

Poetry Series

**Heather Kemper**  
**- poems -**

**Publication Date:**  
2008

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

## Heather Kemper(08/02/1974)

I am married with two wonderful children. My husband has been one of my biggest supporters over the years.

I started writing my freshman year in high-school, and have been writing ever since.

My husband whom I've been with for fourteen years is my number one supporter and best friend. These poems are dedicated to him.

Though we have been together many years now and love each other dearly, we joke that if we had to describe our life in one sentence it would be ' It ain't always been fun, but it's never been boring! '

We struggle and we fight for each other, . And even if we somehow were to find ourselves no longer together, I know he'll always be my best friend and there. It's for him I take the chance and share my writings and my soul with the world, .Without him I would never have the courage to do so.

# A Mothers Love

love my children dearly  
as every mother does.  
I try each day my hardest  
not because I have to  
.....it's just because.

I may not be near perfect  
or meet there every want.  
And I try to tell them everyday  
I'm honored to be their mom.

And there is no book or manual  
that lays down how to be.  
And the people that I looked up too  
they broke a lot of me.

So judge me as a single person  
by my actions as a mom.  
Remeber that I give my best  
but sometimes I will be wrong.

See you are my children and my angels  
the perfect in my life.  
I want for you to have that love  
unconditional warm and bright.

To never question if they are loved  
or a mistake they can't take back.  
But to love them for who they are  
Perfect will all the cracks.

There is nothing more important  
than how a mother loves her kids.  
It gives them what they need in life  
it's the strength they need to win.

So if you are a mother  
and you question if you've done your best  
Grab up all your children

hold them to your chest.

Tell them how much you love them  
that you're proud of who they are.  
Everyday make sure you tell them  
no matter how near or far.

Heather Kemper

# A Truth To Me

It's what I do  
when all alone.  
When I want to cut  
to see blood and bone.  
When I feel it is right and just,  
to rip tear pound and punch.  
To shred myself  
for every wrong.  
For not being enough  
smart or strong.  
For not being the right daughter  
mother or wife  
I see in me  
a darkness no light.  
Still I try refrain from such  
because he asks  
and asks with love  
I don't want  
to pass on my disease  
of self torture and pain.  
My children I want of this to be freed.  
It's not their punishment  
they should not not bare.  
It's mine alone  
for myself to share.  
And here I write  
instead of bleed  
because then they won't suffer  
even more on me.  
I know I'm useless  
I'll never measure up.  
I'm selfish and wrong  
for not making the choice that's tuff.  
To punish me as I deserve  
ends up hurting them  
with more than words.  
So here i sit  
and write things down.  
inside I still cut

where it can't be found.  
Though no longer seen  
by any one clear.  
I close my eyes  
they begin to tear  
alone, angry  
what I hate I fear.

Heather Kemper

# A Voice Trapped

What's happened to the words I had?  
To the voice that flowed through ink.  
What's happened to the words I wrote?  
The ones from my heart and what I think.  
When I try  
this jumbled mess comes through  
for me to see and read.  
It makes no sense can't understand  
what it read and what I seem to need.  
A blackness I feel surrounding me  
it has become all I sometimes see.  
I hear a rage inside  
like wave crashing into the sea,  
I know they are there somewhere  
trapped inside my head.  
I know they'll come eventually  
yet will it be too long  
that's what inside I dread.  
These words that are eluding me  
They're my peace my angel in the night.  
They are the healing power deep inside of me  
For what's broken no longer right  
One day I know they'll flow again,  
and soothe this aching mind  
Opening again the door,  
to the wounds I find I hide.

Apr.27,1998

Heather Kemper

# Addict

I am an addict  
if only an addict to myself.  
I am insecure afraid  
of never being loved by anyone else.  
Afraid to quit  
to give up that rope,  
the one that I cling to  
that gives me hope.  
Petrified of gaining weight,  
of becoming fat,  
being a disgusting disgrace.  
I am an addict  
weak and sad.  
An addict of my fears  
I admit to myself  
that's what I am.  
Trapped in my head  
looking for an antidote  
to reverse the dread  
I am an addict  
locked up in myself  
scared I'll never be truly loved  
lost to everyone else.

Heather Kemper



# Back Into The Blackness

Back Into The Blackness

How do I go on

living my life?

When the light is extinguished  
no glimpse of something bright.

How do I go back  
to living all alone?

To a place of no love  
of a loneliness that's home.

To a void that is consuming  
all that is bright.

Where I was worthless  
forgotten

a replaceable site.

Now that I've felt it  
that love that was shown.

The feeling it gave me  
the warmth that I've known.

How do I go back  
to that world that was so dark?

Not ache from the wanting  
of the world I was in.

Can you tell me how to go back  
to that world and still live?

Can you tell my heart to forget  
that feeling that was rare?

To be again a mistake  
forgotten and not there.

1/23/2007

Heather Kemper

# Because It Came From You

I wish I had the words to tell you  
what was in my heart and head.  
The depth of what I'm feeling  
the future that I dread.  
What I see when I look over  
the time we've had so far.  
The dreams yet unfulfilled,  
what you've given who you are.  
My friend, my husband and my lover  
the keeper of my soul.  
The man who knows me best  
my everything I know.  
The rock that I would lean on  
when I felt no solid ground.  
You know my goods, my bads my failures,  
all of me no doubt.  
You've been my world and my savior,  
the light in my dark.  
Everything I am today  
was because of what's in your heart.  
You are everything I trusted,  
everything I knew.  
See I was someone worthy of your love,  
because it came from you.

Heather Kemper

# Blessed

With tiny hands  
and tiny feet.  
They are small and full of life.  
As they learn to talk  
and learn to walk.  
we watch over them with love and pride.  
Each smile each wink each tender kiss,  
more precious than the last.  
They are the gifts we're given in life,  
they are the angels we're lucky to have.

Heather Kemper

## By Your Side

My friend I love you  
more than ever I could say.  
You've brought me so much  
something new everyday.  
You've given me love  
laughter in life  
Forever my love  
will I walk by your side,

July 30,2006

Heather Kemper

# Can I Say Thank You

Can I Say Thank You

Thank you for your patience  
for your understanding way.  
Thank you for your forgiveness  
of my short comings every day.

~~

Thank you for your kindness  
you have extended from your heart.  
Thank you for the respect  
you've given me from the start.

~~

Thank you for the lessons  
you've taught me along the way.  
The ability to laugh and be happy  
I love you for every day.

~~

Thank you for being my hero  
who saves me in the night.  
Then stands guard and keeps protecting  
when the danger's far gone from sight.

~~

Thank you for the words so perfect  
you sent home when you were away.  
For touching my heart and soul  
in a needed and wanted way.

~~

Thank you for being this person  
who I dreamed of when dreaming was right.  
For still being my knight come to save me  
a damsel that's not right.

~~

Thank you for staying still with me  
you are my soul that's deep within.  
I love you and thank you completely  
you're the strength I draw on to live.

Heather Kemper

## Dear Friend

Dear friend I know I'll miss you  
more than words can say.  
Dear friend my door is open,  
will forever be that way.  
I know these times constrict you  
complicate your life.  
But dear friend we are here waiting  
until the time is right.  
I know my heart is saddened  
by the loss of you in my life  
I pray the time is short spent  
you'll come back to us one night.  
Dear friend take this with you,  
to remember when you're not sure.  
That there are two of us loving and missing  
A dear friend who's lost and hurt.

Heather Kemper

# Didn'T I Tell You I Would

I miss you  
more than I ever thought I could.  
You understood me  
the way only you could.  
It's not fair like this  
you should still be here  
There's so much you had left to do  
places to appear.  
People who loved and miss you  
still needed to see your face.  
More time to talk and visit  
now all that's just been erased.  
I knew I could trust you  
with a solution to my search.  
You always had my back  
even if things got worse.  
I hope you knew I loved you  
more than I thought to say.  
I'd trade you places if I could  
I promise any time any day.  
I miss you  
more than I thought I would.  
You were truly someone special  
that touched us like only you could.  
Did I tell you that I loved you  
as often as I should?  
Did you know it  
had I told you often enough so you would?  
I love you  
you were special.  
Beautiful and good.  
I miss you now and always  
didn't I tell you that I would?

Heather Kemper

# Eternity Found

I've found eternity  
in such a simple place.  
It's love and completeness,  
dreams and faith.

I could have missed it  
if I had played it safe.  
Never to have found it  
or the peace in me it gave.

I've found eternity  
in two eyes so true.  
Eternity is there  
every time I look to you.

I could have it  
and every thing it gave.  
If I had stuck with my plan  
never called you that day.

