

Poetry Series

**Elizabeth Sheaffer**  
**- poems -**

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## Elizabeth Sheaffer(February 4,1990)

I write for myself. I'm a selfish writer... I write to express what I feel inside, what I hide away when the sun drives away the night's serene cover... I write the words I cannot express in daylight, the words I can never speak aloud... I write to make sense of myself and of the world around me. I write for release.

# A Friend In Need

Trees outside in nighttime's pall  
Casting shadows on the wall  
Nasty, slimy crawling things  
Slither through the dark's disease  
Muffled sniffles from inside  
Little girl who had to hide  
Mom and Dad fight every night  
Causing daughter such a fright  
Little bear her only friend  
Clutching tightly 'til the end

Elizabeth Sheaffer

# A Grave Encounter

The moonlight fell across her face  
It danced a waltz upon her brow  
At once my heart began to race  
As she brightened night's dark shroud

We tiptoed 'round the graveyard stones  
Into the depths we ventured on  
She stumbled on three unearthed bones  
But not a fright she came upon

On and on, we trekked so far  
Cold hand in mine, she led the way  
Soft ground at once my footprints marred  
Until, just at the light of day

We stopped beside a winding creek  
The bank she'd often walked along  
Behind me came a whisper, weak  
But when I turned, the girl was gone

Elizabeth Sheaffer

# A Little Bitty Ditty

The birds flew high above us  
As we sat on the shoreline  
We waited until dusk  
Took off in a straight line

Everyone was heading up  
But our fun was just beginning  
We started to race toward the cusp  
And I was easily winning

We heard a noise off to the right  
And we all stopped to hear  
The nighttime gave my girl a fright  
And that's when she came near

The noise got louder in the dark  
We both were getting frightened  
My friend came up behind our back  
And both our outlooks brightened

Elizabeth Sheaffer

# A Moonlit Reverie

A moonlit reverie:

A jet black raven swoops  
across unbroken white serenity,  
filling the night  
with its continual presence.  
Flowing thick and smooth  
from the tip of existence;  
Preying upon  
the minds of innocence;  
thirsting for a means  
to spread its power  
throughout the world.  
Ripples extend outward  
from its tiny dropp into  
the sea of existentialism,  
and a lone tree waits in silence  
to claim its next victim...

Elizabeth Sheaffer

## Affliction Most Severe (I'M Letting Go)

My body lies broken, bleeding on the floor,  
The very image you once claimed to abhor.  
But this is what you wanted, to witness all these tears.  
Isn't this, for so long, that which you longed to hear?  
Isn't that your goal in life?  
To cause me pain, and bring me strife?  
You, who told me many times,  
That you wished I would just go die...  
Are these the feelings you call love?  
Is this what everyone dreams of?  
Such pain and torment, all consuming,  
Devouring me whole, yet still blooming  
Out, to spread the cursed sickness.  
But, I swear, as God's my witness,  
No more will you cause me pain.  
No tears shed for you again.  
I'm through with you, with all these lies.  
You got your wish-You, I despise.

Elizabeth Sheaffer

# Ageless Avowal

When your life is upside down  
And all you can do is frown  
When tears and vodka drown

When you're feeling blue  
And no one has a clue  
I'll be there for you.

When life is gray  
If you want to run away  
Can't take another day

I'll be your dream come true  
We'll be together, just us two  
I'll be there for you.

Don't let yourself doubt  
When life's inside-out  
And depression's all about

Cause as one of a few  
When friendship is due  
I'll be there for you.

Always.

Dedicated to a true friend-Miss Mansi. She is my lifeblood.

Elizabeth Sheaffer

# Alone In The Crowd

Sitting at a desk in a brightly lit room,  
Surrounded by people, but still so alone...  
Fighting a feeling of impending doom;  
A chill in the room that cuts to the bone.

I've not seen your face in many a day.  
The thought of you makes my heart ache so.  
Missing your voice; it' so hard to be gay.  
Happiness escapes wherever I go.

Dining alone in a quiet cafe'.  
Delicious food still seems so bland.  
Brown briefcase; a nice attache'.  
Fighting to meet life's many demands.

I'm trying to pull myself together  
Before I completely fall apart.  
Battling to stay above the weather  
That brings a chill to my lonely heart.

Elizabeth Sheaffer

# Along The Shore

The ceaseless cry of the gulls fills my sun reddened ears.  
I sit in a rocking chair that once was white.  
The wind teases my hair, running soft fingers through the golden waves.  
I close my eyes and breathe in deeply, the salty air filling my nostrils.  
I am free.

I lean back in the chair. It creaks beneath my weight but holds steady.  
The faded blue carpet of the porch feels deliciously rough against my bare toes.  
My hands lock behind my head as I sigh with contentment.  
I feel at home here with nature, at peace with myself for the first time in ages.  
I'm alive.

I'll return to my life in the city much too soon;  
This blissful place is not conducive to work  
But I know it will serve as a reminder of my mortality...  
As time wears on I'll fade away, but this beach shall linger yet.  
I am lost.

You may chance to find me walking barefoot along the shore at sunset.  
My heart will live on here in the sand long after the waves have carried my body  
away.  
And should you happen upon this note among the rocks, do not mourn my  
passing;  
For I have lived more here in these last two weeks than in my lifetime.  
I'm found.

Elizabeth Sheaffer

# Amber Antidote (Black Blood Beneath The Moonlight)

The power blinks out  
and the clock flashes  
endlessly  
12: 00 12: 00 12: 00 12: 00 12: 00 12: 00 12: 00 12: 00 12: 00 12: 00  
Harsh streetlights outline  
every worry on your face  
Memories  
come flooding back  
as the Amber Antidote  
floods your veins  
Pour another glass  
This night is  
far from over  
Pour another glass  
Drown your problems  
in that  
Amber Antidote  
Oh, baby, you got the sickness  
(It's so common these days)  
Seems like it's here to stay  
and the pain won't go away  
Your heart's  
A million mirrors  
Flashing in the silver dusk  
Memories  
Glinting in the light of night  
Amber Antidote  
It clouds your vision  
Everything ceases beneath her wrath  
Pour another glass  
Cause this night is  
far from over  
Pour another glass  
Your mind begins to smolder  
System overloaded  
Overheating in the stillness  
You've got the sickness  
(Yeah, it's goin' around)  
That just won't quit

She walked out but left you  
with her  
Amber Antidote  
It cures all pain  
Pour another glass  
This night is  
far from over  
Pour me a glass  
Drown our problems  
with a mixer  
Throw our hearts into a blender  
Can't get much worse than it  
already is  
She walked out but left you  
with her  
Amber Antidote  
So pour another glass  
Yeah, the night is  
almost over  
Pour me one more glass  
Drown your hatred in her blood  
Let it course through  
your veins  
Spill beneath the  
moonlight, looking black  
beneath your gaze  
She's lying on the floor  
And that  
Amber Antidote  
Solved all her problems  
It's fucking with your mind now  
'Cause the bitch walked out and  
left you with her  
Amber Antidote  
So pour another glass  
Finish out the evening  
Pour me  
one last glass  
Let my problems  
wash away  
In the stony, solemn gaze  
of my mistress

She alleviates my fears  
my worry and my doubt  
She gave me the sickness  
(But, baby, she's the Cure)  
She's my Amber Antidote  
She'll be the death of you.

Elizabeth Sheaffer

# An Apology Simply Won'T Cut It This Time

And just when I thought the tears had stopped  
they resurface again, like an old love you can't get rid of.  
How is it that you can taste perfection once;  
have it, hold it close to you,  
and throw it all away in a day?  
Ah, what a tragic day is upon us.

For today is the beginning of the rest of my life,  
And the rest of my life will be bleak.  
All because I never truly recognized  
That I had what I needed all along,  
right beside me, begging for my happiness.  
And all I could give perfection was grief.

Ashes to ashes  
And dust to dust  
I threw love away  
For one night of lust.

I'm paying the price now  
with my tears and regrets.  
And wondering if I'm meant to be happy at all...  
But I was once, wasn't I?  
Because I tasted perfection back then,  
And I knew it was oh so very real.  
But I threw it all away like garbage.

Ashes to ashes  
And dust to dust  
I drove love away  
With one night of lust.

The tears will just keep flowing,  
Old wounds opening up  
Every time your face comes before my eyes  
As I remember what we shared...  
The best times of my life...  
And how I drove you away.  
It's my fault.

