

Poems from the Heart, and the Truth of the world

By: Jenna Hansen

I hear everything

People don't realize that I have ears,
People don't realize that I can hear,
They talk,
Thinking its a whisper,
Thinking it will go in one ear and out the other,
But it sounds like a scream to me,
I hear it,
And it bounces in my head,
Sticking to my memories,
Running with my vein's,
Rising with my lungs,
Polluting my air,
Tell I can barely breath,
It goes in circles,
Tell it finds my heart,
My heart tears,
Another piece gone,
I turn another way,
And leave,
Just because people,
Don't think I can hear.

Locked away

They act like I'm not there,
They act like I don't exist,
They have locked me in a tower far away,
Pretending that I am not there,
Like I don't exist,
They turn their heads and pretend I'm not there,
They yell louder and act like I can't hear,
They try to take my light so that I can't see,
They try pretend that I'm not there,
I'm not apart of the world,
All because I can see the truth,
All because I can see into their eyes,
And see the lies they hide,
I can take one look and understand,

I can take one look and walk away,
But they keep the truth away,
They lock me up,
And act like I'm not there.

You Knew

You're eyes would only seek out the good,
Your lips only spoke words of kindness,
You wouldn't hear the evil lies in this world.
You would take one look, one simple look,
And you could put a smile on anyone's face,
Because you knew.
You knew that everyone was beautiful,
That everyone could be a good person,
You knew that you could help them become a good person.
You had a hope that no one could feel,
Every person to you had something great about them.
You cared about everyone,
And smiled at even the ones who frowned at you,
You wiped away the tears of those who hurt you and,
You hugged those who pushed you away.
I follow in your footsteps and try and try trying to be like you.
I try to make a difference,
I try to help and love, and hope,
But it seems that I am never enough that I am never someone who could make a difference,
I don't know what to do.

I will

I feel the weight of the world resting upon my shoulders,
And then I'm falling,
I tumble and tumble,
Until I stop,
I am again at the bottom,
I start up the hill,
To have the weight of the world put on top of me again,
How can I keep going,
When I've lost you,
I have failed,
I tried to protect you,
But I couldn't,
I keep on moving,
A tear falling down my cheek,

I might keep on tumbling,
And the weight might get heavier,
But I will take it all,
I will fall 500 times,
And I will forgive you 1000 times more,
If it means I can help another,
That they will feel loved,
After all the hate in the world,
That they were given,
I will take it all.

Dreaming in the past

Regret surges through my brain,
Memories run through my veins,
A hope that it was all a dream,
But the nightmare burns into my brain,
Constantly playing permanently carved into my head,
All the dreams wishing that I could go back,
Eyes open Head clear,
That black hole gets deeper and deeper,
Filling with
Regret disappear,
And hope that disappears,
And slowly you go to,
Lights shine,
That blackness cracks
And regret diapers,
Only leaving,
The memories that keep your heart pumping,
One by one I will heal.

Tears Falling

One tear falls,
Then the next,
They fall and fall,
Until your heart falls to,
It's not fair you scream,
I did what I could,
But you didn't,
But your heart keeps falling,
Pulling your mind and soul with it,
Until you disappear into utter darkness,

With that last piece of hope,
You whisper,
I forgive you.
Everything stops,
A balloon rises,
Pulling your heart,
Back to happiness,
Your tears dry one by one,
You did all you could.

You lied and now I'm gone

We've been friends for 2 years,
I told you everything,
When you disappeared I was crushed,
Only to learn you lied,
You lied about everything.

You gave me list,
I tried and tried,
I didn't want to kiss a stranger,
But I thought our friendship would survive,
Until I found out about the lies,
the lies, the lies.

I completed the list,
And found love along the way,
I guess I can thank you for that,
But I was also embarrass,
All because I thought I could be you,
I was scared and needed confidence,
And I thought you could give me that,
But it turns out you were fake.

You lied,
You lied to everyone,
But mostly to me,
Now I'm done, and I'm gone.

Pain

Pain,
A,

Simple,
Suffering,
That could break you in two,
You are falling into nothing,
Torment Despair and agony taking over your life,
You feel as if there is nothing left in this world for you nothing at all to save you.

The Perfection of not being perfect

A comment,
A snarky remark,
All because we are different,
But how can that define me,
When I was born this way,
I keep going through the rhythms,
Trembling in a corner,
Hiding,
Afraid,
Hurt,
But I have something they don't,
I have courage,
You may call me mean names,
And push me around,
But I will keep my head held high,
And Just walk away,
Because unlike you,
I can let go,
And now I am free....