

Poetry Series

Ceri Louise Baylis
- poems -

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Ceri Louise Baylis(06.03.1985)

I like writing poetry poems that rhyme
It's an enjoyable way I spend my time
I like doing DIY, art and craft?
Drinks with friends and having a laugh
I love camping festivals holidays abroad
Music gigs of those I adore
I enjoy walking my dog everyday
Don't listen to what people say
Hate being told how to behave and what to do Can empathise with what others
go through Rebel against keeping fit and hate sport
A true life learner all self taught
I am spiritual not religious anymore
Religion causes such an uproar
Have belief in the afterlife and aliens too
I like learning things of interest to do
I'm considerably happy more often than not Always remember what I've
previously forgot Take pride in my work strive to be the best I can be What you
see is what you get just me being me.

A Mental Break

Sick of paranoia tired of absurd thoughts
Constant grind hearing things assumptions being distraught
If its not derogatory voices talking constantly about me
Random thought will make me act quite obsessively
Cant shake the feeling im being watched all the time
Constant stress of security being hacked on pc and phone
Not ever feeling comfort or content of feeling alone
Under surveillance in my house being judged out in the street
Unable to seek the safety of a retreat
Paranoid for my safety, my dog and security of home
People assume and judge making up what they don't know
I'm aware of what the gossips say interfering how far they'll go
Scared of gossip and the damage their guessing prying can cause
My lack of faith in anyone causes me to over think
My mind works overtime pushing me towards the brink
Every time I begin a psychotic attack
Me and reality become completely detached
As if im being monitored by hateful prying eyes
Convinced that Im someone completely despised
I think im always being watched in y home
Contiguously praying they would leave me alone
Distracted and convinced im overhearing shit views
As if my actions are constantly being viewed
I cant ignore constant comments on all that I do
Why me when will they gain satisfaction
I know what is bad and what is wrong
A casualty of misuse is what I cant refrain from
Withering enjoyment with unstable thought
Delusions and my mind battles to be fought.

Ceri Louise Baylis

A True Special Friend

Your loyal and trustworthy; a true special kind
Beautiful soul in spirit & mind
You are a person whom I can depend
Thank you for being such a good friend
Thank you for being supportive & not giving up
You were persistent to pull me out of that rut
Your caring, sharing and so much like me.....
With the same points of view and personality
Being so concerned when I was so wrong
Im sorry I was unresponsive for so long
I cant face anyone when I'm enduring emotional hell
express what is wrong you dealt me well
No one has ever been there for me the way that you have
We've connected, sure now to have always have a laugh
I'm grateful for your persistence to ensure I was well
So Supportive you were caught me when I fell
Every person calls associates 'friends'. They're not...
.....When its a network of associates we've got
True friends only appear a few times during life
Strength being offered in times of trouble & strife
We have so much in common that makes me smile
Our friendship makes days of time now worth while

Ceri Louise Baylis

Addiction Of The Soul

I cant live with my profound instability
I cant be the poison and the remedy
I can inform, enlighten, give an idea;
cant explain how my reality's so severe
Not willing to accept that I am actually an addict
That my day to day life is controlled by a habit
Over indulgence in substance abuse
Determined by no reasonable excuse
Taunted by inner demons I have created
Suffer of Psychotic schizophrenia; drug related
Will power ceases to exist never to reappear
Self control lost with the inability to commandeer
Sobriety brings lack of interest, days mundane
From the daily abusing and use i must refrain
The need for a high overcomes any felt lows
No lesson learnt from how bad my mind goes
My own worst enemy from drug dependency
No one else to blame because of ascendancy
ever seeking that intoxicating rush and feeling
until i realise that its from addiction i need freeing.(2016)

Ceri Louise Baylis

At The Time I Wasn't Ready.

Emotional torment is what has conspired
From a decision I made and reality that transpired
A mistake so great only myself to blame
Unexpected pregnancy the guilt does remain
Trapped in abusive relationship no support id receive
Abortion the only option my loss to alone bereave
No maternal instinct no other way to go
Except for breaking my moral standing code
As I don't believe in abortion killing life that's just begun
But I had no other choice it was all that could be done
No way or means of supporting a young life
With a suffering relationship resulting in strife
I didn't see it as a baby as it had not had time to form
I do still wonder what would of happened if it had been born
Will I go to hell for extinguishing a life that was forming?
Only know on judgement day for my innocence I will be imploring
Its best to know your not ready to sustain a child in this world
Than recklessly inflicting life that I would become too furl
A burden to raise a child singlehandedly with no help
As Stephen was clear on making his true feelings felt
It infuriates me more as if his response had acted in my decision
As a baby would destroy my reality and future vision
I do want children but with someone that wants them too
So I must settle down and commit it is what I must surely do
I'm sure my soul mate is out there destined to wander on my path
And that special someone will become my one true fath.

