

Poetry Series

**Tracy Rollings**  
**- poems -**

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# Tracy Rollings(2/7/65)

# A Child With No Mother

Born into this world  
the hands of a drunk  
life wouldn't be easy  
for this little punk.

First years are hard  
they get harder everyday  
the pain they infected  
you can't take away.

First there was drinking  
then the fussing set in  
their fighting soon starts  
lonely people broken hearts.

Words that they used  
left me feeling confused  
their fight soon ends  
then mine will begin.

Angry with each other  
will driven them insane  
taken out their frustration  
I get the pain.

Garden hose or belt  
it doesn't really matter  
beating is a beating  
don't get any better.

All this anger of mine  
stays inside my head  
sometimes makes me mad  
others wish I were dead.

But never gave up  
fought to the end  
stand my own ground  
won't be sacred again.

Now I'm a man  
mind of a child  
before you judge me  
wear my shoes a while.

Feel all my pain  
that's locked deep inside  
so climb on board  
take yourself a ride.

Before you think about it  
listen to your heart  
because once in my mind  
life will fall apart.

Depression is my brother  
pain from the father  
lost in this world  
child with no mother.

Life is never easy  
learn as you go  
lock it in your mind  
things one must know.

Brought into this world  
not wanting to be here  
I get your anger  
you showed no care.

Now left in a world  
not wanted at all  
just gave me up  
you made the call.

Tracy Rollings

# A Child Without A Home

Awake in the morning  
in a state of fright  
beatings come without warning  
at break of light.

Sad look on my face  
tear drops fill the eyes  
pain I await for  
knowing not to cry.

Go to school everyday  
pained from the beating  
listening to the kids  
laughing as I'm eating.

Another day in hell  
when will it end  
finish off this day  
so another can begin.

Same old thing everyday  
whole life of fear  
look to the heavens  
why don't they care.

Sadly out of place  
and he's all alone  
a screwed up world  
which he don't belong.

An angel that fell  
from heavens own floor  
out looking for hope  
he's lost forever more.

No love to find  
family is all gone  
locked in this world  
child with no home.

Tracy Rollings

# A Little Boy

by Tracy D Rollings

In a world of misery and twisted lies  
head in his lap as he begins to cry  
body so weak and mind is blank  
filled with pain it's hard to think  
love has abandoned him and he's all alone  
trying to figure out what he did wrong  
covered with bruises and knots on his head  
he sits there wishing he was dead  
promises made but never kept  
can't remember the last time he slept  
crying out for help from living in fear  
he's left to think no one cares  
no coat on his back nor shoes on his feet  
he can't remember the last time he eat  
it's cold outside his body starts to shake  
he don't know how much more he can take  
finds a shed and fades off into the night  
to open his eyes to a bright light

he hears a voice say no more pain

as God takes his hand and starts to explain

you are an angel in heaven with me

I couldn't bare to watch now your soul is free..Â©2007 Tracydr42

Tracy Rollings



# Angel Of Life

Searching for the where abouts, of that one love  
praying that you find it, with help from above.

Your days are getting lonely, nights grow cold  
love that you look for, is more precious than gold.

Visions of an angel, softly dancing in my mind  
looked for her a lifetime, she's sure hard to find.

But I know that I'll find her, soon as I can  
then we'll be together, me and my best friend.

Heaven picked an angel, sent her down below  
told you to love me, and watch our love grow.

A lifetime of happiness, is what I shall give  
and promise you I'll keep it, for long as I live.

Now my life is so happy and all ends well  
found my angel of life, for the world I shall tell

Tracy Rollings

# Anotherday With The Drunks

As i sit hear and think, of the times gone by  
I watch them drink, and i start to cry.

Suddenly i see the anger come, and there tempers start to rage  
Sometimes i just wanted to die, because they are like wild animalslet out of a cage.

Don't take long before they start fussing, I run and hide but i does no good  
they always find me, and i knew they would.

But i can't give up, it's all i got to keep me going  
so i go in the house, and stand at attention  
and i look into his eyes, i see it coming  
i feel the pain.

Like a storm in the night  
the tears come down, like fallen rain.

I take the beating without a fight, I sit in the darkness alone and scared  
trying to figure out why no one cared.

I feel so hurt and all alone  
can't understand what i keep doing wrong.

Cause all i wanted was to belong, i feel so lonely and sad  
the pain they caused still hurts me bad.

All i wanted to do was to be loved, tho times have come  
and times have gone  
the pain they inflicted will never be known.

As i look back now and try to understand  
I'm just glad I'm not that kind of a man.

Tracy Rollings

## Anotherday(Child Abuse)

Another night, something went wrong  
Sitting at the table, he snaps  
A backhand to the face, i hit the floor  
He opens the back door, my arm hurts  
As he snatches me out  
Onto the half screened in porch  
Trash scattered all over, empty cans  
I get up go to the corner, the winds howls  
As i listen to the rats, as they look for food  
I pray for daylight, i know he will leave  
I learned to hate, way to soon  
Just another day, a break  
Back to school.

Tracy Rollings

## Better Man(Child Abuse)

A life in a hole, oh what a scary fright  
bad dreams run through your head as you sleep at night  
you wake up crying all scared and alone  
can't go back to sleep because you know they're not gone

A deadly pain that runs through your heart  
of knowing you were hated right from the start  
i try to hide it from the world to see  
but i cry like a baby, because it's killing me

I asked for love and a helping hand  
someone to be there and be a friend  
tell me it was ok and hold me tight  
help me make it through another night

But all i got was pain in stead  
a slap cross the face and a fist to the head  
you said you were sorry and it won't happen again  
you lied from the start and you'll lie to the end

I remember one, night that i got beat  
couldn't sit down, blood running to my feet  
you ask me what it was you said  
but i couldn't answer and you knocked me cross the bed

I laid there and cried, the rest of the night  
still don't know, what it was i didn't do right  
are maybe it was because of all the booze you had  
get drunk and come home all raging mad

The things that you said and all that you did  
still linger my mind from when i was a kid  
i said i would forgive you and then i cried  
and i told you i loved you before you died

All i wanted was a friend and someone i could call a dad  
to sit and think about it now makes me sad  
as i sit in my world still scared and alone  
i still don't rest easy, knowing my abuser is gone

But some day i hope ill get over it and move on  
of the abuse i received for wanting a home  
i did my best to be your friend  
knowing that i was the better man in the end

Tracy Rollings

# Bone Disease

What can you say when they can't explain  
tell you they're sorry there's nothing we can do  
live your life in constant pain  
can't understand why this happened to you.

You use to think that life was bad  
but you shared with your love and family too  
then you think of the fun you had  
but you wish a million times this wasn't true.

Time grows short what little is left  
my heart it breaks as i think of you  
don't want to leave you all by yourself  
just don't know what else i can do.

I know it's coming and it won't be long  
the love i treasured that we spent together  
as the time nears the the pain gets strong  
just remember i will love you forever.

You know i love you and this is true  
my time is over and i have to go  
when i get to heaven I'll ask about you  
because i cared and that you should know.

Tracy Rollings

# Broken Heart

It breaks my heart, to know you cry  
there's no sense, in asking you why.

Said some words, that broke your heart  
and now our love, has fallen apart.

I was wrong and I know it's true  
but I never really meant, to hurt you.

Now the tears, they start to fall  
I want to talk, but just can't call.

I stand here alone, wanting to die  
your all alone, cause I made you cry

A heart that was true and use to love me  
has gone away, because I set it free.

The stupid things, that I say and do  
wish I could take back, cause I miss you.

