

Poetry Series

**Sara Tehrani**  
**- poems -**

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## Sara Tehrani(1987)

Open to criticism and any ideas from poets of all age and background. Im a 20 something creative writer and student, and will always pursue this passion of mine that I've held for as long as I can remember. It is really touching and appreciated to receive such positive comments on here from inspiring poets. Hope you enjoy my writing as much as ive enjoyed writing them. If any poets out there think it would be fun to collaborate their writing with mine, feel free to message me. Thanks

**... It...**

I don't smoke from the heart of it

I don't joke to pull you apart from it

But I sing right from the gut of it

To bring about the deep of it

Have you ever fallen deep?

To a place that misery once did seek

And has she ever changed your mind?

Made it easy for love to find?

Have you ever fallen hard?

To find you cannot end what you start?

I don't drink from the neck of it

I don't think for the heck of it

But I bring the whole face of it

So why should I hide from it?

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Sara Tehrani

## ...2 Packet Of Crisps...

2 packets of crisps in my empty hands

Wait till I have finished then you'll understand

The imagery of pain, the imagery in vein

With 2 packet of crisps in my empty hands

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Sara Tehrani

## ...Pimms And Lemondade...

Bring on the booze

Put on the shoes

Tamper with the face

Hide the girly grace

Pimms and lemonade

And sex on the beach

Is what we wish to see

Is what the youth will teach

So how far will you go?

To knock on the door

Next stage is the worse

Invite the creator of the curse

Because he added the wine

To my youthful yellow time

Because he doesn't know

What I'm about to make mine

(Dedicated to my lovely chumming friend Danielle and the laughs we had at Univeristy :)

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Sara Tehrani

## ...Yours...

Endeavour your apple cherry source

Tastes better than it looks

Endeavour the open ended force

Pushes you further than it shucks

Just down the alley is the red eyed monster

But once he was a soldier striped pyjamas at night

He was the softest touch to the brick

Don't judge him by his quick to the fright

Trust the walls you built, believe it's thick.

So endeavour your apple cherry source

The cinnamon one I made leave beside me please

look and love it but its only me that has its true need

Take pride in what you have created, it is yours.

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Sara Tehrani

# A Memory

The cautionary vision beyond the hills  
Flows through the river of my mind and it spills  
I head above and don't look back  
You've been great but carry the sack

Like sand you disappear through my fingers  
Though your soft touching words lingers  
An everlasting glow is all that I will know  
Until the dawn cracks and the vision will show

The tapping of the past peeps through your window  
A final reminder of the memory you are about to let go  
A rush of cold brushes through your spine  
Look through the old pages and draw the final line

Farewell to the whistling bird  
Let her sing but Let it free  
Let the past be nothing but a memory

Sara Tehrani

# Almost Numb

Lift up the weight before you drop  
You're strong enough to hold an army in your arms  
If you're strong enough to let me see you cry  
Then I'm sure you're strong enough just to try

And I will be by your side  
Like I've always said  
But you have a blind eye to love which you must bed  
When you can't feel, your almost numb.

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Sara Tehrani



# An Addict From Mars

I don't want to smoke any more, It hurts my lungs and pains my head  
Though it gives me the satisfaction like a sleeping pill softly putting me to bed

I don't want to drink any more, because it drowns my liver and knocks me to the floor  
But It numbs the pain and lets me feel like I'm just laying on the shore

But most of all, I don't want to let you down  
I don't want to disappoint you and make you frown  
When I use to be the one to take you to town  
with my poker dot dresses holing your hands  
Now both just holding cigarettes and wine.

I don't want to wait no more  
For the love to crawl back in my life  
Where you use to unravel ribbons around me, said I was a gift from the stars  
And now you build a wall around me, and say I'm just an addict from mars

When will you love me again  
Like a person who is simply numbing the pain!

Sara Tehrani

# An Insight To Love At First Sight.

This is personal, so suddenly close to me from being so far apart.  
This is fragile, so suddenly moving through the stillness of my skin  
But never the less it will take a while for us to fall deeply within  
As it all just suddenly collided and collapsed before you kissed my nervous back

This is a weakness, one I know you will strengthen  
This is the place where I always crumble, after the moments my heart beat  
stumble  
So where do we go from a place we so very well know  
Look directly in my eyes and tell me this time it is different

This is personal, so suddenly, so quickly, so intense the nights  
So flattering to fall so fast, but if rushed it will soon pass  
So lets rewind but without a stop, lets slowly and beautifully take it to the top  
This is what it is... an insight... to love at first sight.

