

Poetry Series

**La Gail**  
**- poems -**

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# La Gail()

The reality of the sun  
so warm, bright, comforting  
The realm of my mind  
so negative, dark, cold  
mesh the polars  
to find a silver lining  
Today is today  
This moment is now  
There is a life worth living

La Gail

# Anotherday

I understand all to well  
The things I do  
To avoid the thoughts

My thoughts aren't very happy  
Because my feelings are the same

I change my chemicals  
To make my pain dissappear another day

Force myself to become balanced  
Sane in life

I can do this  
Anotherday

La Gail

# But We Can Not Be

huts with and without you baby  
i don't understand how i can love you  
and you can love me  
but we can not be

come back to me  
I miss the way that we use to be yeah  
all those time we where fighting  
were better then the way i feel without you  
i just want you  
i don't understand how i can love you  
and you can love me  
but we can't be

come back to me  
i obsess over you constantly  
i just want you back in my life  
i want you to want me  
i want you to love me  
i don't understand how i can love you  
and you can love me  
but we can not be

come back to me  
i can be me and you can be you  
and we would be  
i want you forever and ever  
i dont understand how i can love you  
and you can love me  
but we can not be

La Gail

# Feel Happy Thoughts

Just because you think happy thoughts doesn't mean you will feel happy thoughts

La Gail

# Fire

Clouds of time  
Eyes of gold  
Fire of hearts

Mouth is sown shut  
My paradise is hell  
This darkness is my covenant

These obstacles are mine  
Are pages beyond the book  
Remedied with mutilation

Infliction is not restrained  
Torment is comfort  
This is the way it must be

Justified my actions are  
From this life I cant control

La Gail

# For Now

It not the will of God, to preserve life  
Although the psychical body will die  
The soul will live on for eternity  
United we shall be, until I see you again

Goodby for now

La Gail

# Had Everything Already

When your all alone, because a baby is to serious  
At the end of the day, you have the love of your life with you already.

It's not your job to make him stay, he will do him anyway  
Your job, your life your love, is your child

When he's not around, that doesn't mean your baby isn't loved  
When he doesn't pay, but your child has everything she needs  
When he doesn't visit, but your child has so much love from family and friends  
When he doesn't always remember her birthday or call, but she had a damn good day anyway

At the end of it all, you realise all the money,  
all the time,  
all the diapers,  
the frustration,  
the stress  
is all worth more then he will ever no, when she smiles.

La Gail

# Hole In My Chest

Hole in my chest  
every time im not numb  
im frying my brain thinking of you

Im so freaking lost  
and i hate you so much  
but i love you so much more

Im nothing near perfect  
not sure why you care  
but im glad you do

I just want you forever  
i will always love you

I dont know how to be friends  
i cant bare to be without you

Sorry I cant talk and hold back the tears  
im trying to give you space  
trying to make this work

Seeing you liveing life  
while i just sulk about you  
I have no idea how you can live

La Gail

# I Don'T Deserve

These thoughts that play on repeat  
Punish me because I deserve it  
It's never enough  
Pain is never to real  
Never satisfying enough

Let me live in my fantasy high  
Where I can't remember  
Where I feel happy  
Where I belong

Yet I don't deserve happiness  
I couldn't help you  
I'm sorry

La Gail

# I Wish I Could Take Your Pain Away

That feeling of fear like none other  
knowing your body is not on the same page  
that pain never experienced before

fear of leaving  
fear of not knowing  
fear of ones your leaving

Love that was always there  
we where always here  
those feelings you express  
because you know your time is near

You should have no regrets  
everyone that loves you  
always will  
no matter your past  
and things youve done