So now I'll leave, and try to forget  
but the things I said, I'll always regret.

Somewhere out there, is a love waiting for you  
but I hope he's not stupid and hurts you too.

Because your love was precious and hard to find  
and it's something that, will always be on my mind.

Even tho your gone and I'll never see you again  
hope you'll always remember me, as a special friend.

Tracy Rollings

# Cancer

Remember when it came  
you took it very well  
through the surgeries and pain  
when you hurt could' tell.

Never did you complaint  
have anything bad to say  
just seem to enjoy life  
each and ever day.

Tho as time grew near  
no one really knew when  
they called I came then.

I Was told six months  
that's not true at all  
waited till the last minute  
before they ever called.

Got Christmas with you  
happy new year too  
soon you'll be gone  
there's nothing I can do.

We shared memories of past  
ones that made you smile  
forgave each other at last  
held your hand for a while.

Couple months down the road  
said you were feeling good  
but it didn't last long  
I prayed that it would.

That call came back again  
you wouldn't make through tonight  
we stuck it out together  
got to hold you tight.



Now the day has come  
time for you to go  
heard your name called today  
angels will take you away.

Tracy Rollings

# Comes From The Heart

Every once in a while  
someone will come alone  
they'll capture your heart  
chill you to the bone.

Make you feel things  
didn't know you could  
even makes you smile  
like only love would.

It's a wonderful feeling  
straight from the heart  
it's like no other  
can tell it apart.

Your mind is rushing  
comes to a blink  
the body is numb  
and just can't think.

Wondering whats gone wrong  
come to a stop  
you figured it out  
loves over the top.

Only once this life  
it comes your way  
miss out first time  
heavy price you pay.

The beauty of love  
comes from the heart  
it gets your attention  
straight from the start.

Tracy Rollings

# Don'T Judge Me

You see me sitting there  
tear drops in my eyes  
look at my swollen face  
and then act so surprised.

Tell em you can't believe  
that someone could do this  
beat up on a little child  
hit him with there fist.

Please look into my eyes  
tell me what you see  
put yourself in my place  
and trade places with me.

Feel pain that never ends  
try to wear a pretty smile  
take a walk in my shoes  
and walk a country mile.

Think the thoughts I do  
feel fear that lives within  
lay in bed at night  
knowing it will happen again.

Coming from all the abuse  
I learn to be a man  
doing what I think is right  
helping everyone that I can.

So before you judge me  
please know all the facts  
know where I came from  
and I won't go back.

Tracy Rollings

# Fear (Child Abuse)

Rainy days and stormy nights  
a train running through my mind  
tree's fall knocking out the lights  
and I somehow, lose all track of time

I sat there in that corner all alone  
wondering what will happen next  
praying that he didn't come home  
I was wrong, now I'm in a hell of a fix

I heard her tell him, I got beat up bad  
he had to come and look for himself  
when he saw me crying he did get mad  
after that beating, all I thought of was death

I was always wrong because he had his own rule  
and no matter what I did, it just wasn't enough  
I even had thoughts of camping out at school  
because living at home was getting to be rough

I use to cry a lot, but I got broke in with pain  
it's hard to do at time, and I can't understand  
holding the tears all the years who can explain  
he walked around, proudly calling himself a man

He just didn't know what I had been thinking  
pay him back for all the pain that he gave me  
wait till he passed out from all the drinking  
could burn the house down and I would be free

It's sad to think of all the pain a child gets  
so hard to deal with and seems no one cares  
they go through this life with so many regrets  
from living in shame and hiding from fear

when will it ever stop?

Tracy Rollings

# For Your Love

Demons in my head  
just keep ripping away  
Wishing I was dead  
yet they all stay.

Slowly working down  
Evil beings that they are  
feeling like a clown  
Pain from inner scars.

From the tear in my heart  
they work right on past  
eating my mind apart  
know my heart won't last.

Slowly as I wait for death  
would turn time back  
could have my last breath  
don't worry, have your slack.

I'll let them take me not you  
for they know my flesh well  
there's nothing more to do  
you'll get heaven, I've got hell.

When you get to heaven  
say you were really loved  
day and night twenty four seven  
I shall not go quiet like a dove.

I will yell it out loud  
the one they didn't love  
screaming out into the crowd  
welcome son of pain from above

Tracy Rollings

# Forever

Why do i try  
when no one cares

why do i cry  
when no one hears

What can i do  
when you walk away

I try to explain  
you have nothing to say

I can't live knowing your gone  
you won't say what i did wrong

Why must i have to hurt this way  
how much more do i have to pay

My heart is broken and will never heal  
don't you understand the way i feel

I asked will your love die, you said never  
then you left me, this time it might be forever

So please tell me, what i can do  
forever just ended, when i lost you.

Tracy Rollings

# Fury In The Night

The fury in the night  
anger was in my mind  
pain filled my heart  
no help could I find.

Sitting here all alone  
what should I do  
thinking to myself  
they don't love you.

Cramps in my stomach  
knots on my head  
back full of welts  
can't lay in bed.

Although I may suffer  
know to stay quiet  
they will get me  
deep in the night.

You least expect it  
they come in the dark  
Neighbors know when  
dogs start to bark.

Cries into the night  
screaming help out loud  
hoping for some Justice  
but he stood proud.

Knowing in his heart  
would never get away  
started praying to God  
let him die today.

Sleep in the cold  
stand in the rain  
his poor little body  
couldn't take the pain.

Tracy Rollings



# Hard To Explain

It's hard to explain the pain that i feel  
but i really needed you to know.

This pain i have will never heal  
but i promise to love you till i go.

I'll spend my days and nights with you  
and we'll share all the things you wanted to do.

I can't stand the thought of you being alone  
to live your life, when i am gone.

So when i get to heaven I'll make a special request  
and ask God to please help you do your best.

So please remember that my love is true  
and cherish the memories that i made with you.

Tracy Rollings

# He Cried For Help

Alone in this world  
as misery sets in  
been here so long  
became his best friend.

He cried for help  
but none can hear  
fears for his life  
because no one cares.

Lives in a world  
all dark and cold  
loneliness take over  
steals his very soul.

The cuts and bruises  
they didn't come free  
were prizes awarded for  
letting them torture me.

All pain was given  
wasn't free of charge  
if also came with  
body full of scars.

Anger that I hid  
can never be released  
they'll think I'm evil  
killed like a beast.

So sad it seems  
battles I have lost  
paid with my body  
no matter the cost.

Soon they will lay  
this creature to rest  
he fought for life  
gave it his best.

Tracy Rollings

# Heaven Sent

Have you ever ask, yourself why  
you never saw an angel, in the sky.

It's because their job, is on the ground  
look beside you, that's where they are found.

Sent down to watch over you, with a heart full of love  
because someone still cares, from the heavens above.

They spread there wings, to cover your soul  
and there always with you, till you grow old.

All the heartache and pain, that you feel everyday  
the angels try to protect you, and take it away.

I feel there presences, near me all the time  
some will even put, there wings on the line.

Their always close to you and they never leave  
but to some people, it's truly to hard to believe.

They are all heaven sent, but they go through hell  
you won't hear the angel cry, cause they never tell.

But my angel is special, in so many ways  
because here beside me, is where she stays.

I love her so much, that it's hard to explain  
I hope my angel, doesn't fly away.

So if you have an angel, then treat her right  
sometimes it's hard, to make it through the night.

She'll always love you and be their with you  
especially at times, when you feeling so blue.

So next time you looking, up in the sky  
you don't see an angel, then you know why.