I've found eternity  
and I never knew.  
Until the day you kissed me  
it had found me too!

Eternity was right there  
when I looked up to see.  
It had captured my heart  
my soul my dreams.

I've found eternity  
times a million and two.  
Eternity is simply  
being loved by you.

Heather Kemper



# Everyday I'M Thankful

Everyday I'm thankful  
you came into my life.  
The good days and the bad  
the darkest and the bright.

No matter what has happened  
it's been better because you're there.  
For your love and understanding  
no words can compare.

The gifts that you have given me  
I never dreamed that I'd receive.  
The strength I've always found in you  
gave me hope when I couldn't believe.

Some days I know you question  
your effect upon my life.  
Trust in all I'm saying  
it's been nothing but good and bright.

All my dreams and longings  
came true because of you.  
Without which I'd be lost  
unsure of what to do.

So every day I'm thankful  
for the love and hope you give.  
You've given me the reason  
to dream, to love, to live.

October 25,2007

Heather Kemper

# Eyes Of Shadowed Sleep

Black,  
shades of trees.  
Lies.....pain,  
anger, dectet.  
All tell,  
stories of life.  
Looking deep,  
in brown eyes of gold,  
I,  
I,  
I see the lies that were told.  
All the pain,  
saddness,  
heartless tears.  
Birds of song.....  
wondering years.  
Struggles of survival,  
leading to...  
Jack Daniels.  
Paths,  
we walk alone.  
Schnapps,  
My pepermint home!  
Breaths,  
acid stole.  
Time dull as bone.  
Why,  
do these hearts never forget.  
Such pain,  
anger,  
loves debt?  
An aching wonder,  
in my empty heart and head.  
Why are such feelings cold?  
Like....  
islolated,  
fingers,  
they grab at my bones.  
As i lay back,

from this frenzied trip...  
I,  
he,  
we.....finaly,  
realize,  
our deaths,  
were shadowed in sleep.

Heather Kemper

# For All That You Are

I'm lonely without you  
full of missing and want.  
Wishing you were here  
hurting because you're not.  
I love and adore you  
more than I thought possible to do.  
No words or pictures  
could express what I feel for you.  
You've been my friend and lover  
my strength when weak.  
The person I depend on when scared  
everyday every week.  
Thank you my love  
for all that you are.  
For what you've given through time  
staying with me this far.  
I'm lucky and blessed  
to have found such a friend.  
The love of my life  
You're a blessing God said.  
For all of these things  
I am lucky to find.  
You I will cherish and love  
through eternity and time.

Feb 18,2005

Heather Kemper

# From A Child Unworthy

Sitting here alone I wonder  
why I never feel your love.  
Why I never had a daddy,  
like the one all girls dream of.  
I know you're dissapointed,  
and that you'll always be.  
You've never tried to forgive or understand,  
you didn't want to listen,  
especially not to me.  
All you saw was betrayal,  
nothing but how you hurt.  
You forgot about this child's mind,  
and what laid inside this heart of dirt.  
You forgot the wrongs you had done,  
the ones that scared for life.  
You just turned your back on this one,  
who was struggling to stay alive.  
All you see is anger,  
at being walked away from in this life.  
But are now and will forever be strangers,  
you closed your heart to this child who cried.  
Daddy I am so sorry,  
that you could not understand.  
I needed a special hero,  
one who would forever hold my hand.  
You wouldn't listen or forgive me,  
I'll never be enough.  
All I wanted in this world,  
was my daddy's unconditional love.  
I'm never good enough I know this,  
never will I be.  
I failed as just a child,  
worthless is now all I see.  
You showed me what you felt,  
the anger and disgust in me.  
Now you've banished me to hell,  
because my daddy's love I'll never see.  
One day I hope you may forgive me,  
for struggling to stay alive.

For making such an unforgivable mistake,  
to disagree instead of die.  
I forgive you now and always,  
though I'll go on to live in pain.  
Knowing I am forever unworthy,  
of your love in any way.

Dec.27,1997

Heather Kemper

# Gone

Gone

-----

I'm lost these days without you  
not knowing what to do.  
Nothing feels the way it should  
I don't know how to make it through.

Every promise  
is now a lie.  
Gone forever  
it all just died.

No hope no laughter  
no safety no trust.  
Everything I believed in  
erased as if only dust.

I love you  
you swore you loved me.  
Still here I am alone  
was this my destiny?

I believed in forever  
when whispered from your heart.  
But forevers not even close  
and we're here so far apart.

Why did you do this?  
Why did you walk away?  
I believed you and you loved me  
now my heart cries and pays.

I don't know how to do this  
how to live alone.  
When all I want is your touch  
and you to come back home.

July 2,2009

Heather Kemper



# Good-Bye My Love

Good-bye my love forever  
good-bye to your touch.  
Good-bye to all you gave me  
you'll never know how much.  
Good-bye my love forever  
you are the keeper of my soul.  
I know you tried to stay here  
to find a reason you shouldn't go.  
Good-bye my love forever  
I didn't mean to let you down.  
I believed that you loved me  
until forever came around.  
Good-bye my love forever  
don't look back I'll be ok.  
I wish you love and laughter  
to erase for you your pain.

Heather Kemper

# He Cried

There were three thousand plus,  
who entered the gates in heaven.  
Unsure how or why,  
their lives on earth had ended.  
they looked around,  
a quickness racing through their minds.  
Then all at once they saw him,  
he sat there,  
and he cried.  
Down below the rain flowed,  
from every cloud in they skies.  
On that day,  
God sat there.  
He sat there and he cried.  
He cried for every child,  
abused, hurt and unloved.  
For every old person,  
neglected, unfed, beaten down or shoved.  
For every jew,  
and their days of pain.  
For suicide bombers,  
and the martyrs they claim.  
He cried for the mommies,  
who grieve their dying child.  
For every cancer,  
missed when it was mild.  
For all the wars,  
declared in his name.  
For all the eternities,  
that turned towards the flames.  
All at once he stood,  
arms open wide for all around.  
And said,  
'I weep,  
for my children on the ground.  
For those who have chosen,  
destruction and pain,  
it's for all who feel it,  
that my tears may rain,

right now they fall,  
covering two mounds.'  
And we then understood,  
what we saw on that ground.  
With that he turned,  
cradled us all to his heart.  
I never knew,  
rain could come from that part.  
It was really God when he would look down,  
seeing us broken apart,  
loss all around.  
It was from the sadness,  
that sometimes,  
came with such power.  
Like that day in September,  
when we lost the two towers.  
So next time it rains,  
take note and believe,  
what man's doing to each other,  
Makes him sit there and grieve.  
The rain that your feeling,  
are the tears from his eyes.  
Too many people are willing to die.  
unable to love,  
to live and forgive.  
To see what he's given us,  
and how precious it is.

Dec.28,2004

Heather Kemper

# Hollow And Free

I cannot believe we've ended here  
our path will now part ways.  
You've been so much  
a part of my soul and my life  
Nothing will ever be the same.

To let you go now  
and move on alone.  
Is so hard for me to do  
somehow I thought I'd know.

I know I caused this tragedy  
this devastation to my life.  
I loved you too much  
and yet I still failed you each night.

I let myself believe  
those words you told me were true.  
I believed it wasn't as bad as I thought  
but in my heart I knew.

So now we move on  
in different directions.  
All those wounds that you healed  
are left unprotected.

The safety I'd found  
screaming silently quiet.  
As I stumble around  
to find a calm to their riot.

I know  
I made you walk so easily away.  
I wish you happiness forever  
nothing less all your days.

And now I'll wake up  
go through the motions of life.  
Caring for our children

pretending it's alright.

Put a smile on perfect  
glued on so tight.  
So no one will be effected  
by what I lost there that night,

No one will know  
no one will see.  
When our paths that night parted  
I became hollow  
and you free.

Heather Kemper

# How Many

What have we done  
to each other out there today  
I sit here and wonder  
as I listen to the rain.  
Why is God crying  
what have we done to hurt his heart?  
Who did we turn our back on  
when it was cold, lonely and dark?  
How many children  
blew themselves up outside a school?  
How many people have we killed  
because they were different, unacceptable not cool?  
How many wars have been declared  
on the weaker, poorer or by us dreamed less?  
How many children have been beaten  
instead of loved and given rest?  
How many old have been left alone  
to be forgotten unloved and unkempt?  
How many babies have been thrown away  
as if they had no value  
just something to discard to die where they are left  
How many hatreds  
will we continue to pass to those that follow/  
All this the how many  
is what has caused him  
to look down on us with such sorrow,

December 28,2004

Heather Kemper

# How Many Times Have We

How many times  
have we looked the other way?  
Let ourselves be blinded  
never had anything to say?  
How many times  
have we acted as if it wasn't real?  
We never really saw  
the bruises or cuts  
just beginning to heal?  
How many times  
have we convinced ourselves  
it wasn't our place to see?  
That there was someone else  
who would hear there pleas.  
How many nights  
have we dreamt of their face?  
Isn't is time we realized  
it's time to look their way?