Sara Tehrani

# Artificial Coma

Title was given to me by a good friend of mine Pam.

The flowers we planted need to see the sun today  
So unravel the sheets and wash the stains away  
Off your sweet skin, step out of the lay□  
The flowers we planted need to see the sun today

The pretty birds you caged we need to let free  
Before the pretty birds cage in you and me  
To the place where light is lost no day  
The pretty birds you caged we need to let free today

What is this artificial coma I see you have embedded?  
When I can feel the springs of the mattress drilling into your lifeless bones  
I hear your silent lip trembling as the voice shrills and moans  
What is this artificial coma I see you have embedded?

Is it where your home is? Or are you a little lost?  
Is it sweet and sunny there or just rain and frost?  
I haven't seen you for quite a while  
All I want is to see you and to see you smile  
I haven't touched your skin  
Will you ever break the artificial coma and let the world in?

Sara Tehrani

# Black Crow

You're like a piece of asparagus

I forget its good; just eat it because I should

Then the salt and pepper cover u like your too simple too nude

I'm fighting with myself and all the while

The black crow still sits on your suburban tile

Sara Tehrani

# Buckle Your Seat Belts

Unload your bullets, this isn't a mission  
take off your vest, there will be no shots  
erase your answers this isn't a test  
it won't grade you from worst to best

But buckle your seat belts because this is a ride  
Be aware at times you will sway from side to side  
Hold on tight because you may travel fast  
But there is no indication of how long this may last

So hold out your hands as I give you this gift  
Let all your guards down and let your worries drift  
Let nothing but happiness surround your soul  
Open your window and knock down that wall

Let it in, and let it out  
Go crazy, be spontaneous, scream and shout  
Get to know it inside out

For this is the present you will have for life  
For this gift you hold now is the GiFt oF LiFe.

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Sara Tehrani

# Chocolate And Wine

The arch of greed

Casts a shadow over my gentle mind

That transpires my drift full need

Into an uncontrollable find

The persuasion of the heretic

Shapes your decisive pleasure

That product, that thing you will find

You will happily find in your leisure

But the arch of greed

Casts a shadow over my indecisive mind

That transpires my begging need

Into an indescribable find

This is my cherished addiction of chocolate and wine...

From this I never wish to decline!

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Sara Tehrani

# Clustered In The Clouds

Clustered in the clouds

Waiting to fall as rain

Are all your worries

Are all your pain

Making a home for it self

Sitting comfy on the shelf

While you smile away your tears

While you brave away your fears

The rainbow won't appear

The angels won't hear

Unless you open up and let it rain

Lower the clouds and let it rain

Open up and let it rain

And you will feel love again.

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Sara Tehrani

# Dagger

face the day with a dagger by my side

Hidden in the palm of my unsteady hands

With a Candid curse I finally decide

It isn't you but me whom doesn't understand

The sounds of the rhythm of the dripping blood

Takes a bow and shouts 'I'm Immortal! '

Feeling guilt regret and misunderstood

The light can only appear when its dark

Sara Tehrani



# Dear Friend

Dedicated to a new friend of mine, a guy who deserves nothing but pure happiness :)

You will be fine  
Just hold that red wine and sip it slow  
You will be fine  
Let us take you places you've never been before  
Let us make you faces you've never seen before

You will be fine  
She lit a fire that she told you would last forever  
To then suddenly throw water over!  
She lit up your world but now you will light up your own  
You will be fine as long as you let us make here your home

Love is unforgettable but love is unforgivable  
The love you hold within yourself is the one we will help you always keep  
As a friend, as someone who wants to listen, I will be a shoulder for your weep.

You will be just fine...

Sara Tehrani

# Fake As My Eyelashes!

I know who you are, I know what you do  
You take the number 1, and turn it into 2  
I know exactly what your game is. I know your next move  
You say all the right things, make it real smooth  
You have never been rejected by a girl, now I'm the first to smash your world

But I'm a good girl and you're a bad boy  
You're a player and I'm not your toy  
But now I don't know what to do  
Because you started a fire, and I can't put it out... in simple terms...  
I miss you!

This is what you do best, I watch you put it to the next test  
Am your next victim? I thought you said I'm nothing like the rest  
Hard to get, hard to give, hard to make me say without you I can't live  
Can you look me in the eye and tell me that's not a lie?  
When are you going to wake up, realise I know it's all a make up  
You're as fake as my eye lashes, as predictable as learner crashes

But I'm a good girl and you're a bad boy  
You're a player and I'm not your toy  
But now I don't know what to do  
Because you started a fire, and I can't put it out... in simple terms...  
I miss you!

