

Poetry Series

Vanessa Dizon Alvarez

- poems -



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Vanessa Dizon Alvarez()

Early Life & #Inspirations

Vanessa Dizon Alvarez grew up with a deep sensitivity to the world around her, channeling #isolation, #longing, and suffering into creative empowerment. From an early age, she discovered that words could be both a refuge and a weapon—capable of transforming vulnerability into unforgettable art. Her introspective nature and emotional intelligence became the foundation of her poetic voice.

#Artistic Identity

Vanessa is known for her gothic, emotionally charged poetry that balances raw vulnerability with rhythmic accessibility. Her work often explores existential themes—love, loss, resilience, and transformation—while maintaining a dramatic edge that resonates with audiences seeking both beauty and truth. She thrives on iterative revision, constantly refining rhyme, rhythm, and emotional tone to ensure each piece leaves a lasting impact.

#Creative Process

Her process is collaborative and adaptive. Vanessa embraces feedback and experimentation, weaving chorus lines, ballad forms, and anthem-like hooks into her poetry to broaden resonance. She also designs striking visual presentations and branding for her work, ensuring that every detail—from titles to motifs—amplifies her message. This fusion of text and imagery reflects her belief that poetry should be both read and experienced.

#Vision & #Goals

Short-term: Perfecting rhyme, rhythm, and emotional tone through stylistic experimentation and bold titles.

Long-term: Building a recognizable poetry brand with a dramatic, gothic edge, reaching a wider audience through emotionally and visually striking work.

Her resilience and openness to revision reflect not only her adaptability but also her hunger for genuine impact. Vanessa's poetry is more than art—it is empowerment, a way of transforming suffering into strength and connection.

Legacy in Progress

Vanessa Alvarez is not just a poet; she is a creator of atmospheres, a designer of emotional landscapes, and a voice for those who find beauty in darkness. Her journey continues to evolve, with each poem serving as both a personal testament and a gift to her audience.

Cold Hearts

I thought you smiled when I was glad,
But truth revealed, it made you mad.
The joy I held, the light I knew,
Became annoyance deep in you.

When I was broken, lost in pain,
I hoped for comfort, not disdain.
But anger rose, I can't explain,
Your eyes were filled with harsh disdain.

Was it my fault for drawing near,
For seeking help, for showing fear?
My presence seemed to weigh you down,
A burden heavy, making you frown.

Forgive me then, for I believed,
That family's love I had received.
But truth unveiled, I stand apart,
A stranger still within your heart.

I once had helped, or so I thought,
And hoped that kindness could be caught.
Yet when I suffered, torn and sore,
You found delight in something more.

I saw you smile while I was weak,
Your laughter loud, though mine was bleak.
And in my sorrow, clear and true,
I learned the cost of trusting you.

No longer will I beg or plead,
For mercy in my time of need.
Your help was cold, your hearts like stone,
You left me wounded, all alone.

Because I struggled, asked for aid,
You cast your curses, unafraid.
My name you stained, my soul you scarred,
And showed how cruel your hearts can hard.

Vanessa Dizon Alvarez

Some Things Stay Broken

I've learned that plans may fall apart,
That dreams can crack a tender heart.
That not all wounds will mend with time,
And not all wrongs will turn to rhyme.

I've learned that pieces sometimes stay,
Scattered in a quiet way.
That some goodbyes don't come with grace,
And some repairs leave empty space.

But I've also learned that love can hold,
The shattered bits, the stories told.
That even when the light feels thin,
A hand can reach and pull you in.

So when the days feel dark and long,
And nothing seems to fit or belong—
Remember this: you still remain,
A soul that rises through the pain.

And though the past may haunt your sleep,
There's strength in scars you've learned to keep.
They mark the roads you've walked alone,
And whisper, 'Look how far you've grown.'

For every break, a truth is born—
A softer heart, a brighter morn.
You're not the cracks, you're not the fall—
You're love that dares to rise at all.

Vanessa Dizon Alvarez

The Weight Of Expectation

Be the better soul, the steady flame,
Not for applause, not for acclaim.
Let your heart be pure, your path be true—
What you are will echo through.

Pain will come, it always does,
But knowing why is half the buzz.
Feel it deep, then let it go—
The roots of peace begin to grow.

We hope for love the way we give,
Expect the world to let us live.
But minds are shaped by different skies,
And hearts don't beat in synchronized ties.

So let them be, and let them choose,
Their wins, their faults, their paths, their views.
You're not their sculptor, not their guide—
Just walk your truth with quiet pride.

You've got a soul too fierce, too wide,
To shrink for those who've never tried.
Be the light that doesn't fade—
A storm-born star, self-made.

Vanessa Dizon Alvarez

Grumble And Grace

We grumble when the work is long,
While others pray to just belong.
We sigh at waking with the sun,
While some feel life has just begun.

We moan about the meals we eat,
While others beg for scraps or wheat.
We groan at gaining weight too fast,
While some dream of a meal to last.

We frown at chores and daily grind,
While others seek what they can't find.
We curse the noise, the rush, the race,
While others long for just one place.

But every breath, each task, each day,
Is proof that grace has found its way.
So open wide your heart and eyes—
There's beauty hid in daily skies.

Give thanks for all, both big and small,
For life itself is gift to all.

Vanessa Dizon Alvarez

Don't Trust The Glass

Don't trust the glass—it only sees
The surface of your mysteries.
It shows the skin, the shape, the face,
But not your soul, your quiet grace.

It cannot catch your midnight sighs,
Or how your dreams drift through closed eyes.
It misses how your laughter glows,
Or how your heart in silence grows.

It doesn't know the way you care,
The love you give, the strength you bear.
It cannot hold the tears you hide,
Or trace the storms you've walked inside.

So if the mirror speaks of worth,
Remember all it fails to birth.
Your beauty lives in things unseen—
In every truth that lies between.

Look deeper still, beyond the frame,
And call yourself by your true name.

Vanessa Dizon Alvarez

To The Ones Who Keep Trying

Shout out to the hearts still brave,
Who rise each day, who ride each wave.
To those who stumble, yet still stand,
Who reach for grace with trembling hand.

To the ones who try to stay,
To meet the dawn, to find their way.
Who hold on tight, then learn to let—
Who carry hope and soft regret.

To those who seek a steady flow,
Who learn to bend, who learn to grow.
Who try new paths, new truths, new light,
Who fight the urge to flee the night.

I see you there, beneath the strain,
Still dancing softly in the rain.
I'm with you now, I feel it too—
This quiet strength that pulls us through.

Vanessa Dizon Alvarez

What I've Learned From The Breaking

I've learned that plans can come undone,
Like threads unspooled beneath the sun.
That dreams may fall, and hearts may crack,
And some lost things don't wander back.

I've learned that not all wounds will heal,
That time won't always smooth or seal.
Some broken pieces stay that way—
A jagged truth we learn to say.

But I've also learned that storms will pass,
That love can bloom in shattered glass.
That even in the darkest night,
A hand can hold, a soul ignite.

I've learned that pain does not define,
That hope can rise from steep decline.
And though the world may twist and bend,
We find our strength in love, in friends.

Vanessa Dizon Alvarez

To The You Who's Still Holding On

To the you beneath the heavy skies,
Who hides the ache behind your eyes.
To the you who walks through rain alone,
And wonders when the light has flown.

To the you who feels unseen, unheard,
Who doubts the power of your word.
To the you who's tired, worn, and small,
Yet still finds strength to stand at all.

You are the spark in shadow's breath,
The quiet fight that cheats regret.
You are the warmth the world forgot,
The miracle they almost caught.

You are the hope that storms can't drown,
The soul that rises when it's down.
You are the time that's yet to bloom,
The light that dances through the gloom.

So hold on tight, the tide will turn—
The fire in you still dares to burn.
You're not alone, you're not too late
Your story bends but won't break fate.

Vanessa Dizon Alvarez

Peace Is Mine

Enough is enough—I've found my voice,
No longer bound by someone's choice.
I won't be quiet, won't pretend,
I'll stand my ground, I won't bend.

They'll talk, they'll twist, they'll try to shame,
But I won't play their hollow game.
I won't explain, I won't defend—
Their judgment isn't mine to mend.

I'll let them walk, I'll let them speak,
But I won't shrink, I won't grow weak.
Their view of me is not my truth,
I've earned my strength, I've shed my youth.

So let me rise, let me be free,
Let love find those who truly see.
I'll guard my peace, I'll own my name
And leave behind their petty blame.

Vanessa Dizon Alvarez

Thank You For The Scars

Thank you to the ones who bruised
Your silence, sharp, your words, confused.
You carved the steel beneath my skin,
And taught me how to rise again.

Thank you to the hearts that burned,
Whose love was fierce, whose lessons turned
My hollow chest to something wide
A place where tenderness can hide.

Thank you to the hands that cared,
Who saw the weight I always bared.
You made me feel I had a name,
Not just a flicker in the flame.

Thank you to the eyes that stayed,
When others left, when light decayed.
You showed me friendship's quiet grace
A lantern in the darkest place.

