

Poetry Series

Ellen frawley
- poems -

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Ellen frawley(1982)

stuff wrote a few months ago. just thoughts whirling through my head late at night. wonder alot what its like for people in different situations and what it must be like. some are just that wondering what it would be like to be in a different place in my life and some are how i have felt.

Broken

I glance in the water
reflection staring back at me
who is this girl looking at back at me
Her face is blank
though her eyes are acquiring me
why have you sat silent
what have you done
Cat caught your tongue
your lack of words more damaging than his actions
the silence has cut too deep
her world shattered like a mirror smashed on the floor
view of the world
self image forever distorted
memories broken fragments
as her hopes and dreams
trying in vain to gather the shattered pieces
fit the pieces together again
the task is hard
she is weary
pieces are sharp
cutting away
leaving scars
maybe one day
she'll have a clearer picture,
the sharp edges will be no more
maybe her tears
will be as rain washing away
the blood and the pain

Ellen Frawley

Buried Long Ago

Long ago,
No longer able to cope,
Went out she dug a deep, deep hole in the ground,
Took a knife,
Cut out part of her self,
All the pain and the memories,
That were killing her,
She buried them deep, deep down underground,
Now some one is digging,
She is afraid if they unearth,
What was buried long ago will she still be able to cope.

Ellen frawley

Children

Children should be just that,
Allowed to be young,
Wild, reckless and free,
Let dream,
Believe that they can reach the stars,
Not made fit in a little box,
Try to be something they are not,
Compared to others because we are all individual,
Special in our way,
Told that they are precious each and everyday.

Ellen frawley

Cutting The Strings

□

Sometimes if you love some one deeply,
You kiss them goodbye,
Turn, just walk away,
Don't let them see you cry.

If you love someone deeply,
They were you one true only love,
Love the kind you find only once in a life time,
That you cannot live without.

Sometimes if you love some one deeply,
You have to let them go,
They only suffer on,
Waiting till your ready for there time to come.

If you love someone deeply,
Cut the strings of them,
Because they only cling on to the last thread of life,
Until you let them go.

Ellen frawley

Daddies Little Angel

Does it make you feel better?
Does it make you feel a man?
Abusing the ones that love you,
Just because you can.

They showered with attention,
Gave you all their love,
Unconditionally no matter what,
Why wasn't that enough.

Bought you everything you wanted,
God knows you wanted enough,
While the rest of us went without,
But clearly that was not enough.

Do you realise the hurt you cause?
Do you even care?
You may not hurt them physically.
But you do emotionally.

Daddies little angel,
You could do no wrong,
But eventually he realised,
He was very wrong.

He sat there in his wheel chair,
Please look after your mum,
For dying in his wheelchair,
Being eaten alive by cancer he knew he didn't have long.

You got into a tempter,
Knocked over his wheel chair,
I'll do what I f***ing want,
Left your father lying their.

The true was covered up like many times before,
Do you realise you broke your fathers heart,
When he realised you we not an angel,
Daddies little angel no more.

Your mammy loves you,
No matter what,
God knows most people,
Would have given up.

But how do you repay her,
You treat her like your slave,
Expect her to answer your every beck and call,
Day after day, night after night.

You belittle her constantly,
When she does all she can,
To make your life as easy,
As she possibly can.

How do you repay her,
Oh that's right you don't,
You bully her,
Till you get your own way.
You're a pathetic,
you're a joke,
Try to make excuses for all of your faults,
I hope one day you'll wake up to your self.

Come on now,
Its time, wake up be a man,
Take responsibly for your actions,
Grow up.

We only had one father,
Now his gone,
But we still have a mother,
God only knows how long.

You should cherish her,
As she cherishes you,
Why do you hurts her so,
When all she does

Ellen frawley

Dear Santa

This year I wish for,
My one desire,
Is to cuddle up to a loved one by the fire,
And spend it with the people that I love,
What else more could one want,
But to be with the people that one loves.

Fame, money, fast cars,
Yes, they would be nice,
But they can't cuddle you at night,
Fame soon wears thin,
Money soon goes,
And so goes with it people too, .