Sara Tehrani

# False Message!

Now let's get it out of your system young man  
Take your guitar and warm up your voice, tell yourself you do have a choice  
Lack of laughter lived in your eyes of blue  
Now let's get it out of you

What she loved you for, why she smiled at your sight  
Is still there, you're still here, though cry you might!  
What she held your hands for, why she missed you so dearly  
Doesn't matter anymore, love was there nearly!

Let's get it out  
Put on your fancy shoes and dance off your silly blues  
Paint a happy picture on your innocent face  
Return to that hopeful place

She was just one step you tuck too fast,  
With a false message of love at last  
She was just one step you tuck too fast  
With a false message of love at last

Let's get it out!

Sara Tehrani

## Father To Son

I look at you and see my eyes  
looking through velvet skies  
I wonder if you are bouncing through the same clouds as I  
I haven't left this place  
since i saw your mothers face  
and now she forces me to ripen  
to release the child I always knew  
for the egg that beautifully grew  
to become the father figure for you.

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Sara Tehrani

# Fishing In The Sky

Fishing in the sky

The sun came down to say goodbye

For you don't need the sun to beam on your shoulders no more

She gives you more than any heat you could ever store

Don't look back, I was just a heavy hearted sack

Now I'll get my fishing rod and fish somewhere else

Don't hold on to my hands, let me get off your back

I thought I had you, but I only ever wish I did

She looks like that missing part of you that you longed for

That missing part of you that I tried to be

She has dry eyes and a fresh smile

She's the missing piece of your suburban tile

Bury the sand we clasped in our hands

Translate the words we never dared understand

Gather your seeds and say your goodbyes

Pass me the fishing rod, ill fish in the sky

Sara Tehrani

# Four Walls

Lets get out of here  
I think you've seen too much of these four walls  
Lets take you somewhere you can be free  
To be the man that you've always wanted to be

Lets get you out of here  
I know this is your home  
But you never painted those white walls  
Its still got the memory of the past you cannot let go

See, there's a world out there  
Waiting for you with open arms  
And its begging, begging you to see its charms  
Charms of the sky, the sun and the sea  
So much more than these four walls will ever be.

Sara Tehrani

# Friendly Order!

Your smile says it all  
She opens your eyes and paints your wall  
like a little boy you follow her every move  
You see that with her all your creases are smooth

So why do you let her bring him home  
Each time she maybe sad and alone  
Why do you let him touch her lips  
And watch how he firmly has hold of her hips

You fear your just a boy in her eyes  
And that you are just not enough  
But she loves you is what you just don't realize  
It couldn't be simpler, but you choose to make it tough

So each day you love her more and more  
Is another day you let her go  
So this is an order from a friend  
Open your heart and let her know!

Sara Tehrani

# Giddy Creation

Outward digestion

In familiar hesitation

Takes a toll on this giddy creation

While we avoid the conclusion

Inward osmosis

The membrane speaks for spacious

Voices must be cautious

This poem is atrocious

Now I'm feeling very nauseous

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Sara Tehrani



# Gummy Bears!

I must add that this is Co written by the lovely and talented Sam Clyburn :)

It's not easy to hold this pin for as long as you have been stuck in your bubble,

can I watch you float into more trouble? can I leave you to wallow in your muddle?

Because we've been here before, just dipping our feet into the shore,

Spiraling we crumble washed to the sea,

The safest place for you is me.

Sara Tehrani

# Hope

I would say stop but nothing quite makes it come to a full halt  
As we seem to crash into words we never dreamed of exchanging  
You hurt me  
I hurt you  
Bitter words rush into our blood  
Just for a moment we know this is it  
Somehow  
Somewhere  
Someone forgave me  
Somehow  
Somewhere  
Someone forgave you  
There is never quite anything that brings hurt as much as hope  
So we hope that we get there  
Somehow  
Somewhere  
Someone

Sara Tehrani

# I Think I Heard You

I think I heard you  
I think we collided into two  
For a second I was lost  
Words didn't know how to enter my mind  
You was there yet so far  
Yet I heard you  
I heard you say  
Shiver and shake  
Quiver and awake  
If it's only silence that it takes  
Hold your tongue  
Let me hear you without words  
That night all I heard was stillness of two lonely people  
Two lonely figures in just our imagination  
Two beats collide after so many brushes under the lines  
I heard a sound I cannot identify  
It moved inside of me  
Did you feel it too?  
Was it you?