Thank you to the ones who fled,
Who left me aching, left me dead.
You taught me nothing stays the same,
And not all ghosts deserve a name.

Thank you to the ones who came,
Who saw the wreckage, felt no shame.
You helped me stitch the soul I wear
A tapestry of love and dare.

Vanessa Dizon Alvarez

I Am Me

I'm not pristine, I'm not a saint,
I've worn my flaws like weathered paint.
I've made mistakes, I've said what's wrong,
But every scar has made me strong.

I've loved too deep, I've trusted blind,
Yet still I rise with heart aligned.
I wouldn't change a single thread
Each choice I made, each tear I shed.

You see the cracks, but miss the gold,
The warmth beneath what's uncontrolled.
If you can't look beyond the mess,
Then losing me is your distress.

I am not perfect, never was—
But I am me, and that's because
I've lived, I've learned, I've dared to be
The best and boldest version—me.

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Thanks To You

Thanks to the ones who made me cry,
You taught me how to rise and try.
Thanks to the love that held me tight,
You helped my heart expand its light.

Thanks to the care that warmed my soul,
You made me feel that I was whole.
Thanks to concern that showed you see,
You proved that someone cared for me.

Thanks to the ones who walked away,
You taught me not all things will stay.
Thanks to the friends who stayed so true,
You showed me love that followed through.

Thanks to each soul who crossed my path,
With joy or pain, with peace or wrath—
You helped me grow, you helped me bend,
You shaped the person I defend.

Vanessa Dizon Alvarez

Not Everyone's Cup Of Tea

You're not for all, and that's okay,
Not every heart will choose to stay.
Some will scoff, some won't believe,
But you've got gifts they can't perceive.

Don't chase the ones who turn away,
Don't beg them just to hear you say
You're worthy, bright, and full of grace
They're not your people, not your place.

Your people see the light you hold,
They love you fierce, they love you bold.
They walk beside you, hand in hand,
They understand, they truly stand.

So wave goodbye with gentle ease,
No need to beg, no need to please.
Be who you are, let judgment pass
You're not their cup, but you've got class.

Vanessa Dizon Alvarez

Eyes Ahead

Stay true to you, don't twist or bend,
For fleeting praise that won't transcend.
Let others talk, let judgment fly
You've got your wings, so rise, not cry.

They'll see you good or see you wrong,
No proof will make their minds belong.
The more you try, the more they'll twist
Your light is something they resist.

So hold your head and walk with grace,
Don't chase the ones who slow your pace.
Be bold in heart, be clear in soul,
Let inner peace become your goal.

You can't control what others view,
But you can shape what's real in you.
So trust your steps, your dreams, your flame
And let the world forget your name.

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Just Be You

You don't need to prove your worth,
To chase applause or seek rebirth.
No need to beg for their acclaim,
Or twist your truth to fit their frame.

Let go of those who won't believe,
Who judge too fast, who never grieve.
Don't waste your fire on their demand—
Just build your dreams with steady hand.

Pour your soul into your art,
Let passion guide your beating heart.
Grow in silence, bloom in grace,
You don't need to win their race.

In the end, it's crystal clear:
Their thoughts don't shape what you hold dear.
So walk your path, let judgment fade—
Be you, be bold, be unafraid.

Vanessa Dizon Alvarez

Real People

I like the ones who truly see,
Who listen close and let you be.
No rush to judge, no need to name,
Just open hearts without the shame.

They won't believe what gossip says,
They know that truth has winding ways.
They give you space, they give you time,
To show your soul, to speak in rhyme.

They see the cracks, but never flinch,
They hold your hand, not pull or pinch.
They ask, they learn, they understand
Not quick to point, but slow to stand.

These are the ones I hold so dear,
The ones who stay when storms appear.
No masks, no games, no need to hide
Just real hearts walking by your side.

Vanessa Dizon Alvarez

Watch And Cut

I used to rush to clear my name,
To fight the lies, defend the flame.
But now I pause, I let it slide
And watch who stands on gossip's side.

No need to plead, no need to prove,
I see who shifts, I watch who moves.
Their silence speaks, their trust is thin
So I know where to start again.

I won't explain to deafened ears,
Or chase the ones who feed on fears.
If truth's too much for them to see,
Then they were never meant for me.

The ones who judge without a word,
Are echoing what they have heard.
But hearts that seek what's real and true,
Will always ask, not just assume.

So let them talk, let rumors fly
I'll rise above, I won't comply.
I'll guard my peace, I'll cut with grace
And leave no trace in toxic space.

Vanessa Dizon Alvarez

Mirrorless Faith

They speak of God with holy grace,
Yet stab the backs they dare embrace.
Their words are pure, their hearts are cold—
A tale of virtue falsely told.

They preach of love, they claim the light,
But judge and lie out of spite.
They fault-find, sneer, and cast their blame,
While hiding shame behind His name.

No mirror held, no soul laid bare,
Just masks of faith and vacant prayer.
But actions speak, and truth will rise—
Beyond the cloak, beneath disguise.

So let them talk, let shadows play,
Their hollow words will fade away.
For those who walk with honest grace
Need not a mask to show their face.

Vanessa Dizon Alvarez

Check Your Mirror

You point your fingers, loud and proud,
While hiding flaws beneath a shroud.
You preach with rage, you judge with flair,
But truth is—you're not even there.
You climb atop your righteous steed,
Blind to your own unchecked misdeeds.
Before you preach and start the show,
Make sure you're perfect head to toe.

Perfection? No one wears that crown.
We all have cracks that weigh us down.
So check your mirror, clear your view—
Before you claim what others do.
I won't be swayed by bitter cries,
Or tangled in your web of lies.
I'll walk with grace, I'll speak with care—
And leave you gasping for your air.

Vanessa Dizon Alvarez

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Still Me

I've fed the mouths that cursed my name,
Wiped tears from eyes that brought me shame.
I've lifted those who let me fall,
Gave love to hearts that gave me gall.

I've offered help with nothing gained,
Stood by through storms, endured the strain.
I've been the light when none would stay,
Still gave my best, come break of day.

They called me crazy, maybe so—
But I won't sink to hatred's low.
I'll rise above, I'll stand, I'll be
The soul I swore I'd always see.

Life throws its punches, sharp and wild,
But I remain the gentle child.
Through every bruise, through every test,
I hold my truth within my chest.

So let them talk, let shadows play—
I'll walk my path, I'll find my way.
For through the noise and all they see,
I'll still be here... just being me.

Vanessa Dizon Alvarez

No Regrets

I gave my best to hearts untrue,
With kindness they could never do.
They took my light, then walked away—
But I still shine, come break of day.

Their silence spoke, their actions told,
A tale of hearts that stayed too cold.
But mine was warm, and mine was wide—
I never had a need to hide.

So if they left, let them be gone,
I'll dance beneath a brighter dawn.
My grace remains, my soul is free—
Their loss, not mine, is history.

The wrong may fade, the right will stay,
My spirit grows in its own way.
For every tear, a seed is sown,
And from the hurt, my strength has grown.

I'll walk with joy, my head held high,
No shadow dims my open sky.
For goodness shines, it never ends—
It finds its way, it always mends.

Vanessa Dizon Alvarez

Anyway

If kindness stirs, they may accuse,
Pretending hearts, or hidden ruse.
Yet let compassion light your way
Be kind, be true, -be kind anyway.

What you build with patient years,
Could fall apart through hands of peers.
Still raise your dreams, come what may,
Build with hope-build anyway.

The good you give may fade from sight,
Forgotten soon, though born of light.
Yet sow the seeds of love today,
Give your best -give anyway.

You may pour forth your finest part,
And still the world may guard its heart.
Though 'enough' may never stay,
Offer all- offer anyway.

If hope feels lost and faith runs thin,
The world may doubt the fire within.
Yet let your spirit rise each day,
Shine with love -shine anyway

Vanessa Dizon Alvarez

To The Ones Who Stayed True

To the ones who know each shade of me,
Every version, every melody.
To the ones who saw me at my worst,
Yet held me close, and never dispersed.

To the ones who lift when I am weak,
Who give me strength when hope feels bleak.
Your gentle hands, your steady care,
Remind me love is always there.

To the ones who walk this path with me,
Through storms, through trials, faithfully.
Your presence gleams, both warm and true,
A guiding star that carries me through.

To the ones who never cast a blame,
Who loved me still, through grief and shame.
To the ones who may not grasp my pain,
Yet understand me all the same.

To the ones who let my spirit fly,
Who never asked the "how" or "why."
For all your love, both deep and new,
My endless thanks belongs to you.

Vanessa Dizon Alvarez

Where You Are Valued

You are not here to endlessly give,
To pour out your soul so others may live.
Not meant to serve with nothing returned,
A flame that burns, yet never is earned.

Step back, reflect—let silence be guide,
Ask where your strength and spirit reside.
Place your energy where hearts are true,
Where all you offer is cherished by few.

For gifts unvalued will wither away,
But love and respect will brighten your day.
So guard your light, let it shine with care,
In spaces that honor the soul you bear.

