

Poetry Series

Sandy Vanity
- poems -

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Sandy Vanity(august 23,1991)

A Gift From You

In all of my life I swear I have never known love like you give me
The feeling i get when i wake up next to you
I lay there and watch you sleep sometimes and think your so cute
I am so lucky to have you
But what makes it all come together is the piece that we were missing
You gave me a beautiful baby boy two months till hes here
Cant wait to see him look at you
I know you will be a great teacher to him and his hero too
Just never forget your my hero too
You gave me my life back and showed my feelings i never even knew I had
To you I am grateful and you make me glad
You have given me happiness in every way
I love being with you every day
And I know our son was not planned
And all the changes are so quick its like you didnt get to grab
But I hope things will settle soon
Even though I know life is always changing
Making life different for us
Just know that no matter what happens I will always love you

Sandy Vanity

A Personal Drug

I miss him so much
the temptation to express how much i want him
in every single way
gets stronger every day
i wish i could tell him how much i want to be in his arms
feel his kiss and touch once again
i lie awake at night wishing i could be with him
playing his voice over and over in my head
hes tempting like my own personal drug
hes so addictive
i cant get enough
hes all i want and all i need
his love surrounds me like the deepest,
longest wildest ocean
he is so beautiful, so sweet so tempting
without him i am missing him so much
every moment makes me insaine
i want him so bad
my body trys to slow as dose my mind
my heart wants more and wants him close
and wants to be with him as dose my mind and body
it never rests and it never leaves
im so inlove with him my butterfly's are wild as
i talk to him, think of him and or feel him
my heart beat is fast he makes me crazy
we are so inlove
i want him all the time
i need to see him, to feel him
and to hear him breath and
to listen to his heart beat
i need to be near him
i miss him so much i cant controle myself
he is so tempting so beautiful to me he is my personal drug

Sandy Vanity

Addicted

Im addicted to his kiss
and the way he touches my body softly
running his hands all over my body
im addicted to his giggle and laugh
his hugs make me feel safe
i wish he could hold me forever
as i stoud outside
in the rain with my smoke
staring up at the sky
our song escaped my lips
slowly and quietly
i wanted to cry cuz i missed him so
but i couldnt all i could do was think
as the rain fell heavier
i began to think more
im addicted to him
his body
his voice
his everything
all i crave is him
and in my dreams he's with me
i love him so
every day i get to see him and have him close

Sandy Vanity

Air

the air is warm yet feels cold to me
as i smoke my cig and try to breath
thinking and crying tears of white
as the tears roll down my cheeks i think
i think of why the world is changing so much
and why things go bad
i realize good things go bad
to teach you a lesson you must learn
and no matter how much you get hurt
learning these lessons
it all works out so you know
wiping my eyes and earasing all sighns of sadness
i put my smoke out and take one last look at the sky
wondering who's feeling the way i am
i know everyone goes through it
but some times stuff gets out of controle
if things are supposed to get this bad
will they get way better after?
like a loss of air from my lungs
my heart pounds and my chest hurts
i am silent and keep it in
but some times it comes out
life is like this for all of us
some live through
and some decide to eliminate the pain
by eliminating themselves
self mutilation is one of them
it takes away the other pain for a while
and makes it so you focus on your mutilation
as time goes by it becomes a habbit
it takes over but then suddenly
you find people who love you
and care about you
and help you all the time
they are your best friends and or your lovers
you come to find that you dont need to do it anymore
cause they will always be there to catch you when you fall
i should know i have a best friend/sister and a lover who help me
i used to cut alot now i jst look at my scars

and find they love me for who i am
not what i look like or what i do
so my dear friend and lover
i love you and thank you

Sandy Vanity

All I Want

all i want is you
to have you hold me
an kiss me like you do
it makes me smile when you say you love me
cause i know its true
the way you touched me
and the way you smell thats what i think about
its what i do cuz i love you
no matter what we go through
no matter what ppl try to do
i love you an all i want is you
my deep feelings for you
will never change
i remember laying
in your arms watching the stars
you so beautiful lying with me
holding me tight to your body
i miss you so much even when your beside me
its hard not to worry
to think
and not to cry
i cant stop
i love you always remember that