I know times have been hard  
and pain is real  
but life is beautiful

La Gail

# If It Could Be Me

Time doesn't take the pain

Record plays  
so fresh, so clear  
If it could be me

This lingers  
this memory

If it were me and not you  
would you suffer as I

Because time doesn't take the pain

Record plays  
so fresh, so clear

If it could be

This lingers  
this memory

My sacrifice & escape

If it could be me  
I would chose you

For you, I wish no suffering  
For you, I wish no more

La Gail

# I'M Not Insane

I love this world I made to keep  
The sane in me from escape

I need to see, what is not clear  
I do not know, how this will go

I'm scared to leave this place I know  
I'm safe, I think, from what who knows

You cannot help me  
No you cant

For nothings wrong, with how I am

I am this way, from time you know

I fell not, like sharing thoughts with you

My thoughts that scare me, make me blue

I play pretend like nothings wrong  
It's worked so far, its great, it's grand

I think not of my deepest fears  
That alter my decisions here

I may do things that are not right  
But who are you to say its so

I'm scared to tell you thoughts I keep  
Tucked away so I can be

I'm scared of words you will speak  
That something is wrong, deficient here

I'm scared to tell you, what I do  
I'm afraid of things that you will do

I do not want to go away

I'm not insane, not today

La Gail

# It's Only Human

wake up and shower or not  
brush my teeth  
fix my hair  
clothes, keys, leave

brain dumb most days at work  
I know I can do better  
but something is holding me back  
I can't think clearly anymore  
Or think much for that matter

Back to bed  
maybe shower

Sometimes theirs others  
here and there  
sometimes they stay  
sometimes they go  
either way I'm gone

They can tell theirs something  
something wrong  
they, usually, don't ask  
but I can see it in their face  
when I share what little thoughts I have

I think some people care  
I also think some just have other interests  
because of my bad habits  
I think everyone cares to an extent  
but it does not matter

I am happy when I don't have bad thoughts  
so thoughts I do not have  
It's only human to feel other emotions  
besides happy that is

I wish to live a life I do not know  
I do not want to journey there

I just want to be there  
I fear the journey will be harsh  
I am very afraid

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# Leave

The rose you left  
The heart you grabbed

The poisen you left  
With no regret.

La Gail

# Life

matters so much  
reality is no longer  
blackness covers memories  
but your scorched into my core

again and again

this ever agonizing pain  
burns me everlasting  
feel the cold  
im lost again

time and time

so lost in time  
to make the real unreal  
deterierating into ice  
sistaining my sanity

feeling and feel

i play my role  
making time to make it real  
fall into place  
to make my star

fall and fall

melting into the clouds  
suficating the fly  
plunging into the ocean  
making my life mine

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# Love

I want to be held by you every night  
I want to be able to say I love you everyday  
To see you every day

I wonder what your doing out there  
What your seeing

I miss you every time I go to sleep  
the little things through out the day that remind me of you  
make me miss you even more

I want to be with you forever  
I cant picture it any other way

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# Park

You could have helped  
You could have listened  
You could have been there

I am not this, I am not that  
You are not helping  
You are nagging

You create more problems  
Not fix anything

Why cant you see  
You push us away

Just let go  
The need to control

It Will be okay  
To acknowledge others

Its okay to give attention  
To listen  
Go to the park

For they will be gone  
And You will never no  
What its like  
To watch them grow

La Gail

# Places

I would rather take your place  
Seeing you in this state  
Feeling of doubt  
Mixed with a glimpse of hope

There was once  
I wanted to see you wither  
I never really wished  
That upon you

Trembles find my body  
When you cross my mind  
Tears flow my eyes  
When the feelings hit

I hope to see you soon  
May you still be here'  
If thats not the case  
There a good place for you

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## Remember This

Life may suck at this moment in time  
But even if you can't feel like you will ever be happy again  
Or if you think your life is ruined  
Just know you will not remember this feeling later

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# See Your Pain

My thoughts I keep hidden  
My terrors I push away  
I hide my face with this

I can't live in a frozen state any of more  
I can't keep these terrors away  
I can't hide my thoughts I fear

Why must situations that boggle me  
Be the ones I cannot control

Should it be for me to control  
How that would be

Without these terrors  
Without these thoughts  
I would be a lesser me  
A me of not today

How should I go  
My sorrow burst outs  
I cannot always control  
More frequent events

I shall live forever  
Forever to be

I see pain I know pain I feel pain I can see your pain

La Gail

# Sleep

The reality of crims  
My sleep is the greatest waste of time

Time I want to waste  
Not thinking of my crims

La Gail

# Sometimes

Sometimes the best things  
that come along in life  
you have to let go of

Sometimes when two people  
love each other so much  
its not ment to be

Because.....

