

Poetry Series

**Helen Warren**  
**- poems -**

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## Helen Warren(22 july)

Helen is a writer from Australia that mainly writes lyrics  
childrens poems /short stories

# Changed

The old picture, the peices have changed  
some pieces thrown out some re arranged  
I will not change whats with in my frame  
I have changed but I'm still the same  
Wanting more than before  
vital things that are for sure

Feeling more than I want too  
Once days were easier to get through  
yet I'm feeling more than I want too

Longing from old friends I can't contact  
wanting that simplicity I can't get back  
Feeling content yet still on fire  
where is that wealthy lyric buyer? ! ? !  
looking for reasons that are real  
Feeling all these things that are hard to feel...

The old picture some peices still remain  
I have changed but I'm still the same

Feeling more than I want too  
Once days were easier to get through  
But I'm feeling more than I want too

Helen Warren

## Cigarette Lighter (Old Lyric)

I've found many shallow hearts deeply laced in lies  
So many strangers trying to give loving eyes  
You stood out ...in a good way  
Some things draw me towards you  
Asked if you had a cigarette lighter  
I liked the way your eyes meet mine  
How you never once demanded my time  
I walked away wanting so much more  
I smoke my cigarette as I pretended not to watch you  
I liked the way you never gave me a pick up line  
You made me laugh inside  
As you cursed your friend for the millionth time  
But the pool game was up  
You put your cue in its stand  
I'd hardly had time to ash  
I saw you walking away  
It was as if I could have followed  
Run right up those stairs  
Grabbed your arm...  
Telling you not to take away your cigarette lighter

Helen Warren

# Coward

□

(Written in response to port Arthur massacre)

Some victims are in helicopters  
Being rushed away to die  
But he's shooting at them still  
This 28 year old guy  
A whole community shattered  
Many witnessed the insanity  
The government talks of gun control  
But it's more about this guys insanity  
Police are guarding his room  
This coward with his message of death  
I hope someone breaks the security  
Denies him fit for breath  
Many of his victims died  
Before help even came  
The whole of Australian spits on the ground  
As news reporters reveal his name  
He'll always be the coward  
Who shot dead thirty five  
I have no time to think of him  
He doesn't deserve to be alive  
His just a mad man  
Who took 35 lives in just over a day  
But he'll always be a coward  
Who forgot to blow himself away  
Heavens so full tonight  
They had too close the door  
Because of the massacre  
There's no room anymore

Helen Warren

# Filtered

□

I held your thoughts  
and filtered them into my mind  
Feathering the room with sounds  
Words that unmasked your life  
never noticing regret  
in your calming voice

Helen Warren

# Henry

□

Here in the park Henry feeds the birds with bread  
He smiles still he has a thing that haunts his head  
For the years have aged him, his hair has all turned grey  
Henry is asked how old he is but he will never say  
Inside he feels young but outside it doesn't show  
Henry gets up from his seat but can't find the strength to go

His home's so empty with noone there at all  
Because a house without his lady love is not a home at all  
Henry thinks of growing old, makes him a little sad  
If he woke without a soar neck and back he'd be slightly glad  
Henry's days seem so long and night's are empty and so cold  
Henry sits in the park, thinking about the day he'll be too old

Helen Warren

# Heres Your Dedication! ! !

Forever you've been there for me  
with a friendly smile and endless hours to chat  
I admire you - and all the battles you've walked through  
the many nights when you yourself... felt lost

You share your heartache with me but not for sympathy just to teach me

Over years I've tried to calm your worries tried to be a shoulder to lean on

I want you to - find comfort with me as well

Those many conversations, the things you say help me - help me to hold on -  
hold on, when all feels lost

My biggest thoughts are deep for you  
and I never ever want to brake this connection

So I say thankyou for listening and then talking  
thankyou for always finding time to phone me, in my darkest hours  
and You've always been there for me

Helen Warren

# Honey

2006

Honey she'd be fine / If she didn't have to close her eyes  
And slip into the state / where visions take her mind  
Silence pounds her ears / 'n doesn't restore calmness  
She fights it every night but eventually she drifts

Chorus) Chilled by visions that deaden her mind  
Half hidden by shadows / Darkness isn't a blanket

If Honey could afford the freedom – she'd fill her belly full  
And fill her head with thoughts other than hunger  
And top the meal off with a smoke from her pack  
Honey hungers to afford that type of freedom

