all the wrong places
Not looking at them, just their pretty faces

Am I looking for comfort in all the wrong things
Hoping someday I'll find my wings

Am I looking for the wrong kind of friends
When all they'll do is lead me to a dead end.

Am I this stereotypical? Always writing love poetry
When I should be writing about the new spiritual me.

Toine Sheppard

Ana! !

If I died for you would you cry for me

Because lately I've been feeling so empty

Is a life like this really what it seems

Trying so hard to make our souls new and clean

Will we regret this at the end of a hard day

Will life be nothing more than longing to waste away

Does it help us, does it make us?

Does it build us, does it break us?

Take the wheels, feel the control

Work for that body, purify that soul

Challenge yourself, feel the temptation

Lavish in sin, lust the sensation

Skip it, don't take it, you know to say no

Don't be like the weak ones and let yourself go

Always stay strong and always think thin

Because this is you're game, you're gunna win

If I suffered for you would you notice me

Would you care that you made me just what you see

Don't you know I'm your creation, you're special request

All I wanted was to be seen as the best

I never had a chance, I always had to hide

But these bones are a sign of pride

Did you know that you're the reason for every sleepless night

Did you know that you're the reason I even bother to fight

On the outside, yeah I'm happy, I don't want you see

This alternate reality that lives inside of me

All I've ever wanted to be was your favorite little girl

Every time I went to the bathroom you were behind the hurl

I've been able to keep it up now I'm just a drone

Baby won't you say the words 'I love you to the bone'?

Toine Sheppard

Blaaaaaaaaa

you think about yourself
more than anyone else

things are happening around you
but you dont listen

your just thinking about today
not tomorrow

what you do today
affects your future

so stop focusing on the past
and get off your ass

do something instead of complaining
do it yourself because no one can do it as well as you.

take responsibility, and care about the people you should
because youll lose them if you dont stop...

Toine Sheppard

By: Chip Sheppard

This poem goes to all whom know and feel
To thoes who see culture unforgiving.

Th man they prize could not have been real
Hate abundant religion deceiving.

They clame all love to the ones whom they hate
When hatered towrd themselves is the real truth.

The time will come and theyll dicover fate.
The surpent was right to suggest the fruit.

Yes it was said you read everything right
This religion is so intolerent

Fire ready for someone to ignite
The people who preach are all ignorant.

The cult is not my religion and faith
It's your who also terrorize and hate.

By: Chip Sheppard

Toine Sheppard

Cassie(Acoustic) Lyrics By Flyleaf

The question asked in order
to save her life or take it
The answer no avoided
death, and yes would make it

Do you believe in God
written on a bullet
say yes to pull the trigger
and my sister Cassie pulled it

They didn't love their lives so much
as to shrink from death
inspired in their footsteps
we will march ahead
don't be shocked that people die
be surprised you're still alive

All heads are bowed in silent reverence
the floor is wet with tears of sorrowful remembrance
the altar is filled with hearts of repentance
perfect love kills all fear
rejoice in this deliverance

Toine Sheppard

Coldness Of Her Hands

A sign of strength
Its self-control

Its all linked
To purifying my mind and soul

Swimming when its cold
Another way to emptying that bowl

Without eating
Still living and breathing

Loving yourself more and more
Yet still being called a whore

Thats your reason
Worth living for

The jelously kills them
Cause your the winner in the end

Toine Sheppard

Fire

I

i want to be like fire

Beautiful, shining, glowing

It can light up a soul like yours

A touch of it can light the world

Toine Sheppard

Half Way Dead, But Alive Inside

My hearts so heavy
from all the pain I carry

Yet I'm so light
What a pretty sight

I don't eat
Because it means im weak

After a while I forget
This is something I'll never admit

Pills after pills
I feel great yet it kills

My insides are bleeding
But at least my hearts still beating

My bodys eating my insides
Anything to keep me alive

I dont want to die
But at least I'll have my pride

Toine Sheppard

Life

Living.

Wild, Unpredictable.

Exciting, Lasting, Beginning.

Alive, Light. Gone, Dark.

Sading, Empting, Dieing.

Die, Cry.

Death.

Toine Sheppard

Love That Band

Love that band.
Like a fat guy loves Twinkies.
I said love that band.
Like a fat guy loves Twinkies.
Love to listen to them in the morning.
Love to listen to them at night.
'Can we listen to the band? '
Please! ! ! ! ! ? ? ?