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Cruelty And Kindness7

It was me in my darkest night, A shadowed soul, bereft of light.I turned within,
and there I found, My sufferings had spun me round.

Played by pain, deceived by grief, A silent thief beyond belief.And then I saw,
with aching mind, The world was cruel, and I was kind.

Their harshness cut, their coldness stung, Yet from my heart, compassion
sprung.Though wounded deep, I still remain, A gentle soul through all the pain.

Vanessa Dizon Alvarez



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New Year, New Dawn

New year, new chance to carry on, To chase the light till night is gone. May mornings shine with gentle glow, And turn the past to bright from low.

Let sorrow fade, let shadows die, Let colors bloom beneath the sky. Where silence stayed, let voices ring, Where grief once ruled, let joy take wing.

May dreams not drift, nor fade away, But live as truth in each new day. If fate allows, may blessings show, A gift of color I may know.

No need to blaze like rainbow's hue, Just softer shades will see me through. Let black and white find tones to meet, And paint the world with life complete.

Vanessa Dizon Alvarez



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Hear My Heart, O Lord

How many poems must I write,
To show my soul, to share its light?
How many lines must rise and fall,
Before my voice is heard at all?

Hear my heart, O Lord above,
Lift my sorrow, fill with love.
Take my tears, my silent plea,
Turn them into melody.

Must I cry them loud, must I sing,
So someone hears the words I bring?
When will the sadness fade away,
And hope arise in brighter day?

Hear my heart, O Lord above,
Lift my sorrow, fill with love.
Take my tears, my silent plea,
Turn them into melody.

When will my heart, so tired, so true,
Find peace again, be born anew?
When will the grief be swept aside,
And joy return, a gentle tide?

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They Never See

They see a glimpse, a fleeting part,
But never know your beating heart.
They judge the shell, not what's within
The dreams, the fire beneath your skin.
They cannot feel your rising tide,
Or all the stars you hold inside.
They cannot hear your silent song,
Or know where all your hopes belong.
So let their voices fade like mist,
Their doubts are shadows you've dismissed.
You are the spark, the flame, the flight
You are your own defining light.
No need to bend, no need to hide
Your truth is fierce, your soul is wide.
The only voice that must ring true
Is not from them it comes from you.

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Make The Most Of It

Life's a breeze that skips along,
A fleeting note in nature's song.
Don't wait around for stars to shine
The moment's yours, the time is fine.

Laugh out loud, and chase the sun,
Dance around, just have some fun.
Say what's true, and dream out loud,
Stand up tall, be soft, be proud.

Eat the cake, wear silly shoes,
Sing your heart out, share good news.
Take the trip, and hug your friend—
You never know where roads may end.

So live with joy, and don't delay—
This is your life, your shining day.
Be who you are, and let love give—
Make the most, and truly live.

Vanessa Dizon Alvarez

Born To Rise

If you dream of skies you've never seen,
You must go where you've never been.
If you long to live a life that's new,
Do the brave things others won't do.

Step beyond the comfort zone,
Face the waves, and ride alone.
Let your heart be wild and free
That's the path to destiny.

Don't just drift or play it small,
You were made to stand up tall.
Live in line with what you feel,
Chase the truth, and make it real.

For deep within, your purpose burns
A light that waits, a tide that turns.
So rise with courage, rise with grace
This is your time, your sacred place.

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Life Is Short

Life is brief, a fleeting flame,
No one knows when ends the game.
The clock keeps turning, swift and sure,
Each moment gone will not return.

So treasure now, the days you hold,
Don't wait until your heart grows old.
Let laughter shine, let kindness flow,
Give warmth to those who love you so.

Tell your friends they mean the world,
Let your sweetest words be heard.
Hug your family, hold them near,
Show your love while they are here.

Don't waste the hours on empty things,
On fleeting pride or hollow dreams.
Instead, let joy and mercy grow,
Plant seeds of love in all you know.

For life is short, but love can stay,
It lingers on beyond the day.
So live with heart, and freely give
That is the truest way to live.

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Truth Will Tear Your Mask Apart

You tried to stain my name with lies,
While hiding truth behind disguise.
You spoke with venom, soft and sweet,
But truth will drag you to defeat.

You built your throne on twisted tales,
But truth prevails where falsehood fails.
You mocked my soul, then ran in fear
When honesty drew sharp and near.

You thought your lies would never break,
That truth was mine alone to fake.
But truth is fire, and lies are thread—
One spark, and all your silk is dead.

So speak with care, your mask is thin—
The cracks reveal the rot within.
And when the truth begins to rise,
It won't be fooled by pretty lies.

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You Thought I Wouldn't Know

You lied and thought I'd never see,
The cracks behind your mockery.
You smiled with venom on your tongue,
And hoped I'd stay naïve and young.
You dressed deceit in velvet thread,
Then scoffed when I saw through instead.
You played me dumb, a silent pawn
But now your mask is dead and gone.
You thought respect was yours to bend,
That truth was something you could end.
You fed me lies, then watched me choke
But now I breathe, and now I spoke.
You called me blind, you called me weak,
But I've grown fangs behind my cheek.
So laugh no more, your game is through
I see, I speak, and now I do.

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Because I Know How It Feels

I give not from abundance,
but from memory's quiet ache—
the hollow nights, the empty hands,
the hunger no one dared to wake.

I give because I've tasted
the silence of despair,
where kindness is a stranger
and hope hangs in the air.

I give not for the glory,
nor to tally what I've done,
but because I know the cold
and wish it touched no one.

I give because I've needed
what no one thought to share—
a coin, a word, a moment's grace,
a sign that someone cared.

So take this gift, it's humble,
but it carries all I've known—
the weight of being nothing,
and the will to not be alone.

Vanessa Dizon Alvarez

Let Them Talk, I'll Still Shine

Let them whisper, let them grin, Let them twist what's clear within. Let them call me wild or wrong—I'll stand my ground, I'll still be strong.

Let them gossip, let them guess, Let them drown in their own mess. Their words are smoke, they fade away—My soul is bright, it lights the day.

Let them judge, I won't defend, My heart's not theirs to break or bend. I walk with love, I speak with fire, I climb through dark, I still go higher.

So let them scoff, I'll rise, I'll glow, A truth too fierce for them to know. Their noise is dust, their hate declines—I'll keep on shining. Watch me shine.

Vanessa Dizon Alvarez



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Kindness

They've walked through fire, they've felt the cold,
Been left behind, been undersold.
But still they give, they still extend
A hand, a heart, a piece to mend.

They know the ache that silence brings,
The weight of broken, missing things.
So when they see another fall,
They rise to answer mercy's call.

Kindness born from deepest pain,
Like flowers blooming in the rain.
Not whole, not healed, but still they shine—
A love that's shaped by sorrow's line.
They give because they understand
What it means to need a hand.

They've stitched their soul with threads of grace,
And wear their scars like soft embrace.
Not bitter, no—they choose to be
The light they wished the world would see.

So if you find one standing near
With gentle eyes and quiet cheer,
Know their kindness isn't free—
It's paid in full by history.

Vanessa Dizon Alvarez

Not To Judge

It's not my place to cast a stone,
Or weigh your worth when you're alone.
I'm not the one to say what's fair
I'm just a soul who's meant to care.

I'm not the voice that points and blames,
Or keeps a list of hurtful names.
I'm here to lift you when you fall,
To help you rise and stand up tall.

To heal, not to judge,
To mend what's been torn,
To comfort the broken,
To shelter the worn.
No need to decide what you "deserve";
Just love with a heart that's ready to serve.

I won't ask why your tears were shed,
Or where you've been, or what was said.
I'll simply sit and hold your hand,
And help your soul to understand.

The world may weigh, the world may test,
But kindness always does what's best.
So let me be the light you need—
A gentle touch, a quiet seed.

Vanessa Dizon Alvarez

The Heart Of Respect

Respect is more than words we say,
It's how we walk another's way.
With gentle hands and open ears,
We calm their doubts, we soothe their fears.

Kindness builds the strongest ties,
Love that listens never dies.
In every heart, let grace reflect—
The quiet power of respect.

It sees the worth in every soul,
No need for rank, no need for role.
It lifts the low, it warms the cold,
And turns the timid into bold.

Kindness builds the strongest ties,
Love that listens never dies.
In every heart, let grace reflect—
The quiet power of respect.

So let us speak with thought and care,
And show the world that we are there.
For peace begins in how we live,
In every gift we choose to give.

Vanessa Dizon Alvarez

He Never Fails

You don't need to know the plan,
Just take today with open hand.
Not every step will feel secure,
But trust in Him—His love is sure.

He never said the road was smooth,
Or every trial would quickly soothe.
But He did vow to walk beside,
To be your strength, your faithful guide.

You might feel lost, misunderstood,
Or stumble more than you thought you could.
But even then, through fear and fall,
His grace will catch you through it all.

So breathe in faith, release the fight,
Let go of needing perfect sight.
One day at a time, just start—
He holds your hand, He knows your heart.

He never fails. He never leaves.
In every tear, in all you grieve,
He's there—your anchor, calm and true.
And every day, He walks with you.