Sandy Vanity

Andrew-In Loveing Memmorie Part One

Lying in bed as
my heart beat slow
i could feel yours on my side
i talked to you
i knew you could hear me
i miss the way your heart beat
i miss when you moved in my stomach
when i found out i was going to have you
i thought to myself i get to be a mom
and i have always wanted that
due in april you were supposed to be
but then the earth took you away from me
i couldnt feel your heart beat
as i knew there was something wrong
my stomach hurts so bad and i cried for so long
seems like just yesterday i would sing and
you'd push on my ribs if i stopped
how you loved to hear my voice
from the moment i knew you were there
i loved you like you were already here
a new addition to my heart you will always be
your dad wasnt ready to be a dad
but he wanted you just as much as i did
i thought it would work out for the best
but now your gone and theres half of my heart
that i have lost with you
i miss your heart beat
and when you made my stomach growl
and you pushed against my ribs
i loved singing and talking to you
your dad loved you
just as much as i did
so my dear son i say
goodbye and rest in peace
your my angel now so you can watch over me
please watch over your dad to
he knows you and he needs you too
know that we love you and miss you so
we will see you around and evertime

the wind blows and a flower blooms
and the sunshines we know its you
i miss you baby and love you too

In loveing memmorie of
Andrew Sean
August 30th 2009-September 26th 2009

Sandy Vanity

Andrew-In Loving Memory Part Two

sitting here thinking of how it felt when his heart beat against my side
and the pain i felt when he pushed on my ribs and back
oh the fuss he made when i ate something he didnt like
i cant help but wonder would he have been like me?
would he have been like his dad?
or a bit like both
i dunno but i wish i could have
helled him in my arms just once
and hear his soft cry's
his dad would have wanted him too
i miss andrews heart beat an
i miss the feel of his push on my spine
i wish i could have hured his laugh
and played with his feet
i sung to him and
talked to him all the time
when he was in my stomach
i am left to wonder why he's gone?
why did he have to go befor he was born?
when i think of him i know hes there
thinking mommy please dont cry i will always be here
two baby foot prints in my heart will forever stay
from the day i learned i was going to be a mom
when i lost him i didnt know what to do
all i could do was cry
to think of him an
the happyness i felt when he was there
i used to get mad when hed push on my back an ribs
but really all he wanted i guess was to hear my voice
its not fair that hes gone an never got to live
but i know hes my angel now
hopefully i will get to hear him giggle and laugh one day
i remember telling him about who i was
and what i look like
i remember singing to him and saying goodnight
the times i laughed and the times i smiled
cuz i knew he was there
touching my stomach to feel his heart beat
and falling asleep to the rythem

i miss him every day
its hard not to cry an
i hate to wonder why he had to die
i love him still and think of him often
miss him alot
i want my son back...

Sandy Vanity

Awake

Wake me up
i dont want to sleep
without you i feel so weak
you hold me up
catch me when i fall
the only one who can hear
my silent screams
stay by my side
i need you here
as i look up at you
with blood flowing out
of my eyes and from my wrists
my pail cheek rests on your chest
i listen to your heart beat as you
carry me through the light
into my darkness once again i awake
all i here is baby, baby, baby wake up
i need you
i wake up sufficating
trying to breath
it was all a dream
you say i love you
i say it back
smiling as i think of
your heart beat
a southing sound
such as your voice
and your giggle when we kiss
those are just some of the things i never want to miss
if i wrote everything it would take a life time
and alot of space even with small writing
my wrists are healed and my tears have stoped
i am happy in your arms in my darkness again
without you i would still be asleep
dead inside
bleeding and left to die
but because of you i am awake and alive

Sandy Vanity

Be The Same

After saying what you said
it wont be the same
i cant eat
i cant sleep
its driving me insaine
this pain i feel
my hearts jump
with the barbed wier bungie cord
they hit the pit of my stomach
and drowned in the acid
my hearts scream but i cannot help
for i am dead myself
they shoot back up
and the wire gets tighter
my heart beats slowly
as my wrists crave my blade
i think about it i want it so bad
but cuz you hurt me
my eyes turned black
my blood runs cold
tears of black drip down my face
leaving my eyeliner behind
my hearts spead up as the wire punctures tiney holes
i cant take it anymore
just cut them from my chest and rip them out
unwrape them and i will mend them the best i can
then take them away i never want to see them
or hear them beat or feel the pain inside of me

Sandy Vanity

Bullet

I feel the emotion
fact and
thought
sinking into my brain slowly
as the river of blood rushes so fast
my hearts dropp and hit the water
they smash and break open
no other pain as bad as the one you set
my memories are triggered like a gun in my head
as the bullet goes through it makes puncture marks in everything you said
as my wrists bleed i think of you
you are the reason im still here
but my emptyness gets bigger everyday