Cause God sent the angel, to look over you  
she'll always be faithful, honest and true.

Tracy Rollings

# Her Love

My heart breaks, and the tear drops fall  
i did everything it takes, but i lost it all.  
I said i love you, can't you hear  
you walked away, like you didn't care.

Your love grew weak and i knew it wouldn't last  
for a memory stole it, from out of your past.  
I got over you, like i said i would  
and found a love, that treats me good.

She said i was special, and she holds me tight  
and she's there beside me, when i turn out the light.  
This is true love, like it was meant to be  
not that sorry crap, that you tried to feed me.

I thank the heavens, from high above  
for sending me an angel, so precious to love.

Tracy Rollings

## His Pain(Child Abuse)

I saw the kid, walk through the door  
dragging his books, across the floor.

To tired to make it, too his room  
so she hit him hard, with the broom.

He sat on his bed and started to cry  
but no one was around, to ask him why.

He holds his head up and tries to read  
but does no good, he's too tired to see.

His head is hurting, from the night before  
from the busted, when he hit the floor.

He wants to eat, but there's no food  
makes you wonder, why they can be so rude.

He don't understand, why they are so mean  
why they can't wash and keep him clean.

Goes to school, to get away from home  
so he doesn't have, to feel he's alone.

He tries to hide it, from all his peers  
the pain he suffered, through the years.

All the torture, they gave to him  
I pray to God, he gives to them.

But now he lives, his life with that pain  
of all the things that drives him insane.

This is no way, for a child to live  
there's so much love, he wanted to give.

Tracy Rollings

# I Know A Little Boy (Child Abuse)

sits alone each day  
doesn't ever talk much  
never wants to play.

The clothes he wears  
are dirty and torn  
looks like some thing  
that has been worn.

The pain he feels  
down deep in side  
knowing it's killing him  
something he can't hide.

His heart is broken  
tears fill the eyes  
everyone ignores him  
he begins to cry.

Alone in this world  
left by him self  
feels like a doll  
been put on a shelf.

But the pain is real  
that he can't deny  
sad part about it  
no one cares why.

Learns to fight young  
best that he can  
knows life is hard  
that he can't understand.

Why must a child  
live life this way  
he ask the question  
no one will say.



He swallows his pride  
his head in shame  
goes about his day  
thinking he's the blame.

Life just keeps going  
from day to day  
pain they are infecting  
will for ever stay.

Tracy Rollings

# I Learned

Shadows from city lights  
walking the sidewalks at night  
mom and dad drinking  
then there's the fight.

Running to stay alive  
from anger left behind  
no place to hide  
won't be hard to find.

Hear he feet running  
calling out her name  
if he ever finds us  
there gonna be pain.

Ducked behind a boxcar  
setting on the track  
he just walked pass  
pray doesn't come back.

Laying under the train  
shaking like a leaf  
goes by with a gun  
I watch in disbelief.

The fights they have  
from drinking the booze  
then lose there minds  
act like crazy fools.

Made it through the night  
went home that next morning  
mom came through the door  
hit her without any warning.

Now it's my turn  
see it in his eye's  
leather strap hand  
but I didn't cry.

Hurt for days and nights  
it was a total strain  
walking around with blister  
living in constant pain.

My life goes on  
it doesn't change much  
but I scare easy  
with the slightest touch.

Keep asking this question  
deep inside my head  
why I got no supper  
you sent me on to bed.

Learned a lot from this  
how to handle myself  
know how it's done  
leave liquor on the shelf.

Tracy Rollings

# I Wonder

Sometimes I wonder, why people go through so much pain  
we do it all for the word love, that most can't even explain.  
But we find someone, that we think is right  
before you know it, your mind is clear out of sight.

You only see what you want too, not what is really there  
thinking all alone the way, that this person really cares.  
Love goes wild and it get out of hand, but by then it's to late  
you lost it and just don't care, what you feel now it can't wait.

So you push it to the limit, just see how far you will go  
and it goes on forever it seems, but when it hits you will know.  
Because the wonderful feeling, that you once had in your loving heart  
will soon start coming down and it's taring your whole world apart.

So ask yourself before you jump in, is this the one sent from above  
or will it be someone that you fall for, but can never really love.

Tracy Rollings

# If I Didn'T Have You

If i didn't have you  
what would i do  
have to go through life  
all lonely and blue.

If i didn't have you  
how would i live  
my life would be over  
no more love for my heart to give.

If i didn't have you  
to hold me tight  
tell me you loved me  
and everything would be alright.

If i didn't have you  
there would be loneliness  
bitterness and pain  
because without your love  
I would surely go insane.

If i didn't have you  
this life would be gone  
there wouldn't be any reason  
for me to go on.

Because your love  
was everything it was meant to be  
and without your love  
my heart can never again be free.

If i didn't have you  
to laugh and smile  
tell me you love me  
and drive me wild  
life would be empty  
so sad and cold  
and my heart would turn dark  
in the days as i grow old.

So i thank my God  
from the heavens above  
for sending me an angel  
so precious to love.

I prayed for you dearly  
and my dream came true  
and now i don't worry about  
if i didn't have you.

Tracy Rollings

# I'M A Heart

I am a heart  
you know me well  
control all your emotions  
as you can tell.

I'll take you deep  
beyond your thoughts  
play games with feelings  
yet you get the fault.

Will haunt your memory  
make you feel pain  
disarrange your thoughts  
don't have to explain.

You hurt yourself  
and then blame me  
I'm here with you  
where I'll always be.

When things look good  
your happy to go  
but let them go bad  
I'm the first to know.

You show weakness  
but yet your strong  
can beat about anything  
as we go along.

I'm here for you  
I ask the same  
who pays the price  
in your silly games.

So let me feel  
the brain can rest  
and I promise you  
I'll do my best.

Tracy Rollings



# I'M Always Losing

Lay in bed  
sometimes at night  
waiting for demons  
that wanna fight.

Deep from down  
they all come  
to distribute pain  
think I'm dumb.

Filled with sadness  
souls they steal  
never willing to  
make a deal.

Heartache sets in  
fear will win  
there last night  
now back again.

Battles are fought  
souls will lose  
lose the fight  
from drinking booze.

They never listen  
just keep accusing  
I can't win  
I'm always losing.

Monsters are huge  
body grows weak  
see one now  
coming to peak.

Weapons they bring  
ripping the meat  
cutting into flesh  
with every beat.

Now I think  
then start praying  
no more fight  
time for paying.

Take this one  
say to myself  
maybe get lucky  
bring me death.

Tracy Rollings

# It's Your Call

It started out one night, with a game in pool  
I met a woman and thought she was cool.  
But it grew bigger, than I had ever dreamed  
if was like a night, filled with magic it seemed.

And it kept right on growing, as fast as it could  
it took us places, that we never thought it would.  
Days turned to weeks and it doesn't seem to stop  
and we felt wonderful and took us over the top.

Months have gone by and our love grew so strong  
alone the way through it, something when wrong.  
Got were you won't try, to understand me at all  
Said I made you feel guilty, but you wouldn't let me call.

You know that I love you and always let you know  
I can't help but care for you and it's not hard to show.  
But now some how, we let it get out of our control  
must find a way, to rekindle our love, for if grows old.

Because the kind of love we shared, was pure and true  
I felt all of your love and heaven knows, what was given to you.  
So I'll ask you, to lets make it right and try to work things out  
you know it's hard, to go and not talk to each other, without a doubt.

So now you know, where we both stand, on this issue  
I hope you, give me an answer and get rid of the tissue.