People you thought loved you for you,
Turn out just to be after what they can get out of you,
When the good times go,
Their friendship goes out like a candle,
With a sudden breeze,
With out any warning their flown away,

So my wish for my loved ones,
Is their health not their wealth,
And just enough money to look after themselves,
Their happiness always but not all their dreams and desires,
Because what you long for is not always what is in your best interest
Some times it eats you alive.

So Santa I hope your listening to me tonight,
When I wished upon a star falling tonight,
That you grant my wishes,
With the good intentions that they are meant with,
That these dreams of mine come through,
That these wishes are kept with people their whole lives through.

Ellen frawley

Deep Water

Still waters,
Run deep,
While the surface looks calm,
You never knows what lies beneath,
Murky waters,
Deep, deep down,
Where hidden secrets lie.

Ellen frawley

Dosed

Like a pill,
I'm effected by you,
You call,
I'm at will,
No defends,
You do as you will,
Under your control,
I have no control of my own,
I'm dosed by you.

Ellen frawley

Endurance

Standing half way up,
Half way down,
From the mountain top.
Should I venture up wards to the very top?
Views from here are wonderful,
I can see all the obstacles that I've overcome,
Looking up wards its getting steeper,
My footing I am unsure,
The slightest step in the wrong direction,
Could send me overboard,
The rush would be exciting,
But the impact I do not think I could endure.

Ellen frawley

Fading Light

Oh lord,
Show me the light,
No longer can I walk though the darkness of night,
For a while now I have got by,
In the pale moon light,
But gradually that light too is fading,
Oh lord my faith is slowly to fading,
I long to see the sun light again,
To feel the sun light on my face once again,
Like a flower I need the sunlight,
As the flower also needs water,
To bloom,
So as the flower wilts, fades,
So I will surely do too.

Ellen frawley

Gone

I cannot sleep,
I just lie awake,
Without you here,
My heart it breaks,
Nobody here,
I'm all alone,
I just feel dead inside,
With you gone.

Did you think how it would feel?
To wake,
And find you gone,
No warning,
No note,
Just an empty space in my bed,
Empty ness in my heart,
Thoughts racing in my head.

Now there is just an empty space next to me,
Gone the warm of another body next to me,
Gone the sweet scent of your body,
So many questions,
No answers,
Just why?
Did your love for me suddenly die,
Or did your love of me fade just slowly fade.

So how did you feel walking out the door?
As you closed the door,
Did you feel happy, sorrow or guilt?
Did you feel relief

Ellen frawley

Goodnight

Today I decided,
I've giving up on life,
Nothing left to live for,
For I have no hope left in life.
People will look back,
No one will understand,
But unless you have walked in another's shoes you can not understand,
People glance at me,
Few take the time,
To get to know me,
Look deep, see whets underneath,
Just judge me by what they see at first glance,
So I paint on a smile,
Hide how I feel,
Long time ago I died inside,
Now I'm just having my body follow my heart,
So goodbye world, so long, goodnite.

Ellen frawley

Help

You just don't care any more,
What happened?
Even if not for yourself, please.
Have even a little respect for me.

Please walk away,
I can't protect myself,
That's not my job any way,
That's yours.

You know he'll never change,
He'll never be to blame,
It will always be our fault,
So please break away.

The first step is the worst,
Admitting you need help,
You know it's there if you ask,
No one can help you till you ask

Ellen frawley

I'M Human, What Are You?

You think I don't hurt,
That I don't bleed,
Do you think I'm a robot,
That I'm never on my knees,
My life ain't that bad
It ain't a picture tho,
Just because I don't go round crying my heart out,
Or waving my arms in the air,
With the slits on my wrists on show,
Don't mean I don't feel,
Not sayin I'm perfect,
That there are not days that I wish I was a kid and could lie on the floor,
Throw a tantrum, scream and shout,
Don't feel like crying my eyes out,
I just can't turn it on like a tap and have it just flow out,
I'm not a machine,
A robot,
I'm human.