Ceri Louise Baylis

Coming Home

When I went away, You remained at home
I'm sorry I left you all alone
There was one guarantee
That I always Knew that when I came home
I came home to you
You were my constant, my rock
My mother and friend
On you I did leaned on, I could always depend
The day that you left this world behind
A piece of my being died inside
I still can't believe that you are now gone
I try really hard to remain all strong
I had so many plans and things we could do
Now I must live on, live on without you
I never got to say goodbye
I didn't expect it...I suppose that's why
The last time I saw you we had fun where we went
now a cherished memory of the time that we spent

Ceri Louise Baylis

Community

Community can be made up by a place, Interest or communion
Locality, elective or spiritually bonded union
People share in common the territory where they live
Intentional community's share a characteristic to that they give
Community's such as the traveling, the gay and ethnic types-
Are all bound by shared interests a key to contemporise life
The spirit of the community is based on favours, gestures of good will
Communion relates to religious groups built from that they can distil
Place and interest community's may well both coincide-
Nothing without attachment where shared identity's derived
A persons sense of belonging plays a crucial role in community
Relationships based on trust remaining strong with no disunity
Confucianism stresses love for humanity, harmonious in thought and conduct
A far cry from religious communities waging war on each others construct
Foundation for community is tolerance, reciprocity and trust
Social norms and networking community so society `s adjust.(2016)

Ceri Louise Baylis

Dishonest Friend.

Dishonest friend.

Don't ever lie to me I will tell you this just once
I Want to hear truth not a dishonest response,
I'm good at detecting lies when there told
One lie leads to many as deceit takes control,
If lies are told, trust is shattered
Truth and honesty were all that mattered,
If it's apparent to me that your words are untrue
I won't raise my suspicions or confront you,
I will judge you quietly accumulating proof
To support my thoughts of the untold truth,
The above will apply to most white lies spoken
For ever more I'll doubt you as trust is now broken,
I've saw the falsehood and Your Deception won't be forgot,
Your fabrication expands daily, truth bearing you're not,
Your explanation is another deliberate false statement
Prevarication of words; signs of guilt's now so blatant
Apply a pretence, false impression or Disinformation
Stop? or will you continue words of Misrepresentation?
Call it whatever ever you want, best let it go, ; I'll be aloof
Ability of Fabrication worsened by; inability to speak truth-
No happy endings happen from the telling of a tall tail
In the end the truth will out, eventually truth will prevail
If another discovers truth you've attempted hard to hide
I'm not the friend you can turn to, not whom you can confide
'What goes around comes around' what you give out you will surely receive
Maybe you will then learn a life lesson thou shall not lie & deceive!

Ceri Louise Baylis

Fate And Destiny

I have faith that the universe is in control
And that angels look out each and every soul
I believe that fate guides us where to be
Our lives entwined through destiny
Is it my decisions and choices that lead the way?
Or is it a path destined to guide us one way?
Does one make his or her own luck?
Is it by choice we eventually get stuck?
is the universe listening to our hopes and desires?
Or is it our own doing that leads and conspires?
One of the many mysteries this world holds that's unknown
the question remains is it fate or our actions alone

Ceri Louise Baylis

Flower On The Wall

Left to die you stand alone
Were you placed or were you thrown?
Lay upon a wall not before a cross
Are you there to signify loss?
Petals will wilt will not last much longer
Cut from life not able to become stronger
For you to die is the purpose you were grown
To disintegrate to break down you are prone
One of life's components with an expiry date
Death consuming beauty's one and only fate
You lived in life, living no requirement of breath
For the living there is life then inevitable death.(2016)