Sara Tehrani

# I'M Just Me

So scared, so uncertain of the future  
So much that the present is just a thing of the past  
Stuck in a pro-longed nurture  
I'm 24, but became 12 again too fast

My audience watch as I go from 1 life to the next  
never quite settling in one, quickly flicking to the next page  
They know I'm fickle, confused and lost in direction  
But little old me won't settle until I find one worth my affection

I'm like that school gadget yoyo  
soon as I'm high I'm expected to fall low  
with nothing but a flimsy string controlling my destiny  
you'll soon get bored of this stupid predictability

Im an addict, a joker, a serial quitter  
A one trip pony, a winning failure  
I'm a drama queen waiting for her king  
But before this gains pity, ill mention the few good that I bring!

I'm witty  
I'm sharp  
With words I can play the harp  
I'm open  
I'm closed  
Your secrets I will never disclose  
I smile on the outside even when I cry on the inside  
I make dam good cups of tea  
I even hate that stuff, coffee's more for me!  
I'll listen to your blues, say nothing if I have to.  
I'll forgive and forget  
I'll be your friend despite  
Amongst all my decisions, you would be the easiest to choose  
But amongst all my losses, you would be the hardest to lose.

I'm just me!

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Sara Tehrani

# Immediate Peril

This was co-written by the lovely and inspiring Craig Turner

I don't think he knows his affect on my smile

A paper cut tastes too reminiscent

A stronger feeling grows all a while

Sat at the back breathing back smoke

Covering the eyes of doubt, I woke

Subjected to immediate peril

Visions of what only the weak eye can spot

Inevitably reactions won't understand

With a broken dream and half a leg I stand

Uninterested is unconcerned

As destroyed is what is simply burnt

Sinking whilst spinning

Occupied with beer and wine I think of him.

Always at arms length with sleeves rolled down

A soft soothing sound is flowing from the river of my mind.

Engraved gold rings sparkling in the reflection

Forgive my delicate sudden rush of emotions

The one that just won't burst

The same one that always comes first

I'm always honest but rarely tell the truth

Until the day will arrive where red will form from blue

Sara Tehrani

## In Another Verse

You pull apart the stones from the sand  
Feel it through the stiffness of your skin  
And as the softness subtly drifts through the gaps  
Empty, again you fill up your hand

It comes and goes  
Love is repetitive  
If it dies, in another verse it will grow  
If he is the one  
Then fate shall be done  
If unsure but hopeful  
Perhaps a heart will crack a little  
And that little can be fickle  
So if in doubt  
Stand and hold back  
To fate say hello

If it dies, in another verse it will grow

Sara Tehrani



# In Denial

Is this really me?

Am I dad to be?

See it was only last night I was sat at the pub

With not a care in the world, with friends smoking bud

Laughing and joking

Playing poker and smoking

Feeling like a teenager

No responsibilities

But now time has caught up with me

I look in the mirror and I see a man

But I look in my pockets and see just a boy

I don't want to be that man, to slow down and start paying the bills

Fixing and mending what you break is not the way I wish to get my thrills

I don't want to bring up a child

When I still feel like one lost in the wild

So please take this away from me

Am I really a dad to be?

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Sara Tehrani

# Ingraved

I came by to see if you still live in that little cottage by the sea  
Where we spent the summer laying under the moonlight living young and free

you held me like you never wanted to let me go  
and you said I'm the only one that you ever loved and you couldn't love me more  
Then the sun came down  
You shook the sand in my shoes and said please don't come around

Its been 2 years and I can still see the moonlight in the sky and it doesn't feel  
the same without you by my side  
I'm walking on the pebbles and the sand but its not the same without you  
holding my hand

When the sun comes down every night I cry  
Because I remember how you broke my heart with goodbye  
So I came by to ask you what happend to our love  
But your doors are locked and the windows are blocked  
And theres not a soul in the house

late at night and walking through the park  
where we came every day making daisy chains drinking until the dark  
Im sitting down by the tree where you proposed to me  
I turn my head and suddenly I see your name ingraved on a silver plate leaned  
against our tree  
Shining brightly, I shed a tear when I see it says in loving memory

Sara Tehrani

# Just One More Cigarette!

We just want to be happy

Drink so much to feel it in my blood, feel it shake into me

Grow into insanity

We just want to be happy

A glass or two wont hurt me

Will it hurt you?