Ellen frawley

In Her Head

Like so many times before
So tired now not able
For the voices any more.

They told her many things,
At first they were kind to her,
They were her only friends.

But slowly they turned on her,
They picked on every fault,
Then they started to tear her.

Like vultures picked at her piece by piece,
Nothing she did was right,
Every thing was wrong.

She was very bad they said,
Bad couldn't live.
Bad had to be destroyed.

They whispered to all day,
All night long,
Till she couldn't bare them any more.

She tried her best to block them out,
Nothing worked they wouldn't stop,
They told her they would never leave her alone.

Now she knew what she had to do,
She finally thought how to stop them forever,
A smile spread across her face.

She walked out the door,
Down the road,
Climbed up high upon a wall.

The voices in her head screamed,
Yes, yes, yes.
This is the only way.

So she jumped,
She went down, down, down,
Finally she was at peace now.

When her body was found,
People were shocked,
The ecstasy on her face.

She was a pretty girl,
But in life always glum,
In death she looked like to heaven she had gone.

Ellen frawley

Labels

What makes people tick?
What makes them crazy?
Just snap,
Fall over the edge.
From normality to insanity.
They say it's a very fine line.
But who should decide
Just where that lines lies
And side you stand on
Everyone is different
No two exactly the same
Even identical twins have differences
Who should have the right to judge others
Label people strange, different, weird.
Labels are for objects not people

Ellen frawley

Life

□

When I look at the sky,
I wonder why,
What is the story,
Life?
Who made us,
Why?
What is the reason we are here,
Life serves what purpose,
Do we have certain lessons to learn?
Is that why suffering, pain, heartache exist in this world,
Why are people taken from this world early,
Don't get to live there life,
Some not even get to take a first breath,
Our loved ones taken from us,
Our kids taken before us,
Is it because they have nothing left to learn,
There tasks on earth are done,
Eternal peace is theirs,
Or do we go from this life to another.
Another lesson to learn,
And lesson to teach.

Ellen frawley

Locked Inside

Feeling I have stay hidden inside
My love unable to show you
Its locked inside
I'm dumb, words of love stuck in my throat
I'm paralised by my feeling inside
Unable to show by actions how I feel
You don't understand how I feel
You think I don't care but I do

Ellen frawley

Monster

A pretty picture once before,
But that was many years before,
Now broken pieces strewn across the floor,
Like a child annoyed with a puzzle,
That knocked it to the floor,
The pieces are all scattered now,
So hard to figure out where they go,
They do not seem to fit where they used to go,
Seem warped, twisted,
Or is this just from her point of view,
Is the reflection what really exists,
Or is she looking through shattered glass,
A pretty picture we all still see,
But through her shattered thoughts she sees a monster

Ellen frawley

Murder

It was love at first sight
You were so cute and sweet
So fragile and tiny as can be
Even though I only saw you for a fraction of a moment
You blended in to the background so well
That i nearly did not notice you standing there
You turned around and glanced at me
My heart in my mouth i could not speak
It would not have mattered any way
You kept on moving and hopped away
A week or two later while mowing the lawn
The engine suddenly cut out
I turned around and froze in fear
My heart jumped and hit the ground
My heart screamed out
But no words came out
I saw your tiny fragile body lying there
Your head slumped
You're tiny hands as if held up in defence
Please don't hurt me
But alas it was to late
My darling froggy prince
goodnight

Ellen frawley

My World

□

You never realize what you have until it's gone,
Took you for granted thought you'll always be here with me,
Sadly I was wrong,
I never told you what you meant to me,
How I loved you so deeply,
Thought you knew,
That they were only words,
That you felt how I felt,
Now I know how important those little words were to you,
How hearing them would have meant the world to you,
I'm sorry,
Never realised that it tore you to pieces,
In words I was unable to convey,
You were my world,
Now my world is gone away.

Ellen frawley

Naive

I thought you loved me,
I thought you cared,
You didn't though,
You laid me bare.

I trusted you,
I was young,
To naïve,
To young & stupid to see.