August 2,2005

Heather Kemper

# I Am Stronger Now

You've been my husband and my friend  
the best part of my life.

I have always been so grateful  
for the day I became your wife.

I've loved you for so long now  
and never will that change.  
Even if the time has come  
to part and go separate ways.

The gifts that you have given  
far surpass what I gave back.  
You've loved someone so broken  
in spite of all it was I lacked.

Never giving up on me  
and finally now I can say.  
'I deserve to be here to live,  
I am not a mistake  
I should not pay! '

Thank you my love thank you  
for fighting when I was blind.  
You've helped me to find some peace  
and ease my broken mind.

And if our time is over now  
and we move on in different ways.  
Know forever without question  
you'll own my heart for all my days.

I'm grateful for your presence  
for your love and for the fight.  
It's made me stronger than I thought I'd be  
so if alone now I'll be alright.

Heather Kemper



# I Cry Because

I Cry Because

I'm drowning in this darkness  
it's consuming me I know.  
I am scared to again be nothing  
worthless and all alone.

My heart is slowly breaking  
into little pieces everyday.  
Every morning I wake without him  
nothing will ever be the same.

At night when everyone is sleeping  
I lay here and wish I could die.  
Wishing to be released from my promise  
knowing the answer I cry.

I cry because of how much I love him  
I cry for the life that I knew.  
I cry for the love that he gave me.  
I cry because I don't want us to be through.

Yet still in the darkness I wonder  
Why did God take him away?  
I tried to be a good person.  
It wasn't enough and now I will pay.

Please let him be happy  
and forgive me for waisting his time.  
Then release me form that promise  
I don't want to live just to cry.

Without him  
there is nothing but darkness.  
No warmth, no laughter, no love.  
Just this waist of a person  
who's worthless  
a mistake and a joke from above.

01/11/2007

Heather Kemper

# I Know I Promised You

I Know I Promised You  
I know I promised you  
If the day came I'd let you go.  
You asked me and I promised  
I promised this I know.

I wouldn't beg and plea  
to give us one more chance.  
I'd simply let you go  
if ever you came and asked.

I never thought this day would come  
and I'd be here to say good-bye.  
Leaving my heart shattered  
is the truth I will not lie.

This promise brings a darkness  
a loneliness so black.  
dying a little more each day  
wishing I could go back.

I know I promised I'd say good-bye  
if ever you chose to ask.  
But here you are  
and I don't know how.  
I want to scream  
COME BACK! !

My friend please forgive me  
for not being good enough.  
For failing to be the one you need  
undeserving of your love.

For making you unhappy  
for failing as your wife.  
This isn't what I wanted to be  
or what I wanted for our life.

So I'll do the best I can

I'll give it what I have left.  
Good-bye my love I let you go  
I wish you all the best.

Heather Kemper

# I Owe You

I touch you and you shiver  
you start to turn away.  
But stop your mind now racing  
what to do so you can stay.

~

Touching me it bores you  
it's a turn off through and through.  
There is nothing to make you want me  
pretending is getting hard to do.

~

You've tried weed and porno  
trying to alter your sight and mind.  
But nothing makes me better  
It wouldn't help if you were blind.

~

I try to show you that I want you  
I try to be something a little more.  
But all you see is I fail you  
ending up turned off continuously bored.

~

I hate what I now am to you  
what I see reflected in your eyes.  
The person you can't stand to touch  
and you're starting to despise.

~

I never wanted to be like this  
never wanted to be for you this bad.  
I thought that I could love you enough  
I wouldn't be the worst thing you ever had.

~

But time has proven me oh so wrong  
I cannot be worth your time.  
I cannot be the one you want  
I don't deserve you to be mine.

~

I'm sorry that I failed you  
for all that I've done so wrong.  
I wanted to be so much more  
but I've been a mistake now all along.

Heather Kemper  
October 29,2009

Heather Kemper

# I Won'T Say A Word

I won't say a word  
I won't make a sound.  
My heart won't ache  
my head won't pound.  
i won't cry  
I won't break  
slap me and slap me  
there's more I can take.  
My face is bloody  
my body bruised.  
I haven't any money...  
at life I lose.  
Can't you see one day what you did...  
will come back.  
I won't say a word  
but pain travels in circles  
You play in that world.  
I won't say a word  
I won't make a sound  
my heart won't break...  
my head won't pound.

Heather Kemper

# If Only I Had Listened

I'm finding you were right dad  
all this time I've been so wrong.  
You predicted and you nailed it  
I should have listened all along.

No one could love me  
not enough to want to stay.  
I am too broken and too flawed to care for  
to be anything in any way.

Not worthy enough to fight for  
not to see forever's light.  
A failure a disappointment  
only darkness there is no light.

You told me I should have listened  
I had nothing worthy enough to give.  
If I had I wouldn't be here  
wishing I had never been.

Knowing that he loved me  
and thought I was worth the fight.  
But time went on and he realized  
I brought for him misery not light.

Slowly I poison those who love me  
and with disgust they look away.  
if I had listened and not allowed them  
their lives wouldn't have been hurt that way.

So what now are my choices  
my options in this life?  
To never again be poison  
choking out all life.

You knew I would be this  
no good in me to give.  
So tell me what's the reason



I should continue  
to allow myself to live?

Heather Kemper

# I'M Letting Go Now Dad

I'm letting go now dad  
although I'm still not sure how.  
Letting go of those beliefs  
all of them right now.  
I was just a child  
innocent and new.  
I wasn't responsible  
for making your life better for you.  
You said I have no morals  
no integrity like you.  
But you decided that on your own  
when I was what.....2?  
You say I have nothing to offer  
nothing worthy I can give.  
Do you even know me  
who I am how I live?  
I grew up always knowing  
my father hated me all my life.  
I was never wanted or needed  
not by him,  
Unless it was to stroke his precious pride  
there was no reason for me to live.  
It was a way to hurt my mom  
or make him look good among his friends.  
Love and laughter were non existant  
a lie or or just pretend.  
I never believed I was anything but wrong  
he made me believe I was a mistake.  
I never would belong.  
Hugs and kisses were acts in a play  
something to convince his friends  
hey this dad's A-Ok.  
But the truth of that life  
was he was selfish and he was mean.  
He was never father of the year,  
he has no clue how to be.  
His coldness and his hatred  
made me feel like a disease.  
I couldn't ever be loved

that's what he made me believe.  
After I left him to live with mom  
she showed me this thing called love.  
I learned how to give it.  
The depth of what it was.  
Now my children and my husband  
I tell them everyday.  
They are perfect and I love them  
unconditional in every way.  
Good and bad disagreements and such  
because they are.  
That's enough just because.  
And for all the love  
I've been able to give  
believing it in return  
was harder to live.  
He made me believe I wasn't worthy enough to have  
love wasn't for me  
I was nothing but bad.  
I've let him destroy  
too much of my life  
It's tainted my marriage  
I've struggled too long just to be alive.  
I'm done now believing  
I'm unworthy to be loved.  
I'm done with all the hurting  
thinking I should just because.  
It was him that was the failure  
not the child that I was.  
I am good and I am worthy  
I deserve to be loved  
I am special and I belong  
I'm not the mistake I never was.  
I'm done with his disease  
his judgmental hate.  
I will be happy in my life  
before it's too late.  
I'm done with that lie  
and it's time I stopped asking  
You love me...Why?  
I have a husband and two children  
who love me for me.

Because I am a great person  
I finally believe what they see.  
So I'm letting go now  
of all he made me believe.  
Letting go of his cancer  
that was eating away at my life.  
He was an unwanted disease  
I've been slowly cured of  
No longer will I live his lie.

Heather Kemper

# Imagine This World

Imagine a world lonely  
hungry without hope.  
Imagine being hurt  
passed aside for drugs and dope.  
Imagine all people  
who were supposed to keep you safe.  
Forgetting you were even there  
for you there is no place.  
Imagine being used  
by a drunk that likes your hair.  
You're thirteen and you're jaded  
by a world that doesn't care.  
Imagine that you're broken  
hungry on the streets.  
No home no bed no family  
the dumpsters' where you eat.  
If all this you can imagine  
then you know a little of the pain,  
there are people out there living  
like what you imagined here today.