Elizabeth Sheaffer

# And The Storm Rages On

Lightning illuminates the gnarled branches  
Of the old tree outside the windowpane  
Rain trickles down the glass in clear rivulets  
But the storm inside is much worse than out  
For inside rages an emotional storm  
And those are always most severe  
A man, all alone, grappling with his feelings  
Twisting emotions of hatred, doubt, and pain  
The picture most grim from where he sits  
No hope in sight, he withdraws from the world  
A metallic flash as the harsh fluorescents  
Brilliantly illuminate the bitter end, serrated  
Rain trickles down the glass in crimson rivulets  
The storm inside having run its course  
Subsides and gives in to the howling wind  
As a lone man lies motionless on gleaming tile  
A smile stretching his lips at long last

Elizabeth Sheaffer

# Anew Beginning

Barren walls surround me  
Encasing all my fears  
Barren walls astound me  
They were filled for eighteen years.

These barren walls around me  
Each held places from my heart  
They signify not only an end  
But also another start.

Elizabeth Sheaffer

# Anxious

The time of your arrival draws e'er nearer.  
I look to the west in search of your face.  
None others' words would I hold dearer,  
Than thine own as my name escapes.

I look forward to your coming with hope.  
I've missed you all the long while.  
Lately it's been so hard to cope,  
With the loss of that charming smile.

You know not the way that I feel.  
My trembling, you take as a chill.  
O, how I long to soon reveal,  
With love, at your sight, my heart fills.

Longing to once again see you.  
Wishing you knew how I felt.  
Watching you smile just as I do.  
God, how you make my heart melt.

But you feel that we are just friends.  
You're oblivious to anything more.  
But even as this life comes to end,  
My love for you will endure.

Elizabeth Sheaffer

# Ap Language&Composition Taught Me A Lesson In Love

I once saw a movie  
About unrequited love.  
One character's line stuck with me:  
'No one can take away your right to love.'

As I look back,  
I see the truth in that line.  
You may not love me,  
But for you, I'll still pine.

I know it's not real,  
But in my mind,  
I see us together  
For all of time.

I hold onto my dreams;  
They're all I have left.  
They may be untrue,  
But they cheer me up best.

So the next time we talk,  
Instead of wanting more,  
I'll remember my dreams,  
And let my heart soar.

Elizabeth Sheaffer

# As Time Passes By

Feeling so lost, alone and let down  
Wandering through a world with no sound  
No light, no hope, no joy in this place  
The passage of time quite clear on this face

Tears running down from a broken heart  
Don't have the strength to make a new start  
Losing control of my body and mind  
All of it comes with the passage of time

Broken body, broken spirit within  
Can't seem to pick myself back up again  
Alone in this world with growing dread  
The passage of time shall soon see me dead

Elizabeth Sheaffer

# Birthday Wishes

Seventeen candles burn so bright.  
Voices meld together in celebratory song.  
My head fills with so many thoughts.  
What in the world should I wish for?  
So many things for which I have dreamed...  
But the only thing I really want is you.  
That's all I've wanted from the very first.  
But, afraid to even dare hope that  
Such a dream could possibly be realized,  
I wish instead for luck in love,  
Still hoping that luck might someday include you.

Elizabeth Sheaffer

# Bitter Anguish Of A Mother (Teardrops In The Dusty Street)

She sat beneath the glow of a lonely streetlamp,  
Her eyes full of fear, hair matted and damp.  
She glanced around and saw me, instantly bolting.  
Her clothes flew around her. ('She's like a bird molting.')

She fled down the street until she reached the next light,  
Then sat down again, body rigid and tight.  
I watched her closely, intrigued by this girl.  
Watching her take out a paper and unfurl  
It. (What in the world is she doing out alone?  
Shouldn't this young girl be at her home?)  
Creeping up closer, trying not to scare her;  
Staring down in her lap at the old yellow paper.  
Here was the girl, her face strong and young;  
Here was her baby, sticking out its tongue.  
The girl stared in raptures at the picture,  
Like a devout Christian studying a scripture.  
Slowly the girl started crying, burying her face  
In her dirty coat, so out of place  
In this industrial garden, concrete oasis.  
Here among corporate pawns with tight, drawn faces.  
Her tears mingled with the dust upon her clothing.  
Had a businessman seen her, he'd have looked on with loathing.  
A young girl in the street, her heart filled with strife  
For her tiny little infant who had lost its short life.

Elizabeth Sheaffer

# Bitter Tragedy (Inescapable Evil)

Just below the surface, anger seethes.  
Raging, coursing, through my veins.  
My sight turns red, the rage still teems,  
Satan's hold on me still reigns.

My thoughts are filled with images, wicked.  
My hands are seen around her throat.  
Were you to see me, you'd be sickened;  
I just want to watch her choke.

My soul, inside, it's all jet black.  
Evil, Satan's spawn, incarnate.  
Can I ever get my life back?  
I'm doomed to Hell; this is my fate.

I need help; can you save me?  
Am I already too far gone?  
This was not what I longed to be,  
But I've been evil far too long.

I look around me, eyes so frantic,  
Searching for some small escape.  
This, my life, is far too tragic;  
Inside, I feel my lost soul break.

Elizabeth Sheaffer

# Bleak

The images are swirling  
Round and round inside my head  
The thoughts and darkness churning  
Up my once retired dread

Sorting through the pieces  
All the rubbish left behind  
Perhaps a little writing  
Is the best thing for my mind

Lately I've been feeling  
Once again unlike myself  
Lately my mind's reeling  
With images from Hell

My depression is returning  
But it's when I write my best  
The images, the burning  
The descriptions, the unrest

Embracing my old demons  
May be just the thing I need  
For lately I've been dreaming  
And the pictures looking bleak...

Elizabeth Sheaffer

# Broken Hearts Eventually Mend

I'm so sick of love  
And the pain it has caused.  
I'm drowning in tears;  
Will it ever stop?

You are my sanctuary;  
With you I am free.  
You cause feelings of joy  
And still bring misery.

My emotions swirl,  
Creating a haze.  
One minute is clear;  
The next leaves me dazed.

My heart has been shattered;  
You left no repair.  
I'm drowning in hatred;  
Can't fight this despair.

Elizabeth Sheaffer

# Can Death Come Calling If You Don'T Have A Telephone?

The sky opens up before your eye  
And the rain comes pouring from the sky.  
There's an old tree tap-tap-tapping on the door;  
It's that tap-tap-tapping you abhor.  
The faucet's drip-drip-dripping in a sink that's never clean  
When the landlord's knock-knock-knocking on a door without a screen.  
The television's crack-crack-crackling because the picture's never clear;  
There's the Bible on a table that'll soon break down, you fear.  
The mattress creak-creak-creaking as you shift in bed at night  
Beside an old and grimy window never showing any light.  
Day in, day out, you sit beside a fire with no heat;  
Chopping wood with those old arms would be quite a feat.  
The ceiling beams are wormy, and eaten up with time,  
But they just may be strong enough to hold a woven line.  
Loft it up and over, yes, and tie it good and tight.  
You won't be sleeping in this hell-hole by tomorrow night.  
A rickety chair beneath you may not hold up long enough  
To slip the cord over your head and feel its texture, rough  
Against your skin; tightening it slowly as you pray,  
'Dear Lord, may you guide me to a new and better day.'

Elizabeth Sheaffer

# Clarity, Thy Name Is Daniel

Standing alone in an abandoned street,  
The dark of night closing in...  
Gazing up at the sky, trying to rein myself in...  
My mind scattering like a million red birds aflutter.

You came walking up, as I lay there-  
A soul I could easily relate to...  
Insomnia linking us together-  
So despised-but it brought us together.

I stood then, I stood; I rose from the depths.  
I faced you; I stared at my future.  
I sank then, I sank; I fell down into you.  
I fell into you right there.

Deeper, deeper, I drowned myself in your eyes.  
'Speak, ' I willed myself. I'd planned to speak,  
Not to gape at this nighttime apparition-  
Fawning like the schoolgirl I technically was...

You were there, we were there, abandoned street...  
You took my hand and asked my story.  
'I'm a girl. I'm nothing. I'm everything.  
I'm here.'

'I'm here...' you whispered, and yes, it was true.  
You, the only clear image in an unclear world.  
You, my nighttime apparition, come to rescue me.  
Come to save me from myself.

You're a dream...  
Won't you be my reality?

Elizabeth Sheaffer

# Cocaine Dreams (Don'T Touch The Monkey)

Beams of light spill from under the doorway  
And they know what you've come here to do  
No one would dare to confront you  
But you feel their pity radiating as you brush  
Cocaine Dreams from your skirt  
You've a lot going on as of late  
A drink just won't cut it anymore  
You've got to have something to believe in  
Those Cocaine Dreams will never leave your side  
Like a monkey on your back  
Always clamoring for more  
No one would dare to save you  
For you're already too far gone  
And the only one still in the dark is you  
Brush those Cocaine Dreams from your skirt  
And pretend you can stop at any time  
You're not addicted; it's addicted to you.