Tracy Rollings

# Little Rhymes

Sometimes I sit late at night  
and all I want to do is write.

I don't know what I want to say  
but I write the words down anyway.

I try to make it sound good  
like I know that it should.

And I have such a good time  
trying to make the words rhyme

It don't always come out right  
but always have a good night.

trying to make a poem good  
ends up like I know it would.

Thats all you can really do  
long as you are always true.

Trying to have a little fun  
now I'm glad I got it done.

So now I'll say goodbye to all  
and let you know I had a ball.

I hope you enjoy this little rhyme  
and had yourself a real good time.

Tracy Rollings

# Living In A Dark World

Hear the wind howling tonight  
the cool air blows in  
get an awful empty feeling  
that crawls under my skin.

All is suppose to be well  
isn't really what it seems  
living in a dark world  
life full of dead dreams.

Murdered by those that hated  
striped away without a trace  
leaving a scared little child  
sadness written across his face.

The anger that you displayed  
cuts deeper than a knife  
pain that was given freely  
left me fearing for my life.

Like I didn't get enough  
you had to add more  
walk through the house  
get knocked to the floor.

Never did anything wrong  
didn't like me at all  
every time you got drunk  
I always took the fall.

Grew up in a dark world  
my childhood striped away  
bruised body and broken heart  
for me just another day.

Memories that still haunt me  
forever remains in my mind  
loss hope and empty thoughts  
only thing I'll ever find.

Tracy Rollings

# Love

Love is a word that is misunderstood  
people don't use it like they should.  
They say things, that break your heart  
feelings get hurt tares your world apart.

Never stop to think of what they say  
and you are the one that has to pay.  
Why can't you talk and try to work it out  
and try to figure out what it's all about.

Instead of all the fussing and letting it go  
love is worth keeping and this you know.  
So before you leave and walk out that door  
why don't you try to make it work once more.

Cause love is the greatest gift of all time  
without the one you love it's not worth a dime.

Tracy Rollings

# Love Angel

Time rushes all to fast  
wind blowing in my face  
your heart lets me know  
I'll never lose this race.

The world you have given  
without asking for anything  
life for me has changed  
you took away my pain.

The angel that you are  
one without her wings  
all great love she shows  
and never says a thing.

Yes heaven truly adores you  
precious love to me it seems  
I gave you my loving heart  
true angel of my dreams.

My days are happier  
nights filled with light  
loving you is easy  
just feels so right.

Promise you forever  
that shall be given  
two hearts together  
long we are living.

Tracy Rollings



# Love Games

I woke up this morning, from a dream I had  
crying and scared, I was shaking real bad.  
You walked out my door and you didn't say why  
my heart was in piece's as I slowly begin to cry.

Because of a love that was once so strong  
I just can't understand what when so wrong.  
Try to make my way to the room down the hall  
my knees are so weak and I'm trying not to fall.

As I make it to the bedroom door and hit my knees  
I look up to heaven and I ask God to tell me please.  
Why the love of my life, could just walk out the door  
looked me in the eyes and said I can't take anymore.

I never meant to hurt her, but those tear drops started to fall  
but then it really hit me, I just lost the greatest love of all.  
And now I sit here, knowing that she is gone  
I'm finally starting to realize, what I did was wrong.

I played a cheating game, one that you just can't win  
the biggest prize of all, is the love you lose in the end.

Tracy Rollings

# Love Is

Love is like a plant, it requires a lot of care  
and understanding, the more you care about it  
the more you understand it.

It can grow, into something beautiful  
and so full of life, or it can crumble under your feet  
and leave you alone, without missing a beat.

It cuts your heart, like a knife  
rips your soul, tare you apart  
makes you wish you had no heart.

But love is gentle, love is kind  
but true love is something, very hard to find  
so if you lucky, and find it.

Treat it right, then you will know  
what love is like.

Tracy Rollings

# Love Is A Gift

Love is a gift, that was handed to us by God from the heavens above  
that why it's call love, it was meant to be gentle and free as a dove  
love is not meant to be used as a weapon, to hurt and destroy  
it isn't a game that you play with people's feels, and break em like little toys

Love is understanding, how other people feel about each other  
it's called respect, treating your fellow man like a brother  
trying to do the right thing, and get along with best you can  
giving all you got, hand in hand working hard to be the better man

Love is honesty, telling someone you love em because you really care  
giving all you got to make it work, and not ever showing any fear  
is telling someone that you will be there till the end  
and standing by your word, now that's a true friend

Love is beautiful, like the flowers on a bright spring morning  
like dew dropp falling off a rose paddle without warning  
like the river that flows, at an never ending pace  
as steady as it goes and it never loses it place

So before you go throwing love around, treat it kind  
give it a little study and might be amaze a what you find  
love is a sweetness, you can only find in the heart  
but it's a gift that was give to you, i told you that from the start

Tracy Rollings

# Love Is Beautiful

Love is beautiful and i know it's true, and when you find that special someone,  
you'll know it too  
makes you happy and then sad  
can break your heart and drives you mad.

It is a sunshine, that never goes dark  
love is a feeling, that comes from the heart  
a slow walk in the morning, with your soul mate in the park  
love is being together and you know it from the start.

Love is a wonderful feeling, that you'll always know  
like a shining star, from the sky's above  
a light from heavens that always glows.

Love is full of life and you know it's always there  
where ever you go, so take it with you and let it show  
and make it smile, and watch it grow.

Hope that love, stays with you a while  
because life is lonely and very blue  
and know there's someone out there, that wants to love you.

Tracy Rollings

# Love Sucker With A Broken Heart

To the one that once loved me  
and made me feel whole  
gave me hope like it should be  
made plans for us to grow old.

We shared happy times together  
spent timeless hours just talking  
said you would adore me forever  
now you turn and start walking.

Said you had problem's, wouldn't understand  
you were depressed couldn't talk  
now I'm a troubled man  
feel it's all my fault.

At least let me know  
whats on your mind  
before you have to go  
please stop I'm dying.

Must it end this way  
turn around and your gone  
you have nothing to say  
turned my heart to stone.

A love that tried hard  
built a world around you  
dealt me the wrong card  
I lose now, it's true.

Tracy Rollings

# Making A Stand

I was born in America, raised deep in the south  
going to say what I want to, because I have a mouth

People want to make a comment on how they feel  
they should be able to, without such a big deal

Some people take a comment and rub it in the ground  
turn it around and try to make you look like a clown

So I'm going to say what I think and believe  
you don't like what I saying, then please just leave

I'm proud of who I am and where we live  
I took a lot of crap and now it's time to give

No I don't like the changes, that people make  
and to be real honest, had all I can take

I'm gonna say what I want, because this is my land  
worked here all my life, now It's time to make a stand

Tracy Rollings

# Memory Lane

Two hearts in love  
feeling that run deep  
air filled with passion  
memories that you keep.

Listening to her voice  
talking on the phone  
drives those little chill's  
deep into the bones.

But something goes wrong  
then you run away  
just won't even try  
gone now we pay.

Butterflies that once played  
to love we shared  
have all gone away  
because you didn't care.

Down this road before  
smarter now you'd think  
still hurts like hell  
makes you wanna drink.

Had some good times  
and bad ones too  
but through it all  
I'll never forget you.

