

Poetry Series

fallen angel
- poems -

Publication Date:
2008

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

fallen angel(03 Nov 74)

My name is Teresa, I am originally from Hamilton Ont but I was raised in Dartmouth Nova Scotia. I have had an interesting life a lot of surprises and unfortunate experiences I guess that's what makes it easy for me to write. I use my poems as a kind of therapy, it seems to help. I haven't been able to write about the happier times in life so you won't ever see any about love, bubbles and pretty little flowers.

Decide

I've encountered what I believe to be
The most crucial point of my existence
Terrified too scared to move
Exhausting patience with my resistance

Unable to make the right decision
So constantly reassessing my position
Looking from All possible angles
To envision a conclusion

I've been standing here despite the fact
That time keeps ticking on
Disturbed with the thought of
What if the choice I make is wrong?

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Forgive And Forget

Forgive and forget
That's what they preach
Them and their infinite wisdom
Who are they to judge?

Open my eyes
Show me the way
Tell me, how do I forgive?
Where do I begin?

I've been consumed by hate
Clearly unable to let it go
I've lost my will
My way

Plagued by this foul disease
and overwhelming hostility
This devil
Holds me down

Abandon by my savior
My cries left unheard
As if to be on mute

So,
Forgive and forget
Gentle merciful lord Jesus
How do I forgive you?

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Heaven Is Waiting

It's time baby boy
It's time for you to leave
I can feel you linger here
I haven't been able to grieve
I miss your little face
I miss your big bright smile
I'm not going to say good bye
Cause it's only for a while
You have to let me go now
And I have to do the same
I'll keep your little picture
Right here inside this frame
I guess that I've been greedy
I didn't want to let you go
To feel you here's been comforting
I want to let you know
How much I'm going to miss you
I love you and I'll see you soon

Mommy

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Keep Your Confidence

We are critical in nature
With derogatory thoughts
Belittling one another
By indicating faults

Ruthless determination
To restrain our confidence
Manipulate to dominate
It doesn't make much sense

Why do this to each other?
Why abolish our self worth?
Why modify our character
Why adjust gods plan? Our birth

We are put here for a reason
It's why we are so unique
Each has his own to offer
His very own technique

Confidence is essential
To complete the task at hand
With out it you deprive us all
Please try to understand

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Losing My Mind

Pretty sure I'm losing my mind
Reality has been unkind
The ground is moving under my feet
I'm losing control; it's hard to sleep
Can't concentrate on simple tasks
Can't think enough to even ask
People around are all concerned
Shocking secrets they have learned
I'm losing ground I've lost control
All this stress has taken its toll
My work performance has gone down hill
I just don't care I've had my fill
Can't seem to shake this believe me I've tried
Yet my loving husband still stands by my side
Forcing me to carry on
Helps me up when I've slept too long
Starts the shower and washes my hair
His sweet gentle touch shows me he cares
Holds me tightly in his arms
For fear of myself I would harm.

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My Prayer

I cried out to the lord
And I heard him say
What will ye that I shall do unto you?
That my eyes maybe opened I asked
And with his gentle touch they were
My cold heart warmed
And I found a sense of peace at last
I opened my eyes
And for the first time in a long while
I saw clearly
Then it came to me
As quick as the sight granted
For many are called
But few are chosen
How can ye escape the damnation of hell?
And in this I found great comfort
So after all that you have done to me
I will forgive you
But will he?

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Self-Abuse

In the morning when I wake,
It starts.
As soon as I open my eyes.
Regrets of the day before
I don't understand
Shouldn't be ashamed
But I am
Why?
Shouldn't put myself down
But I do
As soon as I open my eyes
I wish it would stop
I wish I knew how
I don't understand
That's enough now
Can anyone tell me why?

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Starting Over Part 1

A Promise of a new beginning
A chance to forget the past
I've licked my wounds
To prevent the scars
I haven't picked the scabs
Should be easy to conceal
No signs for others to see
They should never know about my past
And how it use to be
Nothing left to indicate
No notice on the board
No warning signs or beacon lights
That they have to ignore
I've covered it up
Now no one can tell
That I've saved myself
From a life of hell

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The Chance To Change

There are some things I would like to change
But what are they? It's hard to say
The chain reaction, and domino effect
Would change the image, the mirror reflects?

If I change the past and the things I've done
It would change the person that I've become
Sure there are things that I regret
Some people I would rather not have met

But if I remove them all, from my life
I may have not become, a mother a wife
Although my marriage didn't last
It's not something I'd erase from my past

If I was to choose a different path
I would never have heard my children laugh
That, I am not willing to change
That will have to remain the same.

So I think I'll keep things the way they are
Why dream of change? When I've made it this far
I won't regret choosing this path
I'll keep the chance to hear my children laugh

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Tormented By Love

Slowly he creeps,
he slithering his way,
back into unwelcoming arms.
But in the midst of temptation
she welcomes him in.
With an exhale,
a long awaited breath.
A relief from the depths
Of a suffering she had known.
A temporary fix.
She knows,
but still she holds,
onto this unanswered prayer.
He releases his grip,
slowly he slips,
out of her embrace.
She inhales and holds.
With out a word she knows.

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Unborn Part 1

Comfortably sleeping
Quiet and moist
Not a worry except
For the freedom of choice
Gently snuggled
Kept safe, tucked inside
Contently dreaming
While mother decides
With a playful bounce
She begins to feel
And sensations of love
Are so surreal
Now hands on her belly
And tears in her eyes
Plans of the future
Begin to revise

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