Sandy Vanity

Cole And Glass

she was a beautiful girl
with light blond hair
although she had problems
she still wasn't scared
she had the heart of a warrior
and the motivation
of a lioness waiting to strike her prey
as she walked through the woods
and overcame the obstacles in her path
she was not alone
for a fox with brown fur followed
guiding her way and making sure she was ok
the fox defended the beautiful girl with all she could
but found out later on she had not done as good
although the fox tried hard to help
it wasn't enough
the girl had a heart of glass
and the fox a heart of coal
the girl had good things in her life
but the bad took it over
the fox left for just a while
and when she returned she found
the beautiful girl covered in blood
her wrists bleeding and her heart of glass
shattered to pieces nearly dropped
the fox looked at her friend with tears in her eyes
who would hurt this beautiful girl
what would make her want to take her life
the fox tried to think but found no thought
she had realized that she had done enough
and enough was everything she could to help the girl
the fox dug a hole deep in the ground and
covered her friend in beautiful leaves that suited her well
she buried her where she knew the girl with the
now broken heart of glass would have been happy
in a beautiful surrounding in a quiet forest is where
she is buried
the fox said a prayer and howled at the moon
as she walked away carrying the pieces of her heart of glass

the fox swallowed each piece with thought and love
hope was upon her that it would be safe
so now in her chest right beside the foxes heart of cole
is a memorie the pieces of her friend glass heart
the beautiful girl with the heart of glass loved nights
an stars
she would always talk about them and now shes with them
watching over the fox
i swear i can still hear the beautiful girl talk to me
when the wind blows i hear her voice and when i look into the sky
on a bright stary night i can see her looking and watching for me
with my eyes closed i can picture her smile
i still here her calling me once in a while
saying my dear fox it is my turn to watch over you
with my heart of cole and the pieces of glass
friendship stays forever

Sandy Vanity

Cutters Lullaby

Go to sleep close your eyes and dream of broken butterfly's who tore their wings
against a thorn you know the pain that they have born
silver metal shine so bright scarelet blood that feels so right
dream of blood trickeling down and wake up just befor you drown
the moonlight shining off your tears as you bleed out your own worst fears
so tonight when you start to cry whisper the cutters lullaby
hushaby baby your almost dead you dont have a pulse and your pillows red
your family hates you, your friends let you bleed, sleep tight with a knife its all
that you need
rockabye baby broken and scared you didnt know life would be so hard
time to end the pain you hide so well and down will come baby stright back to
hell.

Sandy Vanity

Cutts

My cutts are deep
they bleed so slowly
as my tears fall
i feel so much hate inside
thought in my head strike like lightening
the blad runs over my wrists over and over
screaming inside as it hits the vains
and pops them
one by one i let it sink in
once again i have completed my self mutilation
in order to make the pain other things cause go away
as the pain over powers my desire to care
everything stops and slipps slowly away
everything piles up like bricks on my back
i finally have enough and cant stand it anymore
mutilated of myself is the only way to make it leave
it is my resourt
i love the pain the adrenalin rush
my heart skipping beats
sufficating me slowly
i deepen them all the time but i can never stop
cause my self mutilation is my only escape from the world you see

Sandy Vanity

Darkness

Tears of black rundown my face
i dont know what to say
as i am silenced by the thoughts in my head
i dont know how to deal with this anymore
i cant sleep
i cant eat
its like darkness has consumed me
swollowing me whole
deep inside i feel brokenness
and dont know why
so much is happening
so much is hurting me
its like an all time low
and i ask myself how i get through this
my answer is i dont know
i feel crushed by a weight so heavy
standing on my own is so hard
its like i get weaker every second
till my bones crack and my heart breaks
every time i got to stand
something pushes me down
like a wounded animal
i stagger and try and stand again
why do people hate me so much
why do they tell me to slit my wrist
and kill myself
im alone stuck in my world
its like a numbing iceilation
but all i feel is pain
running through me
as my tears bleed out and fall like rain
why cant people understand me
and look past everything on the outside
whats wrong with me
why am i not ok
what is this emptyness i feel inside

Sandy Vanity

Dream And Reality

I had a dream of a blood red moon in a dark sky with metallic star's
what a beautiful sight, but not as beautiful as the way you are inside and out, i
never thought id be able to see you in a world so you beautiful. The world i
created was more beautiful when you showed up. The sunlight was gone and my
world was broken but patched and sowed and the black blind fold that covered
my sorrow filled eyes was lifted by your gentle hands.

I had a nightmare with my world burning and you nowhere in sight and now i
am broken and bleeding, my blind fold i must tie around my bleeding sorrow filled
eyes as i am alone till one day someone new shall enter or you shall return and
when i awake i realise my nightmare is reality.