A guy in his twenty's,
A young girl,
Some thing's wrong here,
Some one should have thought.

But nobody guessed,
But nobody thought,
I was left all alone with him,
I had to play.

Now years later,
Now moved away,
The little girl inside cry's,
But no one sees her pain.

Ellen frawley

No Longer

My body lies,
Where yours used to lay,
I smell your scent,
Imagine the heat of your body,
Your skin against my skin,
Your gentle caress,
Your sweet kiss,
Dream you're here with me,
But that will never be,
For you no longer in this world,
No longer here with me.

Ellen frawley

Own World

Living in your own world is ok for a while,
But here you can only temporally stay,
Or else you'll be taken and locked away,
People think that you are mad,
Or just a little crazy,
In this world,
With all the suffering, the hurt, tears, and pain,
Is it so crazy to go into your own world,
And push the real world away.

Ellen frawley

Pandora's Box

Locked away inside,
So many things,
I try to hide,

Locked away,
Even from myself,
To protect my mental health.

At the time,
I couldn't deal,
With situations my younger self was left to deal with.

So now,
So long,
Its like these dark deeds were never done.

But I'm afraid that some how,
Some day,
That the key will be found to Pandora's box.

Unable to recall memories, so many are repressed,
Will I be able to cope,
Or will I snap with the mental stress.

Ellen frawley

Perfect World

If the world was made of candy floss, lollipops and lemon drops,
Little girls were made of sugar, spice and everything nice,
If Santa came everyday,
The sun only shone it never rained,
If money really grew on tree,
If everyone was perfect,
Every thing was sugar coated,
If every child was born silver spoon in mouth,
If pain and suffering were no more.

Then what joy would be left in life,
Nothing to work for,
You'll have no hopes,
No wishes, desires,
You'll have no dreams,
There would be nothing left to do or see,
There would be no wonder left in life
If all the answers to life questions were answered,
With nothing to life for we would all just die

Ellen frawley

Relief

They say have fate,
That you'll never be alone,
So why is it so many people seem that way,
No one to turn to,
No one that cares,
No one that loves them
No listen
To just be there.
They seem to suffer
There seems to be no relief
But maybe there is some one there
Maybe we just don't see
that's where their strength comes from
To keep on when there seems no end is near.

Ellen frawley

Roller Coaster

Life is like a rollercoaster,
The track ahead unknown,
But if you knew what was up ahead it would make the ride very dull,
So sit back enjoy the ride,
Relax,
Just go with the flow.
Some times the track is better unknown,
it brings you to greater things than you have ever known,
just go with the flow.

Ellen frawley

Snowed In

Your love for me is like snow,
Once there was nothing there,
But quickly it fell,
Silently it grew,
At first it looked beautiful,
It seemed wonderful,
I once hoped it will last forever.

But quickly the novelty did fade,
What looked a dazzling white turned a dull grey,
Once it was light and gentle,
Has now become hard,
Surrounding me, trapping me, burying me,
Soon I hope you learn,
Love should not do this to someone.

Ellen frawley

So Long

You were restless,
Body tired,
Mind unable to rest,
Up and down to corridor,
Over and over again,
Eventually you settled down,
You begged me to stay,
I said I would
I sat awhile,
You kept falling in to a gentle slumber,
Awaking again,
Like you were checking i was still there,
I thought maybe you might settle better if i wasn't there,
I looked at you so peace full,
Felt so full of love,
Sleep tight i thought,
I would call back in a while,
I would see you later anyhow,
Told your neighbour i had things to do,
Please tell her rest,
I would call again later tonight,
So many silly, unimportant things we worry about in our lives,
A year later I cannot recall,
A few hours, even minutes make life changing different,
Little did I know them few hours ago that was the last time i would talk to you
again,
Leaving the house just minutes away,
Nearly visiting hours again,
I received a call that would change my life,
Please come quick she hasn't very long,
The doctors tried everything they could,
She is not responding very well,
I was there in minutes,
There was a nurse waiting in the corridor,
I knew what was coming but wishing i was wrong,
We were shown in to a room,
We ll bring her in to see you in a while,
We re just cleaning her up,
She went suddenly and peacefully,