Elizabeth Sheaffer

# Content To Be Contented

Your breath tickles the skin of my earlobe  
As you whisper sweet nothings to me in the darkness.  
Light kisses pressed against your warm skin.  
Fingers splayed possessively atop your chest.  
Sighing contentedly, holding you close to me.  
This is all I've ever wanted,  
All I could possibly need.  
Your touch excites and soothes me simultaneously;  
Your mere presence brings me total peace.  
You are the half that makes me whole,  
The only thing that can appease me.  
Your love meets my every need  
And I know that I never have to feel alone again.  
Kiss me once more, my love...  
I can never get enough of you to satisfy me.

Elizabeth Sheaffer

# Conversation With The Paper

The blank page stares up from my desk  
'Fill my lines with words, ' it whispers,  
'fill me up; I dare you.'  
Blinding white, blue lines  
College-ruled, of course, more words fit on each page  
I sit alone, open up my mind  
Let the thoughts flow in and out  
'Fill my lines with words, ' it whispers,  
'fill me up; I dare you.'  
But the ideas just aren't coming now  
They haven't for some time  
My thought process is too erratic  
Inspiration is not mine.  
'Fill me up; I dare you.'  
College-ruled, of course, more space to haunt my thoughts  
Blinding white, all those blue lines  
Writer's cramp is no longer a concern for me  
'Fill my lines with words, ' it whispers,  
'fill me up; I dare you.'  
'No, ' I'm begging, 'I just can't do it;  
I don't know what to write.'  
The blank page stares up from my desk  
Contempt in every line  
It opens up and swallows me whole  
Forever trapped in my inadequacy.

Elizabeth Sheaffer

# Crimson Carpets At Dusk

You're sitting on the couch, watching TV.  
Wishing that you could be watching me.  
Wanting me only to exist.  
Needing nothing save one last kiss.  
Why couldn't it have been someone else?  
You cannot imagine how it must've felt.  
Did I go to Heaven, or was it Hell?  
You need to know which way I fell.  
That way you can arrange for us to meet.  
When you get to sleep your eternal sleep.  
You'll never let go; I'm the love of your life.  
You're even beginning to fondle that knife.  
They tell you to move on; start anew.  
They tell you that is what's best for you.  
But you know the truth; they're all insane.  
One little stab could kill your pain.  
'I'll do it, ' you think, 'No one will care.'  
'Maybe she'll be waiting for me there.'  
You slump in your chair as the world turns black.  
Crimson stains the carpet; you can't take this back.

(December 2005)

Elizabeth Sheaffer

# Crystal Translucence (Oceans Of Pain)

Trickling down one flaccid cheek  
A lone, rogue tear escapes  
The pain is nearly unbearable  
But to them it's just a crystal droplet on the pillowcase  
Dripping down to a hardwood floor  
Marring the wood's gleam with its translucence  
Your misery so desperately acute  
But to them its just a crystal droplet on the ground  
Sliding across your smooth skin  
It traces its path in the stillness  
A silent reminder of all your despair  
But to them it's just a crystal droplet on your cheek  
Coursing down your cheeks in small rivers  
These tears could fill oceans with their stories  
Your pain has been nearly unbearable  
But to them they're just more crystal droplets filling the sea of Time  
Slipping down your arm in a small rivulet  
Marking the release of your pain  
The razor has always commiserated with you  
But to them it's just a ruby droplet staining the carpet  
Churning forth in sickly sweet gushes  
A crimson flow traces the path of existence  
Self-injury has been your only solace over the years  
But to them it's just a ruby ocean o'erspilling the sink basin...

Elizabeth Sheaffer

# Dark Alleyways And Divine Creations

Over what valleys doth yon moon break?  
Over what hills doth the mighty wind shake?  
What fantastic forms true love wilt take  
When the darker times of life one doth bright make.

Elizabeth Sheaffer

# Dawning Realizations (Mememe)

Feeling just a little down  
Can't see the light of day  
Sifting through my box of faults  
Self-pity reigns along the way

I come across each one in order  
Drudging up my old concerns  
Never could put things to rest  
Depression grips my mind in turns

And when I'm sinking to despair  
Life kicks at me on the floor  
What can be my only answer?  
Mememe, yeah, I'm the cure

When I think life's not worth living  
When everything, I do abhor  
Baby, what's the only answer?  
Mememe, yeah, I'm my cure

Broken spirit lying silent  
Sinking into darkest pits  
Thinking, 'Why does no one help me? '  
Never see the point in this

Everyone just passes by me  
No one offering a hand  
They all see what I cannot  
But someone helped me understand

When I'm feeling lost and lonely  
Don't know what I'm living for  
Now I know my only answer  
Mememe, the only cure

When life gets me feeling blue  
I must keep my own thoughts pure  
I can be my only answer  
It's mememe, baby I'm the cure

Elizabeth Sheaffer

# Dream-Wish-Promise-Act-Promise-Wish-Dream

Lonely drifter  
Shape-shifter  
Drove away; left you behind  
Lonely drifter  
Please mister,  
Take me instead-the boy is mine  
Slowly dying  
Softly crying  
Drove away; left you behind  
Slowly dying  
Mind trying  
Promise me that there's still time  
Heart breaking  
Hands shaking  
Drove away; left you behind  
Heart breaking  
Insides aching  
Come with me; we'll cross the line  
Helpless one  
No more fun  
Drove away; left you behind  
Helpless one  
Deed is done  
Two weeks later-repeat crime  
Lonely drifter  
Shape-shifter  
Drive away; leave me behind  
Lonely drifter  
Please mister,  
Promise me that you'll be fine

Elizabeth Sheaffer

# Drops Of Crimson On The Pillowcase

Crimson Raindrops fall  
from a Black Sky of regret.  
Crimson Tears rain down the  
Twisted, Contorted Face of  
Every Child's Nightmare.  
Crimson Droplets soak into  
an already saturated ground  
while the Shallow Cuts of the  
plow grow Deeper  
at the hands of a  
Vengeful Demon.  
Crimson Fire rains from his  
Pointed Teeth  
as He Beckons the  
Crimson-Clad Minions nearer, whispering  
Words Of Torment  
into their Pointed Crimson Ears.  
a Crimson Fever  
drips from a crimson forehead,  
as Crimson Droplets Spatter a  
snow-white gown.  
Crimson Dreams O'erpower,  
Erasing All pure, chaste Thought,  
leaving only  
Drops Of Crimson On The Pillowcase.

Elizabeth Sheaffer

# Drowning In Love

Hugs and kisses  
Soft and listless  
Given on a Sunday morn  
Tender touches  
Pass between  
Two lovers on the sandy shore  
Peals of laughter  
Ringing gently  
On this bright and sunny morn  
Two so unaware  
Of reality's coming storm  
Lost in love  
(Love's so like drowning)  
They can't see the truth  
One hopes that love will be enough  
When the rains pour out from the sky.

Elizabeth Sheaffer

# Effervescent Elizabeth

Floating on Cloud Nine, high above the world  
Feeling like I opened up an oyster with a pearl  
Luckiest of days and for once, ending well  
Found a job, cleaned the house, all is looking swell  
Paint your nails and wear makeup because you're feeling fine  
Funny how when you 'let God' life can turn on a dime  
Stay on course and do your best  
Let Him take care of life's worst tests  
Think positive and soon enough  
You'll hit that ball out of the rough

Elizabeth Sheaffer

# Falling Leaves And Fulfilled Wishes

The tree inside my windows is  
no longer fresh and green.  
The leaves are crisply brown now,  
and slowly drifting to the ground,  
creating a pile at the base of my trunk.  
Each day one of these leaves,  
leaves which were once  
bright, full and unfurled,  
curls in on itself and  
whispers down into  
the ever-expanding pile.  
The scene to some may seem  
bleak, dreary and depressing,  
but these dying leaves that  
fall from my branches are  
my goals and dreams,  
and they curl up and fall  
as I fulfill them in order to make way for  
my future leaves.

Elizabeth Sheaffer

# Finally Free

I never imagined I'd feel this way  
In a matter of just a few short days.  
I went from being so depressed  
To swimming in sweet happiness.  
More to you than meets the eye;  
More than just a charming smile.  
A love that knows no earthly bound.  
Such feelings that can so astound.  
A smile that never leaves my face;  
Bliss has taken sadness' place.