Ceri Louise Baylis

From The Future I Was Told

Dear Me I'am speaking to you from the future
I want you to heed what i say as I'am your tutor
You will meet a man who seems different to all the rest
With his unusual manner he will put you to the test
He will draw you in portraying an easy going personality
Don't be fooled by this false pretence and give in easily
You will find given time he's controlling you
And subtly disapproving everything you do
If there was a warning of what's to come
These following words fit his ways if you should succumb
Your life is not your own no more you should put my feelings first
I'll take away your confidence
Self worth will die each day
Acknowledgment will be received its done my way
Your tastes will change to fit my likes and when your spirits gone..
I will continuously put you down and convince you that your wrong
Cut you o? from your friends
Socially confined
Overtime il take it all, but never be satisfied.
he is the wolf in sheep's clothing
a person you will end up loathing
three long years you will devote to the cause doomed to fail
a spirit smashing Sanctimonious selfish dictating male
so i warn you to watch out for him entering your life
and making you miserable with endless amounts of strife
i can guarantee you will succeed in all of your endeavours
but don't be one of life's failures being one of the regret'ters.

Ceri Louise Baylis

Grief

It's hard to grasp grief when it does come?
Different for all when losing someone
It never came on the day that you died
Or following weeks that passed on by
When your body was gone and turned into ashes
Grief remained distant and I stayed distracted
Distraction from sinking alone in own thoughts
Trying so hard to not be so distraught
I felt it today it hit me so hard
Grief flowed through my impermeable guard
The guard that keeps the pain at bay
The guard that pushes tears away
It was then I broke and realised your gone
Not coming back I've lost someone
I hope you rest peacefully and that your soul is free
When the time comes you will be waiting for me.

Ceri Louise Baylis

Its Finally Here You've Now Turned Thirty.....

Time to grow up behave like an adult now
get away with anything in twenties somehow
But now a year older that milestones been reached
30 years old time to join the scrapheap
Its better to be over the hill than under it
how old are you now? not easy to admit
Not to worry though hun your not on your own
As im 30 too with me you can let go and moan
One step closer skidding towards the grave
Now knowing that its time you must behave
Looking forward to having wrinkles all around
And the sound of your boobs dragging on the ground
Coz gravity isn't kind to those past 30
Not believing anyone again will be flirty
Luckily enough there's Botox for the cracks and push up bras
And wheelchair access in motor cars
But don't let it get you down, don't feel blue
Because im right there aging more so than you.
Its now your day and time to celebrate
So have a happy birthday to you on this date

Ceri Louise Baylis

Just Let Me Grieve

The fondness and affection which I always came to give,
Has now gone away, simply ceases to exist,
My mind is now contained by a deep and heavy mist-
Cant concentrate on others, nothing more I have to give,
My troubles are now amplified as I proceed to live
My sister stopped me grieving pushing to sell my home,
Her deep seated bitterness is apparent in her tone
Making plans behind my back which has caused me much dismay
Her plans of spending money that will eventually come her way
I don't feel the security of having family now
The sister connection ended and now one I wont allow
Sick of the pretence and conversation hiding what should be said
Her only ability to understand real life came from something that she read
Dad is no longer with this world neither is my mother
Before mum and I could always rely on one another.
I fear the inner dark thoughts that remain from my losses
Morbidly aware we all bare our crosses
its all out of my control which invokes Hatred I feel
the explosion of uncontrollable feelings are real
fine line breaks quickly between love and hate
am I now on the right path written from fate?
past relationships were fickle I falsely gave love to all
ive created a callous inner wall, scared I cant love and alone I feel
only enjoying intoxication to mask what is real
Life teaches lessons that are not written anywhere
Choices decisions and mistakes are ours to bear
Endlessly trying to focus my attention to hope
To remain so strong and continue to cope.

Ceri Louise Baylis

Lust Wrong Time Wrong Person.

I was trying to steer clear of the type I adore
Refrain from where I've went wrong before
Lad about town with that criminal behaviour
In the long run he will not work in my favour
But I cant help my emotions drawn in by they're act
Full of something more that the nice boy had lacked
Shallow outlook I have as nice looks make the package
Cant contain myself from misbehaved Baggage
As I refuse to learn I must endure hurt and loss
As he will be someone that ive never quite got!
The one who wasn't like anyone else
Completely changed how I once felt
A relationship he didn't want as he told me
I thought he'd be someone I'd no longer see
But then confused me completely by staying in touch
Spending most days together increasing my lust
I enjoyed every moment obviously
Each day together un-expectantly
couldn't let go what so ever
Unsure how to be when we were together
No move I did make in case of rejection
But a deep desire to share my affection
One thing I was sure of our time wouldn't last
Certain I'd regain contact as I learnt from the past
Catching my interest always from what I can find
He managed to distract my wayward mind
Cant forget someone that's given you so much to remember
Hoping that we could spend more time together
Happy where he decided to spend his time
If only for a short while to call him mine.