Tracy Rollings

# My Angel

Met a lady playing pool one night  
the moment we met everything was right

we sat and talked for hours it seems  
she's the woman of every mans dreams

she tells me she loves me and treats me so kind  
when she whispers I love you it blows my mind

she holds my hand with a soft gentle touch  
knowing that an angel could only have such

I look into her eyes true love from the heart is what I see  
but I can't believe the beauty of that angel looking at me

heaven sent without a doubt God sent a present from above  
it came in the form of an angel with a promise for me to love

so I tell her everyday that I love her with all my heart  
and each day I pray to God that we never fall apart

because if I ever lost her it would surely be the end  
I never think about that as long as were skin to skin

Tracy Rollings



# My Bad Day

Went up the mountains  
to clear my mind  
got lost in the beauty  
lost track of time.

Every store I came too  
drove right on pass  
didn't notice the fuel hand  
soon ran out of gas.

Phone didn't have signal  
so I couldn't talk  
left my truck parked  
and started to walk.

About two miles ahead  
things start getting bad  
car came up behind  
three dudes were mad.

Said they want money  
don't cause a big seen  
didn't have any on me  
then they got mean.

Ended up in a ditch  
was just about dead  
my ribs are cracked  
blood from my head.

A old couple came by  
gave me a ride  
I'm thankful to them  
to still be alive.

So when you think  
things are really bad  
they could get worse  
make you real mad.

Tracy Rollings

# My Job

I woke up this morning, wasn't feeling any pain  
hoping for the sunshine, but ended up with rain.

I make it to the kitchen, to get me some coffee to go  
I'll never make it on time, because I'm moving so slow.

Hurrying out the door, so I could make it to the car  
rushing down the interstate, didn't make it to far.

I hit something in the road, and cut my tire  
sat beside the road, for more than an hour.

Tried to call the office, but the didn't bring my phone  
in such a big rush, I must have left it at home.

Were alway in a hurry, to go get the job done  
never have any time, to stop and have some fun.

Got angry at the car, and decided to sit for a spell  
but I stepped on a bottle, and some how I fell.

Something told me, I should have stayed in bed  
now I'm laid up in the hospital, just about dead.

All for that stupid job, so I wouldn't be late  
sometimes we forget, that jobs not so great.

A serious price to pay, to make in on time  
now I'm laying in the hospital, not making a dime.

Tracy Rollings

# My Life(Child Abuse) It's All Real

I came home from school, early one day  
Because my mom said, she had something to say  
She carried me out that day, and fed me good  
Like only a mother really would  
And told me that evening, that she was giving me up  
I cried like a baby, and i hurt so in side  
As i watch my mom leave the drive  
I took a deep breath, swallowed my pride  
I knew she loved me, and she meant well  
But she had no idea, she dropped me off in hell  
The first weeks were good, they seem so fun  
But after that third week, i wanted to run  
Life wasn't that simple, a slap to the face  
Or a fist to the temple  
I lay in bed and cried at night, wondering what it was  
I didn't do right  
I always tried to do my best  
But it's really hard with little rest  
Things got worse, as day went by  
I was taught with pain, not to cry  
As i watched him stagger through the door  
Holding the walls, so he wouldn't hit the floor  
I hated to see him come home that way  
Because i knew, that there would be hell to pay  
Then one night, i started to go eat  
I felt something hit my head  
And knocked me off my feet  
As i picked myself up off the floor  
Next thing i remember  
Was my head going through the a door  
as i sat there in pain  
With blood from my head  
I thought they would help me  
But they laughed instead  
I thought it would get better  
As time went by, and soon i learned  
That it was a lie, as time goes by  
Things get bad  
Because it doesn't take much

To make him mad  
But years have passed, and times have changed  
The pain inside me still remains  
The anger, i have learned to control  
But the pain they caused,  
will stay with me till i grow old.

Tracy Rollings

# My Only Love

To a woman as beautiful as can be, the only one I want with me.  
The sunshine of my brightest day  
the one that takes my lonely away.  
You are my dream that really came true  
without your love, I don't know what I would do.  
You make me feel like I'm a king  
and I always want you to be my queen.  
I love you more than you'll ever know  
and want you to take my love where ever you go.  
You'll always be in my heart  
and nothing can ever tare us apart.  
You are my world, my life it seems  
your in my thoughts and all my dreams.  
I'll love you for the rest of your life and cherish every minute  
as long as you promise to keep me in it.

Tracy Rollings

# My Pain

I wake in the morning wondering how it would be  
to get out of bed and be pain free.

To walk around with a smile on my face  
and know that happiness has took it's place.

But i know it's a dream and will never come true  
because the doctors say there's nothing they can do.  
They give no reason they can't explain  
and my tears come down, like falling rain.

So i live my life with all this pain  
and it's enough to drive me insane.  
So i pray at night, that it will go away  
but i wake up next morning, to another painful day.

Tracy Rollings

## Our Troop's With Love

I'm writing this to all of you, that fight for me everyday  
it isn't much but a few lines, that really let me say.

I'm so very proud of what you do, both day and night  
put your life on the line as you stand together and fight.

To protect our freedom and land, so we can live free  
want you to know that means, so much to people like me.

To be able to come and go, doing things that we please  
knowing your there standing guard, puts my mind at ease.

I pray both day and night, I wish you the very best  
hope it's all over soon, so you can come home and rest.

Just to know that your with, the ones you love  
would be a prayer answered, from the heavens above.

So next time you think, your out there fighting all alone  
just remember there's someone, thinking of you at home.

So God bless you everyone and please take care  
know that your missed and loved very dear.

Tracy Rollings



# Pain

I wake in the morning, wondering how it would be  
to get out of bed and be pain free.

To walk around with, a smile on my face  
and know that happiness, has took it's place.

But i know it's a dream and will never come true  
because the doctors say, there's nothing they can do.

They give no reason, they can't explain  
and my tears come down, like falling rain.

So i live my life, with all this pain  
and it's enough, to drive me insane.

So i pray at night, that it will go away  
but i wake up next morning, to another painful day.

Tracy Rollings

# Pouring Rain

Standing in the rain as it pours on my head  
thinking about all the things i said.  
Trying to figure out where i went wrong  
can't understand why you left me alone.

We said we loved and cared for each other  
but then i found you were seeing another.  
Our time was precious, a love that was true  
you said you didn't love me, so what can i do.

It runs through my mind, like a fire in the sky  
you broke my heart and you won't say why.  
Now you left me standing in the pouring rain  
a messed up mind and heart full of pain.

Tracy Rollings

## Remembering Dale# 3

Today, I just sat and cried  
remembering the day, that Dale died.  
A man we all knew and loved  
is watching down from heaven above.

He always gave his very best  
we knew he was better than the rest.  
But today, the race isn't the same  
because without him it's just a game.

There were some that really hated him  
but when he left, it about killed them.  
We'll always miss you bad dale  
because you drove that 3 so well.

Sometimes it's hard to go on  
knowing that dale is really gone.  
We all really miss you bad  
you were the best that we had.

So farewell my good friend  
and know we will meet again.

Tracy Rollings

# River Of Life

I sat by a creek bank, just the other day  
watching the water, carry a leaf away.

I thought to myself, is this the way life goes  
it runs through my mind, no one knows.  
You are here on earth, for just a little while  
so learn to love and share a great smile.

People are many and friends are few  
love and happiness, is being with you.  
I thought about that leaf, as I watched it go  
was it's purpose really served, I'll never know.

Then I thought about myself, holding my life steady  
wondering when the river of life called, will I be ready.  
Really can't answer that and I know it's true  
but when I go, you know I'll leave loving you.

Tracy Rollings

# Sad To Think(Child Abuse)

I use to lay in my bed, every night  
and cry when they, turn out the light.

Had crazy thoughts, in my head  
of the things, under my bed.

But you put them there and i blame you  
cruel things you did and i know it's true.