She was found collapsed on the floor in the bathroom,
She died with dignity with out a crowd,
Is what the nurse said,
In the bathroom on the floor,
Dignity?
So many questions,
No words came out,
Did she know that afternoon?
Is that why she asked me to stay?
Did she died alone?
What were her final thoughts?
What were her final words?
Did she try to wait for me before she left this world?
Did she know i was so near to her yet so far away when she left this world?
What i do not doubt is that she knew i love her so,
Although the words never came very easy but words are easily said,
I showed them in the little things i did,
A strange relationship we had,
You the mother, i the child,
Often the roles seemed reversed,
You the helpless, demanding child,
I the mother,
But your view of the world you beautiful, like a child,
Everything so easy and simple,
You saw everybody the same no matter of statue, race ect,
You talked and treated them the same,
If something didn't get done today, it will do it tomorrow any way.
Goodbye my mother, my child, my best friend, my confidant,
With you a part of me also died,
But i will keep on living i promise i'll try,
Goodbye mother, so long, good night.

Ellen frawley

Stretching My Wings

I feel like a little bird,
Caged up,
No longer free,
Lost is my sweet beautiful song,
My once bright feathers are now dull.

Once I was wild,
I was free,
I could glide,
I would soar,
I could reach the stars.

We all need our freedom,
We need to stretch our wings,
To see how high we can fly,
Before we fall,
That's how we learn & grow.

We all need space,
We need to sing our song,
We may not sound like a lark,
But we have our song,
It's what makes individual.

You need to let me breath,
Let me spread my wings and fly,
Let me sing my song,
Before I lose my voice and all my colour,
Because then I will surely die.

Ellen frawley

Teardrop

One dropp that's how it starts,
A single drop,
It falls,
To the floor,
With it I stop for I can go can go on no more,
At night,
Or just when I have a moment alone,
When I'm on my own,
They come,
Some times a flood,
Or just a single lonely one,
Flows down my face,
When I'm cut to pieces,
Torn apart,
No tears come,
It's like a desert I'm side,
But when I'm alone,
They overflow.

Ellen frawley

Thankful

Every one takes a chance now and again,
If I never took a chance,
I probably experienced less joy,
Less pain.

But if I never took a chance,
Then you & me might have never been,
If I never asked for that lift,
Then we might have never met.

There have been others before,
But for some reason,
A reason unknown,
There never was that chance.

Well I'm thankful every night,
As turn off the light,
As I lay by your side,
That I took that chance with you.

Ellen frawley

Today

Yesterday is gone,
There is no point stressing about it,
What is done cannot be undone,

Don't worry about tomorrow,
Tomorrow is another day,
Its many hours away.

Today is here,
Live in today,
What we don't get done can wait another day.

Ellen frawley

Underground

No one will miss me,
If I was gone,
No one would notice,
So what is the point of keeping on.

Too quick are people to hurt you,
They take what they can,
To use you,
They then cast you away.

I'm all cried out,
Gone are my tears,
I'm empty now,
Gone is all feeling now.

I give away my few prized possessions,
Make my room,
Look like I feel inside,
Deep inside.

I won't need anything,
Where I plan to go,
I won't feel any more,
Deep in the ground is where I long to go.

Ellen frawley

Walk Away

As I watch you walk away
Say goodbye
My heart bleeds
I break down and cry

I never guessed
Never thought
That this would be
The end of you and me

I thought we had a something
Something special,
That we would last,
Til death do us part.

But you obviously thought different,
You had other plans,
Ones that didn't include me,
Why couldn't you be a man and tell me why.

Ellen frawley

Walls

I built up walls,
Insurmountable I thought,
I was wrong,
A moat around my walls,
No draw bridge,
A fortress unpenetratable I thought,
I was wrong,
Locked my self away,
Then I throw the key to my heart away,
Thought I would be safer,
I would hurt no more,
I was wrong,
Thought I needed no one else,
Thought I was better off alone,
In my own little kingdom,
Alone,
But I became lonely,
Heartbroken,
Somehow,
You crossed the moat,
Scaled the walls I built up,
Knocked them to the ground,
Mended my heart,
Saved me the prison,
I imprisoned my self in.