Ceri Louise Baylis

Mum

A life of living,
A life of loss
A life of giving,
A life that lost
Lasting memories
A life adhered
Enjoyment gathered in
Younger years
To all who knew a beautiful kind
Caring, sharing an intelligent mind
Now at peace
Now she sleeps
Her soul now gone
Beyond our reach
Sleep peacefully now mum
I now say goodbye
With hope of resting peace as you lie

Ceri Louise Baylis

Mum Missing From Home

There just aren't enough words for me to describe
How much you are missed and how much I now cry
A vital piece is now missing at home
When I enter the house and I'm all alone
When you were there and I had been away
It never mattered when or what day
I could always rely on you to be there
To listen to my stories of fun and despair
Coming home to you I could always depend
Confiding in you; more so than my friends
I regret past times when we fought and lost sight-
Of what really mattered when we used to fight.
The bad memories i have are really hard to forget
Any unpleasant times cause me much regret
We did have the good times which I'll always remember
I love you and miss you I will do forever.

Ceri Louise Baylis

Mum Not In This Life

There's an empty hole Left behind
Heartache and sorrow are entwined
In every action, thought and feeling I have
A big part is missing since you have passed
Sadness tainting memories with lost hope
Externally showing to all I can cope
To be true to myself I allow myself time
Whist I dwell on the past or write out a rhyme
Thinking over the Times that I would change
A thought keeps me going although it is strange
I concentrate hard on all you endured
That you were surviving life: you weren't for this world
In this life you had given all that you had
and lost so much more especially dad
Without dad you couldn't live life as intended

To continue forward with a mind and soul mended
I pray that now you have reached your eternal resting place
And its filled with everything life wasn't and its easier to take.

Ceri Louise Baylis

Mum's Birthday

Another year has passed you
are not here In this life,
A loving mother, nainy
& Devoted wife.

19th December was to celebrate your birth
Only memories ae left of your time on this earth
Mum I loved you: sorrow remains
I pray your now free from life's heartache and pains
In life what you longed for was not meant to be
I hope now your soul is peaceful and free
This is day is not to see you age one more year
It's the first birthday for remembrance not cheer
Cherished memories I do hold dear.
We pray your soul is now at peace &
free from lifes pains,
Our sadness & sorrow still remains.
You were loved more than words can say and
missed so much every single day.

Ceri Louise Baylis

My Beautiful Four Legged Companion And Friend.

Ruby by name and as precious as the stone
With her in my life I'm never alone
My ruby isn't a stone she is my rock
Undivided love I just cant knock
My Ruby isn't red although she does shine
My precious treasure that is all mine
She's the definition of a beautiful kind
Strong and gentle intelligent mind
She makes me complete my four legged love
I truly believe sent to me from above
She saved me as I saved her
A sad existence I helped her deter
we were both lost and our outlooks were similar
Both missing something that was familiar
She existed with no hope unhappy nor enjoyment days mundane
It's a wonder how she did ever remain sane
Her daily life was miserable and bleak
All she did was endlessly sleep
Day by day just made to cope
And lost ignored and had abandoned all hope
She came into my life at the right time
The one vital piece was missing from my being
From being passed to and fro she needed freeing
I gave her a new lease of life as did she for me
being mine helped my soul mend plenty
Her days are now not just to keep surviving
they are the way a dogs should be deriving
I think we were both saved simultaneously
Happy days from turmoil she's finally free
Routine and lots of attention, walks different everyday
I don't think I spoil her, she deserves it some way
even rules are banned and certain words will not be said
Like be punished to get out and then banished to her bed
Upon awakening in the morning every single day
Im greeted by happiness and puppy like play
Yes you can come up on my bed and the couch
She will take up all the space on me she will slouch! !
And after food is finished she has to lick the plates! !
Brought to me by a kind twist of fate