Vanessa Dizon Alvarez

Kindness From The Wound

Some hearts shine not from ease, but ache,
From battles fought, from bonds that break.
They've tasted cold, been left unheard,
Yet choose to heal with every word.

The world was cruel, it carved them deep,
With nights too long and pain too steep.
But rather than return the sting,
They offer warmth, they choose to bring.

A piece of peace, a gentle hand,
A light that others understand.
Not whole, not flawless, still they give—
Proof that broken souls can live.

They know the cost of being low,
So lift the ones who feel that woe.
Their kindness isn't born from bliss—
It's forged in fire, and feels like this.

Vanessa Dizon Alvarez

One Day At A Time

God never asked you to know the way,
Just to trust Him day by day.
Not to map the winding road,
But to walk beneath His load.

He didn't promise skies always clear,
But vowed to stay forever near.
Through fear, through doubt, through silent cries,
His love remains, it never dies.

You may stumble, feel alone,
Be judged by hearts as cold as stone.
But even then, in shadowed grace,
He walks beside you, keeps your pace.

So breathe, believe, and take the climb—
One step, one prayer, one day at a time.
The plan unfolds, not yours to see,
But every thread is held by He.

Vanessa Dizon Alvarez

The Last Chapter

Someday, the tears will lose their name,
The ache will fade, the hurt, the blame.
We'll look back not to curse the pain,
But marvel how we rose again.

The ones who broke us, left us torn,
Will blur like shadows in the morn.
And what we sought in wrath or fight
Will melt beneath forgiveness' light.

For freedom's not in striking back,
But letting go what holds us back.
Time will write its quiet grace
In every scar we learned to face.

It's not the start that tells our tale,
But how we stand when legs grow frail.
The final page, the closing line—
That's where our strength begins to shine.

So smile, though sorrow had its day.
Laugh, though joy once slipped away.
Forgive, believe, and love once more—
That's how we win. That's what life's for.

Vanessa Dizon Alvarez

Walk My Road

Before you speak of who I am,
Or weigh my worth with quiet damn,
Step in my shoes, feel every stone—
The path I walk, I walk alone.

Trace the miles where I have bled,
The nights I wept, the fears I fed.
Carry the weight I've had to bear,
Then tell me if I'm weak or rare.

You see the smile, the calm disguise,
But not the storms behind these eyes.
You judge the pace, the way I move,
Yet never walked to find the proof.

So take a breath, and take my stride,
Through broken dreams I've learned to hide.
And if you reach where I now stand,
You'll know the strength that shaped this land

Vanessa Dizon Alvarez

The Thing You Never Expect

Sometimes the wish you hold so tight
Slips through your fingers, out of sight.
The dream you chased with all your soul
Finds no place to take its role.

But then, from shadows unforeseen,
A light appears where none had been.
Not what you asked, not what you planned,
Yet something good takes fate's own hand.

The door you watched and begged to open
Stays shut, your prayers left unspoken.
But round the bend, a gate swings wide—
A gift you never thought to find.

So trust the twist, the silent turn,
The lessons life will make you learn.
For what you want may drift away,
But what you need will find its way.

Vanessa Dizon Alvarez

Better Alone Than Betrayed

Better the silence of honest space
Than the noise of a two-faced embrace.
Better the echo of your own breath
Than love that hides a quiet death.

They smile, they speak, they play the part,
But venom sleeps beneath the heart.
Their touch is warm, their words are sweet—
Yet every kindness hides deceit.

So walk alone, and walk with pride,
No need for masks to stand beside.
The peace you find in solitude
Outshines their poisoned platitude.

Let truth be your companion near,
Not hollow love that breeds your fear.
For living lone is not a curse—
It's freedom from a bond reversed.

Vanessa Dizon Alvarez

You'll See

It didn't unfold the way you dreamed,
The stars misstepped, the silence screamed.
But in the hush where hopes once bled,
A wiser path appeared instead.

You reached for light, received the rain,
Yet found in storms a deeper gain.
The road was rough, the detour long,
But every twist refined you strong.

It wasn't what your heart had planned,
Yet grace arrived with open hand.
The need was met, though not the plea—
In time, the truth will set you free.

So trust the turn, the unseen thread,
The life that bloomed where fear once spread.
It didn't go the way you prayed—
But it became the way you stayed.

You'll see.

Vanessa Dizon Alvarez

Hands That Still Give

The strongest hearts don't boast or cry,
They lift the weak and help them try.
Though pain may press upon their chest,
They still make time to give their best.

They carry storms behind their eyes,
Yet offer calm when others rise.
Their hands may tremble, worn and bare,
But still they reach with love and care.

They do not wait for skies to clear,
They show up now, they draw you near.
For strength is not in standing tall—
It's rising when you've had to fall.

So honor those who lend their grace,
While walking through their own hard place.
Their gift is not just what they do—
It's how they bleed and still help you.

Vanessa Dizon Alvarez

True Colors In The Storm

When life gets rough and skies turn gray,
You learn who's real and who will stray.
Not all who smile will truly stay
Some love the sun, but not the fray.

The ones who leave when you're in pain
Have taught you not to chase in vain.
They gave you space, they cleared the air
So you could grow with room to spare.

Be grateful for the ones who fled,
They showed you truths not always said.
And cherish those who held you tight
When you had lost your inner light.

So walk away with head held high,
No need to beg, no need to cry.
Your absence is a gift, you see
To those who failed your dignity.

Vanessa Dizon Alvarez

No Reason To Stay

Don't leave to make them cry or plead,
They won't feel guilt, they won't concede.
Leave not for spite, but for your soul—
You've played your part, you've paid the toll.

You gave your love, you gave your fight,
You stayed through storms, you held the light.
But love that's real must stand its ground—
Not vanish when no one's around.

If they won't try when you're in pain,
Or meet you halfway in the rain,
Then walk away, don't beg or bend—
Some stories aren't meant to extend.

Be strong for you, not just for them,
Don't chase a ghost or fake a gem.
What's meant will bloom, what's not will fade—
You gave them more than they repaid.

Vanessa Dizon Alvarez

The Trust I Gave

I gave my trust, I gave my care,
Believed you'd always just be there.
I gave you love, both deep and true—
But loyalty was not your view.

I stood beside you in the storm,
Kept your heart safe, kept your hands warm.
But when my skies began to fall,
You vanished, never heard my call.

The ones we love, we think will stay,
But some just choose a different way.
And those we hold in highest place
Can turn and leave without a trace.

So now I walk with wiser eyes,
No longer fooled by sweet disguise.
For loyalty, I've come to see,
Is shown in how you stand by me

Vanessa Dizon Alvarez

The Ones Who Stay

In fields of lavender and light,
Where hearts can breathe and burdens slight,
There sit the ones who truly see—
Who feel your joy, who grieve with thee.

They do not turn when shadows fall,
Nor envy when your blessings call.
They hold your hand through rise and rest,
Their love unspoken, yet expressed.

They smile when you are smiling too,
And cry when pain is piercing through.
No mask, no pride, no need to feign—
They share your sunshine and your rain.

So guard them close, these gentle few,
Whose hearts beat softly, strong and true.
For in this world so vast, apart—
They've earned a place within your heart.

Vanessa Dizon Alvarez

Seeds Of Light

You gave a smile, a patient word,
A kindness soft, a hope unheard.
No echo came, no grand reply,
Yet still you let your mercy fly.

You showed up with a heart so wide,
Though no one saw the tears you hide.
You gave, and gave, and gave again—
A balm for someone else's pain.

The world may never speak your name,
Or light your path with praise or fame.
But in the silence, flowers grow
From seeds you planted long ago.

So keep on sowing love and grace,
In every quiet, hidden place.
For though the bloom may not be near,
Your kindness lives—it lingers here

Vanessa Dizon Alvarez

A Rope In The Dark

You may not shift the mountains,
or calm the ocean's roar,
but reaching out to one in need
can open up a door.

A single hand extended
when someone's hope is thin
can be the thread that pulls them back
to find their strength within.

You may not change the planet,
or rewrite every fate,
but lifting one who's falling
can make their burden wait.

A rope, a word, a kindness—
not grand, but truly wise.
For saving just one person
is how the world will rise.

Vanessa Dizon Alvarez

The Quiet One's Who Heal

I admire the quiet givers,
whose hearts are bruised but still extend—
a hand, a word, a gentle smile,
to lift another soul again.

They walk through storms with silent grace,
their own wounds tucked away,
yet pause to mend a stranger's pain
before they face their day.

They do not boast, they do not ask
for medals or acclaim—
they simply love because they know
how hard it is to feel the same.

Their kindness is a lantern
in corridors of night,
a gift the world keeps needing
when hope is out of sight.

So here's to those who help us
while struggling to stand—
they are the quiet heroes
with healing in their hands.

Vanessa Dizon Alvarez

Because I Know The Cold

I give not from abundance,
but from memory's quiet ache—
the hollow nights, the empty hands,
the hunger no one dared to wake.

I give because I've tasted
the silence of despair,
where kindness is a stranger
and hope hangs in the air.

