

Poetry Series

Cierra Lauren
- poems -

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Cierra Lauren()

60 Seconds

I gave myself 60 seconds to break
Legs shaking, barely standing
Hands pressed to the tile
Doubled in half, trying to hold up
against the weight of the grief in my gut
But it's a fruitless effort and I'm falling
Shattered completely
My pieces, scattered at the bottom of the tub
I watched as they swirled down the drain
Trying to catch them with hands that no longer answer to me
I'm too broken

Staring into the water, letting it blind me
I wrap my arms around my naked trembling body
Trying to keep ahold of you, of me, of us
How can you grieve in 60 seconds?
How can I be angry, sad, resentful, forgiving, and okay
all within the blink of an eye?

Trying to process as I towel off
The last of you, my tears and shame,
stain the cotton
I'll have to throw you away
The lack of a mark won't be enough to wipe me clean
Staring into the mirror
My eyes broken and beautiful stained glass windows
I wait for the telltale sounds of the drain clearing
To let me know that you're gone

I allowed myself one minute

A minute of falling apart

Before pulling myself together

And moving on

Alone

Poisoned dead butterflies
Fluttering in the pit of your stomach
Weighing you down
Until darkness becomes all you know
All you can feel
Shallow breaths
The reason you can no longer see yourself in the mirror
The fog masking the hurt and pain you're not ready to face
Because facing it means clearing away the debris from the war that this caused
And realizing that you can't find any part of the person you used to be
Your heart now a wasteland
Contaminated with the toxic radiation from heartbreaks and loss
Embracing emptiness as if it is your teddy bear on a dark stormy night
The only thing you have left
So you wrap yourself in it
Let it consume you
And your body becomes a prison holding your dreams and ambitions hostage

The world, an empty place of endless roads and broken spirits
Your reflection is no longer yours
It belongs to emptiness now
And there is no deal you can negotiate to convince her to return it to you
So you find yourself searching for something that feels real
In the magic show that is your life
But there isn't anything but rooms full of mirrors
That force you to look into the darkness
And realize that there isn't a light at the end of your tunnel
And you are truly alone

Cierra Lauren

April Baby

You would've been beautiful April
Refreshing, like the smell of outside after it rains
Wholesome and cleansing
Like a fresh start

Skin like milk chocolate
smooth and perfect
Red undertones
Like the earth runs through your veins

Round eyes
full moons shining in the night
Reflecting your father's quiet determination
Daring and bold
Like storms could form from within you

Curly hair kissing your face
Like waves that can't bear to stay away from the shore
Like wind that keeps coming back to caress the grass
You're irresistible
And I'm addicted to you

You were that rain after a heatwave
Or a stiff wind on a stale day
You were necessary and wanted
April baby
They say that spring is the time for a cleaning
but I never knew they were gonna clean me out
And now I'm empty

Cierra Lauren

Body Language

She's losing herself in him
Her spreading thighs a bed for her insecurities
An escape from her incapacibilities
He rests his problems on her chest
As he rides the rollercoaster of her emotions
He is swimming in her pain
She is wide open and yet so closed
Her eyes screwed shut
She can't see the slow and deliberate destruction of her body
Week old Hickeys and bruises on the inside of her thighs remind her that he isn't
the only one
The scratches on his back tell just one chapter in a book of fruitless attempts to
save her
And to her, he is just another injustice inflicted upon her broken soul
And as his erect sense of confusion enters the depth of her pain
She cries out in hope
Waterfalls of shame kiss her cheeks as she cums
To the reality that clarity isn't in the after effects of an orgasm
And that he isn't her solution
But she'll do this again
Because the apex of her thighs is the only thing she has faith in

Cierra Lauren

Building Skyscrapers

Building walls
Brick by brick
Skyscrapers
Just scratching the surface of the pain we feel
Little cracks in the pain
Allow us to see what might be
But we've been hurt
We've been lied to
Unable to trust
Because we
Trusted people with our hearts
Just to watch them be crushed
In the hands of people we loved the most
Hiding behind a strong exterior
Breaking down behind closed doors
Praying for someone better
Hoping that if we give our hearts away
one more time
Maybe we wont get hurt
Maybe we'll actually be loved□
Maybe they can give us what we've been looking for
Maybe they can help us
Pick up the broken pieces
Put us back together again
Maybe they can love us
And break down that wall
But maybe not...

Cierra Lauren

Empty

The idea of perfect love is a misconception
They fool you with movies that have happy endings and upbeat songs.
They tell you that love is beautiful, gentle, and kind
but they don't tell you that love may not last
They don't tell you that you get your heart broken
more often than it gets repaired
And even if time heals your heart,
the scars from loves lost still remain like stretch marks on a mothers belly
Those emotional scars never fully heal,
they stay sore and they bleed regret and sorrow
every time you feel betrayed
Love is beautiful while you're in it.
But loves lost are like plane crashes
You cant think straight
and you damn sure cant save yourself from the hurt coming your way
Love is uncontrollable.
You fall in love with people who don't know how to love you back
or even worse, people who don't want to love you back
Love leaves you breathless and on cloud 9
but when you fall and there is no one left to catch you
you shatter like antique vases falling off pedestals
And then when you try to put the pieces back together
Someone comes and knocks you over again
And with each lover, another piece of you disappears.
Until you have nothing left to give
Nothing left to lose
You become empty.

