

Poetry Series

Lisa Harvey
- poems -

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Lisa Harvey(3/2/1989)

I haven't updated this in a while. My name is Lisa Marie Harvey. I have been writing poetry since I was 15 (just over 7 years) , when I was diagnosed with depression. It was a great thing to do to get off my chest, my true feelings to people around me. Lee Ryan (ex Blue member) told me I had a talent in poetry and not to give it up. I'm now 22 and still writing poetry - still to express my emotions, but to deal with my bipolar which I was diagnosed with on my 21st birthday. I hope one day to publish my poems, and people around the world can see what it's like to be me. Until I can think anything else to write that's it for now. Remember always be true to yourself.

2009

This year has been one bad year I've done things that now I later regret. I've taken one too many pills, I've cut my arms one too many times and slept around one too many times. This has been the rubbish year since 2006, I thought all my problems had disappeared but yet again they re-appear bigger and worse than 2006. Everything is a distance memory, which I can't seem to shake off. Look at me, the smile has disappeared, the confident has fallen down the plug once again and I can't do a day without thinking them suicidal thoughts entering my thoughts and I can't deal with the rubbish anymore. I will try my best and my hardest to make 2010 bigger and better than this year. I will stop caring about people's opinion about me and what they say about my life or me.

Lisa Harvey

A Friend In Need/ Hurts To See You Cry

Now that he's gone,
You're going to need me more,
He was the one to put a smile on your face,
Yet his not being here has pricked a tear.

It hurts to see you cry,
So let me be the one to replace the smile,
I will never replace him, nor will anyone,
He was who you looked up to,
But you can look to me for a shoulder,
That's what I'm here for.

As you told me,
He's not gone, he's still here,
Not in human form,
But his spirit will watchin' over you,
As I'm not with you in person.

I wish I could be,
But you know I'm only a phone call away,
Soon we shall meet again,
Don't know where, Don't know when,
Until then stay strong, for him and for me

Lisa Harvey

Angels

I asked the angels to look over you
To shield you with their wings
Like a dying rose withers and a sinner has sinned
Both entering the darkness... both beginning an end
So then I asked the angels to shield you with their wings

I prayed to the heavens to stop your tears of pain
Like a silent warrior they cannot be seen
Your tears are flowing like rain
You've tried to cover them with laughter
So then I asked the angels to please
Please shield you with their wings
And to take away your pain

I wished on the stars to keep you safe
Away for the darkness devouring life, away from evil
Corruption and hate
Your soul pure and your heart more beautiful
Than when an angel sings
Once again I asked the angels to shield
You with their wings

Now there will come a time when you feel
The presence of nothing
There will come a time when you feel that you're falling
There will come a time that you feel your angel has fallen
Fallen from broken wings

I will not ask the heavens and I will not ask upon the stars
But never fear an angel will not be far
Do not fear the darkness nor solitude when it sings
For I will be your angel and I will shield you with my wings

Someone once said to me,
'I never felt the presence of an angel'
Look into the heart and soul of your true friends
And there you will find angels shielding
You with their wings

Can'T Let Go

Your right, I cant let go of you. Even though I try with my heart and its love it has for you, it wont let me. I try so badly it hurts, its not fair. Its not my fault my heart skips a few beats when I think or see you! ! I act like a right fool when I'm round you, dont I? ! I do, try to be normal, but its so hard when a 5 letter word gets whispered into my ear. My emotions react differently when they hear your voice. I see your blue eyes and I feel like I've fallen back in the 'sea of love.' I hate a 'crush' on you, maybe you should have one and maybe you'll know what I mean! ? Every night I see you in my dreams, its the only time I can smile. I'm laying here and picture you in my mind. I can smell and taste you but, I cant touch you as if I knew I would be dreaming. You seem so close but yet so far. My heart and mind has numbed my feelings towards you, sorry if you dont get this!

Lisa Harvey

Feelings For You

I normally write poetry writing down what I feel but, I'm finding this one poem hard. I'm in love with you, I have been since the moment we started talking. I know you're the one for me, because I can't imagine my life without you. I love the way you tickle me when I don't want to smile. The crazy memories we have shared together. You are my rock helping me through some of the hardest times I've faced lately. You love me and for not being ill with bi polar but because I'm me. We have been through some BIG stuff but we got through it together. I know I sometimes I take you for granted, but I won't giving up fighting for you. I could write all day what you mean to me but it still won't mean anything. I think I have wrote my poem for my love for you....Haven't I?

