

Poetry Series

Lizelle 'Leasel' Martins
- poems -

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Lizelle 'Leasel' Martins()

...Yet I Love Him

This man of mine
That loves me
That loves me for me
That loves me through it all
That wants to be there
Through it all
Holding me
Carrying me
And loving me

I wanna break these chains down
Break these walls down
But I'm scared
That he is just a dream
An illusion of my daily dreams
That he might leave
Realizing it ain't for him
How do I trust myself
How do I trust him
How do I trust what we share

What I feel is overwhelming
What I feel scares me
What I feel for him...
I love this man
Yes I said it...
I am me with him
He makes me smile
An inner smile
That willingly comes to surface
He makes me wanna love again
He makes me wanna trust again
He makes me believe again
Embrace what the universe has to offer us

But I am afraid at times
And yet I Love Him

(C) Lizelle Leasel Martins

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Afraid Of You To Love Me

If I could find the words
If I could find the actions
If I could find the signs
If I could find....
I would do anything
Just to tell you...

I love you
I miss you each and every day we apart
You're my comforter
You're my strength when I am weak
You're my hope, my faith
You have enlighten a light in me
I never knew I had
When you near me, I can't breath
But I wanna suffocate, coz you will breath for me
When you hold me
I feel safe, warmth, love, joy
You make me feel again
Break these walls I have build
Build around me
Build around my heart.

Yet through all my feelings
All that I feel for you...
I am still afraid to let you in
Afraid to know me

I am afraid of you to LOVE ME

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Almost

Everyday seems like a distant memory
A faded memory of what never happened
Some sort of illusions of my feelings

I try to remember
Remember what I felt
How I felt during those times
But tears overwhelm me
I think they were good times
But my heart tells me something different

You were almost my all
You were almost my everything
You were almost....

They say love is a risk we all take
Guess I was not that brave
Coz I could never risk it with you
You were never a risk, you could never be
Coz after all...

You were almost my all

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Alone

Alone
Broken
Feeling all alone
I am tired of being strong
I can't no more
Tired of being it all
I am falling
Tumbling down
Into a dark place

Someone!
Please help me!

Alone
Broken
Feeling alone

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Behind The Smile...

All my life I had to be strong
All my life I had to stand on my own
All my life I had to protect myself
All my life...it was only me

But now... more than often
Tears blind me
As they roll down my cheeks
These warm tears I can no longer control
Wanting to burst outta me

I can't be strong anymore
I don't know how to be
This pain within my chest
This unbearable pain
It's crushing me from inside
Please give me a minute
I need to let it out
I wanna cry
I want to cry
I can't be strong no more

My body
My mind
My heart
It's full of bruises
Bruises of all I had to take in
I don't know how to be strong anymore

I need to cry...

Who will come to my aid
Who will hold me
Who will dry my eyes
Who will fight these battles of mine
Just for a minute...

No one...
Cause it has always been me...

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Bittersweet

Some things never change
Some can be bad,
Some can be good
But this is all so bittersweet

Should we define it
Should we maybe name it

Playful acts, sweet and tender dialogue
Or just truth hidden between..
Between the emotions that reveals so much

So much care
Love
Kindness
Honesty and truth
Truth of what we hope could be

Love eternal...

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Broken

I Love You
Will Always do
But I am broken

Things have changed
We are drifting apart
And its breaking me
Into a thousand pieces

We have been through storms
And have always been okay
But why does this all seem too much
For us to be okay
By our storms
My storms
Are suffocating me
Crushing me

Do I need a break
A break from You
A break from Us
Will the that help? ? ? ?
Heal this brokenness I am feeling.....

I am broken

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Broken Woman

"Painted Faces"
That is what he called her
That is what he saw
And Honestly
It was true

To the world
She was happy, free spirited
Mind of her own
Passion for life
But most days..

She just want to crawl into a dark place
And stay there
Hide from the pain
The tears
Brokenness
Heartache
Hide from it all

"Painted Faces"
A beautiful canvas for the world to see
But a Broken Woman Alone

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Burning Desire

Tell me what to do
Tell me what to say

When you close to me
I don't know what to do
I can't breathe
Your touch
Burns through my flesh
Right through my heart
Right through my soul
But it feels good

And when we apart
I feel lost
I feel so cold
I'm like a flower
Without its petals

The sound of your voice calms me
Thoughts of you comfort me
But I long for your touch
You near me
Gasping for air
But I know that you will breathe with me
As you hold me tight
Not ever letting me go

I find peace
I find comfort
I find love
I find joy
I find happiness
I find it all
In your arms

I find this and so much more
Being with you...

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Can We Go Back...

How does one go back to the beginning
When I didn't feel the way I do

How do I stop from feeling
How do I stop from loving you?
How can I stop from missing you
How can I feel and miss so much, if there was nothing

It makes no sense
Or does it....?
All of my feelings are real
They are so real
And it scares me
To feel so much for one person

I want to fight it
But it overwhelms me
It's suffocating me

I want to walk away
I need to walk away
I am afraid to stay
Too scared to say it out loud
I am afraid to listen to my heart

How does one go back to the beginning
When you were just you
And I was just me...

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Crazy Feeling..