Came in my room, something over your head  
scare me to death and i would wet the bed.

You got mad one night and slung me in the floor  
told me you wasn't putting up, with me anymore.

You grabbed me, by the throat that night  
and you held me there, till i lost sight.

Said i couldn't sleep, in the bed anymore  
and from that night on, i laid in the floor.

Can't remember a night, I never made you mad  
you gave me the worse life a child ever had.

You beat on a kid, made you look tough  
and your kicks in the back really got rough.

Said you couldn't see me, because of no light  
knew where i was, you put me there every night.

Laid there at night and remembered what you said  
had a thought one night, to come burn your bed.

What a sad thought, for a little child to think  
of all the stupid things, you did when you drank.

Tracy Rollings

# Son Of Pain

In a world of darkness  
alone in his own pain  
walking the streets of loneliness  
with feelings he can't explain.

Misery is Thaine own mother  
long as I must live  
torch-er is thy hard father  
no more love to give.

Death has all ready started  
the body is growing weak  
deformed and all retarded  
the demons want to peak.

Play time in there world  
haunting empty souls float about  
going deeper into sleep  
knowing there's no way out.

Hear the evil master calling  
names that I've heard before  
feel myself start falling  
straight through the floor.

Now feel at home again  
pain ease's for a while  
heart broken, soul gone  
body empty, no smile.

My feelings of child abuse, the way I felt.

Tracy Rollings

# Special Love

To a heart that is wonderful and always beats true.  
I'm so happy that I found, a love as special as you.  
you are the light, that guides my way.  
you are the sunshine, that brightens my day..  
you are the joy, I feel in my heart.  
I knew it was true love, right from the start.  
So love me forever and always be true.  
you know that I'm here and will always love you.

Tracy Rollings

# Suicide My Thoughts

I read so much of this inside  
now all you hear is suicide.

Whats it get you and where do you really go  
can't answer that, because you don't know.

I hear talk of cutting my wrist, to ease the pain  
something I'm trying to get out of, how do you explain.

They say that there's an easier way out  
just by killing yourself, now that I doubt.

I know there will be some, that think I'm a little lame  
because if they don't think nothing of life, then that's a shame.

Because I been where you think you want to go  
before you leave, there's something you should know.

I saw the light, up close myself  
learned then, there's too much life left.

It wasn't my time, for judgment day  
guess that why, I'm talking to you today.

So think about it, before you use that blade  
there are people out, that really think you got it made.

Cutting yourself doesn't really, ease no pain  
all it's doing is literal, driving you insane.

That's my insight on the suicide  
can listen to the words or let it ride.

Use your brains  
not your veins.

Tracy Rollings



# Tell Me Why

No messages do I get, my phone doesn't ring  
I keep looking for an e-mail, but never anything.  
I try to talk to you, but get ignore just the same  
wish you would forgive me, I will take all the blame.

But I can't go on without you and it gets harder everyday  
wish you would just hear me out, to see what I have to say.  
A love thats real and true, as the one we shared together  
shouldn't be thrown to the side and lost in time for ever.

I love you, more than you'll ever know and have from the start  
said I was your one and only, then why are you braking my heart.  
All I want, is a chance to make it right, because I love you so  
the tears I've cried and lonely nights, it's still hard to let you go.

But if thats what you want, then I think it's time to let me know  
because we both will agree, that this love, can surely grow.  
Being without you, is something hard to do, it's the pain in my chest  
from your dieing love, that I know will soon, put this old body to rest.

Tracy Rollings

# The Beast

Please don't let this beast, eat away at my heart  
the day you walked away, it's made a home in my chest.  
It's been there eating and taring, my insides apart  
always eating and ripping at my heart, but it never wants to rest.

You are the only one, that can kill this beast which lives within me  
all you have to do, is reach out and touch me, it leaves with no fight.  
You are the only one in the world that can set me free  
pull me into your arms and say that you will always be there, to hold me tight.

For you are the only love, that has ever got this deep in my heart  
and I just can't think of a reason, why you would just tare it apart.

Tracy Rollings

# The Better Man

A life in a hole, oh what a scary fright  
bad dreams run through your head as you sleep at night  
you wake up crying all scared and alone  
can't go back to sleep because you know they're not gone.

A deadly pain that runs through your heart  
of knowing you were hated right from the start  
i try to hide it from the world to see  
but i cry like a baby, because it's killing me.

I asked for love and a helping hand  
someone to be there and be a friend  
tell me it was ok and hold me tight  
help me make it through another night.

But all i got was pain in stead  
a slap cross the face and a fist to the head  
you said you were sorry and it won't happen again  
you lied from the start and you'll lie to the end.

I remember one, night that i got beat  
couldn't sit down, blood running to my feet  
you ask me what it was you said  
but i couldn't answer and you knocked me cross the bed.

I laid there and cried, the rest of the night  
still don't know, what it was i didn't do right  
are maybe it was because of all the booze you had  
get drunk and come home all raging mad.

The things that you said and all that you did  
still linger my mind from when i was a kid  
said I'd would forgive you and then i cried  
and told you i loved you before you died.

All i wanted was a friend and someone i could call a dad  
to sit and think about it now makes me sad  
as i sit in my world still scared and alone  
i still don't rest easy, knowing my abuser is gone

But some day i hope ill get over it and move on  
of the abuse i received for wanting a home  
i did my best to be your friend  
knowing that i was the better man in the end.

Tracy Rollings

# The Wish(Child Abuse)

I asked one day, if there was time, could we go fishing  
threw you hand on your hip and said just keep on wishing.

Said your soaps were on and that it couldn't be missed  
I started to cry, till I saw you balling up your fist.

So I turned to walk away and you yelled, come here to me  
I stopped and turned around, as you counted to three.

I didn't mean to upset you, just wanted to go play  
but you had other ideals and with that I shall pay.

Said you was very busy, no time for you to be free  
in order to watch your soaps, you chained me to a tree.

Unlike a chained dog, he have plenty of room to run  
with the chains around me, I guess you thought it was fun.

Now you had no worries, with the T V all to yourself  
but ignored my cries for help, like you were deaf.

The pain you gave, with every lick from that belt  
still lingering through my mind and can still be felt.

Such a heavy price to pay, for a kid to be free  
all the pain from the beating, they still haunt me.

But I can never understand, the evil in you  
I became more honest, faithful and true.

I didn't beat my kids, like the times when you drink  
cause I learned to be better, by stopping to think.

I didn't want my kids, to have to feel all that pain  
so I sit them down one day and tried to explain.

That a child needs to be punished, for the wrong that they do  
but I promise you now, to never abuse, are beat on you.



# They Didn'T Know(Child Abuse)

I got dressed and went to school one day  
and there was no smile on my face  
but the teacher knew something was wrong, cause i didn't want to play  
because my happiness was gone and pain took it's place.

Although my clothes were torn, dirty and smelled bad  
and the other kids laughed and called me bad names  
i wished they all knew that, these clothes were all i had  
sometimes they must have felt that this was just a game.

The teacher knew something was wrong, because i didn't take my seat  
and as the kids laughed on, i knew i didn't have a friend  
so she took me in the hall and asked me if i been beat  
i told her if i said anything that this would be the end.

As we talked on, i looked up at her face  
she asked me what happen, and i begin to speak  
i was really trying to talk at a steady pace  
but i had to slow down because i was getting weak.

I tried to tell her and make her understand what i go through  
but she had to get back in class, because the kids were getting loud  
she came back out, and we begin to talk and i asked her what can i do  
but through the surprise and tears in my eyes, i still stood there proud.