Elizabeth Sheaffer

# Flickers

Man and woman brought together by fate  
A tiny spark to light the flames  
The 25th of June was the fateful date  
When our tiny spark began to blaze

Elizabeth Sheaffer

## From Tresses Long

Chills walk up and down my spine  
Both mind and heart o'ertaken by  
A feeling one cannot ignore  
A feeling before ne'er mine

From tresses long, an intoxicating scent  
Wafts, filling my nostrils with its  
Sweet, slowly maddening embrace  
The loss of it, my heart's lament

A memory still lingers here  
Sweet kisses beneath moonlight  
Six days, but you are what I long for  
I'm happiest now when you are near

Elizabeth Sheaffer

## Frosty Hearts Can'T Dull This Love...

I lie awake, thinking only of you.  
Is this what the lovestruck go through?  
I know you don't return the feelings,  
Yet, here I lie, mind and soul reeling.  
There are others who claim to care.  
Others I'm certain would be there.  
But you're the one who haunts my sleep.  
You're the one whose love I seek...  
Why must you torment me so,  
Then leave me standing in the cold?

Elizabeth Sheaffer

# Half Full, Half Empty

The glass is half full  
But pretty soon it will be empty  
As empty as your lonely soul  
Pour another drink  
Everything looks better through those rose colored glasses  
The whole world looks better  
Bathed in that amber glow  
Swallow your regrets  
Drown your misconceptions  
Wash away your pain  
Pick up another pint on the way home  
That's what it takes to get through the day  
What were you thinking, trying to be happy?  
People like you are always the same  
Destined for nothing but loneliness and pain  
What were you thinking, trying to be happy?  
The glass is half empty  
The bottle's contents ever lower  
Much like your self-esteem  
But everything looks better  
Bathed in that amber glow  
So pour another drink  
Your strife is nearly over.  
'Why do you write as if your subject is another? '

Elizabeth Sheaffer

## Hidden Desire (Please Don'T Break This)

I was sinking ever deeper  
Couldn't see the light of day  
Thought my life was small and worthless  
Couldn't chase despair away  
You were always there to help me  
In times of need, you'd lend a hand  
Never knowing my true feelings  
Couldn't make you understand  
All I wanted was your love  
And all I needed was your kiss  
You could pull me from the darkness  
You could bring me happiness  
For years I pined away, alone  
With despair I couldn't cope  
My thoughts of you were what I clung to  
Dreams of you, they gave me hope  
Then one day you hugged me tightly  
Held me close in your embrace  
I could feel my heart just pounding  
My blood and pulse begin to race  
Then one day you asked that question  
The one I'd dreamed so long to hear  
I said yes and gave you my heart  
You mended it, erased my fear

Elizabeth Sheaffer

# Homo Sapiens Sapiens

Exquisitely bright star  
Looking like all the others  
Yet so unique  
Even among billions

Elizabeth Sheaffer

# I Still Need You (Don'T Let Me Go, Love)

I lie, all alone, unable to sleep;  
My thoughts of you are much too deep.  
I made my choice, and I thought I was right,  
But now I'm unsure, and it causes me fright  
To think that, perhaps, I could have been wrong,  
That I should have chosen you all along.  
What can I do to be rid of this doubt?  
How can I know what life's all about  
If I lie here in constant worry?  
My thoughts, like mice, they sniff and they scurry,  
Trying to find some sense of closure;  
A sign that this is truly over.  
Just once, I wish I could shrug off my pain,  
To give me a chance to be happy again.  
But, as I lie here, I come to see  
That I still need your company.  
We may, in love, have parted ways,  
But I'll need you the rest of my days.

Elizabeth Sheaffer

# I Tasted Heaven Once And I Don'T Recommend It

12 am in the middle of nowhere  
a little bit south of heaven  
we were flying high as kites on a strong summer breeze  
and you were just about the best thing that i'd ever seen

we were dancing under a million stars  
none of them quite as bright as you  
and underneath that big white moon  
i knew that i knew that we knew

you were the one i'd wanted so long  
so many times i'd watched you walk away  
but then there you were, larger-than-life and real beneath my touch  
it was 12 am in the middle of nowhere  
when we knew that we knew it was love

it was three weeks later when the stars fell out of the sky like raindrops  
and everything i'd ever known was a lie  
worse than a Nicholas Cage film  
and he never realized that his Van Gogh  
was a reprint from two years ago

too bad he let the real one go

12 am in the middle of nowhere  
a little bit south of the ABC  
feeling again for the first time in weeks  
and wondering why i discarded my life  
like some secondhand book at the Goodwill down the street

you were flying high as a kite on a strong summer breeze  
i was an alcoholic on a bridge  
trying to decide if i would sink or swim

Elizabeth Sheaffer

# Imperfect Perfection

Imperfect perfection  
You are the embodiment  
Your faults are near and dear  
No one is perfect  
(Although some come close)  
But you're just perfect for me

Imperfect perfection  
There is a downfall  
To this perfectly human being  
No one lives forever  
(Although some are trying)  
But we'll meet again on high

Elizabeth Sheaffer

## Inside My Dreams (You Come To Life)

Come to me inside my dreams  
Crystal clear beneath my sight  
Hold me close inside my dreams  
Tell me this will turn out right

Come to me inside my dreams  
I need you with me here tonight  
Hold me close inside my dreams  
Whisk away my lonely fright

Come to me inside my dreams  
Within the dark you are my light  
Hold me close inside my dreams  
Solitude-my only plight

Elizabeth Sheaffer

# Lost In My Dreams (Insanity Reigns)

Torn at the seams;  
Can't pick myself up.  
Lost in my dreams...  
But they're all full of lust.

Feeling unclean;  
The darkness consumes me.  
Lost in my dreams...  
Where else would I be?

By the moon's beam,  
I sit, and I wander,  
Lost, in my dreams...  
Emotions asunder.

The evil, it gleams;  
It twinkles in my eye.  
Lost in my dreams...  
Depression saps me dry.

Life's not what it seems;  
Lucifer beckons.  
Lost in my dreams...  
With such I can't reckon.

Wickedness teems;  
I cannot fight back.  
Lost in my dreams...  
Such courage I lack.

Lucifer schemes;  
He's pulling me to Hell.  
Lost in my dreams...  
I cannot break his spell.

Corrupt, I did deem  
Myself-It must be so.  
Lost in my dreams...  
I'm still sinking so low.

Persona in teams;  
Keep duality in check.  
Lost in my dreams...  
I am a mere speck.

I'm drowning in this dream;  
Light can't penetrate.  
I'm so lost in my dreams...  
Can I ever escape?

Pull me from this dream;  
Lift up this despair.  
Lost in my dreams...  
I vanish in your stare.

Put end to this dream;  
Pull me from life's wreckage.  
Lost in my dreams...  
Insanity beckons.

Bounded in reams,  
My words tell the story.  
Lost in my dreams...  
May they be my glory.

Elizabeth Sheaffer

# Lost Within Myself (Bi-Polarity Comes Knocking)

Life's catastrophe  
Mental apathy  
Feeling empty,  
Lost, and dazed.  
Deep depression  
My regression  
I'm alone,  
Brain in a haze.  
Pain-filled anguish  
Mental languish  
My hopelessness  
Cannot be fazed.  
Evil thoughts  
Satan's taunts  
My mind races,  
Eyes ablaze.  
Empty wrinkles  
Insanity twinkles  
Bi-polarity never  
Fails to amaze.  
Eyes distraught  
Lonely thoughts  
Tears overwhelm  
And eyes are glazed.  
Wicked torment  
So absorbent  
I shrink to nothing  
Beneath your gaze.