Lisa Harvey

Found This Poem And Could Relate To It

I help you through hard times, as you do I
But you really don't know how much I hide
Even though we are the best of friends
I really don't think you can understand
I can't bear the hurt, I can't stand the pain
A feeling of numbness I can't explain.

This is a life in which I walk alone
Full of hope shattered and broken
Always angry for no reason at all
Constantly wanting to end this brawl
Fighting with myself again, and again,
Sometimes I want this life to end

Mom's depressed but chooses to hide
Takes out her anger on those by her side
Doesn't understand I try to help
She shuns me out, and hates instead

Grandma's enduring an unstoppable fate
sickness has gotten her on the plate
Its sad to see such an innocent person
Become another cancer victim

Too many friends are hurt as well
Thinking that their life is hell
Too many friends wanting to stop
Thinking suicide is the only option

But inside me is the worst of all
I don't know how long I can stand tall
Memories of happiness are shooed away
But horrible twisted thoughts to stay

Nothing I do can make her proud
There's no silver lining on her clouds
I'm a rainstorm filled with dark black skies
And a haunting rainfall full of lies
I only wish I could make her see

I'm trying hard so I can be
Someone she that can trust and love
Instead she tells me I'm not good enough
Everything I do is a wrong decision
She constantly tells me I'm not living
The path that she truly wishes I'd take
But I'm only one big mistake
If I could I'd erase myself from here
I wouldn't have to live this fear

I also wish I could be skinny
And always happy, fun, and pretty
Instead I look at myself in the mirror
Disappointed in the reflection that appears
It's hard to live when you don't love who you are
Wishing that you could change it all

Every day I make a mental note
How much would I miss, if I decide to go
And how much hurt makes me lean towards the edge
Is slowly creeping up the hedge
How much longer can I last?
Before my life becomes one of the past.

Lisa Harvey

Friends Forever

FRIENDS are like balloons once you let them go, you can't ever bring them back. That's why I'll tie you tight to my HEART, because you're too precious to lose.

Whenever you need a friend. To always lend a helping hand, when you're feeling lonely, when you're feeling down. Just remember we can turn your world around.

Have you ever had a friend that never lets you down right by your side? Every night and day, always hear you calling or catch when you're falling. Or have them show you the way.

True friends are made for a lifetime, true friends last forever. There was never any doubt through the night, now its time to get things right. Together you and I will go far, you'll always been here in my heart. Friends like you are hard to find that's why I'm glad you're mine.

You ask me, who's life is better mine or yours? I reply mine, you walk away not knowing, you're the most important thing in my life.

Another summer, another winter, another day, another week and another year too. But there will never been another you.

Lisa Harvey

Future

If I knew all the things that were going to happen, I think to myself would I done things differently? If I knew I was going to get to heart broken so many times, would I kept my mouth shut? If I knew I was going to get my fingers broke, would I have gone out that day? If I knew my Granddad was going to get cancer, would I have spent more time with him before it was too late? I guess I wouldn't of said or done any different, or I wouldn't be the person I am today. But seriously, I promise myself every time that I will never let any of my problems upset or ruin my life. There's always something to come along and remind me the past, is there and I can't let go. Because everything I've known and believed is in the past, and I still think what if I did things differently. I know I should concentrate on the future, but the future is a scary place and I'm scared that it's going to be as bad as my past. I've been hurt so many times, there's so much I can only take and I can see myself breaking and there's nothing I can do to stop it. I think its time to get myself better, before I start concentrating on life, tomorrow, love and money. I need to take time out and gather my thoughts, maybe in time. I will worry about everything soon, until then it's time for me.

Lisa Harvey

Gone

I wish that I could talk to you,
and tell you how I feel.
I wish that this never happened,
because I still cannot seem to deal.

We were best friends forever,
Betty and Wilma is what they said,
but how does that duo continue,
if half of the whole is dead?

Who is supposed to laugh with me,
at all of our little jokes?
Who is supposed to cry with me,
at all of my broken hopes?

Who is supposed to understand,
all of my ups and downs?
Who is supposed to know,
when to leave or stick around?

I will always remember you,
and the good times that we had.
So rest in peace forever,
and be happy don't be sad.

Be happy cause I will see you,
when it's my time to go.
As I place a flower on your grave,
a reminder to let you know.