I give not for the glory,
nor to tally what I've done,
but because I know the cold
and wish it touched no one.

I give because I've needed
what no one thought to share
a coin, a word, a moment's grace,
a sign that someone cared.

So take this gift, it's humble,
but it carries all I've known
the weight of being nothing,
and the will to not be alone.

Vanessa Dizon Alvarez

Gratitude In The Everyday

Next time you groan at the price of the gas,
Be thankful your car can still make the pass.
Next time your house is a mess and a roar,
Be grateful for family who live through that door.

Next time your boss makes your patience run thin,
Give thanks for the job that helps you begin.
We wait for the better, we wish for the grand,
While blessings surround us, close at hand.

We gossip, we grumble, we sigh and compare,
Ignoring the gifts that are already there.
But life is too short to waste on the small—
Let gratitude rise and soften it all.

So live with a heart that sees what is good,
The laughter, the shelter, the warm plate of food.
You are already blessed, just open your eyes—
And joy will appear like a sun in your skies.

Vanessa Dizon Alvarez

A Prayer Of Thanks Today

Today I choose a grateful heart,
Though things may fall and drift apart.
Not all is perfect, not all is clear,
But blessings still surround me here.

Help me, God, to truly see
The gifts You've placed in front of me—
The breath I take, the light I find,
The peace that calms my restless mind.

Let me not chase what I don't possess,
But cherish what I have—no less.
Let gratitude shape all I say,
And guide my steps throughout this day.

You are good, Your love is wide,
In every storm, You're by my side.
So thank You now, with heart sincere,
For all You've done, for being near.

Vanessa Dizon Alvarez

PoemHunter.com

Life Is Fragile, Blessings Are Near

Life is so short, it slips through our hands,
Like waves on the shore or soft drifting sands.
We worry, we wish, we wait for the more,
While blessings surround us, right at our door.

We gossip, we grumble, we chase and compare,
Ignoring the beauty that's already there.
We sweat the small stuff, we lose our own peace,
While moments of magic and joy slowly cease.

But life is so fragile, it turns in a blink,
A smile disappears, a heart starts to sink.
So pause for a breath, let gratitude grow,
And cherish the love that quietly flows.

Don't wait for the perfect, the grand or the new—
The simple, the present, is sacred and true.
You're blessed beyond measure, believe it, be still—
Let thankfulness rise, let your spirit refill.

Vanessa Dizon Alvarez

Let Me Feel First

Yes, I'll be fine — I always survive,
I find my way back, I learn to revive.
But give me a moment, don't rush me through,
Let me feel all that I'm going through.

My spirit is heavy, my heart feels low,
There's pain in the silence I need you to know.
I'm not giving up, I'm not losing the fight,
But healing begins when I dim the light.

I know it gets better, I've seen it before,
But sadness still knocks at my inner door.
So let me be honest, let me be still,
Let me sit quietly, bend to the chill.

I'll rise again, with strength and grace,
But first I must honor this tender place.
So don't ask me to smile, don't urge me to run—
Let me feel first, then I'll chase the sun.

Vanessa Dizon Alvarez

A Blessing In My Life

Thank you for the light you bring,
For kindness wrapped in everything.
For being there when skies were gray,
And lifting me in your own way.

You've shown me love without a price,
A heart so pure, a soul so nice.
Few give as much, so freely, true—
But that's the grace I've found in you.

You've been my angel, calm and bright,
A steady hand, a guiding light.
Through storms and silence, joy and pain,
You've helped me rise, again and again.

So here I stand, with words sincere,
To thank you for just being near.
I'm blessed beyond what words can say
You've touched my life in every way.

Vanessa Dizon Alvarez

Blame The Trigger, Not The Flame

They say I'm too loud, too harsh, too wild,
But never recall how they first defiled.
They point at my anger, my voice, my tone,
Yet skip the disrespect they'd fully condone.

They twist the truth, they shift the blame,
And leave me drowning in silent shame.
They call me the problem, the one who's wrong,
But I've been surviving their poison too long.

They act like my reaction came out of the blue,
Ignoring the storm that they always brew.
They play the victim, so calm and composed,
While I wear the wounds they never exposed.

But I've learned to see through the clever disguise,
To name the abuse behind the lies.
No longer will I carry the guilt,
For fires don't burn without being built.

So blame me if you must, go play your part—
But I know the truth that lives in my heart.
Manipulation may twist what you see,
But it won't rewrite what you did to me.

Vanessa Dizon Alvarez

They Can't Change The Good

They may stain your name, twist what they see,
Distort your truth with cruel decree.
They may mock your light, rewrite your past,
But real ones know — your goodness lasts.

They may spread lies, they may cast doubt,
Try to erase what you're all about.
But deeds don't vanish, they shine through shame,
And those who know you speak your name.

They can't steal the love that you've shown,
The seeds you've planted, the hearts you've grown.
They can't undo the grace you gave,
The times you helped, the lives you saved.

So let them talk, let rumors fly,
Your truth will rise, it won't run dry.
For those who matter, those who see—
Will always know your legacy.

Vanessa Dizon Alvarez

I'm Not Who I Used To Be

I'm not who I was, I've weathered the storm,
I've changed through the fire, reshaped every form.
I've carried the weight of betrayal and loss,
And learned that my peace comes at a cost.

I've taken the hits, I've swallowed the lies,
I've wiped my own tears and silenced the cries.
I used to bend just to keep others pleased,
Now I stand firm, my spirit released.

I don't take the nonsense, the guilt, or the blame,
I don't play the fool in their selfish game.
I've learned to choose me, to guard what I feel,
To honor my heart and let myself heal.

So yes, I've changed — and pain made it so,
It taught me to rise, to let the past go.
I'm stronger, I'm wiser, I'm finally free—
I'm not who I was, I'm who I should be.

Vanessa Dizon Alvarez

I'm Not Mad, I'm Just Done

I'm not mad, I've let it go,
No rage to burn, no need to show.
I've reached the edge, I've seen the signs,
I'm done with crossing broken lines.

I'm done with the weight that steals my peace,
With giving my all and getting the least.
I'm done with the love that never returns,
With hearts that forget how deeply mine burns.

I'm done with the trying, the chasing, the strain,
With pouring out care and collecting the pain.
I'm done with the silence, the effort unmet,
With people who take and always forget.

No anger remains, no fire, no fight—
Just quiet resolve to do what feels right.
If you can't match the love that I give,
Then I'll walk away so I can live.

Family or friend, I've drawn the line—
If you abuse what's truly mine,
My heart, my time, my steady hand—
Then I'll let go. You won't understand.

I'm not mad, I'm not cruel, I'm not cold—
I'm just done with stories that never unfold.
I choose my peace, my worth, my sun—
I'm not angry anymore. I'm just done.

Vanessa Dizon Alvarez

When Silence Speaks

Every time I speak my mind,
The blame comes back, unfair, unkind.
I name the hurt, I voice the ache,
But somehow I'm the one to break.

I raise the truth, I try to heal,
Yet I'm the problem they all feel.
It turns to fights, it turns to shame,
And I'm the villain in their game.

So I go quiet, hold it in,
Let silence mask what lies within.
But even then, they point and say,
I'm cold, I've pushed them all away.

I'm tired of walking on this thread,
Of guilt for words I never said.
So now I speak in silent ways,
In guarded looks and distant gaze.

I'll deal alone, I'll stand apart,
Protect the pieces of my heart.
For peace is found when noise is gone—
And silence helps me carry on.

Vanessa Dizon Alvarez

Enough Is Enough

Enough is enough — I'm drawing the line,
No more excuses, no more decline.
I've carried the weight, I've swallowed the pain,
But now I'm reclaiming my power again.

I've let people hurt me, I've let them betray,
I've begged for their kindness, watched them walk away.
I've tried to be perfect, to earn their respect,
But now I see clearly — it's time to protect.

I won't chase approval, I won't play their game,
I won't dim my light to soften their shame.
Their judgment is theirs, it's not mine to hold,
I'm done being quiet, I'm learning to be bold.

Let them discredit, let them distort,
I'll stand in my truth, I won't cut it short.
I'll speak when I'm hurting, I'll rise when I fall,
I'll love who I am — flaws, heart, and all.

So walk if you must, I won't beg you to stay,
I'm stronger alone than lost in your sway.
I choose my own peace, my voice, and my name—
Enough is enough, and I'm done with the shame.

Vanessa Dizon Alvarez

Tell Them Everything

When you're done talking bad, go finish the tale—
Don't leave out the parts where I helped you prevail.
You speak of the fights, the moments we broke,
But skip all the times I lifted your hope.

You paint me in anger, in shadows and blame,
But forget how I showed up when no one else came.
You twist every word, you sharpen the knife,
Yet I gave you my heart, my time, and my life.

So tell them it all — not just what you choose,
Not just the drama, the dirt, and the bruise.
Tell them the kindness, the nights I stood near,
The love that I gave when no one else was here.

You want to look clean, you want to seem right,
But truth isn't told in the absence of light.
So when you retell it, don't edit the view—
Say all that I did, not just what suits you.