Elizabeth Sheaffer

# Love-Hate Relationship

The spitting image of perfection  
Not a flaw could mark your grace  
The one I'd always hoped to find  
The one no other could replace  
Aching, dying just to hold you  
To be in your arms once more  
Kiss me, love me, you complete me  
Show me the smile that I adore  
Pain and anger, afraid I'm losing you  
Everyone knows it's my biggest fear  
The thing I love and hate most about you  
You never fail to bring me to tears

Elizabeth Sheaffer

# Love's Voyage

A man convened into a cave  
A cave no other man dared brave  
And in its dark and dreary depths  
He searched along the length and breadth  
Until the day he first beheld  
The light contained behind her shell

Elizabeth Sheaffer

# Melodious Melancholy

Write me a song about the way the wind blows  
Take me where all the dirt roads go  
Put me in a meadow in the middle of nowhere  
Don't write me something that's just for show

We'll sing it together at a club near the dock  
Our voices and the waves crashing on the rocks  
The people will love us, yeah, they'll really dig it  
We'll be famous so quick we'll go into shock

And we'll be a one-hit wonder wandering down a lonely street  
They'll chant our names and stop us in the middle of the street  
We'll be a one-hit wonder, yeah, they'll all know you and me  
By the sound of our two voices in the still and silent heat

We'll travel the world, baby, oh we'll see all the sights  
I'll take you up and up to the highest of heights  
The people, they love us, they can't get enough  
But all we'll want is to get away from the hype

They'll follow us with cameras everywhere we go  
Expect any second we'll give them a show  
Our music won't matter to them anymore  
And that's when we'll hit our all time low

And we'll be a one-hit wonder wandering down a lonely street  
They'll chant our names and stop us in the middle of the street  
We'll be a one-hit wonder, yeah, they'll all know you and me  
By the sound of our two voices in the still and silent heat

Write me a song about fame and fortune  
Let the music take away all the torture

Put me on the road in the middle of nowhere  
I didn't want this, just you by my side

Come away with me to the middle of nowhere  
We'll take a guitar and hide away

We'll be a one-hit wonder wandering down a lonely street  
They'll forget our names and leave us in the middle of the street  
We'll be a one-hit wonder, yeah, they won't know you and me  
Alone with our two voices in the still and silent heat

(For my Mansi-wifey.)

Elizabeth Sheaffer

# Midnight Misery

Looking from the outside in:  
A wounded girl awaits  
Awaits the day her time will come  
Awaits her saving grace

The hour draws near  
That fated hour  
A Midnight Siren's Song  
Her blood runs cold  
Her mind grows wary  
And soon the voices come

If one would only show her  
Aye, if she could only see  
She herself is the only cause  
Of her Midnight Misery

Alas, she sits  
Alone, she waits  
But no help will e'er come  
For it's through her mind  
And her wounded soul  
That this Misery's undone

Perhaps the girl might see the light  
Perhaps she'd not despair  
If only one would comfort her  
If only someone cared

Offer a shoulder, some respite  
From the barren existence she sees  
Her self-made curse takes hold  
Alas, her Midnight Misery

Elizabeth Sheaffer

# Midnight's Kindred Spirit

My Creature Of Darkness:

The moonlight  
breathes life into you,  
moving you  
to the depths of your soul.  
You sway in the breeze,  
dancing  
with the moonbeams  
gleaming on the riverface.  
Your gaze  
burns through  
everything it lights upon.  
Your touch  
sears all within reach,  
including my fragile heart.  
Your tongue flickers out,  
whispering  
secrets of the night  
into my waiting ear.  
Your lips,  
closing in,  
as ripe as the scented fruit trees  
you rest beneath  
in the harsh daylight,  
pull back at the last second.  
Such A Tease.

Elizabeth Sheaffer

# Mind Control

Lonely Existence  
Pain so persistent  
Take a number and wait in line  
Drowning your sorrows  
Hoping tomorrow  
Will be less severe than tonight  
Thoughts come creeping  
Start your weeping  
No consolation for you at the time  
Strangers intruding  
In your dark brooding  
Trying to start your rebellion of mind

Elizabeth Sheaffer

# More Than An Embrace

For the first time in nearly two weeks,  
I saw your face today.  
You smiled when you saw me,  
And pulled me so close,  
Not knowing you trouble my sleep.

'I missed you, ' escaped your lips.  
Your warm embrace gave me comfort.  
It's amazing I even knew what you said  
When all I could think as I stood there,  
Was how you I so longed to kiss.

It's not often these days that I see you,  
But every time that I do  
I'm reminded of why I feel so strongly.  
I stand in your arms, inhaling your scent,  
Knowing my love's all too true.

When I see you my heart starts to race  
And my pulse goes nearly sky high.  
I'll bet you can read my thoughts;  
There's no way you can possibly be unaware  
That I long for more than an embrace.

Elizabeth Sheaffer

# Morning Romance (I Fall Ever Deeper)

I lay my head upon your chest  
Our two hearts beat as one  
All my worries have been put to rest  
In the light of the morning sun

My breathing even and slow  
Your fingers intertwined in mine  
With nowhere that we have to go  
We can stay here for all of time

I whisper your name in the stillness  
You whisper mine in return  
I never imagined I'd feel this  
For even more I still yearn

Can't get close enough to you  
Can't ever let you go  
Without you I don't know what I'd do  
And within my heart I know

That you are the only one for me  
I'm happier than I've ever been  
I look at you, and I can see  
That I'll never be unhappy again

Elizabeth Sheaffer

# Mother Nature

Whispering winds in the willows  
Soft fluffy clouds like pillows  
Leaves flutter in the breeze  
Nature, she is such a tease

For I am stuck inside today  
But I would rather run and play  
Through the grass that softly sways  
Nature, oh she has her ways

When I get off it's darker now  
Suddenly I hear a howl  
Shivers running down my spine  
Nature, changing with the time

Black and scary going home  
Thunder and lightning in skies roam  
Wind billowing through the boughs  
Nature, less inviting now

Elizabeth Sheaffer

## Mundane Topics

Must poems always be about love, or hate?  
Must they always mention God, or fate?  
I want to write a poem that's new  
But something you can still relate to.

There once was a bird, sitting upon a limb.  
A small, baby bird; his mother behind him.  
He peered o'er the nest, to the ground far below.  
His mum, she pushed him off, and watched him go  
Down, down, further still, until he hit the bottom  
The baby bird was just an egg, one that had turned up rotten.

Elizabeth Sheaffer

# My Fair Lady

I once had a small yellow dog.  
She lived in a house down the hill.  
One morning there came up a fog,  
So thick and so dark it could kill.

I went out to give her some food,  
But to my wondering eyes did appear,  
A rusty old chain on a crude  
Dirty house, but my dog was not near.

I frantically searched through the yard;  
High and low I did hunt.  
I looked so long and so hard,  
But there was no sign of the runt.

I ran up the hill with haste  
To tell everyone of the news.  
Up and inside I raced  
To tell of the dog I did lose.

I came to a stop at the door,  
My eyes as big as saucers.  
She was lying on the kitchen floor,  
And I thought I had lost her!

Elizabeth Sheaffer

# My Favorite If

Lay with me in a meadow of bright green,  
Watching the clouds as they float o'erhead.  
Tell me how you feel; just say what you mean.  
Don't speak to me with a riddle instead.

Laughter floats across the meadow  
As we lie together, happy and free.  
I want you with me wherever I go;  
I'll be happy if you are with me.

Your smile warms my heart as the sun cannot,  
And I join my hand with yours as one.  
Without even trying, my heart you have caught,  
As we lie, laughing, beneath the rays of the sun.

This bliss seems eternal and everlasting  
And you make me feel as no one else has.  
Promise me you're not just pretending;  
Tell me you're different from those in the past.

I feel your lashes against my cheek;  
Soft butterfly kisses in the wind.  
Now that I have you, no more will I weep;  
I just hope that this doesn't come to an end.

There's something about you I cannot resist,  
Something that lodges you in my mind.  
Your eyes meet mine as you steal a soft kiss,  
And I know that I've found something truly divine.

Elizabeth Sheaffer

# My Love

My love has eyes as blue as the sea  
And his hair is as red as red can be.  
He has powerful arms that hold me close  
As he plants a kiss on the tip of my nose.

My love has a heart of purest gold  
And small little hands I love to hold.  
I long so for his tender touch;  
Oh I love my love so very much.

Elizabeth Sheaffer

# My Strength Is In You

She stood, unmoving, by the bay  
With her soft white dress billowing in the breeze  
Surrounded by the local flora  
Looking so much like a Thomas Kincade painting  
At that moment my heart ached for her  
I longed to go to her, pull her close  
And tell her that I loved her again  
In case she'd forgotten, or needed to hear it once more  
With her hair blowing in the wind it was hard,  
so difficult to imagine it would all be gone in two weeks  
They told us at stage four we'd have to be aggressive  
So we came to her favorite place once more  
While she was still strong enough to make the trip  
And in case... But no. She is strong.

Three months later I came back here  
But it wasn't the same as before  
The flowers were gone, replaced by scrag  
And she wasn't standing in the breeze anymore  
But I scattered her ashes as she'd asked  
So she could live here forever as she'd always wished.

Elizabeth Sheaffer

# My World Is Often Gray

Life should be simple and outlined  
Separated into black and white  
So we know what's wrong and what's right  
But for me the black tends to creep over  
And the white starts to overlap  
Until everything fades to gray

Life should be simple and outlined  
And people should come with a guide  
No one should be pushed aside  
But for many the black's creeping over  
And the white starts overlapping  
Until everything fades to gray

Life should be simple and outlined  
Emotions should not be so stirring  
Or cause events to be disturbing  
But the black has crept over  
And the white's overlapping  
And all has faded to gray

Elizabeth Sheaffer

# Never Enough

I miss your face;  
I miss your smile.  
I miss that voice;  
I hate these miles.