Only on a few occasions she has been misbehaved
Mess everywhere with toys from games that she's played
Dreams when she's asleep terrorises flocks of sheep,
Destroys new toys in seconds especially ones that squeak
All of which I wouldn't change its part of who she is
She does know how to give her paw and on command a kiss
She has a look that seems as if she's looking to your soul
I dread to see the day she will eventually get old
She snores extremely loud and barks at every sound
Eats any scrap of food to ever hit the ground
Cocks her leg when she wees
Picks on every dogs she sees
Ignores what I have told her: doesnt come back when she's been called
On occasion fighting some dogs she could have easily been mauled
But rarely she is naughty thankfully she's good as gold
When she was made she they definitely broke the proverbial mould
Shes secure and safe in the knowing
Always a walk she'll be set to going
She can speak so much just with on look
She is the best thing for myself Ive ever took.
She is so precious I do love her so
It will be my heart that breaks when its her time to go

Ceri Louise Baylis

My Belief

This life can throw me off course
Break me down leaving remorse
Spend time wishing for a more desirable reality
Or face life's harsh moments and brutality
No matter what this life throws at me
I'm blessed with a peaceful way to see
I am a deep believer in the afterlife
Which relives me from any such strife
The belief that there's a world beyond this;
Evokes peace to any troubles simply made painless
Loss is replaced with hope, a brighter outlook to sustain
Eternal peace for our souls to live on and remain
Safe in the knowing I'll see loved ones again
Peacefulness fills my mind no more sorrow and pain
Strength gained from life's hurt and despair
Lessons teaching us from past mistakes we do bear
So even at the darkest of times endured;
Peace shall prevail from my beliefs I'm assured.(2016)

Ceri Louise Baylis

My Confined Mind

Untamed self control my own worst enemy I can be
I can not be the poison and the remedy
The voices I hear are not in my head
I hear the words as if they've been said.
Horrific thoughts I must endure
Collective voices worse than before
The madness escalates, reducing me to an unbalanced state
A break mentally so much others can not relate
Psychotic attack or psychotic illusion
Is it reality or is it a delusion?
Derogatory constant running commentary
Over thinking causing chaos; corrupting my mind
No escape nor shred of peace can I find
The voices I hear don't stop they don't give in,
Continuously ranting of dishonourable sin
I attempt to deter from mental confusions
Medically my thoughts are seen as delusions
At the time I'm not convinced I'm deluded
Convinced by distorted reality I've concluded
Distorted assumptions that I have concocted -now real
Escalated with time a darkness clouds how I feel
Negativity takes over positive thoughts
Hearing uttering of endless hurtful talk
Resulting in what I hear as being true
Suspicious conspire then conclusions are drew

Hateful words; closer louder unable to ignore
Detachment from any logical thought
From the derogatory talk I hear is believed
Its how I am seen its how I am perceived
Over thinking causing chaos corrupting my mind
Peace & positivity I can not find
Voices persecuting me to such an extent
Relentless and nasty horrid content....
Like on repeat although the night
I hear them talking but there out of sight
Surely they must tyre of slagging me off
Nasty unimaginative hateful lot

Voices of those that I know and those I am close too;
My mental state decreases concluding its true
Every emotion dark with dread and fear
Panic derived from all that I hear
I cant shut it out all of the time I take it all in
Persecuted of every action I do, I cant win
Unable to recall past psychotic occurrences
No deterrent from the cognitive disturbances

The voices never stop they don't go away
With given time I'll believe what they say
Whether it be a regrettable act or gossips fabricated lies
All of my self worth and confidence dies

Auditory hallucinations not willing to stop
All reasoning fact and logic forgot
Blinds my judgement and ability to see
harrowing Paranoia descends to reality
Hearing the conversations and ruthless content
Persecuting me to such an extent
Medically my thoughts are seen as delusions
I attempt to deter from mental confusions

Panic, detached irrational thought assumptions
Loss of control and distraught
When the worst of the worst is easing
Confusion remains
I question was it real or am I insane
I know now what I thought was deluded
I cant believe what I've previously concluded
At the time what I thought was real
Inability to control how I feel
Disbelief descends when delusions ease
relief then comes from what I previously perceived.

Ceri Louise Baylis

My Life I'll Live It My Way.