Toine Sheppard

Meth Ruined My Family

tomorrow will be better.
mabe i wont cry.
but it never is
they have to be predicible.
theres nothing different ive seen.

your wondering why im so fucked up
why im a piece of trash
why i chase after love
like its all ive ever had

your obvious to what youve done.
you act like i owe you for 'all youve done for me'
when youve been my child all my life.
and you wonder.

your addiction is your life.
i wish everyday you had it when your out.
not worrying about something bad happening
selfish me just doesnt want to deal with it.

with all your self centered pathetic bullshit.
you kick me out when im pregnant.
but you never failed to tell me.
how much you cared and missed me

when no one would take care of you
when you puked
i put you back to bed.
when you were sick.
i took care of you

i feed you
even though you threw it at me
its all because you hadnt had any
in weeks

now you wonder why im so fucked up
you put me through alot

but here i am standing
waiting for you to call.

im like a dog.
you hit me
i run back
because your the only one that loves me.

Toine Sheppard

My Disease

Hating the skin im in
Im filled with sin

Scared of the person underneath
That person is me

Living this life
Showing a lie

Knowing that if i die
Its because of my own pride

Wanting to be proud of my skin
Trying to get thin

Toine Sheppard

My Life

You sit alone while the candle on your desk starts to smuther out.
You feel like the candle.
Your light is just about to burn out.
Theres nothing you can do but wonder.
Wonder why your hated.
Wonder why you hate.
Wonder why you don't love.
Wonder why nobody loves you.
Everybody around you is happy and smiling you are sitting alone crying and screaming on the inside.
You can feel your blood rushing and your heartbeat start to slow down.
You look at your wrist and see the blood start to ooze out of the big cut you made.
You feel so much better.
You wrap a towel around your arm and start to feel better for the time being.

Toine Sheppard

No Choice

Is this the way its going to be?
You found someone else, now you dump me?

I hate that it turned out this way
things will never be the same.

Do you want me back, now that shes gone
I guess now you see, to be hurt isn't fun

I don't want to miss you
but for some reason i do

But it's so hard to let go
and i want you to know

Your my everything always
without, I feel like im falling.

Toine Sheppard

Open Your Eyes

She learned much too old
She thought the world was cold

She said it was all a lie
Until that special someone died

Then she stopped believing what she was told.
Just open your eyes

Then you'll see she's dying inside
she has no pride

so now this is the way she's living her life
she's looking for love, and you let her cry

she's alone in the darkness
there's no helping her now

she's already took some sleeping pills
she's gone this time around

Toine Sheppard

Random Crap

its been all a lie
to myself and everyone else
when i first realize its true i cry

i try not to think
thats when i forget
everything that ever happened in a blink

ive lied to myself
everything thats happened to me
i make it different in my mind about what i really felt

i pretended like it never happened
and make jokes about it
and find myself laughin'

i wouldnt be able to control myself
if it werent for that
i lied about how i really felt

everything thats ever happend
i wanted to forget
as if i could make it better if i was liein'

Toine Sheppard

Rig Hand State Of Mind

</></>

~Rig Hand State of Mind~

March 22nd,2010

Here it goes, another day
Working hard for a rig hands pay
I climb up high, so high in the sky,
That many look up, and only ask why
The reasons are many, and hard to explain
I stop at nothing, I ignore the pain
I look only forward, till the job is done
In the cold, cold rain and the scorching sun
Long hard hours turn to long hard days
It is in my blood, I am proud to say
From the very first time I heard, 'Make 'em bite'
or, 'Hold it straight and turn it right'
I knew down, in the depths of my soul
That all that I need, lies deep within the hole
For the pursuit is on, for gold you see
The gold that is black, from deep ancient seas
Each day I press on, through the sweat and the blood
I pull out the rods and I mix in the mud
I don't do it for the fame, for in this job there is none
I work hard for my family, till the job is done
I am only surviving, raising my daughter and son
Still I press on through the blood and the sweat
I will some day die, but I ain't done yet
So remember the next time you change your oil or fill your car with gas
That it was made possible by a Rig Hand
A roughneck, roustabout, a man who will one day pass
and be buried face down
so the whole world can kiss his ass

By: Peyton Scott Withey

Toine Sheppard

Sleepless Nights & Headaches

your so hungry yet
you want to puke

And at church its hard to pick yourself up
off the pue

everyones worried
because they care

But knows ones more worried
than i am scared

Scared to lose yet
scared to gain

scared that one day
i will faint

scared I'll go too far
But its so hard

I can't keep food down
if you let it touch my lips

i'm scared of the fat
upon my hips

They miss you so much
everytime you touch me its a bone you'll feel

But you'll give up everything
for what is real

no likes a fat pig
so instead its my own grave ill dig

its a slow suicide
but i dont want to die

but its all because of
my horriable, sinfull, pride

Toine Sheppard

Storms

Lighting

is like

The sticky hands of a three year old

Touching everything in sight

Thunder

is like

a horrible stomachach

The louder it roars

The worse you feel

Storms

are like

Grandmothers or small childern

Kind but mean

They can die at anytime.

Toine Sheppard

The Sick Dog

So much depends upon,
A hick man in overalls.
With a gun in his hand,
And a sick dog by his side.