Cierra Lauren

First Kiss

Ninth grade
14 years old
In a cold, public library
You were calm
The butterflies in my stomach were fluttering so fast
I swore you could hear them
We weren't alone
All of our friends were there
Some of them were kissing too
They were cheering
Like this special private moment
meant nothing
Like it was any of their business
It wasn't your first time
You couldn't understand why I was so reluctant
You came close
Close enough for me to feel your breath on my neck
I backed away and you came closer
You kissed me
It wasn't anything like I had seen in the movies
It felt uncomfortable
Like I wasn't even there
I kept my eyes open
I felt numb
I wanted it to be over
You kept going
I counted in my head
One, two, three, four
You pulled me against you
Five, six
You wrapped your arms around me
Seven, Eight
I looked passed your shoulder
Nine, Ten
And looked into the eyes of the boy I really loved

Cierra Lauren

Friendships And Heartbreak

Trusting him
With my deepest secrets
He understood me
What would hurt me the most
He could make me smile
No matter what I was going through

And he trusted me
I was the first person he called
when things went wrong
The person he turned to
when there was nowhere left to go

I loved him
We got closer
It was us against the world
Inseparable
Loving each other silently
Wishing the other would say something
Something that would make this more than a friendship
But we never did

And she came along
And he loved her too
And I stood in the background
Watching as everything
slipped through my uncompromising fingers

We distanced
We couldn't connect on that level anymore
Conversations
seemed to be filled with regret and lonely space
Empty air between us seemed to choke me
Like his hands were around my throat
squeezing tighter and tighter
Trying to get rid of the girl he couldn't forget

So I made it easy
I left

And I pretended
That he wasn't important
That we meant nothing
That I could move on
That I didn't still love him

Cierra Lauren

He Is...

His vibe is blue
Calming like the ocean
That barely kisses the sand
And I'm drowning in him
Collecting seashells from his depths
Listening to his heartbeat on repeat
It's my siren song and I'm hooked

Holding me like quicksand
Clinging to my skin
Pulling me into and under him
And I'm sinking
Letting him envelop
As he molds himself around me
Filling in the spaces that are less than full

My body is his
And I bend to his will
A willing puppet on his string
His personal Pinocchio
I just wanna be real to him
So I'll touch until he feels me
Dancing in the dark
Basking in his moonlight
Performing for him privately
A snake charmer
I move when he moves
And just like that I am his

Cierra Lauren

Jigsaw

Sitting in my stillness
Surrounded by parts of myself
A picture broken into
A thousand piece jigsaw puzzle
Scrambled shades of rainbow

Purple like royalty
That heavy crown is here somewhere
Buried under my insecurities
Sometimes I forget it's there
Somedays I forget to put it on
But it's weight never leaves

Yellow, red, and orange like the sun
It's hard to be so bright all the time
I blind a lot of people
So I try to cover it up
Clouds, a barrier between me and them
Waiting for someone not afraid to look directly into me
But nothing can block the sun
I just shine through

That blue pain runs through the artwork of my life
A river through the mountain ranges of my heart
Weathering me down
Smoothing my rough edges
Each heartbreak another lesson I don't have to learn again

Rich like untouched green pastures
Easy to find yourself in
Hard to get out of
Welcoming
Come sit for a while in my stillness
Drink up my peace
And find me

Cierra Lauren

Leaving Us

We used to be so close
A dynamic duo
My other half
Time wedged himself between us
Making space for Doubt and Opinion to join him
But it wasn't just them
They brought Lies and Assumption too
Insecurities, Drama, Jealousy, Pretending, and Secrets
And the guest list continued to grow
Until it was a party of issues standing in between us
Pushing us to different ends of the relationship
Like people on different side of the room
We had to pass through everything in the middle
To get to each other
And We just weren't strong enough
So we just left

Cierra Lauren

Lost

Tears fall to create words on page
As my heart bleeds regret, can't help but think of you
We consist of hollow chests and empty hearts just looking to find peace
We intercept one another
Like perpendicular railroad tracks
Except this time we merge
Our bodies were clay molding into whatever we wanted to be
Our minds puzzle pieces
Connecting perfectly
Filling in the parts we missed
Tears salty with emotions cleansed me of all insecurities
Our truth stained with the lies of our identities
We think like Half-minded persons
Our perfectly connecting puzzle pieces
Sanded down by imperfections
We no longer connect
We are perpendicular again
We love with different charges
So we attract like magnets
Once again our bodies mold themselves
Into whatever we wanted to be
Our minds a part of the others
And once again I'm lost...happily...in you