Lisa Harvey

Jay

I know he has only been in my life a short while, but I'm glad you entered it. I know I'm not perfect or never will be. You love me for me, treat me right, and understand my past will always be a big part of my life. I know that we will have our ups and downs, but at the end of the day, I won't love you any less. You make me laugh, smile and feel so many things I can't or have the time in this lifetime to explain to it. I think you're the one who saved me from the pain and hurt I have faced in my past. We have had some crazy and amazing memories and I know there are tons more to come, well what do you expect if we got a whole lifetime together. I know I will get thoughts that I'm not good enough for him, but he loves my imperfect my bits.

Lisa Harvey

Letting You Go

After nearly a year of fighting, I think I'm finally letting go of you, your love and your memories. Don't get me wrong, I will remember everything as you was my first true love. It was tough at first, I never thought I'd move on or find love again but I did! I am happy that I got 2 fantastic but bumpy years with you. I know I will take my mistakes from our relationship and make sure I don't make it twice. In the future, I will meet my soulmate, and you won't be there on my mind. Only time will tell who they will be and when they decide to pop into my life. I know I can let you go now.

Lisa Harvey

Life Must Go On

Half the time I don't know what I'm doing, I'm such on rush. Other times, I feel lower than the floor. But life carries on... I have a box in my mind, of course it's not a real one but it's still there. In this box is all the things, I've done & seen. Like my school life, my friendship (ones I've lost & ones I've gained) , my relationships & the people I've lost. But life carries on.. This box is going to split & there's nothing I can do to stop it. I can see the cracks in front of me, but life carries on. People tell me just to get another box, just not that simple, when everything & everyone you have ever known in this box. It's not so easy, life carries on why can't I?

Lisa Harvey

Missing Pieces

For so long I've been looking for something to enter into my life. I didn't know what it or who it was? When I thought I had the answer, it turned out to be the wrong answer at the wrong time. When you think you found the answer, it's harder to find out then it seems. I gave trying to figure the answers. When I realised what the missing pieces were. I realised they wasn't missing, they wasn't missing at all. They was just well hidden. When you think you can't find you're missing pieces look inside yourself and, the answer you have been looking for has been there the whole time. Remember life will always be like a jigsaw, good things will always fall out of place for better things to take place.

Lisa Harvey

My Life

Well, what can I say about my life? Yeah, I gotta admit it's been like everyone elses, been tough but got there in the end. I've had ups and downs, that I thought was going to break me but, to be honest it only made me stronger. I've never had much confident inside myself and my life that I was living. I've had lots of bad things happen to me in my life but we won't go into that. I'll say a few; discovering my Granddad had cancer, being attacked on my own brother's wedding night and having my two fingers by a man who had no idea he was doing it, and the police letting him off. I believe everything that's happened in my life has happened for a reason. I think I can complain but I'm not going to. Every since my Granddad died of cancer (who wrote 'Angels') , I lost all my self esteem and I had thought I would never win it back, but I did. I've had my real, true friends who stood by me when I was at my lowest. I've had my family who there no matter what. I always knew there was something missing, but I couldn't put my finger on it. I found out I was missing someone to love me like my Granddad did towards my Nan. I went with a boy, who never spoke to me or anything, it was longest 6 weeks of my life. I'm glad we ended it, or I would never be with my fiancé (Ryan) . At the moment life is great, certain people maybe missing but, I know they're with me. I've got everything I've needed at the moment: family, friends (who have always put up with me) , Ryan and happiness. What else could a girl want?

Lisa Harvey

My Life Recently

I've done a lot of growing up lately and I've realised who I can always rely on in my life and who I can't. Sure my life has always been tough, but I had to get through the rough parts to make it through the easier part in life. I've learnt many lessons in life, and there's not a day that goes past, that I'm happy with the decision I made at the end of the day. I will always have people walk in and out and my life teaching me things, some was quicker than others. Some I'm still learning. I'm thankful for the people who have made all differences in my life, a good or bad time..so thanks for the people who made me happy thanks for the good times, and the bitchy people thanks for making me stronger. Life will always have its ups and downs just like me, I could be like a lot of people in my life really fake. But who am I trying to kid then? I know there will always be that one thing that will make me go back to square one, but I know I've gotta keep my head high even though I don't want to. People say my life will get easier, but I don't think it will. I know everyone says everything happens to you for a reason, how long does it take to find out this reason. I feel like I've gotta put a smile on and act like nothing is bothering me, I can do that pretty well maybe them acting lessons paid off...I'm sorry if I'm not always happy but hey this is me.....