Heather Kemper

# In You

In you  
I've found my dreams.  
In you  
I've found hope.  
In you  
I've found strength  
a lifesaving rope.  
In you  
I've found love  
friendship that's true.  
Everything I've been searching for  
I've found it  
in you.

Heather Kemper

# Is It Because

I know I never told you  
never said the words out-loud.  
Afraid that if I said it  
my words would have no sound.

To say that I believed  
I was meant to be right here at your side.  
That we really had that love  
only few are lucky enough to find.

To say out-loud that I believed  
I was permanent in your heart.  
I could not ever be replaced  
would leave me alone here in the dark.

But still my heart believed  
it believed in all I've said.  
Whether said openly out-loud  
it was always there echoing in my head.

Now here we sit  
unsure of where we stand.  
Of where we'll go from here  
if it's together hand in hand.

I can't help but wonder  
if it's because my heart believed.  
Because I believed forever  
and now forever my heart decieved.

June 2,2009

Heather Kemper

# Just Ask My

Heart, soul, body mind  
yours forever  
until the end of time.  
If you doubt this love of mine  
just look up  
ask my eyes.  
They can tell you no secrets  
they can tell you no lies.  
Then ask my lips  
and in a sweet tender kiss  
they'll tell you of my love devoted  
to your body  
and it'd pleasure and bliss.  
Or just ask my hands  
so they may reach around,  
and hold you close to this heart that pounds.  
Then ask my body,  
watch it come alive.  
With just a glimpse or a look  
from your intense eyes.  
But truest of all  
if you just ask my heart,  
it would reach out to yours  
where the world is dark  
to tell you I love you  
saying forever I'm yours.  
Heart to body,  
Body to soul,  
ask any part of me  
For you I'll let go.

Heather Kemper



# Leaving Me

Leaving Me

You don't see how lost I am  
how scared I am inside.  
You don't want to see reality  
how much I really hide.

You say that I am broken  
and you can't make it all alright.  
Don't you see I don't need that from you  
I just need you to hold me tight.

To love me though I'm not perfect  
love me when I fall apart.  
Forgive me what is bad  
keeping safe my heart.

You don't want to see my tears  
or my heart shattered at your feet.  
It make the guilt turn angry.  
and you run a fast retreat.

You owned my heart  
you owned my soul.  
You said forever  
you'd never go.

Now here I sit  
just a house away.  
While you hold someone else  
and it's to her you say.

You love her  
you want her.  
It's her your heart desires  
leaving me empty  
broken, and cold

weary, unloved and tired.

July 2,2009

Heather Kemper

# Lifetime Love

Once in a lifetime  
if you're lucky enough.  
You'll find someone to love.  
That special friend  
becomes your partner.  
an angel from above.  
The keeper of your secrets  
the inspirations for your dreams.  
The one who knows when you are scared  
and holds you through your screams.  
Once in a lifetime  
if you are lucky enough,  
that person comes along.  
The one who completes your world,  
is the beat in every song.  
I've been one of the lucky ones.  
To have found my life time love.  
To have found the other part of me.  
My angel from above.  
Every day's become a blessing,  
no matter how mundane.  
Because of you  
my life time love!  
You took away all of my pain.  
You are my life time love  
I've been lucky enough to find.  
You have my heart and soul,  
my love for an eternities length of time.

Heather Kemper  
March 8,2005

Heather Kemper

# Magic The Gathering

Swamps and fire,  
forests and seas,  
plains tapped to cast a ward of green,  
As Gods we fight to be the winning hand,  
destroying creatures destroying land.  
With nettling imps and poisonous lure,  
we'll wipe out your board while frozen in fear,  
With evil presence we howl from beyond  
The damage done our opponents gone.  
Onto the next battle we fight,  
against creatures and demons gifted with flight.  
The bog imp the ghost ship  
the vampire and his bite.  
The Serra Angel, the seaserpent with an enchantment of flight.  
On and on we wage our wars  
until our host chaos closes the doors.  
Red of the Keldon  
Green of the wurm,  
White of the righteousness the lightning burn.  
As we play our hands and the spells are cast,  
It's Magic the Gathering reaping past.

Heather Kemper

# Memories Over Tea

This morning I sat down,  
to drink my morning tea.  
This old weary mind  
took control over me.

How long it was I say there  
I am unable to really say.  
It seemed like years,  
as my memory began to stray.

I thought about my childhood,  
my days as a kid.  
Growing up always wondering  
where I belonged and I fit in.

Then I remembered  
my wedding day and such.  
The births of our children,  
grandchildren and so much.

Of all the friends  
we'd made throughout the years.  
One most important  
I cried silent tears.

Gradually the memories  
relinquished their control.  
I stared into my cold tea,  
tears I felt slowly flow.

It had been many years,  
since we'd seen her sweet face.  
Time takes us to different places,  
sometimes to different fates.

Still she never was forgotten  
remembered always in our hearts.  
Now with our time almost over  
I wonder about our time apart.

I looked over out the window,  
up into the sky.  
As I began to look back  
I stopped and started to cry.

Standing there before me  
In the warm summer sun.  
was my friend who I'd been missing,  
as my life was almost done.

She stood there  
she was smiling  
Looking warmly back at me.  
Then she spread her arms wide  
I just stared in disbelief.

She was back home finally  
after all the time that's past.  
I had to stop, breathe and be sure  
Make this moment last.

I wasn't dreaming  
had not gone crazy  
gotten lost in the old aged mind..  
Fate had finally returned her  
Over memories and tea,  
my friend I was lucky enough to find.

For Mysti  
August 2,2002

Heather Kemper

# Mirror Mirror

Mirror mirror on the wall  
tell me what you see.  
Do you see the exact same things  
that I when I look at me?

I see a total failure  
a mistake that never should have been.  
Someone who didn't deserve his love  
who doesn't deserve to live.

I see someone who's ugly  
who cannot be desired because of that.  
Someone who isn't worthy  
a mere disappointment and that's the facts.

I see a desperate person  
who knows she can't be loved.  
Who knew no matter how hard he tried  
he'd leave because of who she was.

Someone who fails the ones that love her  
embarrass them all in time.  
So mirror mirror tell me please  
is the reflection you see inside?

Heather Kemper  
October 28,2009

Heather Kemper

# My Best Friend

My Best Friend

Through good and bad  
the best the rough.  
You are my reason  
to not give up.

You keep me going  
when I start to fall.  
Hold me close  
when I feel so small.

All we've gone through  
fought and shared.  
You've remained my best friend  
always there.

I cannot say what the future holds  
the trials the ease  
it's impossible to know.

But whatever may come  
I know in my heart.  
Together or separate  
as one or apart.

You'll be there  
my best friend, like you have from the start.

Thank you  
I love you.  
You're the best part of me.

My best friend  
my lover,  
Forever yours  
me.





# My Children

My children you are amazing  
complex yet simple still.  
Always reading, watching searching  
unable to get their fill.  
In them I see pure heaven  
such spirit grace and light.  
They are strong yet gentle also  
I'm amazed by them every night.  
My children give me hope and comfort  
their innocent mind such a delight.  
They shine where the world would see darkness  
their eyes only see light.  
Empathetic strong willed and loving  
not afraid of a world that I fear.  
They are the angels I get to grow old with.  
forever keeping them near.  
They are not bright for only a minute  
yet gifts for my life all the way.  
They are my angels sent from heaven  
to bless my life every day.  
my children I love and I'm proud of  
a never ending blessing and dream.  
I hope I always will show them  
how awesome I see them to be.  
That they know forever I love them  
more completely than could ever be seen.

Heather Kemper

# My Demons

When you said you loved me  
I thought could this be true?  
Over and over again you proved it  
Until I thought I knew.

So many times I questioned  
could he love someone like me?  
Yet every time I needed  
When I looked right there you'd be.

All these years I struggled  
to believe in what you said.  
Fighting always the demons  
that warred inside my head.

Then finally at last I believed it  
Believed that love declared.  
Believed you truly love me  
the demons were no longer barred.

My world it seemed then crumbled  
In a flash what I knew was gone.  
I was waking all alone  
my heart screaming I'd been so wrong.

All the promises I believed in  
the ones I'd fought against through time.  
Were disappearing so very quickly  
and I was losing what was mine.

I know in my heart he still loves me  
that his words still had to be true.  
But those demons now are louder  
and hope is now quieter too.

Leaving my soul splintered  
questioning all I have known.  
Trying to hold on and have faith  
when inside my demons have grown.

Can I again believe him?  
Believe what he says is true.  
That he really wants to come home  
and home is with me and not you.