Vanessa Dizon Alvarez

The Weight Of A Good Heart

When your heart is good, you give and you bend,
You help every stranger, you love every friend.
You trust without question, you open your door,
You offer your soul, then they ask for more.

You give without limits, you give without fear,
You carry their burdens, you wipe every tear.
You stand in the fire so they feel the breeze,
You break just to help someone else find their peace.

But kindness, it costs — it cuts you so deep,
You're left with the ache while they rest and sleep.
They take what you offer, then drift like the tide,
And you're the one hurting, still soft inside.

Yet still you keep loving, though torn and betrayed,
Still lighting the path where others have strayed.
For hearts that are good may suffer the most,
But they're also the ones that love without boast.

Vanessa Dizon Alvarez

They'll Never Tell It Right

When I cut you off, I knew what you'd say—
A tale full of fiction to paint me in gray.
You'd cry to the crowd, play sweet and sincere,
While hiding the truth that brought us here.

You'd skip all the nights I stood by your side,
The times I forgave, the tears that I cried.
You'd leave out the lies, the games that you played,
And only recall how I "let you fade."

You'd twist every moment to fit your own script,
Make me the villain, your halo well-equipped.
You'd talk like a saint, so calm and so wise,
While I wear the scars of your clever disguise.

But I won't explain, I won't chase the crowd,
I won't shout the truth or scream it out loud.
Let them believe what they want to believe—
I've made my peace, I've chosen to leave.

For truth has a way of rising in time,
And silence can echo louder than crime.
So tell them your version, your sweet little spin—
But deep down, you know where the fault lies within.

Vanessa Dizon Alvarez

The Victim You Play

When I cut you off, I knew what you'd do—
You'd twist up the tale to make it seem true.
You'd paint me in shadows, you'd play the sweet part,
While hiding the damage you left in my heart.

You'd tell them I'm cruel, that I walked away,
But skip all the nights I begged you to stay.
You'd leave out the lies, the silence, the sting,
And only recall what makes you look clean.

You play the victim, so calm and composed,
While I hold the truth that never gets told.
But I won't explain, I won't plead my case—
I've learned that the truth doesn't need to chase.

Let them believe what they want to believe,
I've made my peace, I've chosen to leave.
Your version may echo, but mine will stay still—
And silence, sometimes, speaks louder than will.

Vanessa Dizon Alvarez

I Thought You'd Care

My biggest mistake was simple and true:
Believing you'd care the same way I do.
I gave you my heart, my time, and my trust,
You gave me your silence, your cold and your dust.

I showed up with warmth, with hands open wide,
You stayed on the edge, too distant to try.
I listened, I lifted, I stayed through your storm,
But when I was drowning, you didn't perform.

I thought we were equal in kindness and grace,
But I was just filling an empty space.
You took what I offered, then drifted away,
While I stood there hoping you'd choose to stay.

Still, I won't harden, I won't let it win—
I'll care with my whole heart again and again.
But now I know better, I'll guard what I give,
And love those who show me how they want to live.

Vanessa Dizon Alvarez

Ungrateful Wings

Some people are like birds, so fragile, so small,
You lift them with kindness, you give them your all.
You teach them to fly, you mend every break,
You offer your shelter, your time, your own stake.

They flutter, they rise, they soar through the sky,
You smile from below as they learn to get by.
But once they're aloft, in the warmth of the blue,
They forget who it was that carried them through.

And worse than forgetting, they turn with disdain,
Dropping their mess on your heart and your name.
No thanks, no return, just a stain on your grace—
A mark of betrayal, a slap to the face.

Yet still you keep helping, though bruised and betrayed,
For wings are worth lifting, no matter who strayed.
You know not all birds will leave you defiled—
Some fly back with love, some land reconciled.

Vanessa Dizon Alvarez

The Mask Of Knowing

I choose to play stupid,
a mask I let fall,
but trust me, I'm watching,
I'm hearing it all.

You whisper your secrets,
you think I'm naïve,
but I gather the shadows
of what you believe.

Every silence I carry,
every glance that you send,
I know what you're hiding,
I know where it bends.

So laugh at the surface,
pretend I'm not keen—
but I know everything
you thought I hadn't seen.

Vanessa Dizon Alvarez

I Know What You Hide

I Know What You Hide

I choose to play stupid, a mask on my face,
but trust me, I'm moving at everyone's pace.
You think I'm not watching, you think I don't see,
but every small secret comes running to me.

You whisper in corners, you smirk and you scheme,
but I walk through the silence, I live in the dream.
I gather the fragments, the words left unsaid,
I stitch them together, the paths that you tread.

You laugh at my cover, dismiss what I show,
but I'm sharper than daggers in shadows you throw.
I smile at the surface, pretend I'm behind,
yet I know every thought you tried to confine.

I'm patient, I'm quiet, I play out the role,
but knowledge runs deeper, it's carved in my soul.
You think I'm a fool, but the truth is my art,
I carry your secrets like flames in the dark.

So keep up your stories, your tricks and disguise,
I see through the mask and the glint in your eyes.
For I know everything, nothing can hide,
from the mind that you doubted, the truth at my side.

Vanessa Dizon Alvarez

To You With Love

In a world that once felt cold and wide,
You stood beside me, arms open wide.
Not asking where I came from or why,
Just seeing the truth behind my eye.

You didn't need blood to understand,
You reached for me with a steady hand.
In your voice, I found my peace,
In your presence, my storms would cease.

You gave me space to breathe and grow,
To speak the things I'd never show.
You saw the cracks, the quiet pain,
And loved me through the hidden strain.

So this is for you, not just in word—
But in every silence you gently heard.
You are the home I never knew,
The love that made the broken new.

Vanessa Dizon Alvarez

Endless Thanks

Endless thanks I lift to the skies,
To God above, so kind and wise.
For your goodness, your love so true,
A blessing each day—because of you.

If I could count the years I've known,
More than half of my life you've shown.
You gave me what I never had before—
A place to lean, a heart to restore.

Someone to run to, someone to hear,
A voice that calms, a soul so near.
All that I lacked, I found in you,
A gift so rare, so deep, so true.

So this I offer, quiet and clear,
A thank-you born from every year.
For your kindness, for your care,
My life has meaning, bright and fair.

Vanessa Dizon Alvarez

Whispers And Shadows

I wonder what they see in me,
That makes them scoff so easily.
Some feel annoyed, some show disdain—
Yet I've done nothing to cause them pain.

Their eyes, so often, glare with spite,
They whisper rumors out of sight.
My image tarnished, stained with lies,
Their stories stretch beyond the skies.

They crave the tales that break me down,
Twist my truth and make me frown.
Do something right—they'll find it wrong,
But one mistake? They'll cheer along.

Is it envy that fuels their fire?
Do they resent what I inspire?
It's sad to think, if truth be told,
There's nothing here for them to hold.

If only they could truly see,
How blessed they are—how rich, how free.
But they're too busy casting blame,
To notice joy or feel the same.

I used to wonder, lost in thought,
Why kindness earned me battles fought.
But now I know—it's envy's sting,
That makes them mock the gifts I bring.

I'm different, yes—I celebrate
The wins of others, small or great.
When foes make peace, or gifts are shared,
My heart leaps up, completely bared.

I give with joy, though I have none,
For happiness in others is my sun.
Yet gratitude is rarely shown,
Instead, they call me proud, alone.

They think I give because I'm blessed,
With riches vast and life impressed.
But even when I've nothing left,
I find a way—no soul bereft.

Vanessa Dizon Alvarez

The Truth I Found

They told me stories I learned to believe,
Of bamboo groves and parents who leave.
That I was picked from silence and shade,
Not born of blood, but somehow made.

So I carried that tale like a second skin,
A reason why I was never let in.
Why love felt distant, why warmth felt rare,
Why I was treated like I wasn't there.

But truth has a way of finding its voice,
Of rising up, of making its choice.
And one quiet day, the veil was torn—
I was of their blood, truly born.

Still, the truth didn't set me free,
It only deepened the ache in me.
For even with proof, they couldn't see
The soul they'd kept in absentee.

They called me kin, but not with grace,
Their eyes still searched for someone else's face.
And though I belonged by blood and name,
I felt like a guest in their family frame.

Vanessa Dizon Alvarez

Boundless Gratitude

To God above, my soul gives praise,
For guiding me through shadowed days.
For every moment, quiet and bright,
Your love has been my guiding light.

If I could count the years I've known,
More than half, your grace has shown.

In you, I found a place to stay,
A shelter when the skies turned gray.
Someone to run to, someone to hear,
A voice that calms, a soul so near.
All that I lacked, I found in you,
A gift so rare, so deep, so true.

So this I offer, quiet and clear,
A thank-you
For your kindness, for your care,
My life has meaning, bright and fair.

You listened when no one else could hear,
You held me close, you drew me near.
All I lacked, you freely gave—
A heart to heal, a path to brave.

So again I offer, deep and true,
A thank-you born of all I've been through.
For your kindness, for your care,
My life has meaning, rich and rare.