I need you here;  
Lie in my arms.  
Make me laugh  
With easy charm.

I want you with me,  
By my side.  
Those eyes that make me  
Melt inside.

I love you could never  
Be enough  
To explain my feelings;  
It's more than love.

Elizabeth Sheaffer

# Night's Fair Maiden

Shimmering down through darkened trees,  
Their branches swaying in the breeze,  
Night's fair Maiden beckons all,  
Dissipating Satan's pall.  
Her silvery peals of laughter greet  
Each ear 'pon which they chance to meet.  
She smiles and winks from darkest skies;  
To flights of fancy does give rise.  
Her full face sparkling in the dark  
And bringing warmth to dreary hearts,  
The pale Moon-Maiden reigns us in  
And gives way to sunlight 'til she frolics again.

Elizabeth Sheaffer

# O, To Control Lady Fate For A Day

O, to control Lady Fate for a day  
To change everything, make it all go my way  
O, to be able, at a wave of my hand  
To change all the rules that govern the land  
O, to be able, upon my whim  
To change everything, make it clear within  
O, to stop the sands of Time  
And adjust them according to wishes of mine  
O, just for once, could I take all your pain?  
So that you could be free from the tormenting rain?  
O, to control Lady Fate for a day  
To change your skies from this dismal gray  
O, to be able, at a wave of my hand  
To take away sadness, to help you to stand  
O, to be able, upon my whim  
To make you feel such joy within  
O, to stop the sands of Time  
To wash away all dirt and grime  
O, just for once, could I take all your pain?  
Can I ever make you feel whole again?  
O, to control Lady Fate for a day  
To change everything, make it all the right way

Elizabeth Sheaffer

# Past To Present And The Start Of Our Future

Well I was 18 and you were 23  
The very first time that you met me  
Nobody knew that we were meant to be  
But now I know that you're all I need

The very first date and our plans fell through  
Carrabba's was closed; you didn't know what to do  
With Olive Garden sitting right up the street  
There was nowhere else that I wanted to be

(Spoken) : Actually, you were late for work that day  
And that didn't bother you one bit because you said you were having a good time  
We talked the whole ride home, and you kissed me goodbye  
It was then that I knew I wanted to spend more time with you

I beat you at Scrabble; I beat you at pool  
Beat you at Tetris on my PS2  
I beat you at putt-putt, and bowling too  
But winning doesn't matter long as I've got you

I said "I love you" at your house one night  
It seemed too soon, but it felt so right  
We haven't argued, never had a fight  
And I know our future's gonna be so bright

(Spoken) : I can't count the times that I've lie awake  
Wishing for the day when I could be with you  
Never having to leave or let go  
Never having to say goodbye again

I've dreamt of this day more than all of the rest  
You in your tux, babe, and me in my dress  
Of all the things in my life, honey you're the best  
And I know our love is gonna stand the test

So I'll sing this song, then I'll say "I do"  
Walk back down the aisle right beside of you  
I hope and I pray I'll always be what you need  
Only time will tell; we'll have to wait and see

I was 18 and you were 23  
The very first time that you met me  
Nobody knew that we were meant to be  
But now I know that you're all I need

[This is a song I've written that I'm planning to sing at my wedding.]

Elizabeth Sheaffer

# People Spend Their Entire Lives Looking For What I've Found With You

It wasn't sudden for me.  
There were no fireworks.  
I felt no uncontrollable need.  
It wasn't sudden for me.  
The first time I saw you  
I didn't lust after you.  
It just wasn't sudden for me.  
No love at first sight,  
No talking until midnight.  
Love isn't sudden for me.

But the more we talked  
And with all that I learned  
My love for you took form.  
It grows with each day  
Like a nurtured plant.  
My love for you was not sudden,  
But knowing I wanted to spend  
The rest of my life with you:  
That was sudden for me.  
And you're suddenly part of me.

Please, stay that way.

Elizabeth Sheaffer

# Pixellated Memories

Staring at your picture again  
As a tear rolls down my cheek  
The pain as fresh as yesterday  
Even after weeks and weeks  
Your passing was sudden and unexpected  
No one thought you'd go  
Death swooped in to take you  
It came in one fatal blow  
We're all here, left without you  
I know you're in Heaven now, pain-free  
But it hurts to live on Earth without you  
And I can't help wishing you'd come back to me

Elizabeth Sheaffer

# Realizations Of A Teenage Catastrophe

The human race is a great tragedy,  
and we are all acting in it  
over and over again.

The thing most people fail to realize  
is that we are our own playwrights.

We have the power  
to shape our own destiny  
and to reach for things  
most people only dream of from afar.

We can create the tomorrows we so desperately long for.

Elizabeth Sheaffer

# Rendezvous Beneath The Stars

Gravel road with no headlights  
Driving by the moonlight  
One hand on the wheel, the other in mine  
Knowing our love will last for all time  
You look down at me, a gleam in your eye  
My head on your shoulder, contented sigh  
Down to the river; swim in the night's gleam  
Sparkling water alight with moonbeams  
Splashing and laughing, a life so free  
You've chased away all of my old misery  
I look at you and my heart fills with love  
As we're watched over by stars up above  
No other time have I felt more free  
Than on that night you gave to me  
Driving too fast and passing every car  
On the way to our rendezvous beneath the stars

Elizabeth Sheaffer

# Satan's Whisper

He held her still beating heart in his cold hands  
His dark eyes appraising her body by the moon's gleam  
Placing the heart in a wrought-iron box  
He turned and walked away from the scene

She stood and brushed the dust from herself  
Looking around for the boy she had found  
His dark hair and eyes had mesmerized her  
As he'd lain her within the circle on the ground

He bowed before the Dark One, making offer  
Of the box, that was placed at His feet  
He opened the box and devoured the heart  
The blood running down over His teeth

'Well done, my childe! ' the demon exclaimed  
As he plucked a napkin from the table  
Wiping his mouth and cleaning the blood  
As best as was he able

'Her soul is now mine to do with as I please! '  
The boy and He laughed aloud  
For the girl had lost her way that night  
And now walked home with a frown

She lay in her bed that night and stared  
Out the window at the dark night sky  
There was no flutter beneath her breast  
And the tears flowed from her eyes

Elizabeth Sheaffer

# Seven Years Now, Nearly Eight

All's fair in love and war  
But aren't these two the same?  
'You've waged war  
on my heart  
For 48 years now  
And still I come crawling  
Back, begging  
for more miserable defeat  
My bones are weak  
My skin is tired  
Bruises come  
with ease now  
My feeble mind  
Won't last much longer  
And soon I'll forget  
You ever existed.'  
All's fair in love and war  
But aren't these two the same?  
Words can be bullets  
And we can put up  
Barriers, to defend  
our pathetic arguments  
Let us mull over  
fickle emotions  
in the rocker out by  
the oak tree  
Where the grandkids  
have their swing  
'Don't spatter me with  
your shrapnel  
Hold your tongue in  
check, please.'  
All's fair in love and war  
But aren't these two the same?  
Tough skin like leather  
Time wears down  
No rest  
no food  
no time to love

Keep on marching  
on 'til dawn  
'40 years and I've got  
nothing left.  
Why do you always  
torment me  
with your petty excuses?  
Make your own damn sandwich, Ed! '

.....

'Mom? Who are you talking to? '

.....

A hand over a mouth  
Eyes open wide  
Other hand on the heart  
His picture by the bed  
'Rest in peace'  
Above the frame

.....

'Mom? You okay in there? '

.....

Tears roll down a cheek  
Tracing the wrinkles of time  
'7 years gone by now  
Nearly 8  
And I still keep forgetting  
You're gone...'

Elizabeth Sheaffer

# Seventeen Seconds Of Desperation

Seventeen degrees bring a chill into the air.  
Seventeen years brought little but despair.  
Seventeen hours until I speak with you again.  
Seventeen millenniums couldn't break the spell I'm in.  
Seventeen times I speak your name aloud.  
Seventeen years of which my family is so proud.  
Seventeen hours may well bring about my doom.  
Seventeen long years, all spent here without you.  
Seventeen minutes left and I'll be out of class.  
Seventeen years and this may well be my last...