Inside my head my demons  
are screaming louder still.  
Telling me they are only words  
screaming at me they can't be real.

How do I go back now  
to that place that once was warm?  
To the place I believed he loved me  
and my demons screamed no more?

Heather Kemper

# My Distorted Life

My Distorted Life

I know you don't understand it  
you can't see my point of view.  
To you I am just tripping  
doing what I always do.

You think I like to feel this  
I like making your life hell.  
That I am happy being nothing  
it's what I do so well

I wish I could explain it  
what my heart believes is true.  
The feelings that take over  
leave me scared of losing you.

I know I am unworthy  
I don't deserve your love.  
You should be with someone better  
who for you would be enough.

I don't make you happy  
I can't be what you desire.  
So how can you still love me  
when I'm cold where there should be fire?

I'm stiff and I am rigid  
too locked up inside my head.  
I am fat and gross and ugly  
alone is what I dread.

Even if it's what I deserve  
to forever be alone.  
I should let you go to be happy  
not stuck in this lacking home.

You say you don't see a reason  
for me to feel this way.  
That I don't see reality

like it is everyday.

You don't see  
you don't believe it.  
The distance that I feel  
It hurts me every night.  
That distance is very real.

It hurts me in my soul  
that the closeness is now gone.  
Most days I feel lost  
back into the darkness again it's home.

To you it's the way I want us  
this is what I've made.  
You believe it's how I want things to be  
and it doesn't matter  
a little more everyday.

12/21/2006

Heather Kemper

# My Last Words

Now I lay me down to sleep,  
my crazy mind and arms at peace.  
This empty heart torn apart,  
these darkened days all gone by,  
my grieving heart one last sigh.  
Not ot blame mom and dad,  
home again it's not so sad.  
I finaly feel freedom,  
after all crazy hearts don't deserve love,  
they deserve to die,  
go to heaven above.  
Finding the world funny,  
lokk at my grave I finaly look stunning.  
As animals rome, Richards ruled,  
tramps find bloody pools.  
Love is not something easily found,  
like everyone else I stood my ground.  
but.. Like I said,  
Jack Daniels ruled,  
Acid cried,  
where waters crash,  
you'll find some words of mine.  
'no one there to hold you,  
no one were just friends,  
you live life up and down love,  
nightmares are your dreams.  
Hold on Hold on tight,  
I'll miake everything allright.  
Wake up don't go to sleep,  
I pray the Lord your soul to keep..'  
Now I lay me down to sleep,  
I pray the Lord my soul to keep,  
if I die before I wake,  
I pray the Lord my soul to take.  
Written in black,  
said in shame.  
I commited..  
ended life's final of games.

May 5,1990□

Heather Kemper



# My Reality Of Me

My Reality of Me

Why should anyone care  
or love me?  
I'm not right!  
why should they believe  
that I'm worth  
the time or energy to fight?  
Look at who I am  
honest eyes open wide.  
I am ugly, cold a failure.  
Never passion satisfied.  
What my heart dreams  
reality fails to be.  
Leaving the one I love  
disappointed in all that's me  
So how can anyone love me  
believe in who I am?  
A constant disappointment  
undeserving of any fan.  
Alone, empty, silent  
dark  
The reality of what's left behind.  
Pulling those that I love apart  
unlovable forever for all time.

July 2,2009

Heather Kemper

# My Unseen View

My Unseen View

You act like I am crazy  
like things are just the same.  
Like we're not growing distant  
or if we are it's me to blame.  
You say that you don't see it  
that it's all just in my head.  
You don't see how you are different  
it doesn't matter what I've said.  
I've told you  
you won't see it.  
You don't look at me the same.  
Instead of like your partner  
I'm just your ball n' chain.  
You don't talk to me like you once did  
I'm not as important as I was.  
I'm just the wife you got stuck with  
an after thought of love.  
You used to want my opinion  
or just tell me about your day.  
Now it's none of my business  
it doesn't concern me is all you say.  
When you're there you're always busy  
with the computer or a guest.  
I feel like I'm interrupting  
a constant nagging pest.  
To you I fell like an embarrassment  
someone you see as less.  
The way I feel you look at me  
is colder  
I'm not enough I guess.  
I'm sorry you don't see it  
or you are unwilling to admit you do.  
You believe this is the way I want it  
I like being less than you.  
Saying that it kills me  
it hurts deeper than I can convey.  
Means nothing when I say it  
to you it's just something that I say.

I wish that I was different  
that I was so much more than this.  
That the distance growing between us  
wasn't what it is.  
But alone I sit and feel it  
unable to make you see.  
Maybe when you finally leave me  
you'll see what it is I've seen.

12/21/2006

Heather Kemper

# My White Knight

This isn't how we planned things  
what we wanted out of life.  
After eighteen years together  
you're still my hero, my white knight.

~

I still run to you to save me  
look for you to catch me when I fall.  
You still make life worth living  
you're still the best part of it all.

~

I know it hasn't been easy  
I know I've let you down.  
Through it all you still love me  
I don't know why you've stuck around.

~

I love you without condition  
without thought it's just what is.  
Never understanding why things happen  
no matter what I can't give in.

~

You're still my shining hero  
my white knight who saves the day.  
I'm grateful for the chance to love you  
it's been worth it in every way.

~

So this isn't how we planned things  
where we thought in life we'd be.  
Though some things we may have changed  
there is no other place in life for me.

~

Except right here with my hero  
fighting the world in every way.  
By your side however I can be  
forever always..... everyday.

Heather Kemper

# Now I Lay Me Down And Wish

Now I Lay me down to sleep,  
I wish the answer to my prayer I'll meet.  
i wish to wake up  
not quite so tall.  
With soft tan skin  
that's warm not flawed.  
With eyes of emerald,  
so I may clearly see.  
The way to be alive  
awake and free.  
As I slumber in sleep and rest,  
may the spell take over  
work it's best.  
May the lines now broken  
become again as one.  
The parts reconnected  
that had come undone.  
If those pieces cannot somehow be fixed,  
and the prayer left unanswered,  
wishes not seen or missed.  
Then may this slumber I have taken,  
Not bring me back  
to this life I wake in.

Heather Kemper

# Once The One You Loved

There is no way to fix us  
no way to change what has been done.  
To erase the damage the way we feel  
go back to when we were one.

I wish a million wishes  
I say a million prayers.  
Wanting to be something good for you  
instead I destroy how much you care,

I failed you everyday I know  
I constantly let you down.  
You'll never be able to believe the truth  
not as long as I am around.

I want so badly to see you smile  
I wish to be the cause.  
But to stop and be honest with you now  
my chest hurts, ... I have to pause.

I haven't helped or healed you  
I've never made you whole.  
Now I can barely make you smile.  
I've been a poison to your soul.

I know you believe I wanted this  
I wanted to let you down.  
I wanted you to hate life with me  
and to hate yourself when I'm around.

The truth is I've always loved you  
with everything that I am.  
I wanted you then I want you now  
above everything to be my friend.

I realize I can't be what you need  
not anything you see as good.  
I want for you to live not bleed  
to be happy like you should.

So I release you now from all your vows  
from forever and from your love.  
Please be happy be free and dream  
forget this failure if you could.

You own my heart forever  
even if our time is done.  
And forever I'll be grateful  
I was once the one that you loved.

Heather Kemper

# One Day

One day I'll know he means it,  
when he tells me that he cares.  
One day I'll know he means it,  
when he promises he'll always be there.  
One day the heart will hear him,  
One day God might answer my prayer.  
One day there will be no more anger,  
to reach me in the night.  
One day he won't make me a stranger,  
that makes him rise up and fight.  
One day he'll believe I love him,  
and I pray nothing will tear us apart.  
One day I hope is tomorrow,  
then all of this will come true.  
But if one day is not for a thousand,  
I'll stick by him to make it through.  
One day I hope I can understand,  
why this happened to our family.  
One day I hope I understand,  
why we have to fight still once again.  
One day I hope we can again believe,  
in the love we both thought we knew.  
I hope one day is always here with you.

Oct.6,1997

Heather Kemper



# Prince Charming

For all the love you've given  
for the patience you've always shown.  
For all your wants unfulfilled  
I wanted more for you  
you know.

For being my constant hero  
my knight come to save the day.  
My life was blessed the day you loved me  
in every perfect way.

In spite of every failure  
every disappointment you've felt because of me.  
You're still my one true hero  
my savior, my wants  
my dreams.

I'm grateful for everything you've given  
forgive me for how things have seemed.  
I'm stronger I'm alive I'm different  
your love is all I need.