Cierra Lauren

Loving You

I hate you
I mean, I really fucking hate you
for making me love you
for making me want to please you
it's sad that I would do anything for you
give anything for you
Be anything for you
I watch myself deteriorate
as pieces of myself fall through my incapable fingers
I fucking hate you
I hate the brown eyes that see themselves into my soul and take root
I hate the strong hands that hold me when the fact that I can't have you
resonates
And I can't stop the tears from staining my cheeks
I hate the fact that I lose myself in you
The strong focused girl morphs into a shadow
A whisper of the girl we once knew
I hate that no matter how deep you bury yourself in me
You will never feel me
You will never love me
And I fucking hate you
Until you kiss me again
And I need you
You're my drug
But every time I decide to get clean
You tempt me again
I'm a slave to you
My mind closes
My legs open
And my heart numbs
Until it's over and my heart explodes
My body folding itself in half
Shaking and crying
And even this pain I feel isn't enough to keep me away from you
It's a vicious cycle
And to think it's all because I couldn't fucking hate you

Cierra Lauren

My Mind

It's peaceful here
In the serenity of my own mind
I find her
Just sitting there
In a meadow of disorganized thoughts
Surrounded by flowers of insecurity
Untouchable, unbreakable
She's beautiful
Strong as the 900 year old oak tree
Centered, steady
Graceful as the dandelions that sway softly in the wind
Willingly giving up pieces of themselves to contribute to perfection
Headstrong like roots that refuse to give way even though the winds have
demanded them to
Loyal
Like the sun that never fails to illuminate the meadow with it's glowing rays
Talented.
Her body moving with the rhythm of the river.
Gently swaying back and forth
like a pendulum
keeping in time to the music of the breeze
She is smart
like the ants who store food for the winter
She stores memories and lessons of those before her
Letting them guide her
like stars guiding the way north

Cierra Lauren

Questions

He asked about you
Wanted to know why you weren't around anymore
I told him that eclipses don't last forever
That my shine was too much for you to block any longer
That my heart wasn't big enough to hold me, you, and her too
That my sanity was worth more than waiting for you to finally come home to me
That I deserved the love you stole from me and gave to her

He wanted to know why I let you stay so long
Parasites often feel like best friends, I told him
They're always there
so you don't notice that they're taking from you
But one day you look in the mirror and his reflection is all you can see
And you realize that you were a convenience to him
A past time
And you hope that when you rid yourself of him
there is some part of you left

But you must have loved him?
Couldn't have been all bad
I replied
My heart was kidnapped by someone I didn't know
I thought I knew the man I laid next to
The man I prayed for and with
The man I pushed and supported
The man I made a baby with
The man I lost a piece of my soul with
But he was a stranger and I had Stockholm's Syndrome

He asked me if I would ever love him?
I hate that he feels like you took that from me
But I told him
What I had for you, wasn't love
It was an uncomfortable comfort
I was constantly hurt but at least you were constant
I was dependent but at least I could depend on you
I've outgrown that
I've outgrown you
But him...

He asked about you

Cierra Lauren

Running

Exhilarating

Completely Breath-taking

Moving so fast your feet never even touch the ground

You watching your surroundings blur

As if you've filtered everything but the space in front of you

Sucking in cold air

And loving the feeling as your lungs finally exhale

Goosebumps cover your body

You clear your mind and the only thing that matters

Is getting to the end

Everyone around you no longer matters

All that exists is you and an empty world

You close your eyes and wait for the moment

And then you take off

Leaving everything behind

Losing the person you are

Becoming the person you want to be

Cierra Lauren

Saving Her

I don't recognize the shell of a person staring at me
Her eyes drained of all emotion
Her lips speak but I don't hear what they say
Her limbs just hanging there
As if she no longer has control of her body
Her face looks drawn
Sleepless nights have taken the light from her eyes
Her body sways with the breeze
As if any strong wind would just blow her away
Slouched over as if every heartbreak has taken its place on her back
Shallow breathing as if there isn't enough oxygen for her and her aching heart
People walk past as if they don't see the broken woman in front of them
She is withering away right in front of my eyes
And I can't do anything to save her
I reach out to touch her
She disintegrates into thin air
She wasn't here
She wasn't real
She was a figment of my imagination
I open my eyes
and stare at the woman with cold dead eyes looking back at me in the mirror

Cierra Lauren

Transparent

I don't want an I'm sorry
I don't want an I love you
I don't want another lie
I trusted you
Swallowing up everything you told me
Hiding myself behind your idea of perfection
I lost myself in you
I gave up the most important piece of myself
And you crushed it
Like it was disposable
Like I was worth nothing
I loved the feeling of being loved
So much that I gave you everything
Without leaving anything for myself
I remember the I love you's running through me
Like air
I became dependent
Living for something I thought was real
But you're an illusion
A pretender
Building you up in my mind
Molding you into the person you should have been
Instead of realizing the person you are
So do me a favor and spare me the bullshit
Because I see right through you.

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