Elizabeth Sheaffer

# Shards Of The American Dream Litter The Ground

When I was born you promised to protect me  
To keep me safe from all harm  
As I grew, you became the enemy  
But no one around would sound the alarm

As a child, you promised to love me  
You turned to abuse instead  
You beat me down to the dusty ground  
Never gave me a chance to get ahead

I've been living a life that is based on promises  
Promises, made as you wept  
I'm drowning in a life based solely on promises  
Promises, too often unkept

For a while, I thought it was normal  
All fathers beat their children and wives  
But my eyes were opened to allow me to see  
You were ruining all of our lives

We got ourselves out of that hell-hole  
Began our lives anew  
But the memories still come back to haunt me  
I can never completely forgive you

Living a life that is based on promises  
Promises, made while you wept  
Drowning in a life based solely on promises  
Promises, too often unkept

Elizabeth Sheaffer

# Shattered Utopia (O How My Heart Aches!)

I can still feel your touch upon my skin  
The whisper of your breath against my ear  
I can still imagine being in your arms  
I can feel you with me when you're not here.

I still remember the way it was  
The way our relationship used to be  
Back when we were happy just being in love  
Back when it felt like you needed me.

It's that part of us that I hold on to  
Keeping it close in my mind's embrace  
You are all that I ever longed for  
Just know that no one could take your place.

But now when I think of you it all seems different  
I feel as if something's gone terribly wrong  
Nothing's the same and I don't know what to do  
I knew that it couldn't stay perfect for long...

Elizabeth Sheaffer

# Simplicity's Escape

I miss the simplicity of childhood...  
Of never worrying about life...  
I miss believing that bad things never happen...  
I miss that feeling of joy, with no strife...  
I miss not caring about failure...  
I miss the warmth of a loving embrace...  
I miss being able to smile and mean it...  
I miss not knowing his face...  
I miss having simple friendships that exist  
Solely because you truly care...  
I miss being able to sleep well at night...  
I miss always feeling like I have someone there...  
I miss that time when guys were gross...  
When I didn't long for you without hope...  
I just miss being happy and free  
To do with my life as I damn well please...

Elizabeth Sheaffer

# Sunkissed Romance

The smile drew me in  
As effectively as any lure.  
The upturned corners of your lips-  
Authenticity, all too pure.  
The eyes bid me swim  
Deep within their shimmering abyss.  
I stood, rapturous, before you,  
Aching for the feel of your kiss.  
Rays of warmth smiling down upon us-  
Alone, even in the crowd.  
Perfection realized, growing by the second-  
Too enthralled to speak our thoughts aloud.  
Everything I'd imagined all that time  
Was now standing before my gaze.  
All those nights spent alone, and there I held you,  
Our fiery passion alight and ablaze.  
You're the sun to my moon;  
The west to my east.  
Yet, despite all our difference,  
Together, we find peace.  
Though now my lonely heart  
May be filled with demand,  
Fate brought us this far-  
Our meeting was planned.  
We've come too close now  
To let it slip from our grasp.  
May our futures thus combine-  
Let this sunkissed romance last.

Elizabeth Sheaffer

# Swimming In Darkness, Drowning In Doubt

Swimming in darkness, drowning in doubt  
Knowing my life has been turned inside out  
I'm wandering along in a world that is cold  
Reliving all of my memories of old  
I can't shake this feeling that the best was lost  
I never imagined the height of this cost  
Depression's black cloud hangs, huge and ominous  
Sanity, now, just seems so amorphous  
It seems I am lost in a world full of hate  
Don't know what to do, unhappy with fate  
My self-worth was shattered, my esteem now gone  
Deep in my heart I know I'm not alone  
But I feel that way, and it hurts me deeply  
I can't understand why they treat me so cheaply  
I can't seem to find an escape from the pain  
Lost in this world, the people mundane  
I just wish that everything could be clear  
That I knew how to fight this adolescent fear  
Until then I'll never know what life is about  
I'm swimming in darkness, drowning in doubt.

Elizabeth Sheaffer

# Swimming Through Fire

A cool breeze blew across my face  
As I stood at the cliff's edge  
Pondering my fate

I could take a risk  
For the first time in my life  
And plunge over the side

Or I could do what I always did-  
Turn around and run-  
Run away from the unknown

I cocked my head to the side  
Taking advice from the trees around me  
From the ground beneath my bare feet

I plunged over the edge  
Headfirst, rushing towards disaster  
I screamed as I plummeted

And when I hit the water below  
I smiled because I knew  
I could breathe again

Elizabeth Sheaffer

## Tainted Future (Ruinous Deeds)

Your fingertips graze across my skin...  
Soft lips gently caress my warm flesh...  
Exquisite pleasure building within...  
A sinful lust you can't hold back...

Body aching to capture, release...  
Coming together in waves of need...  
A hectic rhythm that just won't cease...  
Our sinful lust we can't hold back...

Fingers, nails, digging deep...  
Hoarse whispers fill the air with sound...  
In blissful escape together we weep...  
In sinful lust we couldn't hold back...

Two months later, a small surprise...  
Adding to a list of troubles...  
One night, and a future of baby's cries...  
It was sinful lust that ruined our lives.

(I feel the need to note that I do not have a child. I chose a random subject, namely sex, and this was the turn that it took. I don't really feel this way. kthx.)

Elizabeth Sheaffer

# Taking Back Control

The darkness seeps slowly  
back inside my brain  
The images take over  
and I'm feeling my old pain

And with it, inspiration  
comes knocking-long at rest-  
You see, all my writing  
was done in darkness best

The knife it beckons to me  
The blood it sings aloud  
My mood is turning gloomy  
As I pull close midnight's shroud

The Surge of Satan whispers  
Flowing through this pen  
'Oh precious, how I've missed her'  
He greets me once again.

I welcome in the darkness  
Let it numb away the pain  
So long I pushed the darkness  
Out in favor of what's sane

But at least I get the comfort  
The release that comes with it  
Writing all my thoughts out  
Even if they make no sense.

Elizabeth Sheaffer

# Teardrops At The Bottom Of A Well

Tiny dropp of purity  
Small dose of harsh reality  
A sign of spirituality  
Can be both good and bad

Tiny dropp of shame  
Reality of fame  
Expression of true pain  
Sometimes misunderstood

Tiny dropp of cleansing  
A sign the heart is mending  
Depression is descending  
But hope that yours are good

Elizabeth Sheaffer

# The Death Of A Flower

Love is a soft, sweet flower  
Blooming 'neath sunlight's rays  
Life gives love its power  
Sustains you all your days

Love is a soft, sweet flower  
Bright petals circularly arrayed  
Life gives love its power  
To hold one's heart in sway

Love is a soft, sweet flower  
Flourishing by a cool bay  
Life gives love its power  
But eventually both fade to gray

Love is a wilted flower  
Petals all crumpled and frayed  
Life gave love its power  
But death took both away

Elizabeth Sheaffer

# The Great Escape From Reality Into An Alternate Dimension That Turned Out To Be Reality Disguised As A Dream

Lounging in total darkness  
Side by side  
Your hand on my knee  
We're soaring on a sky held up by threads  
Tied to the fingers of a cruel puppeteer  
At any second the tables may turn  
As my world comes

C  
R  
A  
S  
H  
I  
N  
G  
D  
O  
W  
N

You are the light and the darkness  
Both joy and sorrow  
My strength and my weakness  
Confusion as well as clarity  
You are night and day all rolled into one  
And I wouldn't have you any other way  
Together we're the best of both worlds  
With something intangible  
Never found in any world  
We are black and white  
In vivid color  
We have been rolled into one  
I wouldn't want us any other way.

Elizabeth Sheaffer

# The Homeless Homo Sapien Hoping Against Hope For A Home Here

Creeping through the dark on dampened grass  
Peering inside through thin stained glass  
Such wonders inside doth this house hold  
An array of wonders, soon to unfold  
Taking a seat to watch the show  
It doesn't matter that the performers don't know  
Caught up in their excitement, they sing with delight  
Their clear, cheery voices ring through the night  
A man, with his wife, holding her close  
So much in love; they could never let go  
Sitting outside, a single tear escapes  
Wiping away the path that it traced  
The wind brings a chill, but inside it's warm  
So lucky are they that have a good home  
Thinking aloud, 'Why can't i have this? '  
Wishing for a wife of his own to kiss  
Sadly, the man turns away and departs  
Heavy in spirit, but light at heart.