Vanessa Dizon Alvarez

A Dream Become You

Once in my life, a dream appeared,
It brushed away sorrow, the colors reared.
The hopes I carried, long concealed,
One sudden day, they were revealed.

You came like dawn, with tender light,
Chasing away the endless night.
Your voice, a song, so soft, so true,
Every word a gift, a spark anew.

You brought me joy, you gave me peace,
A love so vast, it will never cease.
You calmed my fears, my worries too,
The heavy weight was gone with you.

You dried the tears that stained my eyes,
And turned them into sweet surprise.
Upon my lips, where grief had been,
You placed a smile, pure love within.

With every step, you walk beside,
The world feels brighter, open wide.
Dreams once distant, now take flight,
Because you hold my hand so tight.

No storm can shake, no night can break,
The bond we share, the path we take.
For in your arms, I've found my home,
No longer lost, no need to roam.

So let this poem forever say,
You are my dream come true each day.
A blessing rare, a love so deep,
A promise eternal, ours to keep.

Vanessa Dizon Alvarez

A Prayer For Christmas Joy

Christmas comes again once more,
The year turns like it has before.
I whisper prayers for swifter days,
That sorrow's fire may lose its blaze.

For long it's been this heavy way
Each time the season nears its day—
A weight upon my weary chest,
A quiet ache I can't arrest.

I thought by now I'd learn to bear,
That grief would fade into the air.
That tears would dry, my heart grow strong,
Yet still they stay, they linger long.

Perhaps it's hope that keeps me still,
Through winter's cold and winter's chill—
That one bright Christmas yet will rise
With joy that warms the darkest skies.

So let the bells ring soft and clear,
Let candlelight draw heaven near;
For even in my longest night,
I wait for joy and pure delight

Vanessa Dizon Alvarez

Stranger In My Own Blood

When I first awoke to the world's gaze,
No one saw me—not in loving ways.
No worth was given, no name held dear,
Only silence wrapped around my fear.

Their teasing words, I kept inside,
A secret pain I had to hide.
No one to turn to, no one to trust,
No ally to shield me from the dust.

They said I was found in bamboo shade,
Buried by parents who felt afraid.
So I learned why my heart they dismissed
Not of their blood, not on their list.

But as I grew, the truth came near:
I was pure of blood, born sincere.
Still, I could not believe it whole,
For they treated me like a borrowed soul.

A stranger at the family's gate,
A name they spoke but did not celebrate.
Though I belonged, I felt apart
A distant echo in their heart.

Vanessa Dizon Alvarez

When Blood Isn't Enough

They said we share the same red stream,
That I was born from their living dream.
But blood alone cannot make a home,
Nor mend the ache of being alone.

I looked for love in their embrace,
But found a cold and distant place.
Their words were sharp, their silence loud,
I stood beneath a loveless cloud.

They called me kin, but not with care,
Their eyes would pass, their hearts weren't there.
I bore their name, but not their grace—
A stranger wearing a borrowed face.

I learned that blood can bind and break,
Can give a name, but still forsake.
That family isn't just a tie,
It's who will hold you when you cry.

So I built my truth from what I lacked,
From every moment they turned their back.
And though I carry what they gave,
I walk a path they never paved.

Vanessa Dizon Alvarez

The Lesson Of Falling

If you falter, if you stray,
If your choices turn the day
Into shadows, heavy skies,
Do not despair—new dawns arise.

Sometimes without a thought, you'll find
You've wounded softly someone's mind.
Unmeant, yet still the pain is real,
A scar that time alone can heal.

The roads you walk may twist and bend,
Some journeys break before they end.
Yet every stumble, every fall,
Can teach the soul to stand through all.

Mistakes are teachers dressed in night,
They guide us closer to the light.
Through wrongs we learn the paths to take,
Through loss we learn what love can make.

So rise again, though knees may shake,
Your spirit stronger for the ache.
The tears you shed will cleanse the past,
And show that sorrow cannot last.

Cry if you must, let rivers flow,
Release the weight, let healing grow.
For even storms will fade away,
And broken hearts will find their way.

Remember this, when trials stay:
It's okay not to be okay.
For in the silence, in the pain,
The seeds of wisdom still remain.

And when you stand, renewed, aware,
You'll walk with courage, free from fear.
Each fall a step, each wound a song,
That teaches where we do belong.

Rise Again

If you make mistakes along the way,
Or choose a path that leads astray,
And life turns dark, the skies turn gray,
Don't lose your hope—there's still a day.

You may have hurt a heart, unplanned,
Or slipped while walking through the sand.
The road you took may make you fall,
But lessons rise to guide it all.

From every wrong, the truth will show,
Which way is right, which way to go.
So lift yourself, begin anew,
The strength you need is found in you.

Cry if you must, release the pain,
Let tears fall down just like the rain.
And know this truth, come what may:
It's okay not to be okay.

Vanessa Dizon Alvarez

My Constant Shadow

Through every corner of my home,
You follow close, I'm not alone.
I sit, I rest, you're by my side,
In every moment, you abide.

When I depart, you wait with care,
Your eager heart is always there.
At the doorway, I feel your cheer,
Your longing presence drawing near.
You leap, you roll, you play, you sing,
True joy to me your love does bring.

In sorrow's hour, you dry my tears,
You chase away my darkest fears.
You lift the weight, you heal my soul,
You make the broken spirit whole.

Since you arrived, you've never gone,
Never abandoned, never withdrawn.
If fate should steal you far away,
How could I live another day?

And if the choice were mine to bear,
Whose life to keep, whose love to spare—
I'd choose myself to face the end,
Than lose you, my most faithful friend.
For none could love or care like me,
No one could guard you faithfully.
So I will stay through joy and strife,
You are my heart, my hope, my life

Vanessa Dizon Alvarez

Be Grateful For What Is Yours

How quick we are to point and see,
The faults in others, endlessly.
Yet blind we stay to our own flaws,
Our hidden sins, our broken cause.

Envy whispers, sharp and sly,
"Look at their life, and ask, 'Why not I? '"
What they possess, you wish were yours,
And joy feels locked behind closed doors.

But friend, remember—life's no race,
No need to chase, no need to pace.
No crown to win, no prize to claim,
No rival's shadow to inflame.

Instead, look close at what you hold,
The blessings given, bright and bold.
Give thanks for each and every day,
For gifts that never fade away.

Be grateful, be grateful, for what is yours,
Peace is found behind your doors.
Be grateful, be grateful, for what you own,
Joy will bloom in seeds you've sown.

Gratitude will light your way,
And keep the envy's voice at bay.
Be grateful for what life has shown,
For peace is found in what you own.

Be grateful, be grateful, for what is yours,
Peace is found behind your doors.
Be grateful, be grateful, for what you own,
Joy will bloom in seeds you've sown.

Vanessa Dizon Alvarez

Remain Good

Not cruel, though cruelty nears,
Not hurtful, though you bear tears.
Not silent, though unheard

Remain kind, though the world may not
Remain gentle, though harshness is sought.
Reemain giving, though others withhold.
Remain forgiving, though no pardon is told.

Do not mirror the night,
Do not echo the spite.
Do not repay the wrong,
Keep your spirit strong.

Even when voices deride,
Even when doors close wide,
Even when hands push away,
Still, choose the brighter way.

Through wounds, through trials, through shame,
Through flaws you cannot tame,
Remain good—
For goodness is your name.

Yes, remain true,
Though the world misconstrues.
Still, remain free,
For goodness is who you choose to be.

Vanessa Dizon Alvarez

You Have Been My Sun

"Thank you" feels too small a phrase,
For all the light you've brought my days.
You took my doubts, my fears away,
And turned my tears to smiles each day.

When burdens weighed and hope grew thin,
You shared the load, you stepped within.
You made my wrongs all fade to right,
And turned my darkness into light.

My bitter hours you made so sweet,
With gentle words, with love complete.
It's hard to say what's in my heart,
But gratitude has been there from the start.

Through roughest times and moments great,
You came to help, you weren't too late.
Though I was less in many ways,
You gave me bliss, you gave me praise.

You offered skies, you offered seas,
A boundless gift of love and peace.
Good deeds are rare, true hearts are few,
But I have found them all in you.

For matters of the heart are pure,
And in your case, I am sure.
So thank you for the things you've done—
In my darkness, you've been my sun.

Vanessa Dizon Alvarez

The Mask I Wear

The mask I wear is always bright,
A painted smile, a borrowed light.
It hides the truth, it veils the pain,
A silent storm, a constant rain.

Behind each grin, a shadow lies,
A heavy heart, unspoken cries.
The eyes conceal what lips deny,
The tears that fall when no one's nigh.

I laugh aloud, I play the part,
Yet sorrow lingers in my heart.
Hope feels distant, dreams grow thin,
A quiet war I fight within.

The mask is strong, it hides me well,
It keeps the world from where I dwell.
But underneath, the cracks still show,
The grief, the loss, the undertow.

I long for days when light will stay,
When joy will chase the dark away.
When smiles are real, not worn in vain,
And peace will heal this hidden pain.

So if you see me dressed in cheer,
Know there are truths you cannot hear.
For every smile, a tear may start—
The mask I wear protects my heart.