Toine Sheppard

The Top Of My List

All these memories
are coming back

along with the jiggle on my hips
pure fat

I ate too much today
and for a while, my depression went away

Now i've just realize
how ugly and worthless I am

compared to all these other girls
pathetic is what i am

thats why ana always comes first
shes the best curse

when its all about me
and how happy i can be

its not other people
i have to please

its just going to be
perfection i need
I don't need other's
approval to live

I need to lose weight
to keep from slitting my wrist

I need to cut off my hair
to lose 5 pounds

and take cold showers
so the calories won make a sound

when i walk through the house

i want to hear no footsteps

when i walk in the snow

i want to leave nothing but the sweep of my dress

i want to walk

through the cracks of doors

i want to be a stick figure

not a whore

I want to feel pretty

even when im not

i want to be worth more

than you fought

The less you weigh

the more your worth

thats americas best curse

when there are people

stuffing mcdonalds down their throats

i hope one day they will choke

Anas will rule the word

one day

we will over power you

with our strength

eventhough we'er all

underweight

Toine Sheppard

The Unnamed

The old womans all alone
No one to talk to on the phone

Her husband died
She already cried

Now shes afraid to leave her home.

Toine Sheppard

The Voices

Still hearing the voices
from yesterday

wondering how and
why im here like this today

Still hearing the voices
from my past

wondering how and
why did i relaps

hearing voices
from today

wondering when
it will all go away

Toine Sheppard

Thinking Of A Perfectionist

i want to be perfect
but in my eyes im far from it.
im tring to hold on
keep my head above the surface

but its hard when nothing good comes in your mind
that doesnt make you bad.
im sorry i cant be there more for you
im sorry im always sad

youd never comfort me
now that i have it all under control
you come back
but you dont see what i see

im the worst person you can meet
you think i want attention, security
the things i wanted before
the things you cant beat.

now i want to be perfect
i dont need help
im better off on my own
keeping my head above the surface

Toine Sheppard

Thinness

your back to black
your falling back

your feeling sad
you've lost all you've had

every pound
makes a sound

you want it all gone
its your own personal bond

keeping yourself together
and your looking even better

shrinking, perfecting your empiness
keeping your thinness

thinning out yourself
feeling better than you've ever felt

your worst so called sin
is being thin

but to me its everything

Toine Sheppard

Thinspiration

It hurts
But it works

you love yourself more
you'll no longer be a whore

your proud of yourself everyday
you'll love the encouraging words they'll say

no one knows
Im tring to get that low

Your whole life changes
Its like your exchanging it

For something better than Heaven
Thinness is what im saying

Toine Sheppard

Thunder

Thunder roll, hear me cry
gun shots, watch me die
rain pouring, feel my skin
the skin im uncomfortable in
lightening strick to fill the sky
my life falls as they cry
and all i do is wave goodbye

Toine Sheppard

Traped In A Box

i watch people i know
pass me by

Life is precious
But it makes me want to die

We have our own lives
and im traped in a box

i can't find a door
and the windows are locked

i see everyone i love
going and im the one in the box their ignoring

my days pass by
without any meaning

that fire in my life
is what ive been craving

i need to wake up that flame
that makes me live more

im scared its already lost

im traped in a box

i can't find a door,
and the windows are locked

im just here waiting
for someone to set me free

from the prision
ive conceived

Toine Sheppard

Walking

its like you fell from the sky
i don't know why
but you still make me cry

its like i fell
way to hard

and you fell
way to far

the closer i got
the more you pushed me away

still today
i have douts about
the faithfullness you claimed yesterday

i wonder when the time will come
that we'll hve real fun

you can tell by my eyes im scared
youll leave me one day

Toine Sheppard

What I Love About You

The sparkel in your eyes
the warmth in your skin
Your breath on my neck
that quivers with in

The touch of your hand
The smell of your hair
The kindness in you smile
The strength in your stare

Your kiss on my lips
Your body near mine
The stroke of your touch
That feeling inside

The sound of your voice
the compassion that you embrace
The serenity of your stride
the power in your face

The calming of your pressance.
The beating of your heart
The promise of tomorrow
that we may never part

The beauty in your kiss,
and that magic in your touch
It is for all thes reasons
and many, many, more
why I love you so much

Toine Sheppard

Where's Your Faith In Me?

If I told you there'd be a tomorrow
You'd believe me.

If I told you there would be no sorrow
You'd trust me.

If I told you I'd never let you go
You'd have faith in me.

If I told you I loved you the most
You'd stay with me.

If you needed someone to brighten your day
you'd come to me

When I told you things would be ok.
you didnt believe me.

Toine Sheppard

Your Love

You love is like the wind
I can't see it
but i feel it

Your love is like the air
I can't live without it
and i get stronger if i have it

I see the love you have in your eyes
thats when the world stops and
we're the only things alive

Your love is like a black hole
i can't fall out of it
im stuck in it forever

Toine Sheppard