I want to fall

But afraid ill only fall down

Life is brutal and so unforgiving

Deep down inside

I wonder if it will ever change

Jacobs creek, cigarette and the green

The thoughts

The way it moves inside my body

More my mind

But I don't want to depend on poison

For one night just let me feel unfrozen

We just won't let go simply because the packet says so!

1 cigarette won't hurt me

2 hardly addicted!

20 a day and Your Dead!

We just want to be happy!

written Feb 09. SST

Sara Tehrani

# Let You Feel...

I'm staying  
As your laying down the grief she gave you  
I'm not moving  
As your assuming the past will creep back up on you

Let me touch your wounds  
And help it heal  
And be soft on your heart  
And let you feel

I don't care if you've got issues  
I've got them too  
It doesn't worry me  
That you don't know what to do with your life  
Just being you is fine

All that worries me  
Is that I love you  
For who you are now  
Not tomorrow

Even with your sorrow  
I just want to follow  
What my heart is softly telling me  
That im staying

I'm staying here  
I'm staying here  
She was blind to not love you.  
I'm staying here with you

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Sara Tehrani

# Midday Moon

Co-written By the lovely Craig Turner;

Like salt with coffee you taste wrong on my tongue  
Bitterness falls on those unsung  
Like the wise men took the steps I rubbed off the floor  
just like the waves battling the shore

So will this magnet attract its opposite?  
To feed the fight that we made of it.  
Memories float around in bubbles that won't burst  
An empty air that you take in first

A momentary lapse in your one voice conversation  
My ears stop listening; all I'm left with is frustration.  
Drifting off behind your moving lips,  
Watching how our intentions flip

In preparation to open your eyes  
A little voice inside subsides  
pulling away what's understood  
now I see the chip in the wood

Sara Tehrani

# Obscure

It's the earthy echo  
It's the calm of the air  
It's the drummer's tempo  
It's the charm of the snare  
Its the bruises of the fighter  
It's the changes of the leaves  
It's the silence of the writer  
It's the arrogance of please  
It's the cutting of a heal  
It's the disease of the cure  
It's the turning of the wheal  
That has me in love with life's obscure

Sara Tehrani

# One Name

The whole of my body is covered by one skin  
All taken care of and protected by one thing  
But when my body is still and left alone to rest  
The one part of me I feel lost in never ceases to think at its best

It dreams yes, but while dreaming it ponders  
Reflects, and contemplates, deliberately speculating each small or big action I'm effecting.

You may wonder why I've rooted this as a dilemma  
But do you realize what a brain is like, with more than one side, more than one story,  
More than one path and more than one life

One pushes me to a side so stern, strong, dignified and heavy in rules  
The other obliges me to flower carefree, open minded, but clueless and lost too  
My face is labeled as one name  
However I yearn for a thousand, as I'm not the same

Not the same as you who holds just one flag  
Not the same as you who carries only one bag  
Not the same as you who believes in one religion  
Not the same as you who carries no disarray and annihilation

So before you ask me why I walk in different directions  
Ask your' self why you only walk in one.  
As you still live with your rooted seed  
However let me remind you that mine is gone.

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Sara Tehrani



# Passing You The Key

This poem is dedicated to Craig Turner...

Wishful thinking

Pointless drinking

Left me thinking about you

Empty sorrows

Emotions you borrowed

Had me swallow my soul

I wish we painted a different colour on the walls we built between us

I wish I closed the door when we couldn't give anymore

Your voice is engraved in me

For all you have forgiven me

You still remain a mystery

Lock away the reach for me

I'm passing you the key

Sara Tehrani

# Pearly Gates

If the waters washed over  
All the chalk I scratched into the black board  
If the mountains fell over  
The footsteps that we printed along the way  
If the birds forgot to flap their wings  
And know how to fly  
If nothing makes sense anymore but only a lie  
Will you still be the only thing I know?  
That hasn't made any sense at all  
Yet couldn't feel as right as it always has  
When you grab hold of the last word before I say goodbye again  
And that last word never fails to make me shiver and shake  
Make me realise I'm awake  
Sleeping use to be my escape  
But either way there is no pearly gate  
Unless there's you waiting there  
For now just hesitate

Sara Tehrani

# Pebble Through A Motion

Living my life...