I will rebel if people disapprove the way I live my life
If told to do something I'll do it more for spite
I cause no one trouble I am my own worst enemy
I love the drugs but they don't love me
My body's in a state of recovery
For one nights pleasure 3 days of pain
Illicit drug use has made me insane
The suffering is worth doing what I love
But the times coming my body's had enough
I've done as much as I could now I'm rough
When the session was going good
There was no reason to stop or thinking I should
But so much time spent from reality
Has resulted in me floating without gravity
Nothing to hold me down or return back
Over indulgence and self control that I lack
I love the drugs but they don't love me Leaving me in a state of recovery.

Ceri Louise Baylis

Negativity Breeds Negativity

How can you live with such a negative mind
Only thriving on misery and tales unkind
You wonder why you have such bad luck
When its all Happiness you drain and suck
Your outlook is dark and bleak
No positivity do you seek
Inflicting your woe on all that will listen
Like a plague, sorrow you do christen
Your outlook physically drains me
I have one and only single plea
Is that you seek some positivity
What will it take for you to see

Ceri Louise Baylis

Once I Had No Fear And Nothing To Lose.

Imagination wild with dreams
and A happy childhood so it seems
From a young age my future was set
Then tragedy and our family met
Dad had taken fate in to his own control
By deciding when to end his life role
It's seen as a selfish act by some
I think he was brave to use that gun
But he left me and mum to fend for ourselves
Hardship soon followeda living hell
Wednesday the fifth the day dad chose
It's now thirteen years later when more grief arose
Mum has died suddenly and so quick
She passed away too on, Wednesday the fifth
Is it coincidence or is it fate?
Their deaths have shared the same day and date.
my future is changed now you are both gone
but this life does not stop for me or no one
I must continue I must proceed
Both your guidance and support I need
I don't have a plan, no dreams to chase
I will just leave it up to the hands of fate
I hope that the cards that I'm now dealt
Will make me happy and serve me well

Ceri Louise Baylis

Sssshhh Hear That? ? ?

ssshhhhhh hear that? I'am your inner voice calling
I'am what you confide in when you are falling
So near so close never far away
Always listening to what you say
I'am the reason for restless sleep
Quietly nagging away; buried deep
I'am that gut instinct that avoids danger
I'am the thought process that's a bit stranger
I will call out 'I wouldn't do that if I were you'
I'll be there for everything you go through
I'am the result of pain that produces strength
I'am what you are sure of and what you meant
Unheard unseen by others the inability to speak out
Only voiced when supported by a confidence bout
I'am carefully masked behind politeness
The part of ones being so contrite and righteous
A whisper from your inner voice can change ones views
I can spread doubt fright fear and leave one quite confused
Your inner voice is something we all have in common
Whether you choose to listen to it is a positive phenomenon.

Ceri Louise Baylis

Thank You

You really truly helped me being there
when no-one was,
The fact you came to be with me
meant such an awful lot,
You revived my instability
just by being you,
Thank you for you time and strength;
helping me get through,
People always say that -
in the times of need they're there,
But to find someone that does mean it;
is something that is rare,
Your heart is in the right place
don't let others put you down,
Stand up to those who hurt you
and always stand your ground.

Ceri Louise Baylis

True Inner Feelings.

How do you feel? Is a question I hate
No point explaining; you cannot relate
I don't want to talk I don't want to share
You could be sincere I really don't care
What's on your mind? another shit line
Easily avoided by saying I'm fine
If I told you, you'd regret you had asked
My inner thoughts are carefully masked
with good reason they're not to be shared
I don't feel the need for my soul to be bared
The fondness and affection which I always came to give,
Has now gone away, simply doesn't exist,
My mind is now contained by a deep and heavy mist-
Cant concentrate on others, nothing more I have to give,
My troubles are now amplified as I proceed to live
I don't feel the security of a family anymore
Despising my sister even worse than before
Sick of the pretence hiding what should be said
Her insight of real life coming from something she read
Dad is no longer with this world neither is my mother
Before, mum and I could always rely on one another
I fear the inner dark thoughts that remain from my losses
Morbidly aware we all bare our crosses
its all out of my control which evokes Hatred I feel
the explosion of uncontrollable feelings are real
fine line breaks quickly between love and hate
am I now on the right path written in the hands of fate?
past relationships were fickle I falsely gave love to all
I've now created a hard callous wall
scared I cant love and alone I feel
intoxicated to mask what is real
Life teaches lessons that are not written anywhere
Choices decisions past mistakes we must bear
Endlessly trying to focus my attention to hope
Hope that I have reason to continue to cope

Ceri Louise Baylis