Sandy Vanity

Feelings Again

My music is playing as i cry
or at least i try
only the eyeliner from the last time
stain my face
i tried to scream but
no sound escaped my lips
i tried to run but
it caught up with me
this feeling is inescapable
all i can do is bleed
hoping the lines will erase
and i can scream again
maybe one day i will escape
this nightmare that started out as a dream
where did it go wrong as i know i blame myself
why are things so complicated
im sick of the pain i feel inside
and im tired of trying to run
like a demon i stand there
wanting it to pass and destroy me
and it works every time you leave
with out saying i love you
inside i dont know why
my blood is what i want to fill my mouth
i want to feel my venom my poison
mixed with my blood run down my throat
as my wrists bleed i long for this
to make the other pain go away
pick me up and make it better
or leave me here to die
dont say i didnt try
i tried to make it clear that i love you
try to keep you happy
me bleeding on the floor curled up is how it ends
thats the tale thats the end
thats my life its not pretend

Sandy Vanity

Happenings

it wasnt my fault
i tried to resist but he didnt stop
and i do cry
its so hard
what could i do?
he was bigger then me
im small and couldnt push him off
i told him to stop but it didnt work
he got to hot and stopped
i had a smoke then left
as i walked home
all i could think about was what happened
it wasnt my fault
im a tiney little girl
and he was a strong man
i couldnt stop him
im not that strong
i told him no
i pushed myself away
i tried to escape but
it was no use
walking home was hard
try to understand it wasnt my fault

Sandy Vanity

Hear My Call

Hear my call i am crying
it feels like my heart is slowly dying
i know im loved but some times its like they are lying
i am burning and bleeding infront of their eyes
this is why i cannot utter the words goodbye
standing here crying with a flame in my hand
and a flame in my heart
but everyone i love is ripping me appart
like a fresh flesh wound my wrists bleed
my broken heart increases pulsing speed
nothing is going right
everything is going wrong
even that shooting star cant help
i come to find everything happends for a reason
even when everything is messed up and stays that way
there is no such thing as a perfect happy day
people die all over so for some people in the world
everything seems hopeless
everything seems dead
and people say its all in there head
it isnt its all around
its like getting lost and never being found
and as my heart starts to pound
everyone gets these feelings
everything goes around
its not just carma
some times things just happen
weather it is for betteror for worse
even the best of us feel like this
but there is always someone worse off then you
no matter how you look at it
life is like being bit
it could heal and be good
or it can get infected and be bad
all you need is someone there
to hold you up so you dont fall
teach you how to walk
teach you how to crawl
and everything else in life

but some times all someone could have
is themselves and they learn things the hard way on their own
they are people too and they have a heart and soul
just like everyone else
so now matter how you look at it things can be diferent
or just stay the same but really for the bad no ones to blame
and stuff may never change but always keep the ones you love close
and keep your head held high and i promise everything will be something
so treasure everyday, everysecond and every moment on this earth
no matter who you are, how bad your life is or how bad you feel
cuz one day could be your last
treasure every pleasure, moment and joy
hear my call i have spoken out

Sandy Vanity

How Dose It Feel?

blood trickeling down the wall
watch it drip watch it fall
as my heart hits the floor
i cant believe your words hurt more
as i read that i cant breath
its like my throat is closing
or im waiting to wake up screaming
as tears drag my red eyeliner down my cheeks
its like im distroyed and i finally am as dead inside
as i look on the outside
you asked me not to cry i couldnt help it
i remembered you telling me im beautiful
even if my makeup is running from my eyes
and down my face
sometimes i cant find my place
you told me you love me and you said you arent lying
and i want you to believe me when i say im trying
dont give up on me
dont let me fall
it hurts to see it all
i know how it feels to bleed
to want to get back at someone you love
because they have hurt you in some way
but i love you baby and thats not the way i want it to be
you mean everything to me
so please dont leave
just stay for me
even if i have to tare my heart out for you too see
it dose hurt to know what you did
and that your gone forever
but im still inlove with you and thats a fact
thats how i feel..

Sandy Vanity

In The Snow

in the snow i walk looking at everything coated in beautiful white
thoughts run through my head so many i cannot count
as i watch the snow fall i realize that its as beautiful as life itself
as i watch the snow fall i think of her and how i wish she could be beside me to
see what i see just one last time
i cant help but wonder if she thought of me
in the snow there is something in the air i know i feel it so nice
there is something about the snow and the air that makes me think of you
as i get where i want to go
and step inside
snowflakes fall gently off my hood
as i pound my feet the snow falls off and i become warm
the snow and ice that clazes me melts and falls
i know i will have to walk in the snow again

Sandy Vanity

Inside Stran

i feel down at rock bottom
i look dead as if i have been laid to rest for a while
but here i stand feeling and looking as i do
my heart still beats and my eyes still reflect
the expression on my face
like a fatal error being pushed through my veins
a grim expression of darkness
as i look around my eyes change from a soft honey brown
to to a cold hazel
quiet and tired not a sound
i am not as dead on the inside as i am outside
on the inside there is a single stran of life
awaiting the time to grow
when my eyes well up with tears
outside clouds gather quickly
as drops roll down my face
cause the urge to hold them back weakens
it starts to rain outside
the harder i cry makes the rain inside the clouds pour
as time goes by slowly and warped
my tears stop as dose the rain outside
still looking and feeling the same as i did befor
watching the clock biteing to the bone
bleeding to my wrists as i watch it run