Walking through rivers of strife

Deteriorating like a pebble through the motion

Wondering when I will ever reach the ocean

However with each grain of me that withers away

I will pick up the courage to carry with me the little I have left

I will embrace it close to me and protect it with all my power

I will walk through the cold river like it is my final hour

A pebble through a motion

Smaller than I feel

The feeling which carries me through the stormy weathers

Unlike the feeling of limitation of diminished sustain

That crumbles as soon as a wave may come its way

A pebble through the motion...

I will reach it, I will reach the Ocean...

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Sara Tehrani

# Peppy

Happiness lies there at ease  
It begs you to let it in, beg you to death!  
But then suddenly you're defensive  
You don't ever see colour, just a blur  
You don't ever feel  
Just emptiness!  
Just nothing!

Happiness lies there in the distance  
It is there, it exists  
You will come to feel it one fine day  
But will you please let that be today?  
Sadness is simply imaginary  
Something you feel you have to feel  
From the loss  
From the confusion  
But who said there has to be pain?  
Who said you won't love again?

Peppy pulse, peppy presumption  
Of how the ones around you feel  
Yet look again!  
Think again!  
Peppy is within you too.  
Just a smile will make all the difference  
love the colour blue.

Sara Tehrani

# Pretty Colours Of A Question

If by any chance  
with her you can't laugh and dance, and  
if maybe at all  
She doesn't paint a bright colour on your wall

Then when you look at her, ask your self  
is there love at all?

You come to me and tell me all your stories  
You make me laugh and I take away your worries  
We stay up and talk until the early hours  
I sit here and watch how our connection just flowers

But then to know she pulls you away and takes you home  
Breaks me into pieces I had never known  
that she has the best of you when Im alone  
But doesn't appreciate your colours so beautiful and drawn  
She doesnt let you sing out loud your favorite song  
Then I wonder how can you possibly think this isn't wrong

I dont need to know whats right  
because i see it in your eyes each blissful night  
I don't need to know whats real  
because I trust in how we both feel  
I just have one question before we part  
Will you ever stop, and listen to Your heart?

Sara Tehrani

# Purple Black And Blue

Purple, black and blue...  
Stains on a life time, and it hurts too.  
Some people don't put up with this  
But as soon as you hurt me, you kiss,  
And then I forget what a monster you are  
Somehow you become my shining star

Coz deep down inside, there lives a sensitive guy,  
Who's hearts full of gold, and wouldn't hurt me with goodbye.

This is the man I fell in love with  
This is the man I want to grow old with  
This is the man who loves in the day but hurts me at night  
And I am so weak to fall for his charms after we fight.

Purple, black and blue...  
Here he comes again to print another 1 on my bones.  
And as he touches me I don't move, I just scream and moan.  
And I hate my self for making him mad,  
But more so for loving him so bad.

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Sara Tehrani

# Rain

It's the circles of cinnamon that is whirling around the clouds  
That keeps me looking up towards the sky  
It's the double sided shapes that keeps falling down  
That keeps me asking why

Something as beautiful as rain  
Can be an imagery of pain  
Something so magical like rain  
Makes them run back inside again

It's the spontaneous softness that I can feel  
That reassures me that the flowers are loved  
It's the kiss to the dry with the softness of the wet  
That doesn't let me forget

Why something as beautiful as rain  
Can be an imagery of pain  
Why something so magical like rain  
Can make them run back inside again

The girls say they spent hours on their hair  
But I love the curls the quickness of the care  
Leave it down, leave it loose, let them kick and play  
Each of the drops lets me feel free today  
So I let it fall...

Sara Tehrani

# She

She knows you like the back of her hands  
She understands you, like a dancer to a beat  
She hears you when you don't even speak  
She sees you when even you can't see  
She feels you in her sleep  
Because you've not let there be any other way  
When you're so close, but keep her at a distance  
When the doors close, don't say you miss her  
She will be gone one day  
And she will turn the pages just like it was yesterday  
She won't fall for any more empty words you will say  
She knows you like the back of her hands  
That's why she knows you will understand

Sara Tehrani



# Smile If You Forgot To

Hand on heart  
Tell me you didn't find that funny  
Tell me you didn't smile in the corner  
Hiding your face  
Pretentious frown that you seem to think is cool  
Tell me that without blinking or moving your eyes  
Hand on heart tell me you're not happy in disguise  
A moment of madness takes over your sadness  
Don't push it away, smiling is ok  
He won't mind if you have moved on  
He wants to see you the way he knew you  
He wants you to remember  
The promise you made in November  
He doesn't want you to forget  
The place and time that you met  
But you can move on  
You can prove them wrong  
Because you once taught him how to be strong  
Now it's your turn to show yourself how it's really done  
So take off your black coat  
Step out your grey shoes  
Undo your top button  
Now dance to the blues  
Let go of what you're holding on to  
Cry if you want to  
Hold on before you let go  
Smile if you forgot to