Repeat Chorus

Middle) with a tatted bag over her shoulder  
A feeling of fear engulfs her  
There's no place to call home  
She's walking without a destination  
She's chilled by visions that deaden her mind  
Hunger eats away like acid  
She'd smile but her heads into reality  
Even with a bed to lie in  
Those nightmares still creep in  
The darkness is Honeys home  
Stars are her friends so she's not alone  
Honey she'd be fine  
If she didn't have to close her eyes  
And slip into the state  
Where visions take the mind

Ch) Chilled by visions that deaden the mind  
Half hidden by shadows / Darkness isn't a blanket

Helen Warren

# In Memory Of Leanne And Patricia

Was a girl with a million dollar smile  
Who thought the whole world could be her stage  
But her angel called her up to heaven  
More than outrage on a news paper page  
Just two girls of 11 knocking on a door  
Why didn't her angel tell her not to knock anymore? ?  
Little girl bashed to death also her young friend  
Something and angel couldn't fix n no one could mend  
Her father found her there  
27 year old killed his daughter (bring back the electric chair)  
Was a girl with a million dollar smile  
No one had the right to confiscate  
Why was her time up?  
Why couldn't heaven wait?

Helen Warren

# Invades

Dedicated to Charmaine Drunigan

How well your smile hid your pain  
But you're never to smile again

And it's a shock many admit  
They never were aware of it

This thing you no longer hide  
That effected you deeply inside  
Made darkness invade  
So deeply it invades

Such a spark in your eye  
No hint that you were effected inside

Never even thought you cried  
But you kept it buried so deep inside

Now you're gone  
You no longer have to struggle on

Trying to make it all belong  
But so many wish you'd held on

Helen Warren

# Jim's Song

□

Your body rests in a grave  
In the soil you knew when you were young  
But I know your home is where ever  
You spend your time now your soul flys free

Right beside mischeif, that you never had time for  
Too busy working putting food on the table  
If somethings moving up there- your bet will be down  
And you weren't a hero but you where special

Walking simple steps with your head up high  
Saying anyone can shine If they try  
There's always a place to be guided  
All you do is act and believe

Is wanting your release a sin?  
I wish you could have gone peacefully  
Hope now you sail the breeze  
To rest in a place you know  
Too walk free from pain and disease  
In a place you've always beleived

And with the dawning of the morning sun  
I'm numb and searching for meaning  
Coz now that your so far away  
There's no guidance for my spirit  
Something about the way  
This place looks that makes me stay  
But it's a huge part of it all

Walking simple steps with your head up high  
Saying anyone can shine if they try  
There's always a place to be guided  
Just have to act and believe

Is wanting relise a sin?  
I just know you could have gone peacefully

Hope now you sail the breeze  
In a place free from disease

Dedicated: James Clifford (Jim)

Helen Warren

# Just Like You

Just Like You

When you gaze into the garden  
And see an insect walking by  
Don't squash it with your shoes  
Instead watch it with your eyes  
There's a huge variety of insects  
Hiding on or under plants  
Bugs, beetles, and flies  
And different types of ants  
Snails don't mind humans looking at them  
In fact it makes them feel so grand  
If no harm comes too them  
When picked up by human hands  
Some shy animals still hide away and won't ever come out  
Others will only re-appear when no humans are about  
But imagine if an animal knocked down your door and stole your bed  
You'd be mighty angry at him and surely harsh words would be said  
So take a moment to think about the animals that do it so tough  
Don't you think hurt animals have really had enough? ?  
See animals are smart and they know some humans aren't nice  
So if you are scared of a spider maybe you should think twice  
Think about the spider and how afraid it is of you  
And a spider knows all the damage, to its web, a human can do  
Every tiny insect shares the world with you  
They all feel pain exactly like you do  
So don't flick bugs with your fingers  
Or squash them with your shoe  
Remember insects and bugs are living creatures just like you

Helen Warren

## Kc's Office?

Come to her office where her names not on the door  
Have a meeting that will shake you to the core  
Although she lead you down this corridor  
She doesn't work here anymore

Come to her office where she left the 'missing' phone  
That has the number to her trusty nannies home  
She left it there like she stated before  
In her office where her names not on the door

All Notice, the lack of tears she's cried  
Aren't as numerous as her lies  
Thought she could bring you to her office make everything clear  
Too reach out that's why she lead you falsely here