Ellen frawley

Washing Away The Pain

Tired of the hurt,
Sick of the pain,
Cuts, bleeding, bruises,
They fade away,

Memories the good never stay,
But the unhappy ones never dull,
Never fade.
Away.

Her memories followed her,
Day after day,
All night long,
Followed her wherever she may go.

Suddenly she realized one day,
When he struck her across the face,
That physically pain dulls your thoughts for awhile,
She started then to smile.

So when the memories became too much,
When she could not take it any more,
Late at night down the stairs she silently stole,
Entering the kitchen she opened the draw.

Suddenly she found what she was looking for,
With tight hold upon her treasure,
She tipped toed to the bathroom,
Silently closed the door.

Just to numb the terror in her mind for awhile,
She brought the knife up against her skin,
The cold metal felt so good,
She thought of the relief she always got after what she was about to do.

The last thing she ever was to do,
Her hand slipped, she cut too deep,
She had wrote her final chapter,
Closed the door to her life.

Ellen frawley

Whats Wrong With Me

As I sit here I cry,
I wonder why,
You did the things you did,
Why did you say the things you said,
Was it me,
Was I really that bad,
Or was there something wrong with you,
Was it all just in your head,
I know I wasn't perfect,
But sure no one is,
But you made me feel useless,
Just a stupid fool,
Hearing your no good, stupid, ugly, unlovable
One can only hear so many times
Before they start believing
Start repeating to themselves
Replaying over in their mind
And start giving up on themselves
Sure if your parents say it to you then it must be true
Adults never lie
that's what kids are taught
Adults always tell the truth
So if your parents can't stand you,
Don't love you then no one will,
If you don't believe in yourself,
Then who will,
You just give you,
And that's the damage you done,
I gave up on my self,
I hated myself for far to long
I just wanted to disappear,
To go to sleep never to wake again,
I know you may find this hard to believe,
To understand,
You messed me up,
I'm just starting to learn I have some worth,
That I no longer have to be others doors mat,
No longer think I deserved to be walked upon,
With the love of somebody

I'm learning that's what I deserve
Maybe you sent them into my life to try make amends
But after all these years
Its hard to undo all the damage you have done.

Ellen frawley

When Everything Isn'T Enough

I loved you with all my heart,
I gave you my all,
I gave up my life for you,
Every thing I had in the world,
Everything I had ever know.

I gave you my body,
I gave you my soul,
I gave you my whole heart,
I gave you my everything,
I gave you all of my love.

You became my world,
My everything,
The meaning of my life,
It wasn't enough,
You left me for her.

So obviously I guess my all wasn't enough.

Ellen frawley

Wishes

Be careful what you wish for,
When you wish upon a star,
Because what you wish for,
Isn't always what you think it will be,
Some time wishes do come through,
But they are not always as you had dreamed,
The grass isn't always greener on the other side,
Just remember some things aren't always what they seem,
Are not as brilliant as you may dream,
So maybe there is a reason that your wish hasn't come through,
Maybe your dream isn't the right one for you.

Ellen frawley

Without Me

If I was gone,
Who would miss me,

They would just carry on,
So what is the point of carrying on.

Life is full of pain,
Tears, heartache and heartbreak.

Ellen frawley

Without You

If you were gone,
What would I do,
How could I live,
How would I carry on.

How could I live another day,
Without you here by my side,
I thought one day I'll b your bride,
But now you're gone how can I carry on.

Ellen frawley

Worthless

You have poisoned my mind,
Turned me from a fun loving child,
Who loved the world and who loved life,
To one unrecognizable,
Who hated the world,
Everyone,
But who despised her self more than anyone else,
Filled with darkness, fear, rage,
Destroyed herself because you made her feel worthless.

Ellen frawley