My teacher told me that she was very hurt, as she sit there and started to cry  
the kids all got quiet, there was stillness in the class  
they heard me telling her i sometimes wish i could die  
and the kids held there hands out and said we're sorry as i left the class.

Tracy Rollings

# They Can Tell(Child Abuse)

There was a day, I can remember good  
sitting on the bed, watching the t v  
you came in my room, with a piece of wood  
said you had something, to teach me.

I didn't say anything, cause you didn't care  
you say I was wrong, for the things I said  
you started beating me, but no one could hear  
hit the floor hurting so bad, then i wished i was dead.

I ended up at the hospital that night, but couldn't talk  
you beat me so bad with that stick, that I couldn't say  
with the bruises and knot's on my legs, I couldn't walk  
the doctor's there told you, that I needed to stay.

But I ended up back home, in the same old shape  
I laid there in the bed, for more than a week  
and every night you came home, acting stupid as an ape  
drunk out of your mind, but quiet as mice i didn't squeak.

So I made back to my feet, got ready for school  
so I started out the door, hoping to catch the bus  
you stopped me before I left and told me the rule  
better keep my mouth shut and keep it between us.

Well I did what you said and didn't say a word  
so I just went on about it, like nothing was wrong  
the doctor called the school and they already heard  
I gave you note, knew this night was going to be long.

I tried to tell the teacher, that what happen was I fell  
the tales that I told, just to protect you was insane  
people that was looking at me, knew I lived in hell  
and there was nothing I could do, to hide all the pain.

Tracy Rollings



# What Did I Do So Wrong

Rainy days and stormy nights  
empty streets so full of lights  
all your dreams will come true  
I'll always be here without you.

You say your love for me is true  
then why do i sit here feeling so blue  
my life is over it's so plain to see  
the pain my in heart is killing me.

Said you loved me and now your gone  
i can't figure out why you did me so wrong  
my body shakes and this heart breaks  
don't know how much more i can take.

When you said forever thought you cared  
but the end is near and this i feared  
because i know that you will soon be gone  
still can't understand what i did so wrong.

Tracy Rollings

# What I Read

I looked at the words in some poems today  
was trying to figure out what they had to say.

but the more I read the harder they got  
some were so cold and others were hot.

the words they printed all looked so neat  
but there were some that couldn't be beat.

some were very long and other way too short  
few made no sense but others got to the point.

not telling them what they need to do  
like me they need some help from you.

so I'll keep on reading all I can see  
because I'm taking a liking to this poetry.

Tracy Rollings

# What Will It Be

I still send you rose's everyday  
use to tell me how you adored  
I loved everything, you had to say  
now you say, nothing anymore.

I still try hard, to make you see  
and I pray, that you understand  
all of your love, still remains in me  
without you, I'm just a weak man.

Please find it, somewhere in your heart  
keep telling me, that you will always be here  
a life without you in it, would be very hard to start  
you stay with me and I'll take away, all of your fear.

Give it my all, to make your world right  
your always going to be, on my mind  
can't and won't give up, without a fight  
cause a love like yours, is very hard to find.

So please, say you love me and lets stop this pain  
be happy together and love like we really should  
because all of the madness, is driving me insane  
and we can let this love grow, like we knew it would.

I thought you would stay with me, till the very end  
we can share our thoughts and feeling together  
some how, this is where love ends and heartache begins  
you let your together, become part of the past forever.

Tracy Rollings

# Why

What can you say when they can't explain  
tell you they're sorry there's nothing we can do  
live your life in constant pain  
can't understand why this happened to you.

You use to think that life was bad  
but you shared with your love and family too  
then you think of the fun you had  
but you wish a million times this wasn't true.

Time grows short what little is left  
my heart it breaks as i think of you  
don't want to leave you all by yourself  
just don't know what else i can do.

I know it's coming and it won't be long  
the love i treasured that we spent together  
as the time nears the the pain gets strong  
just remember i will love you forever.

You know i love you and this is true  
my time is over and i have to go  
when i get to heaven I'll ask about you  
because i cared and that you should know.

Tracy Rollings

# Why Me Lord

Why me Lord, tell me what did I do  
I did my best and I've always been true.

Why me Lord, why so much pain  
things I do, can't always explain.

So sit with me a while and tell me please  
what in the world, can I do to make it ease.

All of my childhood, has gone away  
can't ever get it back and yet I still pay.

So tell me Lord, when will it end  
all I ever wanted, was to have a friend.

Please tell me, now that I've grown  
I still love you, but the pain isn't gone.

I need to know, how we can fix this  
can't go on, with my life at risk.

Tell me Lord, can you help now  
the pain I have, is getting me down.

I know you love me and my heart isn't pure  
but I pray that you, will send me a cure.

It's so hard for me, to try understand  
I live in this pain, even now as a man.

From the time I was born, till this very day  
I keep asking why, but no one can say.

But I pray to you Lord, about every night  
we can work together and make things right.

Well I have to go now, have things to do  
it's always a pleasure, just to talk with you.



# Winter Wonderland

Walking through the woods on a beautiful winter day  
watching the critters as they all start to play  
snow covers the ground as pretty as can be  
glimmering ice cicles are hanging from the trees  
winter at it's best nothing can compare  
feeling the breeze of the early morning air  
listening to the birds singing in the sky  
watching the hawk as it starts to fly  
nature gives it's beauty for all to see  
I'm glad your here to share it with me  
the sun shines down on the crystal covered trees  
temperature drops and the ice starts to freeze  
sparkling lights shines for miles  
leaving faces with loving smiles  
snowmen built from the ground with pride  
as the little children get their sleds to ride  
the ice is hard so they slide with ease  
ducking from bushes and dodging the trees  
it doesn't get any better than this  
warm cup of cocoa and a loving kiss  
enjoying the gift God sent to me  
and for all the world a beautiful sight to see.

Tracy Rollings

# Wisdom

Standing on the top of a mountain, looking out afar  
when someone pulled up beside me, in a dark colored car  
a man got out and walked over to me  
then he asked me son, how far do you think you can see.

I wanted to answer, but i didn't know what to say  
and the man turned around as if to walk away  
but he started to speak, in a very gentle tone  
he said once i was happy, and now I'm all alone.

He said i once had a true love, that captured my heart  
but someone came in from nowhere and tore my world apart.  
I would have gave him everything, but all he wanted was my wife  
if i only told her i loved her more, i might still have my life.

So now you see and i hope you try to understand  
that you can't make it through this life, if you don't have a friend.  
Now listen to me very well and take some good advice  
you only looked once, but you better think twice.

Cause life can be so empty, when you running all alone  
then i turned and started to speak, but the old man was gone.  
I stood there and though of what he just said  
and thoughts of you, start running through my head.

So i jumped in my car and i then headed home  
because i wanted to be beside you and that's where i belong.  
To let you know i love you, and that i will always be here  
and hold you tightly in my arms, so you'll know how much i care.

Tracy Rollings



# Without You

As i sit here alone and i start to cry  
at the thoughts, of you being gone  
i ask myself why, you said you loved me  
and now you are gone, i can't understand.

Why you left me alone, my heart breaks  
as the pain sets in, you took me to heaven  
and back again, I'm so lonely sad and blue  
my whole world, is empty without you.

Said you would love me, from beginning to end  
now i set here alone, without my best friend  
the pain is killing me, it's plain to see  
all i ever wanted, was for you to be with me.

Without you here, my heart isn't strong  
and without your love, i just can't go on  
it's cold and dark, without you here.

