

Poetry Series

**Paul Cardinal**  
**- poems -**

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## Paul Cardinal(10-8-88)

I'm a newly published poet. Alter ego/'Pen name' is Lunacy. There simply isn't enough room here to describe who I am. So, if you want to know more you can find me on facebook. My url is: Copy n Paste this:

And for a place to buy my book, this is the link below:

# A Psycho's Path

I want to become a memory.  
Lost of all sensory... just an emotionless energy.  
Never find piece of mind in my elderly.  
So now I won't have to run no more.  
The luxury of continuing life, feels like a chore.  
I want to be forgotten.  
Vanish into the dark smoke, like fire to cotton.  
As I fade into another world, shine a new light.  
And finally put an end to this on going fight.  
It's the after life that I seek.  
When in these times I feel so weak.  
Just pile more dirt over my grave.  
In the battle with mental illness, I became a slave.  
I was overwhelmed with symptoms, like a tidal wave.

After all it's up to you.  
See things from my point of view.  
After all it's up to you.  
To remember everything I been through.

Now that I'm gone you can decide.  
Am I worth the tears you cried?  
I fight with myself, like Jekyll and Hyde.  
Remember that I tried.  
As I become a victim of suicide.

Paul Cardinal

# Love Is Like A Poison

Lost of all sensations...  
Stumble with false expectations.  
I wish I can go back.  
Before my world turned pitch black.  
Before my life was dismember.  
All I can wish for is to remember.

I held you in my arms.  
Kept you safe from harm.  
Shielded: your delicate heart.  
Braced your life from the start.  
Fate had different plans.  
You fell into misguided hands.

When I called you on the phone...  
All I heard was a dial tone.  
When I read the text...  
I wondered what was next.  
You sent me your tears.  
I told you my fears.

Reached out for you...  
But now you're too far away.  
I didn't think this was true...  
That I can only sit and pray.  
Tears fell to the ground.  
I scream out, without a sound.

I now walk alone.  
With pain aching to the bone.  
Forever wishing I was made of stone.  
You drive me insane...remembering your kiss.  
You make me sick....remembering all of this.  
I hope for your care.  
For you to tell me it's only a nightmare.  
Searching in the dark...  
I look for a light to be sparked.

Now the darkness, overcomes with complete control.

I gave you my heart and you took my soul.

Paul Cardinal

# Lunacy

Screaming at the mirror.  
As these voices come nearer.  
Whispering thoughts of confusion.  
Are they really there or is it another illusion?  
I' m trapped in this hopeless situation.  
Alone, left in isolation.  
Sanity is in a catatonic state.  
Through this hell I await.  
Desperate case of lost fate.  
Manic depression won't let me go.  
Like a cancer that takes complete control.  
I can hear his voice.  
I don't have a choice.  
As the sickness grows.  
My friends turn to foes.  
I mistake myself for a stranger.  
Am I safe or in danger?  
My mental health is destroyed.  
By a demon that created this void.  
I'm falling through the crack.  
My world is turned to black.  
Taking over my speech.  
Locking on like a leech.  
The beast is deep within.  
With a selfish grin.  
"If you can hear me, help me! "  
"Help me, save me, set me free! "  
I black out and breakdown.  
I awake and take a look around.  
Everything is shattered and scattered.  
Crawling on the floor towards the open door.  
I realize nothing is like it was before.  
My life seemed to go to war.  
I emerged from the wreckage.  
With a rage, engaged and un-caged.  
I have become.....Lunacy.

Paul Cardinal

# No Body

When I was stressed...  
When I was depressed...  
'No body' was there...  
'No body' cared.

When I achieved a new height...  
Or won a difficult fight...  
'No body' was there...  
'No body' cared.

When I came home proud...  
And wanted to just be so loud...  
'No body' was there...  
'No body' cared.

When I felt different and cried...  
And no matter how hard I tried...  
'No body' was there...  
'No body' cared.

Now that I'm broken beyond, repair.  
I don't need 'No body' there or to care.

Paul Cardinal

# Sniper

Silently he sneaks up to the mountain edge.  
Laying down, inches from the ledge.  
Equipping his rifle, he waits.  
His sight aimed at the market gates.

Hour one passes by.  
Remaining still, he doesn't even blink an eye.  
He knows his mission and what he has to do.  
Glancing at the picture, of the man he has to pursue.  
The wind blows harder.  
In his state of mind, it's no bother.

Hour four, since his mission begun.  
There is no time limit for one that fights for freedom.  
His eyes burn with the cold winter chill.  
All along, just waiting for his time to kill.  
Frost settles on his guns barrel.  
His breath now slow and fragile.

Hour sixteen sets in.  
So cold and hungry, his sight slims thin.  
His wishful mind wonders out into the wild.  
He pictures warm meals with his wife and child.  
As the hours pass by...  
The dark consumes the night sky.  
He fights to remain awake.  
Deeper into the night, his sanity is about to break.  
His eyelids grow heavy and ache.  
His hands and arms start to shake.

Hour nineteen arrives.  
His honor thrives, as the target is in sight.  
The snipers eyes widen and heart is pumping.  
His back now straight, that at once was slumping.  
The crosshairs aimed between his eyes.  
In the name of evil, he has been baptized.  
A pull on the trigger...  
The thunder like cracking sound lingers.  
The bullet speeds toward the man.



His fate is out of his hand.  
Blood spills on the white pure snow.  
Mission completed, he vanished into the night like a crow.  
It was a long wait for the sniper.  
But when the time was right, he struck like a viper.

Paul Cardinal

# Thanks Be To God

Now I'm alone again.  
But instead of causing pain...  
I look up to the sky...  
And I begin to cry.

I have placed my trust...  
In God's hands, it's a must.  
When you feel like you're rolling the dice...  
Remember what he sacrificed.

Trust in him, the way he trusts you.  
Given a clear view...  
To help see you through.  
And understand he's true.

His blood can save.  
He can rise from the grave.  
Here to light your heart on fire.  
Give hope to your desires.

The devil is out to destroy.  
Use our sins as a toy...  
Making him the new boss...  
To keep us bound to the cross.

But God is here to cut us down.  
Bring us back around on solid ground.  
Jesus is our Lord.  
Armed with the "Almighty Sword"...  
Waiting at Heaven's Door...  
To relieve our sins forevermore...

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