You fought for me when I wouldn't  
allowing me the view from within your eye.  
So please  
know I know you tried.

If your presence you're doubting was good  
it's because of you that today I am here.  
Writing with ink and not blood  
you're the reason it's clear.

Your love and your touch  
they've been perfect.  
Your friendship no other can touch.  
forever will you be my hero  
who's given always so much.

Together or apart

I love You!  
I'm better because you were there.  
You're the good in my life  
and I'm stronger because you cared.

Do not doubt  
do not question.  
It's the truth behind all the pain.  
You have been always my  
Prince Charming.

And you'll be always  
till the end of my days.

May 2,2009

Heather Kemper

# Promise Me Again

Promise Me Again

If you say the words,  
I'll listen.  
I'll believe them,  
I will try.

Promise me forever,  
I'll be there by your side.  
Promise to never leave me,  
or stop loving me day to day.  
If you say it,  
I will listen  
give me one more chance I pray.

Please lets just start over,  
and I'll believe I stand a chance.  
That in your eyes  
I'm not the failure,  
that it seems you believe I am.

If you say the words I will listen,  
I'll believe it's really true.  
That I can have forever,  
and forever is seen here with you.

If you promise I've learned,  
I'll listen.  
Please don't tell me  
it's become way too late.  
I'm still worth promising forever,  
not a failed unworthy mistake.

June 21,2009

Heather Kemper

# Quick

In the blink of an eye  
he took them home.  
One hundred sixty thousand a few and some.  
All at once not alone  
the oceans opened up and swelled  
the earth quaked.  
There was no time  
for good-byes and thanks to tell.  
They were not taken over time  
it wasn't slow with a warning  
or with age.  
In one quick move  
they were standing at the gates.  
Below the sky  
cried out with rage.  
As he sits and cries  
he's telling us.  
Get ready soon will be your time  
sit down and pray  
make it right.  
Soon you'll go that way  
in one quick wave  
in dark or light.  
He'll call them home  
and those who turned the other way  
will be left alone  
in their choice they'll pay.  
No turning back  
we he comes to take then.  
So ask yourself  
is it right or wrong?  
And a simple question  
asked a time or two  
may be worth more than it's weight in gold.  
Ask yourself  
what would Jesus do?  
In your answer be honest and bold.  
If it's the truth and it's right  
you'll know in your heart

and quick in that light.  
No time to say all the good-byes  
You'll just be gone  
taken out of the fight.

December 28,2004

Heather Kemper

# Reality

You are not a lost soul  
forgotten by the world.  
You are not abandoned  
or left like milk to sour and curl  
You are loved  
you are needed  
if by non other than your kids.  
You brought them here  
they didn't ask to be forced to live.  
You are not a lost soul  
unloved abused decayed.  
You lost yourself  
in your selfish self serving ways.  
It was not I nor him  
nor her nor them.  
You turned your back  
on love on hope on friends.  
You were the one  
who looked yourself eye to eye.  
Then made acceptable excuses  
why that bag was worth more  
than for your children to try,  
Don't ask me  
to feel for where you are now.  
As if you were never given a chance.  
Don't ask me to feel protective now.  
Did you protect your kids  
when you were chasing that bag around?  
You brought yourself to the point you're at today.  
Not because the world forgot you  
but because it was your world  
you chose to betray.  
So now as you sit  
feeling like you are always alone.  
Maybe it's time you  
WAKE UP  
and remember the kids you forgot back home.  
Stop lying and chasing that always empty bag.  
The world's got more to offer

if you leave behind the selfish self indulgent and vien.  
It's not us or them or the world  
who cuts you  
only you cause yourself that pain.

April 31,2003

Heather Kemper

# Rescued

Hush sweet child  
dry your eyes.  
You're safe now forever  
it's all right.

No more sadness  
no more pain.  
He'll never again hurt you  
or scream out your name.

Your mommy is coming  
you won't be alone.  
She'll be safe here with you  
you won't be hungry or cold.

No more bruises  
no more broken bones.  
No more beatings  
with bats and phones.

No more touching  
of that private place.  
Only love and warmth  
I give to replace.

Food and laughter  
kisses and hugs.  
A world so much better  
than anything that was.

Look sweet child  
your mommy is here.  
Just like I promised  
and I'll always be near.

That man who once hurt you  
is gone from your life.  
You're safe now in Heaven  
no more will you cry.



October 25,2007

Heather Kemper

# Self Betrayal

For every shadow seen and heard  
the winds change the day.  
My memories past and present  
will come at night to stay.

\*

He told me to just drop it  
to move on and live in peace.  
Yet for every night there is a nightmare  
tearing up my dreams.

\*

My heart is pained with anger  
a feeling of deceit.  
For I betrayed myself  
I gave in to defeat.

\*

I gave up my control  
on that dark and dreadful night.  
I gave up my soul  
when I abandoned my fight.

\*

I tried to stop him  
honest.  
I tried to tell him  
no.

\*

He just pushed me back down  
told me very slow.  
Sit back and be quiet  
I could just break your neck.  
I want a little fun  
how about a little lick.

\*

My heart turned upside down

as I cried out from the shooting pain.  
But when he was through  
he told me  
he thought I liked it just the same.

\*

Now give me your stupid hand  
he said  
As he yanked me off the bed

\*

Told me to get dressed  
smiled sweetly and said.  
'What's wrong? Smile!  
you look so distressed.'

\*

When we went outside he scared me  
gave me this piercing grin.  
He made me feel like I was nothing  
I could never win.

\*

Now look into my eyes  
do you see the shame that's hidden there?  
Since that dreadful moment  
I've been afraid to show I care.

\*

Everything has changed  
including my view of life.  
Nothing looks the same  
since I betrayed myself that night.

Heather Kemper

# Spread Your Wings

I looked out of the window  
as the doctor pulled the plugs.  
Waiting for them to tell me  
a few minutes was all there was

~

I looked up and then I saw you  
my Angel in the sky.  
You spread for me your wings  
toward heaven you began to fly.

~

I knew just then you'd left us  
in that moment they said you died.  
My heart broke and I was empty  
for my baby now I cried.

~

I know that you are safe now  
no longer sick in so much pain.  
Our father took you home,  
an Angel he has made.

~

Everyday now I will miss you  
miss your laughter miss your life.  
But I know you'll be in heaven  
My Angel now may you fly.

Heather Kemper  
October 10,2009  
For Liz

Heather Kemper

# Straight From The Heart

Once a child snall and full of light,  
you guided me and held me,  
when I was frightend in the night.  
you rocked me when I cried  
you sang when I was sick.  
What would I have done  
without you when things got thick.  
You taught me how to love,  
taught me how to give.  
You taught me life was fun,  
it was o.k. to laugh and live.  
You've given me a foundation  
on wich to build my life.  
Mom I am so thankful,  
you were there..  
you made it all right.  
Please take this birthday wish  
and carry it to your heart.  
You belong up there with the stars.  
You are more than that  
in this child's heart.

Heather Kemper

# The Mother I Know Is Dying

The mother I know is dying,  
her soul is going to heaven above.  
I look at her crying,  
I don't understand  
where is the look of love?  
She looks at me with stone gray eyes  
that look you see is one of lies.  
No one ever told me  
that mother's often die.  
They only told me it was a sin to ever lie.  
I'm sorry that I failed you  
please give me one more chance.  
Mommy I am so sorry,  
please don't raise your hand.  
I didn't mean to be honest.  
I just was so afraid.  
If you'll only listen now..  
I promise I'll obey.  
The pain I felt just then  
wasn't from that stone cold hand...  
It was from the lack of love..  
and a feeling I didn't understand.

Heather Kemper

# The Disease

I have a disease I admit it  
don't know if it has a name.  
Somedays it's here thn it's gone  
as quickly as it came.  
Somedays I don't know what to do  
to make sense through this disease filled dark.  
The cold bleak loneliness  
breaks my mind apart.  
It's a self loathing alone and emptiness  
no one on earth should know.  
There is no drug or antidote  
to cure it that I know.  
I know this disease this sickness  
has been wih me for way too long.  
I struggle each day to fix  
what through my eyes is endlessly wrong.  
Somedays it's overwhelming and defing  
to anything that might be right.  
It changes your thought and understanding  
you're alone no one in sight.  
This desease if strong and deadly  
it claims more people everyyear.  
I've named my disease Sorrows Heart  
please someone tell us  
if there ever is a cure.

May30,2002

Heather Kemper

# The End

I love you now and forever  
no matter what everyday.  
If we stayed together forever  
or go now our separate ways.