Vanessa Dizon Alvarez

Cowards Besides The Grave

Some folks will drive a thousand miles
To fake their grief with practiced smiles.
They'll stand in black and bow their head,
But never checked on you in dread.

They'll cry for you when life is through,
But never showed up when it mattered to you.

They'll bring you flowers once you're dead,
But never fed your soul instead.
They'll cross whole states to mourn your name,
But wouldn't cross a street in rain.

They'll post their grief for all to see,
Pretend they loved you endlessly.
But when you lived and called their name,
They vanished fast, they felt no shame.

They'll post their love for all to see,
But never showed you loyalty.
They'll write long speeches at your wake,
But never eased the pain you'd take

It's wild how death makes cowards brave,
How guilt grows loud beside a grave.
How they appear when breath has fled,
But vanished when you begged instead.

So let them weep, let liars cry—
Their tears are just a cheap goodbye.
For real ones walk through every storm,
Not just your funeral in uniform.

And when your story's carved in stone,
The ones who stayed—the few you've known—
Will shine far brighter than the rest,
For loyalty is love's true test.

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Prison Of My Mind

There are reasons to be sad,
And reasons to be glad.
Yet often tears will start to fall,
And sorrow seems to take it all.

Emotions strike from every side,
Self-pity, fear I cannot hide.
Despair that whispers, "You're alone, "
A heart that feels it's not its own.

I do not want this heavy state,
I long for joy before too late.
To walk outside, to laugh, to play,
To live a life in a normal way.

To wander streets, to meet a friend,
To speak with voices that don't end.
To share in laughter, light, and cheer,
Not vanish, lost, unseen, unclear.

But here I stay, behind four walls,
A prisoner when darkness calls.
I hide away, I turn aside,
From the bright world where others stride.

The window shows a world of light,
Of children's songs, of stars at night.
Yet I remain in shadow's keep,
Where silence lingers, cold and deep.

I dream of skies where hope is near,
Of gentle hands to calm my fear.
Of voices warm, of hearts that care,
Of love that waits for me out there.

Perhaps one day these walls will break,
And I will rise for my own sake.
To find the joy I've longed to see,
To claim the world and set me free.

For though the night feels endless now,
And sorrow bends my weary brow,
I keep a spark that will not die—
A flame of hope beneath the sky.

Vanessa Dizon Alvarez

A Prayer In Hardship

I wish that all whose burdens weigh,
May find them lighter day by day.
That every soul in need of care,
Receive the love that waits out there.

Though I myself have little share,
No wealth to give, no gifts to spare,
I lift my voice, my hands, my plea,
To God who hears our misery.

And when the trials come like rain,
May strength arise amidst the pain.
For every heart that struggles through,
May courage bloom, and hope renew

Vanessa Dizon Alvarez



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Hallow Hands In The Ashes

I see their sorrow, hear their cries,
The smoke still lingers in the skies.
Their homes are gone, reduced to flame,
And all was taken just the same.

I long to lift, to heal, to mend,
To be the shelter, be the friend.
But ashes cling to me as well,
For they'd lost the place where they could dwell.

How cruel the burden that they share,
To want to give, yet need repair.
I reach to help, but fall apart,
A broken soul, a heavy heart.

Still deep within, a spark survives,
A fragile hope that yet revives.
Someday thier hands will rise again,
To build, to heal, to soothe, to mend.

And to the ones who
Extending hands through tragedy—
Many thanks, my heart's refrain,
Your kindness soothed thier deepest pain.

And though the fire has torn them down,
They'll plant new seeds upon this ground.
From shared despair, from smoke and flame,
They'll rise a brighter, kinder name.

Vanessa Dizon Alvarez

I'm Done

I'm Done

I'm done—this weight I can't endure,
We speak but never find a cure.
Your words, your wrongs, they circle back,
A loop of love that fades to black.

I'm done believing we'll survive,
You never change, you never try.
Was "I love you" not enough?
You still hurt me, cold and rough.

If you've run out of things to say,
If you've no will to make me stay,
If you don't grieve what slips away—
Then I won't beg, I won't delay.

Though love still burns inside my chest,
I won't speak, I won't protest.
I'm done—just want to break the chain,
To breathe again, beyond this pain.

Perhaps someone awaits your smile,
Someone who'll walk with you awhile.
I know the day will come at last,
You'll tire of me and leave the past.

Vanessa Dizon Alvarez

Christmas Never Comes To Me

Christmas is never meant for me,
That's the refrain, my constant plea,
Each time the season fades away,
I tell myself, 'No joy today.'

Christmas joy will never stay,
It fades and breaks, it slips away.
I hope, I hurt, I fall, I see—
Christmas is never meant for me.

And so again I say 'I will not hope and dream again
For festive cheer, for sweet refrain,
Yet as the season draws in near,
My heart still longs for light sincere.

But when the day at last arrives,
No gift, no joy, no dream survives,
Disappointment takes its place,
A shadow falls on Christmas grace.

So once again I softly vow,
No merry Christmas waits for now,
And still the cycle turns, repeats,
A bitter song with broken beats.

Vanessa Dizon Alvarez

The Earth's Enternal Need

We vow, 'The land I'll cherish true, '
Yet turn away from what we do.
The morning sun, the golden sky,
Reveals the truth we can't deny.

In crowded cities, dreams take flight,
Of breathing air both pure and light.
The wealthy travel, far they roam,
To find fresh winds away from home.
But if you're poor, with no escape,
Is clean air just a dream to shape?

The rivers flow, the oceans rise,
But purest water still denies.
What irony that seas surround,
Yet parched the lips on thirsty ground.

We cut the trees, we burn the land,
And still we say, 'It's in our hand.'
But words alone will never mend,
If action waits until the end.

For every leaf, for every wave,
For every life we ought to save.
The time is now, the choice is plain,

To heal the earth, to break the chain.
Not just in words, but in our deed,
Fulfill the earth's eternal need.

Vanessa Dizon Alvarez

A Heart Beyond Compare

I've met so many through the years,
Faces of laughter, voices of tears.
Different hearts with stories untold,
Some shine with kindness, others grow cold.

Through the countless souls I've known,
One stands apart, a gem alone.
Beyond all goodness words can weave,
A heart so rare, I can believe.

His spirit glows, a sacred flame,
No other soul could bear the same.
Unique, unbroken, strong yet kind,
A treasure no one else can find.

No measure fits, no scale compares,
His love outshines the world's affairs.
In every crowd, in every place,
I see his light, his boundless grace.

And so I know, with certain view,
Among the many, only YOU
The one whose heart is pure, divine,
A soul eternal, forever kind.

Vanessa Dizon Alvarez

After The Storm

Sometimes in life, the colors fade,
Joy and sorrow in parade,
Happiness whispers, then pain takes its place,
Trials and burdens we're forced to face.
Moments of laughter, moments of pain,
Sunshine hides, and skies grow plain.

The heavens darken, the light seems gone,
Hope feels distant, far in hand
Raindrops fall like tears you weep,
Storms surround, their shadows deep.

Hold on tight though the night is long
The soul is stronger, the heart is strong
Tomorrow's sun will pierce the gray,
And brighter path will light your way,

There are seasons when the heavens cry,
Tears like rivers from your eye.
Storms may flood your fragile ground,
Problems rise and fears abound

But every storm must lose its might
No endless rain, no endless night
The clouds will break, the winds will rest,
And peace will cradle a weary chest.

So hold on tight, don't let go,
The winds of change begin to blow.
Tomorrow's sun will pierce the gray,
Peace will bloom and light your way.

For every storm must find its end,
And broken hearts will learn to mend.
The night may linger, dark and deep,
But morning wakes from shadowed sleep.

So trust the turning of the skies,
Through pain and loss, new hope will rise.

Life's colors fade, but they return—
And brighter flames of joy will burn

Yet even floods of trials pass,
No storm forever clouds the grass.
Hold your ground, endure the night,
Morning comes with gentle light.

For every burden, peace will grow,
After the rain, soft winds will blow.
Colors return, the sky will sing,
And brighter days new hope will bring.

Vanessa Dizon Alvarez

Life's Uneven Path

In life, the scales may tilt unfair,
While joy is yours, grief fills the air.
One heart may sing, another mourn,
A day of laughter, a night forlorn.

Your longing eyes may seek the light,
Yet some will turn, avoid your sight.
You give with love, they still withhold,
Kindness met with hearts grown cold.

You plead with hope, but deaf they stay,
Blind to the trials you bear each day.
Your struggles rise, unseen, ignored,
Yet still you walk, with faith restored.

For storms may rage, and shadows fall,
But courage lifts you through it all.
The world may wound with cruel disguise,
Yet truth will shine, and hope will rise.

Though some repay with scorn or hate,
Your gentle soul transcends their fate.
For kindness sown will bloom again,
Beyond the reach of human pain.

So walk with strength, though roads are steep,
Your spirit's flame is yours to keep.
Life may be harsh, its balance torn,
But brighter dawns are always born.

Vanessa Dizon Alvarez