Elizabeth Sheaffer

# The Last Resort

Tears well up, threatening to o'erspill these blackened lashes.  
Blackened; That's what society calls fashion.  
Little girls playing in mother's make-up.  
Wind, whispering through bright, green-leaved trees.  
Running around barefoot, the wind in your face.  
Falling back, your hair flowing behind you on freshly cut grass.  
Looking up at the clouds; sunshine streaming on a beaming face.  
Bliss, eternal and sweetly innocent.  
Reminiscing years later...  
You'll never have that innocence and youth again.  
What's lost is lost forever.  
You've moved on from happy child to stressed adult.  
No more fresh-baked cookies; 'Who wants to lick the bowl? '  
No more trips to the park, nothing to do but slide, swing, play, so carefree...  
Work, worry, the list grows longer and the bottle emptier by the second.  
No time to relax and unwind; it all mounts up-a formidable force indeed..  
Tears well up, threatening to o'erspill these blackened lashes.  
Blackened; you gave in to society's dream of fashion.  
Seeking comfort wherever comfort can be found.  
When all else fails; the last resort.  
Tears well up, o'erspilling blackened lashes.  
Creeping down your powdered cheek; slipping down your neck.  
No one was there; no one cares.  
Life is meaningless.  
You have no purpose; you'll be replaced as soon as you're gone.  
Crimson stains the sink basin; dripping down the side.  
No one was there; no one cares.  
Tears well up, o'erspilling blackened lashes.  
Blackened; never again will you give in to fashion.  
Crimson, sliding down a background of porcelaine.  
Seeking comfort wherever comfort can be found...  
When all else fails; the last resort.

(October 2006)

Elizabeth Sheaffer

# The Unseen Prove Most Dear

I'm surrounded by all these people who claim so much to care  
Yet it's the ones I 'don't know' who are always there.  
I feel so alone in a place supposedly home.  
I wonder sometimes, as my mind always roams,  
Would I be better off where they are?  
In a place where 'home' would seem so far?  
It's these people I meet but never have seen  
That seem to mean the most to me...  
Isn't it funny how those who are near  
Are often the ones that to you are less dear?  
All I want is to be rid of this pain,  
To be able to live with joy again.  
Of friends I often boast.  
It is those from afar who mean the most.

Elizabeth Sheaffer

# The Wind Song

The wind chimes have always been my favorite.  
That tinkling that fills the house when the wind blows...  
It's like a song that was written by Mother Nature-  
Her masterpiece, and only one instrument is needed to play it.

I put a rocking chair on the porch.  
On sunny days I like to sit outside  
Feeling the sun warm my skin  
While I listen to the earth's singsong

I learned a long time ago,  
Back when the cancer was diagnosed,  
That we all need to focus on the little things.

The smell of the wildflowers in spring.  
The joys of the summer heat and of children's laughter.  
The way the sun looks through an autumn leaf.  
The beauty in remembering that snow days aren't just for kids.

'Two weeks, ' the doctor told me, 'maybe more, maybe less.'  
I fought the good fight, and although I am dying, I won.  
I learned to love myself and everyone around me unconditionally.  
I learned that death is really just the ending of a song-of my song.

And they'll take me away when the wind dies down  
And the tinkling of these old wind chimes ceases to fill my ears.

Elizabeth Sheaffer

# Their Eyes Tell A Different Story

They hear him calling  
He who believes they are under his spell  
Their eyes tell a different story  
A mask worn by the sands of time  
Yet built to last a lifetime  
One peers within the depths of their tortured souls  
Witnessing the unfolding horror that is woman  
The unmasked beauty that is woman  
Were he to venture into their depths  
As all the others seem to  
He might then see that he is powerless  
Against a force greater than any on this earth  
Were he but to peer into those depths  
He might then witness the power that is woman  
And the frailty that is man

Elizabeth Sheaffer

# Thoughts In The Shower

Lines in the condensation on my shower door  
Spell out the name of the one I long for...  
Water trickles down, so much like the tears  
That come when I give in to all my little fears...  
Water streams down like the love within my heart;  
The love I feel for you, together or apart...  
The soap coats my skin, and gets that mushy feeling,  
Much like the way I feel inside when your voice leaves me reeling...  
The water washes over me, sweeping my skin clean.  
Much unlike my mind, which runs amok with thoughts obscene...

Elizabeth Sheaffer

# Three Days

Falling so hard;  
Moving way too fast;  
Hoping against hope  
This love will last.  
Too good to be true;  
Too real to be a lie.  
Being with you  
Makes me feel alive.  
With every word  
And every breath,  
My heart grows fonder;  
I'll love you 'til death.  
You make me feel free,  
With a love so strong;  
I know loving you  
Could never be wrong.  
With each passing day,  
I love you all the more;  
Each minute without you,  
My heart grows so sore.  
So I give you my heart;  
I give you my soul.  
I'm standing back;  
Let love take control.

(December 19,2006)

Elizabeth Sheaffer

# Tired Of Being An Escape

I watch you with them and you seem fine.  
All is well until I show up.  
Then problems come flooding,  
Tears start flowing;  
You tell me about how life's so tough.  
Why must I serve as your escape  
While you hide away from the rest of the world?  
Why can't you tell them all these things?  
Why must it always be me?  
I'm feeling smothered and insignificant;  
I want more than to be your confidante.  
Why can't we just talk about us?  
Am I so far back in your thoughts?

Elizabeth Sheaffer

## Two Months-My Eternity

I want to be in your arms  
I know that's where I belong  
Whenever I'm with you I have peace  
Baby, you make me so strong

I want to look into your eyes  
To feel your breath on my skin  
My heart fills up, overflows with love  
The joy builds up within

Come here, let me kiss you  
Let me hold you close to me  
Baby, you're my everything  
Happier than I dreamed I'd be

It's been two months today  
But it feels like so much longer  
And the more time we spend together  
My heart, it only grows fonder

(May 7,2007)

Elizabeth Sheaffer

# Uncertain Depression

I hear your heartbeat in my mind,  
Beating slowly, stopping Time.  
Pencil races across the page,  
Spilling forth compulsory rage.  
Broken anguish, bitter doubt;  
Mind flipped over, inside-out.  
I feel your fingers slip through mine,  
Our two heartbeats stopping Time.  
Why do I feel like something's wrong  
When everything seems so damn right?  
I just want us to be alright.  
It'll all look better in the morning's light...

Elizabeth Sheaffer

## What's A Teenager? (Mommy Dearest)

I'm not on drugs, don't smoke or drink,  
Or stay out partying all night.  
I appear to be this amazing kid,  
But I can't do anything right.  
I try and try, but every time,  
I fail within your sight.  
I guess that I'm much better off now;  
I don't have to live in fright.  
But I don't want to go on living here  
If I can't do anything right.  
If I told you this you'd mock me,  
Say I'm making up this plight.  
You feel that I'm just whining,  
That my trials are only slight.  
I wish that I could let you feel  
What I feel, for just one night.  
Maybe then you'd be able to understand,  
Yourself having felt the blight.  
Maybe then we'd have a chance  
To make everything alright.  
But until you understand my pain,  
All we'll do is fight.  
And I'll be left alone again  
To cry to sleep at night.

Elizabeth Sheaffer

# Where Did Our Conversations Go?

Where did our conversations go?  
They used to last so long.  
We'd talk of the most random things,  
Or break out into song.

Where did our conversations go?  
They used to be so free.  
But lately everything seems pinched;  
You barely speak to me.

Where did our conversations go?  
I did enjoy them so.  
But lately things have died away.  
It makes me feel alone.

Where did our conversations go?  
They made me feel so free.  
The thing I want the most is  
Everything that used to be.

Elizabeth Sheaffer

# Withholding Evidence

Dark and dreary  
Oh so weary  
Waiting in an endless line  
Dark as night  
Starkly bright  
The sunshine blinds my puffy eyes  
Red from crying  
Thoughts are lying  
Self-esteem still oh so low  
Stop the meds  
Play with your head  
Hurt yourself so deliberately  
Cut the skin  
Pain within  
Do you even want to get better  
Love the pain  
Stand in the rain  
How do you let go of all you've ever known?  
Holding back  
Important facts  
How can they help you if they don't know?

Elizabeth Sheaffer

# Young Love

There once was a young man of twenty,  
in love with a girl of sixteen.  
He thought they'd last forever,  
but the girl was simply too green.

She told him, 'I love another;  
my love for you has faded.'  
Her admission broke his heart,  
and left his outlook jaded.

The young girl feared for his safety.  
His love was far greater than hers.  
But she could not stay in a relationship,  
With his feelings unreturned.

So she bid the young man farewell,  
Wishing him all the best.  
Her sleep that night became troubled,  
With visions of a knife in his chest.

Some people love forever;  
Some but a little while.  
Some memories leave us bitter;  
While others bring a smile.

To the young man of just twenty,  
This does not mean the end.  
You've made some great new memories,  
And will one day love again.

Elizabeth Sheaffer