Sandy Vanity

It Hurts

When i got the message
and listened to it
i couldnt breath
my hearts pounded
then skipped beats
my eyes turned a deep blue
i started to cry
and ran outside
no words to say
i couldnt speak
thought of you as i wondered
around the streets
i wonder how my hearts still beat
you told me you love me all the time
so i trusted you cause i love you
you broke my hearts
and left me to pick up the pieces
but no not this time
i refuse
i wont pick up the mess you made
feels like i was played
i cant stand the feeling
its all to much
all i wanna do is see the blood
from my wrists when i cutt
wish you could feel what you did to me
i think now how could this be
how could you leave me
with no explanation just sorry
how is it that your perfectly ok
an im the one who's speachless
dont know what to say
so much sadness inside
it hurts all the time
its constant
i try so hard to hide it
and so far its working
no one specially you can cant see
the pain you caused me

im going to go on pretending im happy
making like im ok
when really ever moment that passes
kills me slowly

Sandy Vanity

Kiss Of Love

i came to you broken and bleeding
we both shared the pain of our past
i never thought i would kiss you and feel love
but i was wrong
i have had this unknown craving
for what i didnt know
the craving took over and once i met you
and you said i love you my craving was gone
now i long to fell you beside me every second
its like i cant get enough of your sweet love
just the taste makes me want more
you fixed me and stop the bleeding
i never thought id want anyone so badly
but you are my world
my heart is yours
and my words i will keep
i couldnt stand you ever leaving
i treasure every moment with you
i never want it to end
when i dream its only sweet when its about you
i miss you every moment of every day
thinking about you like i do and dayz by the thought
i love who you are
i love your voice and your words
your kisses and hugz
and your touch
i want it and need it so much
i want you and your love to stay forever

Sandy Vanity

Life And Feeling

like a soldier im in war
my enemy is life and feeling
the hole i dug next to my trench
is where i shall lye my feelings
and lye myself in the end of the battle
i took shots at life and feeling
my whole exsistance
the battle i am loseing
crouched in my trench
as rain, tears and pain are falling
heavily drenching me
my scars lay up my arms
showing where my blades have slit
life and feelin take another effective shot at me
hitting me in the hearts
i am bleeding bad but i wont give up the war
till the enamys are difeated
the wounds are bleeding as so much pain fills me up inside
i am fearless of the battle and fait i may suffer i am alone
with only myself fighting with all my might
i hate to tell myself i am loseing
but i dont know if i can win im dying to quick

Sandy Vanity

Loseing Me

i used to feel and be so happy on the outside
but on the inside the real me was trapped
when i look back now i think of how stupid i was
i am so much more alive now on the outside
but inside i am so dead
i wish people would forget who i used to be
shes dead and gone
the old me will see day
or feel the night never again
burried benith the ground so deep
sufficated and hated by who i am now
no matter what i do her memory lives on
in the eyes and hearts of people who surround me
even though shes dead and gone there is no escape
as i watched her die day by day
i realized how much i hated her
hated everything people turned me into
she realized she wasnt me
when she died i came out from deep inside
she was nothing but my shell
my cover and an empty reflection
the real me comes through as i shed my
old pathetic skin and here i am the real me breathing
as my black filled soul is bleeding
the old me is gone lost and forgotten and never to return

Sandy Vanity

Lost You

you were my best friend
we laughed
we talked
we played and smiled
what happend?
why did you leave me this way
looking at your toumb stone is so hard
why did you do it
you left me a message
which red:
dear sandy im so sorry for this
i know you will understand
things have gottin really hard
i just cant do it anymore
i love you my friend
i have to go my arms are bleeding
and im dying love you always bye
so when i red it my heart jumped and pounded
i miss you i wish i could have helped
i tried so hard to stop you i failed
im sorry i miss you so much

Sandy Vanity

My Guitar And A Penutbutter Jar

I sit and play my guitar all day
as my fingers lay on the strings so tight
strumming it lightly
make sounds of pain
my fingers are bleeding but i dont care
the pain i feel inside is much stronger
why am i still alive?
can i take this any longer?
his voice tells me to keep playing on
my hearts want to die after my last song
i reach for the jar of penutbutter
they say there is happyness at the bottom
but they lie
the only thing i have left
is my guitar and an empty penutbutter jar
scrapping at the bottom as it keeps me busy
my hearts are screaming PICK UP THE BLADE! !
dont put it down because its the only happeness you will ever know
its hard to stop some times i give in and do it
the blood flowing from my wrist to my guitar
my tears mixing in
so maybe there is hapyness in
my self mutilation, my guitar
and at the end of an empty penutbutter jar