Lisa Harvey

Scars Of The Past

How can I put that what I did was wrong and childish? I know I will always have the scars on my arms, and it will be a constant reminded of the past, that I can't shake off.

When I put that razor to my arm or I take put the tablet in my mouth. When I've taken that last tablet or I see the blood over the old scars, is when I feel most powerful. I finally have control over something in my life, as I can decide when I do it and when I don't.

I wish I could stop feeling like this, but there's something that stops me. People say I'm attention seeking, I'm just crying out for help for attention. But not in the same way they think.

Lisa Harvey

Self Harming! ?

As tears run down her face,
she realized she's made a mistake.
An utter suffocation,
she's trying to hold on.
But the pain,
the pain's too strong.
The bloods running down her wrist
Her eyes are going shut
but she's trying to hold on
while voices in her head are saying something is going wrong.
She doesn't know where she is or even why she did it.
It started with a razor and a few little cuts.
But became addictive and she cut too much.
Now she's laying on her bed,
wishing she could go back.
As the world disappears and everything goes black.

Lisa Harvey

The Past

These last few days, have been better than I could ever image. It might sound silly but, I've realised my problems can't harm me anymore. But for some weird reason, I keep thinking they can. I would hope my problems would disappear, but they can't do that if I keep thinking about them. I've finally got everything, a girl has ever wished for. I've a family who loves me no matter what, a fiance who makes me laugh and understands me better than I do and a great bunch of friends who stand by me when the tough gets going. Life is the past was tough, but now it taught me how to be stronger. Everyone has a past they're not proud of (even hated it) , but my past has taught me to never to give up no matter who or what tries to stop it. I've never been one to give up but, now I believe never to give up what you believe in. I'm glad my life has turned out the way it has or wouldn't be me.

Lisa Harvey

Time

I look in the mirror and wonder, where did the time go? Last time I checked I saw a little girl and now, I see a young woman getting old with each second ticking by, and its going pretty quick.

Some people treat me like the little girl I once saw. They don't tell me stuff or trusting me. Or telling me I'm immuature because, I'm acting childish.

While other people are telling me, to be the young woman. Telling me what's excepted at my age.

People cover my eyes and ears so I can't learn from my mistakes. So how can I learn from my right from my wrong?

Lisa Harvey

True Feelings

You've been so distance,
since I told you, my true feelings.
I'm sorry for crying but
how would you feel
if someone just rejected your heart?
Do you remember that promise I made you?
Well, I promised that I wouldn't keep secrets from you.
We need a break from each other,
but how can two people who hardly talk have a break?
It might seem like a stupid question but,
It needs a serious answer!
When I see you I put a lock on my heart
But it still manages to escape.
It goes to my throat that's
why I cant talk when your around.
I look forward to the days that
I'm going to see you as they make me smile.
I just got a text from you telling me
you're sorry and you'll treat me better.
How do I know your being honest with me?

Lisa Harvey

Turning My Life Around

After 21 years of hurt, I'm finally turning my life around, I can say its happiest I have ever been. I believe everyone deserves their chance of happiness - you got to let it be like a butterfly; it in time it will come your way in its own time. I got the best life I have always wanted, I am moving into my first property with my fiance, we are getting married next April and I am finally settling down. Now that may not be a lot to most people - but who cares its what makes me happy. Everyone has their own version of happiness - whether if its their children, their loved ones - its what makes their happy no one elses opinion really matters. Be grateful for what you got rather than what you haven't. I got the life I never thought I would get, but it seems my chance of happiness has finally come my way....

Lisa Harvey

You'Re Important

Don't say you're not important,
It simply isn't true,
The fact that you were born,
Is proof, God has a plan for you.

The path may seem unclear right now,
But one day you will see,
That all that came before,
Was truly meant to be.

God wrote the book that is your life,
That's all you need to know.
Each day that you are living,
Was written long ago.

God only writes best sellers,
So be proud of who you are,
Your character is important,
In this book you are the 'Star.'

Enjoy the novel as it reads,
It will stand throughout the ages,
Savor each chapter as you go,
Taking time to turn the pages.

Lisa Harvey