And i pray to god, he brings you back to me dear  
for you are my world and you are my heart  
i can't go on living, knowing we are apart.

Tracy Rollings

# You And Me

Sitting in the yard, cause I got it made  
starting to get hot, so I find some shade.

Need to cut grass, but not today  
I'm under tree, where I'm gonna stay.

I think of all the things, that I need to do  
can't think of nothing, but spending it with you.

Always in a hurry, to get the job done  
I never get time, to have any fun.

So I'm taking today, it's just me and you  
we'll have some fun, do what you want too.

Starting today, I made up my mind  
spend time with you, even if I get behind.

Because I told you, I'd love you till the end  
and I just can't live, without my best friend.

So from this moment on, we live with no fear  
if I lose that stupid job, well just don't care.

Because beside you, is where I want to be  
you are the only thing, that matters to me.

Tracy Rollings

# You Don'T Know (Child Abuse)

In my life I have met a lot of people  
there are some that was nice to me  
and others wouldn't want to meet again  
out of all there was none that could really see.

Wonder if they tried seeing my world in their eyes  
know how it feels to be locked in a closet  
to be beat and you can't fight the person back  
it's very difficult and there were times I lost it.

You always here you need to tell someone about this  
but never thought to what would happen to you  
many times in my life I didn't have a choice  
kept my mouth shut there was nothing anyone could do.

Were so many times I wanted to talk to someone  
but at the time no one was willing to listen  
did they ever really stop and think about things here  
stuck in this world thinking of the things I'm missing.

Stop and think of a child that deals with abuse  
step back close your eyes put yourself in their shoes  
go to bed without food for days at a time  
lay there in the middle of the night feeling confused.

Go to school trying to hide bruises on your body  
feeling the pain inside you that won't go away  
hurts so bad sometimes that it's very hard to sit  
can you imagine going to school feeling like that everyday.

For those never been abuse then you have no idea  
always try very hard to keep it in your mind  
made it through that and will get a lot better  
because you just might not be so lucky next time.

Tracy Rollings

# You Don'T Know(Child Abuse)

Did you ever wonder what it was like  
to be the child that screamed at night  
to lay bed and try to sleep  
with thoughts in your head that run so deep

Trying to figure out why you'll here  
hurting knowing that you live in fear  
you want to cry but you don't dare  
because you knew they didn't care

To go to bed and not get to eat  
because you made them mad and you got beat  
to hold your head and start to cry  
sometimes i even wanted to die

To feel the pain every time he hit  
and wonder if he'll ever quit  
sometimes the pain hurt really bad  
but it only got worse when i made him mad

But he wasn't the only one in this  
because she did it to, like she couldn't resist  
not so funny to go to bed  
with your hand holding a swollen head

To go to school in dirty clothes  
why they treated you this way, no one knows  
the pain that they inflicted will never heal  
but there are some that will never know how i feel

I stand there and take every lick  
want to fight back, i want to kick  
i try so hard to resist the pain  
but sometimes it's enough to drive a child insane

So before you start to judge a child  
you better stop and think a while  
because you don't know, what a child has been through  
unless you have actually had it happen to you

So sit and think about what i said  
and please let it sink in your head  
please understand and love your child  
treat them right and make em smile

Tracy Rollings

# You Make Me Proud

Spit shine the boots  
they dress in green  
load up their rifles  
taught to be mean.

Their orders are waiting  
sent to the field  
they protect there country  
been trained to kill.

They stand their post  
both day and night  
no matter the cost  
always ready to fight.

Big price to pay  
their lives on the line  
saving a lot of others  
like yours and mine.

Get very little sleep  
go to work everyday  
we can have freedom  
watch our kids play.

Leave their families alone  
make sure we're safe  
stand there own ground  
and keep there faith.

Heres to the boys  
that do it everyday  
who take flying bullets  
or get blown away.

You make me proud  
an honor to say  
you'll in my prayers  
even though your away.

Tracy Rollings

## You Pay Now(Child Abuse)

I came home from my cousins one night  
when I got on the porch, it didn't feel right.  
Something told me, that this was the end  
my key wouldn't work, you changed locks again.

As you looked through the window, you told me to leave  
the words that you told me, I found them hard to believe.  
You opened the door and put a gun in my face  
said you would kill me, if I didn't leave your place.

Of all the years I knew you, I thought that would change  
thoughts like that in my head was really kind of strange.  
Through all the beating, that I got in the past ten years  
I turned and walked away that night, with my eyes full of tears.

I find it hard to think of you, now that you are gone  
if you are being punished then you did it on your own.  
Pleasure you brought little of, pain you gave the most  
so if your burning in hell now, I hope you roast.

.  
It's a sad thing to say, about a sorry old man  
said you tried to raise me, the best you can.  
but you have a long time, to try to explain  
why you cause this child, all of that pain.

Tracy Rollings



# You Wanted To Know (Child Abuse)

Started writing my feelings down  
about my abuse as a child  
tried to make it look good  
and keep it as clean as I could.

But now it's time, for you to see  
what really happened to me  
I'll let you feel the pain, I received  
then maybe you, will really believe.

I want you to take in, what you read  
as this poem lets you, watch me bleed  
so now we can start, don't go away  
stay for a while and see me pay.

I get up in the morning, wet the bed  
he comes in, fist to the head  
knocked to the floor, I hear him say  
wet the bed, now you pay.

I sit there, blood running down my face  
knowing what was, gonna happen to me  
those famous words, I'll never forget  
why your momma didn't want you see.

Get up off the floor, I'm not done with you  
get through with your ass you be black and blue  
scathed from the floor throw ed against the wall  
I feel my nose shift, no doctor to call.

Get up you little punk, I'm not done yet  
it's just a little blood, so you don't forget  
want you to be tough and become a man  
take a beating now, you'll learn to understand.

Thinking this was over, get ready for school  
he comes through the door, called me a fool  
blood coming down my head, and from my nose  
still not finished, he has to have a few more blows.

Go to school bleeding, trying to explain  
fell running to the bus, blamed it on the rain  
the teachers all knew, oh so well  
I lived in a house, they all called hell.

Now you wonder why, I don't wear a tear  
because all of my life, I lived in fear  
taught with a beating, better not cry  
sometimes I honestly, just wanted to die.

You have no idea, how it really feels  
be a kid and have a fist in your face  
what can you do, nothing at all  
you'll listen long as you live in my place.

My eyes are swollen, the head hurts bad  
trying to get help, is getting to hard to do  
tell people what happens, not a choice  
mention the beating and no one believes you.

You don't know what it feels like, to try to eat  
teeth missing from your mouth, it's hard to chew  
your jaw is broken, it looks all out of place  
that's why it's hard, to wear a smile on this face.

I hope you understand, the abuse I went through  
and feel all the pain, that I offered to you,  
hope it helps you know, exactly how I feel  
let all of the readers, know this is all read.

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Tracy Rollings

# Your Love

Your love is like rain drops in a puddle, for every one that drops creates waves,  
and that puddle is me  
and your love, is sending those little waves all over my body as the blood, passes  
through my veins.

I feel your love, it warms my body  
sending wonderful little thoughts, through my head  
as it sways back and forward, like the tree's blowing in the wind dancing in my  
head, little hearts i feel thumping.

As they pass through my body, sending vibes of love  
that move me in such a way, like i never felt before  
the chills cover me, as i tremble out of control  
your love has reached my very soul, no turning back.

We're in too deep now, for your love has called  
and heart has answered, a love that is more precious than gold yet so tender to  
hold, a love that will stand  
till the end of time, your love.

Tracy Rollings