Sandy Vanity

No Escape

I try to breath but when i try i choke
my ribs are in pain cuz they are broken
as my eyes change color to fit my mood
a dark black they turn a tint of red
lingers through
my body temperatur rises
and i wake up in cold sweat
this pain i feel is hurtiong me
baby why cant you see
look at me and explain
everything else is so messed up now
i only have myself to blame
i know i am a monster
and i know i am mean
but i have 2 hearts
they pump slowly but atleast are alive
they have been through so much
i dont think they will survive
i try to talk but no sound comes out
whats wrong with me?
cant talk and i cant breath
i wish my wrists were bleeding
then i wouldnt care cause maybe the pain
inside would be gone for a while
the blade against my soft wrists
sinking in deeper as i slide it across
this is the thing i crave so much
to see my blood drip and to
see this blow
i hate that you dont know how i feel
cuz your looking past me
not at me
so im invisable to you
the one who made me stay alive
the one who wanted me to live this life
my hearts are hurting
the pains in my eyes
i wish i could cry again
i got my happy ending but payed the price

a little twist of darkness
im stuck in a nightmare
a used to be dream
will things go back to normal
or will they stay the same?

Sandy Vanity

Over Dose

As i got into the van i smelled weed
sweet weed the one thing i craved
as my best friend looked at me
she took 3 hits and passed it to me
i took a look at it and as i took a hit
i began to smile
the wanting for it was gone
with every hit i could feel my troubles leaving
we passed it around till it was done
then we went to the store and bought a 40
as me and my friend passed it back and forth
the horrible taste sat in my mouth
once again i craved weed
she rolled another and passed it back
i took more hits ever time
i got a little sick but kept going
i drank more too
the next day was the same
we smoked 5 joints
drank a whole bottle of whine
and drank some beer
the next day was the same
except the second night i did it
no matter how much i tried
i couldnt cry
even though the feeling was there
as my friend watched me get sick
from the over dose
i closed my eyes
i remember crying make it stop
and her light voice saying its ok
you will be fine i promise
when i look back on those nights
i wish it would have killed me some times
but that was last weekend so the past
is the past and theres always other days.

Sandy Vanity

Pain

Like the pain in my trick arm
the pain i feel is my heart beating
and my muffled breathing
i stand outside staring at the sun
having my morning cigarette
smiling at the earth that lay so cool around me
people walk by but do they see that my smile
is just my cover
do they see the pain inside
im complicated and hard to read
like the scars on my wrists my smiles fade
like the fresh blood they bleed
a new thought comes into mind
the blood stains like the marked impresion
on my heart of all the things i love
and all the ppl i care for
when i look back now and see
all the pain i have caused others
and the pain they have caused me
it breakes my heart to remember how cold
i used to be
my pain flows every day and stuff happends
it hurts and sometimes i wish i could freeze
and heal my wounds and the wounds of others
but pain will never stop coming so its best
not to let it get you and take over

Sandy Vanity

Pain To Fake A Smile

I told you i didnt care
and tried to fake a smile
like when you faked loving me
but this time i tried my hardest
not to let you see my pain
it was written in my eyes
as i glared at you
trying to hold my tears back
but when i left the next morning
i could feel cold wet tears running down my cheeks
and falling like rain
i thought about you
wundering if you ever cared
i realized you didnt when you disapeared
i felt my heart drop
it shattared and hurt so bad
i hured your voice in my head
as if you were beside me
your words surounded me and haunted me like a ghoste
i saw you in my head and all around me
i closed my eyes and there you were
is there no escaping you?
your hold on me is like barb wire chain
when i move and try to escape
they cut my skin open softly but deeply
i dont know how you can just watch me bleed
my pain is not self inflickted
but it hurts just the same
why did you use me and break my heart?
thank you now my heart fell apart

Sandy Vanity

Path Of You

Once upon a late summer I walked down a path
Drunk that night I could not think but i remember
You, me (two starangers) and three of our friends in a park some time befor
December
I stayed with you there on a hill
We layed on grass as you told me what you knew of the stars
Over the short time we had I felt closer to you
One day I never thought would come
You told me you were leaving
I was more then devistated
I was so much more then stunned
I saw you unexpectedly one last time befor you left
I remember the sad goodbye and the tears I cried that I hid from you
After 6 months in December it was
You suprised me and came back
When I hured your voice and saw you I remembered what I felt befor was true
love
We have our ups
We have are downs
Even still today I can count on you cause im glad your around
Our story has barly started and I know theres more to come
I cant wait any longer till our baby arrives
Im so happy I have you an I created a mirical with you
I wonder what unknown thing will happen next for us
And I know sometimes things are and will be rough
But we do have eachother and I know thats more then enough
Dont ever think I don't love you
And don't ever leave
I adore you honey and for you my heart lay on my sleeve
It is yours for eternity to do as you wish
Please don't break it
If you do try to do it with ease
But even then and every day
Now even and till my last breath
I will remember the path
From first step till im no longer on ths earth that will be the last