Sometimes love is just not enough

Sometimes love is letting someone go

La Gail

# Stand By Me

You are invincible  
The way you are  
Always believed

Being you was  
So strong  
Always believed

Making it  
No doubt  
No matter

I love you  
Everything you are  
Is who you are

The good  
The bad  
The ups  
The downs

The acceptance  
The reality  
The truth

Is to real to accept

La Gail

# Strongest Of Them All

I know I can accomplish anything i desire in this world  
because  
I saw you accomplish everything you wanted and more  
I know  
your path wasnt easy, given to you or passed down  
I saw  
days you wanted to give up, days were everything went wrong  
because  
you are human and make mistakes  
i felt  
your determination, your drive, your passion, your perserverance

Everytime I have a bad day, all I have to do is think of you  
Everything you did with the odds against you  
Everything you went through and dominated

You are by far the strongest person I know

La Gail

# The Games I Play

I like to play some games with me  
To test just how far I can go  
It's fun to test my limits here

How fast can I go before I get caught  
How much can steal before I'm cuffed  
How much can I drink before I blackout

These game get worse as I keep playing  
These thoughts I have keep growing

How many times I can cut and not gush  
How many pills can I take and not die  
How much can I binge before I puke  
How many people can I sleep with before I'm diseased

My biggest game I play for me  
To see just how much I can take  
Just how much can I suffer here  
Before I break my sanity

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# The Great Escape

This world of many  
Many of horrors

These simple things in life I love  
The simplicity of living

If only this were how  
How life really is

These dark alleys that wind and twist  
The path of a never ending labyrinth

I do not seek the way out of this path  
I do not look for a better way

I stay stuck in this spot  
Although I may move I do not

I do not fear this path or what lies beyond  
I fear changing what I know to be

Content with state of being I know  
This cannot go on

I cannot escape you  
I cannot leave you  
I cannot be you  
I cannot see you  
I cannot accept you

But I can feel you all too well  
Everywhere all the time

You linger in my presence  
You become my every thought

I must learn to live with you  
Because this is the only way to live

La Gail

# To A Place I Only Knew

This state of being  
Is but a moment in life

A moment I do not want to feel  
A moment I will overcome

I know I was better once  
I know I can go there again

To a place I only knew

La Gail

# Water

The stinging pain of water falls

While rocks are deep below

The clearness of the water flows

As it travels on

Although it stings

Although it's deep

It ventures down and down

Do not get engulfed by this

It's easy to fall prey

Mighty as the pain will be

The comfort you will seek

Is not below the bay

Light will come blue as day

When your ready to come to

Life will go on I promise you.

La Gail

# Without Your Love

Never saw the world from so high and so low  
before I set eyes on you I see  
open to thoughts I dwell so long  
peace of the mind may never be

To be with one for ever more  
to dream a dream that never wakes

Stars will never seek my wish  
what burns will burn  
what dies is dead

May the cards be in my favor now  
i play this game not for my sake

Future of you with me  
is the only future i can see

To dwell on thoughts of dreams and stars  
games of life go on and on  
i see that now this life  
is no life at all without your love

La Gail

# You See Me

The way they move  
I see them  
I hear them  
I feel them

My mind is here  
i know I'm here

You can't see  
You can't hear  
You can't feel

You want to fix me  
nothing is wrong

I see you  
I hear you  
I feel you

Effects my life  
refuse to believe

You see me  
You hear me  
You feel me

The pit is unsettling  
This feeling doesn't need to be

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