Like she told her dad and mum  
"I am the victim"  
Notice the lack of anger shed  
By her since news her baby's dead  
Justice for Caylee Marie  
Someone killed this precious baby

Helen Warren

# Never Could

Dedicated: n

You did what you thought was best now the tragedy's is told  
About you the man dubbed legend, now never to grow old  
The sky's a great place to hide from intrusions into your life  
But you no longer can be found by your daughter or your wife

Smothered stars can never shine like gold  
Sorry I don't want to understand why you'll never grow old

The angels up there see you only for who you are  
There was always much more to you than that tatty guitar  
Life got out of hand  
But things get out of control no matter how much people plan

Smothered stars can never shine like gold  
Sorry I don't want to understand why you'll never grow old

Helen Warren

# Once Truly Sheltered Me

You had no right to shake the tree  
Its leaves once truly sheltered me  
But now its branches are all bare  
And I'm losing my will to care  
I climbed so high to hide away  
But still I was in your way  
I told myself it wasn't true  
That you had killed my tree that grew  
Now I know I wonder why  
It had to be you that made it die

Helen Warren

# Real World

□

Don't hold your breath for compliments  
Just truly work on all commitments  
No pats on the back or words of thank you  
But that shouldn't be the reason for what you u do  
No pampering emotions to inflate your head  
Work hard it won't matter if nothings said

It's yourself that you have to stay true too  
Focuses on the reason why you do what u do  
Not everyone has the same reasons to walk high  
Stuck in the rut surviving is just getting by

Miracles happen every day just no one sees  
Too busy in the bustle of the Smokey cities

Helen Warren

# Sentence

A setback, everything is gone  
No time to reflect have to carry on  
Your attitude shows otherwise as you start  
Outlining actions that come from your heart  
Crave the glory for kindness that's a con  
Talk is all that's left ... coz everything is gone  
One set back and words are spiteful  
Coz no one had time to call you wonderful

Keep away from me today  
Because my restraint has gone astray  
Don't comment when it's not your place  
Just keep your opinions out of my face  
Vocalizations prove the arrogance  
Bring up things with no relevance  
Just don't try mess with my mind  
I'm too stressed out to have control of any kind

So clear your intelligence is weak  
As u display attitude towards me as u speak  
Not every thought needs to be free  
'Especially when directing yours at me  
Don't start reeling out another hateful line  
Stay in your own problems don't step into mine  
I don't get into your face with an opinion attack  
But I do notice the sincerity you lack

Helen Warren

# Sink

Don't want to drown

But I don't want to breathe  
It pulls me down  
But I let it  
Lose myself in the beauty of the sea  
Run out of oxygen gradually

My lungs are full  
But I'm breathless  
The atmosphere  
Hypnotic  
My body glides through clear water  
But I don't feel alive

Let it - wash over me  
The salt goes deeper than my skin  
And I feel like sinking  
Deliberately forget to breathe

My lungs are full  
But I'm breathless  
The atmosphere  
Hypnotic  
My body glides through the water  
But I don't feel alive

-

Helen Warren

# Smoking In The Darkness

Long ago you left me here alone  
This was something I didn't condone  
I never said you could leave me  
All you needed was some T.L.C  
I could have fixed made it alright  
If you'd given me the chance you'd be here tonight

Smoking in the darkness  
Forgot to say one thing  
Yes I had a voice  
Just couldn't sing

Blame won't bring you back  
So many fools who's the greatest mac  
Let you slip through my fingers – let you slip away  
Could have held you back – kept you some way  
Crying don't change the pain  
For awhile I thought I'd go insain

Smoking in the darkness  
Forgot to say one thing  
Yes I had a voice  
Just couldn't sing

Helen Warren

## Some...

Some dream away with thoughts of peace  
A time when the slaughtering will seize  
Dreaming about a warm calm day  
With the sound of tanks coming our way

Violence took what could have been  
What act can revenge that sin?  
They stood up to watch us fall  
Too laugh in the face of suffering

Some walk around with out fear  
Their the people who don't live here  
The cry of war is the families  
Who've lost their children to the enemies

Violence took what could have been  
What act can revenge that sin?  
They stood up to watch us fall  
Too laugh in the face of suffering...