Sandy Vanity

Some Times

I sit around sometimes and let my thoughts eat me alive
Till one day I thought of you
my birth mother and the flesh and blood of what is supposed to be my sister
after 3 years of getting on with my life I had completely forgotten
when I thought of you both I had to ask myself why out of all times after a long
while
Then I remember it is because I could never stand the thought of you both
without wanting to be sick to my stomach and filled with disappointment that
the one who gave me life chose to believe a very sick man she had been with an
loved since I was six over her own flesh and blood
and a best friend
my little sister who could only think selfishly of her own happiness
Some times I wonder why I only told you of once
Then I remember its because I knew you wouldnt believe me
Your to blinded by love and selfish yourself
And it was worse then the other times he even touched me
because this time he went to far
I managed to escape cleverly the first time that day
but the second time I had to let him know to back off
I wish you were there to hear me scream no dad dont at the top of my lungs
even after you knew about that day and still to this day i have nightmares of him
Its pretty bad when I know that my biological dad who was never there is so
much better then the sick creature you call your lover
an the waste of my effection calls dad
hopefully by the time my baby comes and I move into my new house with a man
who loves me and his unborn child an who I know would never hurt our baby I
can forget about you completely
Sometimes I miss you then i remember its useless to miss what you never had
and then im happy all over again
Some times

Sandy Vanity

Super Girl

I am not a normal girl in many ways but the one that stands out is the most
birdin of them all
people talk normaly to me cuz they need answers
i cant solve something or stop somethings but i try anyway
i feel like the dark super girl
the one who everyone wants help from
cuz they know that even if its not possable i will still try
i wonder if i will ever get to be plain me
instead of being stuck inside a medaforical superhero body
every day i wonder whats battle i will have to fight next
and how long it will go for
i feel like im the dark super girl the one who never rests
and the one who craves a solution to every problem and no matter how big,
small, possable or impossable it is will try

Sandy Vanity

The Falling

Sitting in the darkness of my room
i cant wait to talk to you
to hear about your day
and to tell you of mine
i know you love me
but some times it hurts
you feel so distant never as befor
all the nights we spend together
wanting more
when im beside you i feel like im home
but when your not here i feel so alone
i wonder what your thinking
all the bleeding and the fighting is all part of it
but no matter how bad it gets im never letting you go
i made a promise and im keeping it
never letting us slip through my fingers
because the feeling of love lingers
as butterflys fill me stomach every time your around
and when i hear your voice the moste beautiful sound

Sandy Vanity

The Finding

you found me broken and bleeding
left to die in the middle of the floor
you walked through my blood
mended my heart and helped me up
you put a bandana around my bleeding wrists
you held my hand as we walked through the mist
crushed and broken my world was
everything you touched darkend and died
thats the way i like it
you brought my blood red moon and river back
and my dead trees and black roses
surprise surprise my world is dark again
it makes me happy to know that you care
to know that you love me
and want me cause i love it when you stare

Sandy Vanity

The Lover

with his fingers so soft they touch my face lightly
and with his arms so strong he holds me tight
as he kisses my lips i feel the love he has inside
he shows it and says it when he can
the look in his eyes gives me quite a surprise
just befor he says i love you
you can see it on him that he loves me
hes so beautiful yet so quiet most of the time
hes soft hearted to me and very sweet
hes always there
with his beauty bringing hope to my world
an the thoughts of wanting to wake up
and the thoughts of wanting to live
every time i hear his words
the desire in them is clear
the craving for him unbearable most of the time
yet suttle and quiet like him
hes the only one who has my heart
and the power to break them so easily
i long to feel him close and hear his voice so sweet
his beauty could never be taken nore tainted to me
he is the lover my sweet man
the one who catches me an helps me land
he helps me stand up and holds my hand
he never lets me down nore lets me fall
for him i am thankfull hes my lover moste of all

Sandy Vanity

The Pain I Forgot

It all started with my man and i sitting at the hospital waiting for blood test results to see what was happening to me suddenly after hours of waiting the doctor came in and said congratulations your pregnant months went by i still think of him as my most beautiful surprise some days were hard others were easy most flew by so im 3 days past my due date been in back labor for 5 days it hurts and its crazy woke up to contractions at 11: 00 went to the hospital they said your 2 cm dilated and we know your contractions are 4 mins appart so go home try to walk as much as you can walked for a half hour around the house contractions got 2 mins appart they took me bk i was 4 an a half cm i said look just give me the epadural they came back a half hour later my aunt kept saying sandy blow out hunters birthday candles they broke my water an gave me the epadural finally said ok its time to push half way through the called in an expert sandy dont panic but hes face up now your gunna feel pressure just dont push it wasnt pressure it was pain i wanted to cry cause they had to turn him next thing i know they say sandy we have an expert here hes stuck your to small so we have to use the vaccume i wanted to cry my aunt saw the tears in my eyes the dad had to run out befor he fainted my aunt held my hand cut the cord then the pain was over, they handed me my baby boy and i started to cry looked up at my aunt and said hes so beautiful as my bf walked in saw me holding hunter and we both cried and i forgot the pain no ever time i look at him i can say i never wanna go through that again but he is worth everything everyday