You've given me my reason  
a strength that feeds my heart.  
Love I never dreamed of  
so much more from the start.

I know it is my failures  
the constant letting down.  
That have caused for us this gap  
this place that we're here at now.

I know that you have tried  
to find reason everyday.  
Something to hold onto  
make it worthy enough to stay.

I'm so sorry I don't give you  
what it is you want and need.  
Unable to make you happy  
stifled you cannot breathe.

I know that other women  
are more than just a thought.  
They are hope a want a desire  
a chance for what I'm not.

My love I am so sorry  
For all the ways I've let you down.  
It was never what I wanted  
and not what I want for you now.

Now I sit here and I'm thinking  
I owe you so much more.  
The chance to be whole and happy  
As I walk forever out the door.



Not because I don't love you  
not because I want you hurt.  
But because you deserve so much more  
than a wife who's only dirt.

Please find a love forever  
and know I'll always be near.  
Thank you for all you've given  
for trying from year to year.

April 7,2008

Heather Kemper

# The Invisable Heart

I used to write my feelings  
so that others may understand.  
Just what I was thinking  
inside my heart and in my head.  
Then one day I started seeing,  
the view from a different glass,  
that the heart was invisible,  
the ink just as bad.  
What was written on the paper  
couldn't seem to find it's way  
to an understanding of this person,  
and the truth's the ink would pay.  
Instead they saw just writing  
some words that sometimes rhymed.  
They saw a poem on some paper  
missed the feelings from inside.  
So now on this simple paper  
with an ink that's stark and white,  
The color faded so you remember  
the heart that finally wins your sight.

Heather Kemper

# The Little Things

The little things in life  
we forget from day to day.  
Their importance  
their special meaning  
we overlook along the way.  
Then one minute we realize  
they're gone or not the same.  
We ache for a glimpse  
a smile a simple touch.  
Even just the sound  
of hearing or saying a name so much.  
The memories fill our thoughts  
and we find comfort in that act.  
Those are all the little things  
that we have overlooked.  
In our memories thankfully  
we find intact.

February 1,2005

Heather Kemper

# The Little Things We Share

I know I shouldn't wonder  
but at times I often do.  
Do you share with her the little things  
that we share between us two.

Are they just as special  
as the first time they were done?  
Shared only between us  
when still we were as one.

I know it shouldn't matter  
it shouldn't change the way I feel.  
But the little things of ours  
were mine and they were real.

I'm sorry that I question  
that I have trouble keeping faith.  
That hope sometimes forgets me  
and my foundation loses strength.

But in the end I love you  
forever I always will.  
Little things and all  
they're apart of what we feel.

Heather Kemper

# The Monster And The Failure

The Monster and the Failure

I make him see a monster  
when he looks into his face.  
Someone always hurting  
the ones he wants to keep safe.

In me he sees the failure  
the one who tears him down.  
That makes him become the monster  
when ever I'm around.

I wish that I could fix this  
this vicious cycle we seem to be in.  
The monster and the failure  
is there a way for us to win.

In him I see no monster  
just a hero strong and tall.  
My friend, my hope my companion  
the keeper of my soul.

I wish I knew how to show him  
in the reflection that he sees.  
He'd know he's not the monster  
this failure makes him believe.

But I'd still be here  
still the failure.  
the one who lets him down.  
The one who disappoints him  
whenever I'm around.

I'm the failure  
he's never the monster  
I love him I hope he sees.

Can we make each other better  
I hope I wish can I believe.

June 21,2009

Heather Kemper

# The Pain Of Ink

I never meant to hurt you  
when the ink flowed from my pen.  
Never meant to scar your heart  
with the thoughts trapped inside my head.

I never thought it mattered  
or would affect the ones who cared.  
I just needed a way to sort it  
this burden not meant to be shared.

You used to find in this ink such pride  
in the words that from me flowed.  
Reading all the things I wrote  
it was a pride I had never before known.

Now when my pen takes up again  
and the ink begins to write.  
I'm careful and I'm weary  
of the pain that it brings to life.

Unsure of how to sort my mind  
from the truth and from my fear.  
Will I forever scar this man  
with the ink that flows so clear.

Heather Kemper

# The Price Of Failure

I can't believe you're leaving  
you decided you can't stay.  
I can't believe the pain inside  
will it ever go away?

I never knew what it felt like  
to be loved before you came along.  
I knew I was nothing and no one  
replaceable always wrong,

You touched my heart and showed me  
what warmth and happiness was.  
You showed what it was like to be special  
believed in me because.

If I had never felt that feeling  
of special wonderful light.  
Then going back to that darkness of living  
would be ok and a little alright.

I wouldn't hurt for what I was losing  
or cry for what I'll again never have.  
I would be content with the cold and unfeeling  
like it was nothing the same as I am.

Now I know that sweet feeling  
you promised I'd for a lifetime feel,  
I failed and now you are leaving  
you say somehow my heart will heal.

I made you leave me I know this  
I made loving me to hard to do.  
I made you ashamed of sharing a life with me.  
I did all this by loving you.

I want to beg you  
stay with me.  
I want to plea  
you promised me you would.



But I can't  
I promised you truly  
If you decided to leave  
I'd let you go so you could.

Now I live this existence  
For the children I was lucky to have  
Going through the motions of living  
Knowing I cost them their dad.

Knowing I can't make him love me  
knowing I failed as a wife,  
Wondering how long till I fail them  
As a mom I'll never be right.

They aren't yet old enough to know this  
to see the mistake that is me.  
Soon they will see what the truth is  
and they will run anywhere to be free.

I wish I could be free of that promise  
the one I made years ago.  
That I would stay not give in to darkness  
end this life that I know

To not end the mistake of an existence.  
To live when I didn't want to be.  
To not end this joke I've been living  
is to much I beg to be free.

Release me Please I'm begging  
release me from staying in hell.  
I don't want to live here as nothing  
In that darkness I've known all too well.

To live without you beside me  
like you promised always you would.  
To live without the love that you gave me  
is a hell you never understood.

I love you  
one last time I will say this.

I promise I love you I did  
I lost you  
and now I will pay this  
forever is the price that I bid.

1/28/2007

Heather Kemper

# The Symbol

It's just a simple ring  
to wear upon the hand.  
Some have gold and diamonds  
some a plain gold band.  
Not all respect the symbol  
or honor what's displayed.  
Forgetting maybe for just a moment  
turning the other way.  
To some there is true meaning  
in that ring upon their hand.  
it means love that's everlasting  
and giving without demand.  
It tells more of their true feelings  
than words sometimes allow.  
Of the day they joined completely  
speaking eternal vows.  
It's a feeling they find within them  
that connects them to their love.  
When they cannot be together  
it's a symbol blessed from up above  
Some may wear it proudly  
displayed for all to see..  
Some may wear it quiet,  
in their heart they wear their ring,  
It's just a simple symbol  
but respect whatever type of band,  
whether worn inside the soul,  
or outside upon the hand.

Heather Kemper  
Dec.2,1999

Heather Kemper

# The Truth Of You

Hello my love I miss you  
I miss your voice I miss your smile.  
It's been so long since I heard you  
it may still be a little while.

So many things have happened  
so many things have been said and done.  
Some were so amazing  
they gave me hope that we had won.

Some were mean and stupid  
things said we can't take back.  
Hurtful, vengeful words were spoken  
causing us pain we see as fact.

The monster that you have come to see  
caused by words that I've said.  
Is not the truth of who you are  
but what I created in your head.

The man I see is strong and smart  
and he cares more than he shows.  
He finds me when I'm lost in the dark  
no matter what he knows.

You are the hero that I call  
not the monster who's on attack.  
I wish I could change for you the relection  
then the truth you could finally see looking back.

Heather Kemper

# The Wall

The Wall

I sit here and I miss you  
the way you smile  
the way you laugh.

The way you see things around you  
your thoughts change so fast.  
I miss the way you smell.  
the comfort in your arms.  
the way you hold me tight  
you melt again my heart.

I miss us  
and our friendship.  
The way we used to talk.  
It was us against the world  
and the world could just take a walk.

Now there is this silence  
this wall between our hearts.  
I have no rope no ladder  
it's keeping us apart.

I don't know how to cross it  
to get to where you are.  
I try but this wall gets taller  
the distance seems so far.

I don't know what you are doing  
over there on the other side.  
Are you looking for a way over  
this wall that can't seem to be climbed.

Are you trying to find a way  
to break this barrier down  
Or are you wishing it was higher  
so you can have your private ground.