Some hide away their scared faces  
Too afraid to go into open spaces  
Holding their lovers as they die  
Loud is the hungry babies cry

Helen Warren

# Sunset

□

Does the sunset change when a heart is broken?

Is communication always spoken?

So many words but none describe how I feel

So many people with love that's not real

Helen Warren

# Thorns

You think you can pick me like a flower  
Admire, then watch me slowly wither  
But on my stem I have thorns  
That stop you breaking me down

You think you can read me like a book  
And have part in the story line  
But you can't make up peoples minds  
And that leaves you powerless

You think you can paint me like a picture  
Put all details within a frame  
But your paint runs  
As my image slips away

You can't feast upon my raw emotions  
Coz the guard can't be eaten away  
The world moves on  
While your stuck in another time frame

You can't use me like a puppet  
Coz the strings you pull are weak  
And snap when I become aware  
And that's got to leave you Powerless

Helen Warren

## To Be Told...

□

Try hard and give it a shot  
Show the world how much strength you've got  
Don't let people see / those insecurities  
You've always been so worthwhile to me  
Negative words, everyone's got them  
Have to rise above let the float on over

Be content to know you do what's right  
When people are trying to lend you their insight

Helen Warren

# Tony Abbott's Invitation

Politician Tony Abbott in the paper crying poor  
Saying his family can't take the effects of his pay cut anymore  
He still earns more in one day than I do in 26 weeks  
Doesn't he think of our farmers while his gives this 'poverty' speech?  
His concept of poverty reads like a comedy  
Can't he hear his arrogance as he's speaking?  
His 'poverty' to others is the life of a king  
I invite Tony Abbott to come and live on my pay  
He wouldn't survive 'till the end of Monday  
Come and see what an empty fridge means  
Learn a baked meal is just a can of baked beans  
Come be someone who won't own real estate  
When he's got a tooth ache, how long does he wait?  
Does he pain with hunger as he sells his body to pay rent?  
His children getting sicker because the medicine money is spent?  
Tony Abbott I challenge you today  
To come and live three whole months on my pay  
Go work a five day week and earn the same as me  
Then come back and talk about your poverty  
I invite Tony Abbot to come and live on my pay  
He wouldn't survive 'till the end of Monday  
Can you see the headline on the newspaper page?  
'Abbott goes postal raising family on 'low' wage'

Helen Warren

# Too Small

My eyes they see a crazy place  
A place that has gone mad  
These tears I cry aren't hungry tears  
There tears because I'm sad  
My ears they hear the nasty words  
The words that start the fights  
But my voice is too soft to stop the words on hateful nights  
So I lie quite and still  
With the blankets over my head  
But the blankets don't block out  
All the words that are said  
Ask them please to stop I am too small to make a stand  
My eyes they see a crazy world I sort of understand  
I wish they'd think before they spoke - think of me there child they woke!  
Here I am among it all - I am still here even though I'm small  
-Helen Fisher

Helen Warren

# Uncover



On tippy toes she delicately lifts the cover exposing the once hidden bird cage on the table. The coldness of the paved ground makes the girl smile. It's only natural her attention would be glued instantly to the bird cage.

Who cares about cold feet?

As she leans on the paint peeled table she knocks the bird cage causing it to shake gentle for a moment

Captured in his cage the bird looks out at her

The little girl pokes playful faces at the bird as the pot plants blow in the breeze

Leaves don't make a loud noise but she recognizes them anyway

Helen Warren

# Upon The Hand

Parts of you fade in the sand  
And wrinkles grow upon your hand  
Are you proud of all you've done?  
Lost in thought under the sun

And with the dawning of the night  
Will the memories be right?  
In the shell a sea is born  
With empty thoughts the fun has worn

Like the pain hidden so no one knows  
Waves come then overflow  
Bowl you over for a moment or two  
Then pull away again out of view

No glimpse of hope upon the shore  
No telling vision to reveal what's in store  
Just a lifetime of wonder  
With occasional strong bolts of thunder

Sea is forever  
Waves come and go forever  
The answer must be at the end  
Till then keep searching my friend  
Time is all you've got  
To imagine, dream and plot

Helen Warren

# Weak

Where in for stormy weather  
So we gotta hold on together  
See so much of myself in you  
Doesn't mean I can cope like you do  
Words sting they've hurt before  
Make me Weak like I can't cope no more  
Show me direction some path to make  
I'll give you a loyal heart to pack up and take

Helen Warren