Sara Tehrani

# Speaks Positively

I want to pull your hair out, scream and shout  
Bruise your bones and let the blood flow out

I want to crush your head and cut your skin  
I want to show my hate for you from deep within

I want to tear your eyes out and make you blind  
I want love for you to never find

I want you to confront what you have caused  
I want you to look at every inch of you and pause

Pause long enough to STOP

I want you to be in control  
Eat only when hungry and STOP when you are full

I want you to be in control  
Take what is given to you and not go and get more

I want you to listen to me  
Finally your conscience speaks positively.

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Sara Tehrani

# Strawberry Soul's Caterpillar

Strawberry soul running in cold  
Reminiscing the old days of innocence  
When you was a child, love was the wild  
And a lie had no significance

Ask your sorrow before you let me go  
If today has no meaning, what about tomorrow?  
Open your window before you close the door  
How could you hold a caterpillar but not watch its wings grow?

This is the heart of nothing in its be wilderness  
Begging you to see that beneath it all lies its tenderness  
Stems of hope, meanders of the makings of memories  
Climbs through your window to remind you that without what isn't, how can  
there be what is?

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# Tantrums!

Tantrums inward anger kicked in the leaves  
Tell him he's not a baby now to hold it together  
But he comes running back, mums beliefs  
Tell him Dad says hi and he's not gone forever

Depression walks through his door  
Tell him he'll be late for school  
I'll kick it straight from bed to the floor  
Tell him a lie is only made for a fool

Winters breath felt at the back of my neck  
Tell me how old I am, is it the weekend?  
Forgot to check my punctuation, oh what the heck!  
Tell me after all this, are you still my friend?

Sara Tehrani

# Tea Cups

We deny the depth of our high  
When our worlds collide, we ignore every goodbye  
Every time  
Every word  
Every rhyme  
Every whistle of the bird  
Every now that we know  
Every how that we grow  
There is nothing quite like this rollercoaster of a ride  
Wishing we fastened our belts tight  
The tea cups don't look so boring now  
Old friend please come down from sitting on the fence  
You will hurt your back as you sit so tense  
I'll carry you on my shoulder  
Make you fearless of growing older  
Trust in me like I trust in you  
Share the pretty colours that you once drew  
Let another prove to you  
That this time if you let her she will hold you

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# The Moon

Looming in this space the clouds wrap around its beauty

So tranquil washing into its thrilling musk of mystery

I gaze and gaze, for a moment I'm taken away

It glows, exquisiteness it shows

So close to the eye yet a Trillion miles away

My vision invites a tranquil moment

As I stand there in the dark

Staring...just starrng...

Stood staring at the moon

Sara Tehrani

# The Path

This sinless mind is the flower matured from a burly thick root  
With just one shade of colour, standing as one to prove  
That this path that's risen is richer... this path is deeper,  
This path that has blossomed is brighter...and this path is stronger

Tall, proud and dignified, he walks  
His mind set firmly, effortlessly letting the lord answer all his wheres and whys  
But even though his path is strong-boned  
He walks this path very alone

This sinful mind, is a rootless flower  
Diverse with a course of colors, growing freely to prove  
That this route is richer, this direction is deeper  
This belonging is brighter, and this surrounding is stronger

Tall, proud and dignified, she runs  
Her mind set free, open to the sky and sea, with questions she's forever had in  
her mind  
But even though her path is free  
She runs it very lonely

When his path slightly shudders and slowly he sees a crack  
Her path slightly quakes and she slowly feels it too  
When he hears a small explosion that lifts up his path  
She hears the same explosion that lifts up hers

A small path joins his,  
He stands still amazed,  
She stands still startled;  
A man is stood in the space she considered would forever be left empty.  
She reaches out her hand in the hope that he will accept  
He looks up in question, asking God why he gives him this girl

Heed the Lord says, this time the answer is with you  
The sinless mind firmly asks the sinful mind 'why are you here? '  
The sinful mind softly replies 'To share this path with you'

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# The Space

I'm in a space that says it all.