June 6.2009

Heather Kemper

# This Friend

Have I ever told you about this friend I have  
she keeps us guessing and on our toes.  
She's not the best for showing up on time  
but she's got the biggest heart I know.  
She's always out there trying  
and has a problem saying no.  
She means to be there really  
but she's not the best when on the go.  
Still for all her little down sides  
she's the best of friends I have.  
Always quick with a smile and a compliment,  
especially if things are bad.  
When things are tight and desperate,  
she manages to come through.  
She's trusting open and honest,  
a blessing because she's true.  
If only she could see herself  
like the rest of us can see.  
She might see how much she's worth to us  
and let herself be free.

(October12,2004)

Heather Kemper

# Today I Am Alive

Today I am alive  
because of that love that you gave.  
You fought to keep me here  
to show me I had a place.  
To give me something special  
that I had felt I wasn't worth.  
You loved me for whatever reason  
you saw in me more than dirt.  
I am alive today  
because you believed in who I was.  
You fought for me the hardest  
believing just because.  
You gave me reason to wake up  
to try to live each day.  
I am alive now because of you  
and the friendship that you gave.  
Life was cold and lonely  
before you came along.  
You showed me it could be more  
It wasn't always wrong.  
Today I am alive  
and living like I should.  
You believed in me and loved me  
you showed me life was good.

2/14/2007

Heather Kemper



# Touched By An Angel

Did you know that you glow  
when you smile big and bright?  
You capture everyone you know  
anyone in sight.  
You have such brilliant life  
and can infect all who see.  
You've been my inspiration  
an angel bright and free.  
When I was down  
unsure afraid,  
You held my hand  
beside me stayed.  
Always there  
when I needed a friend.  
I knew I could trust you  
I could be me and not pretend.  
Now you face  
tough times alone.  
away from family  
from your friends and home.  
Do not think  
I'm not there in my heart.  
I would trade you places  
I'd play for you this part.  
I'd do this for you  
in the blink of an eye.  
Hero, friend  
for you my angel I cry.  
Sent from above  
with special touches and care  
you blessed me and my life.  
If ever you need  
I'll always be there.  
Thank you little sis  
for being my friend.  
A rock when I needed  
on whom I can always depend.  
I've been touched by an angel  
everyday and it's true,

Touched by an angel  
that angel is you.

Feb.23,2005

Heather Kemper

# Uncertian

Each time you say I love you  
my heart cries out believe!  
He means it, he's not lying!  
It's really meant for me.

~

But then my head takes over  
questioning your intent.  
Is it just because it's easy  
a habit too often said?

~

I want to hope and trust this  
believe again it's true.  
That my world isn't crumbling  
crushing all I knew.

~

My nights are filled with nightmares  
I awake alone and scared.  
Will you take our children and leave me  
alone without you there?

~

I want to fight to scream  
whatever!  
If that's what it takes  
to make you stay.

~

To remind you what you promised  
make you love me again one day!

~

To show you what my heart sees  
when I think of what you give.  
The years of love and laughter  
of just loving me like you did.

~

The children that you gave me  
the shelter you often became.  
The arms I'd fall into crying  
you'd always take away my pain.

~

You believed when no one else did

and you opened up my heart.  
What you gave there are no words for  
and that's simply just the start.

~

In your eyes I knew I'd found something  
I'd been searching for all my life.  
All the good I've had since  
was all because you tried.

~

So when I think of losing that  
and everything that's left unsaid.  
My heart screams and panics  
I'm full of fear and dread.

~

My world my dreams my everything  
my ability to laugh not cry.  
All I have is because of you  
and because of you I try.

~

So when you say I love you  
I'm afraid now to hope that it's true.  
I believed once before that you meant it  
Now I just wish I knew.

September 9,2007

Heather Kemper

# Under The Mask

The mask that I wear  
is cracked and slightly worn.  
The truth is leaking out  
but no one cares to look anymore.  
For my children and my mom  
even more for him.  
I play more often than not  
then to let them see within.  
What I feel I cannot say  
I cannot act on the screaming impulse  
to give in and let the blade slice.  
To cut out all the ugly  
the stupid I would simply dice.  
Leaving less than a shell of a person  
who's maybe something right.  
They don't understand it  
they think it's all for show.  
What they cannot really see  
is what they choose in their heart not to know.  
Every slice every cut  
is intended just for me.  
Not for their eyes to judge or wonder  
if they caused me to bleed.  
It's a punishment  
a sentence  
a checking of the self.  
A correction of the wrong  
an emptying of the disease  
that's been a poison in me too long.  
With every rip and every tear  
every shredded hole.  
You see more of the darkness  
the disease  
that everyday I know.  
So I putty and I spackle.  
with a smile or with a laugh.  
So they won't be effected  
by what's beneath this broken mask.



# Visions Of Heather

There she was  
standing off in the rain.  
Beautiful...  
she took my breath away.  
How long had it been  
since her body was next to me  
since the taste of her skin  
was forever burned into my mind?  
The smell of her hair,  
the way she felt next to me.  
Kissing her body  
till it set my soul on fire.  
As I reach out to her she smiles,  
her face wet glowing and inviting.  
Finally her lips touch mine  
and I'm once again taken to...  
.... Heaven.  
Bathed in sweet drops  
enthralled with desire.  
Her body begging me  
....set me afire.  
As the cooling rain  
adds sensation to touch  
standing here in my arms..  
I want her so much,  
To take her right here  
under the sky.  
To show her I need her,  
want her as mine.  
To touch her,  
caress her,  
make her moan with desire.  
As I bring her past now  
then take her higher.  
Take her to where no one else is  
deep deep inside her  
shes pulling me in.  
Standing there in the pouring rain  
more breath taking than ever.

It's impossible to capture  
that vision of Heather.

2/15/2007

Heather Kemper



# What Do I Do

What do I do  
how do I make you see?  
I was lost and I was broken  
before you started loving me.

Because of you I am better  
not perfect in any way.  
See I would wake up crying  
because I was alive another day.

I don't sit before the mirror  
with a knife open in my hand.  
Trying to find a reason  
to believe in who I am.

So much of that has changed  
because of what you say.  
Because of the way you saw me  
but was the price too high to pay?

I don't make you happy  
I haven't for so long.  
I am panicked and I am desperate  
most often though I'm wrong.

Is the only answer  
to say good-bye and walk away?  
Is that the right thing for you  
so your heart no longer pays?

Knowing that if I'm gone  
I don't call or come around.  
I'll disappear from your heart forever  
lost I won't be found.

So here I am again  
broken beyond repair.  
You've changed the way you see me  
I make it too hard for you to care.

I know you don't believe me  
you don't think that I still try.  
You think I never want you  
do you only think I lie?

When I make an effort  
to show you what you mean.  
How much I truly want you  
the way I want you in my dreams.

I fail to make you see it  
make you believe that it is real.  
I walk away again the failure  
I guess I always will.

So if I really love you  
the way it screams inside my soul.  
Then answer to this question,  
it seems is to walk away and let you go.

Heather Kemper

# You

I know sometimes I lose it  
sometimes I freak completely out.  
I don't trust and I accuse and question  
my mind is full of doubt,

I know in my heart you love me  
I know I also that I fall short.  
No matter what I lack in giving  
you've always given me support.

I know you're still my hero  
my knight who saves the day.  
You're still the keeper of my soul  
you still chase my bad away.

Everyday I dream of you  
where you're happy and full filled.  
That it's me that makes this happen  
it's me who knows your will.

Everyday you're there for me  
you've never given up.  
My strength, my rock, my infinity  
my friend, my heart, my love.

Through good and bad you've been there  
always at my side.  
Even when I didn't deserve it  
You never let me hide.

Sometimes I know I make it hard  
hard to like or love me as I am.  
Yet there you are  
you find away  
to love me and be my friend.

For all you do I notice it  
I see it and it means so much.  
I feel it and that means so much more

it's there always in your touch.

July 1,2008  
for my husband.

Heather Kemper

# You'Re Still

You know you still amaze me  
you still take my breath away.  
Each time I look into your eyes  
my heart melts like the first day.  
I still want to impress you  
make you want to look my way.  
Still hope you find me pretty  
afraid I bore you day to day.  
You still make my knees weak  
when you gently kiss my lips.  
Still give me butterflies inside  
with just a touch of your finger tips.  
You still dominate my dreams  
by protecting me from unknown harm.  
My prince charming still and forever  
safe in your loving arms.  
You still make my heart race  
pound with heat and desire.  
After all this time together  
you still set me on fire.  
I love you still  
more than words can possibly say.  
You're still my reason for being  
my strength to face the day.  
Still forever always  
I love you isn't enough.  
Thank you  
for still being my reason  
No matter when times are tough.

Heather Kemper