Sandy Vanity

The Pain Inside

My heart has died
theres a pain inside
my stomach aches
my head pounds
and my wrists bleed when no ones around
i dont know why its there
this pain hurts so bad i cry some times
not wanting to see day
nore wanting to be around
its like im in a black hole
falling till i hit the ground
my tears fall like fresh red blood
i shake as if i am cold
my eyes are dark as i sit thinking
your memory runs through my head
STOP my heart screams as i slow down
my heart slows
the shaking stops
everything freezes
but my mind still thinks of you
and my tears still fall

Sandy Vanity

The Warrior

In my room i feel a great sadness
its like sleeping is no option
has no point
my mind blocks my will to dream
feeling nothing but sadness
floating through my body
resisting the eurge to cry
i wont let it take over me
refusing the impulse
to think of the person who encourages the sadness to spread
trying to block it all out
like a warrior fighting a battle on her own
as the monster she so desperatly fears moves toward her slowly
thinking it is unseen un hured
she knows its there and she uses one of her powers
one of the little she poses and knows
as she casts her spell on the demon infront of her
face to face they are
trying to make her demon fall like hard rain
even though she feels alone
she quickly moves drawing her dagger
and plunging it hard into the monster she fears
it is wounded but dose not fall
as a strong wind blows and hits her body like shards of glass
she summons her inner self to finish the great monster off
her soul takes over
wraping itself around the creature
slowly sucking out its soul
the demon falls as the inner warrior once again
returnes to its body
once again the warrior herself takes controle
slicing the creature open
and gentaly ripping out its heart
symbolizing that she herself conquered the thing she feared moste
and once again regains her powers plus alot more
and she holds the heart keeping it with her as a reminder
that she battled and distroyed the sadness on her own,
that warrior is me.

Sandy Vanity

Think

you think you know my life
you dont
im not the same girl i used to be
the one who was so stupid to give you
more chances to hurt me
not realizing that thats all you wanted
when i look back at those dark memories
i realise that you were just a phase
i found someone better
someone who actually loves me
for who i am and thinks im beautiful
he treats me good unlike you
you cheated and lied
you will never know how much i cried
im alive now but much more defensive
you said you wanted me and would always love me
it was a lie just like everything else
but unlike the other lies
i like this one
cuz it means you finally let go
although you hurt me and faught with me
needlessly countless times
i dont feel stupid anymore
nor am i weak like i was
my true love helped me see that you
really are nothing to me
so after i write this poem
your memory will be thrown away
never to be seen or thought of again
he gets me through the day
unlike you who made me want to end it all
with him i can stand tall

Sandy Vanity

Who I Am

i know who i am
im dark and quiet
creative and myself
dont care what people say
i dont care what they think
my piercings, my make up and cloths
are expressions but just my outter shell
look passed all of that and you will see the real me
the girl who loves tattoo's, piercings
stormy weather and poetry
the dark hearted girl you see on the outside
is only part of me
you may think im trouble and cold
i admit im troubled and the reasaults are the scars
that i bare on my wrists and the reason for my invisability
not scared to be hurt im used to the pain
scared of being left for dead in the cold
hung out to dry and forgotten there
i may look mean but its the wall i put up
the wall no one gets passed
its hard to trust
hard to let people in
my feelings, everything
can only be seen through my eyes
and in my heart and only people who see me
for me and know the actually me
see everything i am and everything i can see
one out of thousands of people can see the real me
and he means so much to me so hes the only one
that passed my walls without a fight
and got through
he the only one who truly knows the real me

Sandy Vanity

World Of Frustration

I sit in this world
with so much around me
thoughts of certain things invade my mind
with a heart filled to the top with darkness
and eyes full of pain and sorrow
i walk this earth invisible to others
no one see the real me
hiding inside a world of darkness
oblivious to signs of life
numb feelings toward objects and others
one person in this world gets me and knows who i am
he's my reason for living and so much more
im sick of the problems
this world is so frustrating
but yet he is my escape
i find myself wanting to die because of other reasons
the thought of wanting to be alive overpowers the craving
to lie beneath the precious earth
so i await the day i am six feet under
i love walking this earth with the one i love
never wanting it to end

Sandy Vanity