That now I love, you have to mean nothing at all

I'm in a space surrounded by questions

Puzzles of brain acceptance, of brain reassurance

Reassuring myself that it's ok where I am

Ok to be in love but scared to let you go

I'm in a space where I remember the days that I couldn't stop the flow of my tears

Which was hopeful for the loving of you, for the closeness with you

So come fill up my space with the answers only you have

Come fill up the space and let me let you go

Finally I am sure I love him dearly

Finally I know you were just a dream so clearly

A figure of imagination for what you portrayed to be

Still maybe your amazing but not amazing for me

Still maybe you will create an aura of joy

But that aura has to leave me now

leave the space it once filled somehow

Sara Tehrani

# Therapy

Let me borrow your emotions for a second please  
Let me drown my voice out with every inch of feeling that sinks within you  
Does it hurt to be heard for the first time ever in your life?  
Does it feel a painful ache when you get something you've wanted for too long?

Let me borrow your thoughts, so I can wear your shoes for this hour or two  
Let me lend you a helping hand, I know at first you won't understand  
Does it hurt to be heard for the first time ever in your life?  
Does it feel a painful ache when you get something so real that you believed you would never feel?

Don't let me put words in your mouth, instead let me just listen to yours  
Don't let me push you away, instead help me to help you to stay  
I won't be moved in a way for you to scare me off  
I won't be moved in a way for me to think I can't help you  
I just want to be true, be moved by you, I would love to just listen

And if you choose to just be silent sitting beside me in this park  
If you choose to not move an inch closer, I will understand, I won't force you to open your hands  
Instead I will put myself inside your shoes.  
Instead I will remember what it was like to feel the blues.

Sara Tehrani

# This Is Honesty From The Skies Grace

The sky looks like it has something to say  
then it waits until it rains  
before the ground feels each silent pain  
Until the flowers blossom, it rains again

And then i pick each delicate petal  
Not knowing how deep or strong the roots go  
Easily convinced its replacable  
The touch, the scent, the beauty in the colours  
Cover the wounds, the strife and paleness of others

Looking down at me the sky raises an eye  
While it observes to then realise  
Each slice of cake it carefully bakes  
Is what each growing hand will wish to take

The sky looks like it has something to say  
It clears the clouds and keeps the rain  
Smiles at you and melts away the pain  
As it lets the sun gleam on your innocent face  
The wind whispers, this is honesty from the skies grace

Sara Tehrani

# Tick Tock

Tick tock

Beneath the still clock that doesn't wait

I have words and rhymes that turn up too late

Tick tock

My mind is blocked as pollution hits my brain

A vigorous voice in the backdropp shouts my name

Tick tock

The flow is gone

The sun has shone

I missed it while stood in the pouring rain

Tick tock

Stop the clock

Bring back my flow again

Sara Tehrani

# Untitled

I need your smile smothered around my sensitivity and let it not be a lark

I need your advice from your deepest of events especially ones from the dark

Cage me in and cage me out

Whatever you do

My feeling remain seated

Stays the same

Because I've knows you through your deepest

Through your struggles, change and weakest

I'll always be here for you no matter what you do

Just flick on the lights and there it will be

Your taste in music, your style of clothes, your sense of humour, your ways of getting to know

Just flicks on my light too.

Sara Tehrani

# What! Who Listened?

I woke up today ready for his name  
To be called out...I will be proud  
No longer live in shame  
No longer live the battle of proving we can do better  
Than what he dictates to us and wishes he would forever

I'm blessed with this voice that he has given me  
I'm proud of this place that he has placed me in  
I'm glad for this freedom to simply be, but...

To be truly content  
With empathy and admiration  
This voice must be heard

To truly feel home  
With wisdom and courage  
This place must be open to change

I will not live in a place that he controls in hatred  
I will not look at a face that represents revenge  
I have my own voice  
Today will be proof they listened  
How I can see a change of a country that will glisten

So this very day I waited for the results  
Of who will be in control to listen and dictate  
From our solid vote, not God or lies or fate  
This was the day our Country was open to change

As they slowly congratulate all the candidates  
My arms are ready to hold my loved ones in glee  
As they announce the worthy winner  
But wait...I listen in disbelief...

They have mistaken, this can not be  
Check again please check again

But the change resulted into being the same  
My voice trembled and weakened.

Mahmoud Ahmadinejad wins the game  
But my voice voted another name  
Mousavi! My voice has died  
Mousavi! The election has lied!

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