It's weird

It's crazy

Overwhelming

Insane

What I am feeling

What I think I am feeling

Damn what is this

Can we just go back

Or can I go back

To being me

And you...just being you

This feeling

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Don't Lose Hope

What was will never be
What is can only be
What is hoped for
Can only be guided by faith
What is being felt
Can only pass by
After
The hurt
The tears
The heartache
The numbness
And you survive the suffocation
Of it all

All that can be done
Is to reflect
To breathe
Getting yourself up
And keep walking

Regardless
Never give up
Never lose hope

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Explode

I am alive
I am awake
I am present
But yet half awake

Walking slowly
Carefully
On eggshells
In my own being
Before everything crumbles
Who hears my cries
Who will come to my aid
This shaky world of mine...?

I am exploding
Words suffocating me
A Time bomb
Ready to rupture
I can't contain this anymore
Drowning in my own brokenness

I am afraid
Afraid who I might become
When I do

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Faded Memories

Faded memories
Flooding my mind
But with these memories
A sadness overwhelms me

I long for you
Your touch
Your presence
Your being
I miss you

Going back to what was
And use to be
Can
And is always easy
Sadly we need to choose different routes
Cause what was
Can no longer be

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Falling

What do you want?

What do I want?

What do we want?

What are we doing?

I need to let you go

You need to let me go

We need to let this go

Cause one of us

Might

Will

Fall just a little harder

Let us go back

When you were just You

And I was just Me

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Farewell

Emotions

Lost in my crazy world

Happiness

But sadness parallel to it

I see

What you want me to see

You look happy

Taking steps

To a better you

A glimpse of a smile

I see

Time has come

Times has gone

And we all

Have to move on

I am happy

I am sad

But for the most part

Happy that you finding You

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Feeling

I have this feeling
I have this indescribable feeling
I have this kinda weird feeling
I have this feeling inside

Quietly I sit, thoughts just wondering
No specific thought I might add
And suddenly I smile
A elated smile I can't even explain
But this smile, this joy
Is sadly not shown
I seem to smile within
Within my soul
Within my heart
An inner smile

My heartbeat is racing
There's a tingle in my heart
A tingle in my body
It seems to have awoken
All of my inside, All that I am
All that I wish I were
This feeling, this wonderful feeling
Wants to surface, wants to reach out
Wants to lead me...
Lead me to a happy place
A place we all call our safe haven

But this feeling
Sadly only lasts a few
I'm trying to figure out...what exactly I was thinking about
But nothing comes to mind
Maybe I should just let it be
And not try so hard
And maybe than
Maybe than it will come....and stay

When it comes again...
I will embrace it

With all of my being
Fear, doubt...will be unknown
I will take hold of it
As we both began
Began my journey..
Our journey into a new life

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Here Again

Here I am again
Same place, I left so many years ago
A place I didn't want to return
A place I thought I would never see again
But here I am again
Standing here
No change of how I felt
No change of how I feel

With so much that has happened
That never happened
That could have happened
That should have happened
And probably never will
I return to this familiar place

I want to stay
Stay and hope things changed
You changed, It changed
But it really hasn't changed at all
Cause we meant to be
Meant to be what we Are
I know it's going to be hard
I will forgive myself eventually
But for now
Please let me go

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Holding On

It's been days, weeks, no months
After all these years
You all I think about
I miss you

I miss you when we not talking
I miss you when we are talking
I miss having you around
I miss the sound of your voice
I miss your smile, your laughter

We have drifted apart
But I am holding on
Holding on with bleeding hands
Hoping that one day, you would turn around
Turn around and caress my face
Hold my hands, embrace me
Feeling your heart beat against mine
The sound of you breathing
Your warm breath against my cold skin

I miss having you around
I miss you each and everyday

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How Can This Be Mine....

"Get up
And show up"
So they say...
A constant struggle all this is
An everyday battle
To carry on
And try and be present
Or just raise my white flag
Sad though..
No void would be left..

Life...
I can't 'avoid' these curveballs no more
No willpower
No Strength
No fight in me left.
If we all have a purpose in this life
A higher calling
How Can this be mine
HOW CAN THIS BE MINE!
HOW CAN THIS BE MINE!

I am trying to be 'present'
And it's taking all of me
Piece by piece everyday
Till there is No More

How can this be mine

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I Am Fading....

What happened to me
What is happening to me
I am fading
Becoming unknown
To the one and only I knew
ME

I am broken
I am sad
I am crushed,
All I have know about me
Suffocating
Becoming unknown
And made to feel all forlorn

I want to cry
I am crying, drowning in my tears
It's overwhelming
I wanna explode
I can't hold it anymore
I am slowly but surely losing what's dear to me
Myself

Why am I sad about it
Maybe it's a good thing
Not to be anymore
Not to be part anymore
To raise my white flag
And no longer be

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I Am Losing Him...

Why do I feel
Suddenly so alone
All on my own
In this cruel and crazy world
Have I lost you

The one true being
I thought would stay
Stay till it was revealed
The sad and utter bitter news
I feel this wall
Going up between Us
This huge wall, I doubt I will ever
Ever be able to break

Have I lost him
Have I lost you
Have I lost my friend
Coz of me
Me being afraid
Afraid to be
Afraid to open up
Afraid to let you in

Today
This night
I feel so alone
I lost him
And it breaks me
Crushes the core of me
I am losing him...

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I Am...Afraid

It happened unexpected
Gradually
And yet knowingly

I love the feeling
I shouldn't
But I can't help myself

I want to give in
Give all of me
Raise the white flag
To the war of this heart and mind of mine
But I am afraid
Afraid that if I do
You will run and leave me
Naked and all bare

I am afraid of what you really feel
I am afraid that you can and want to love me
I am afraid that you want to protect me
I am afraid that you want to comfort me
I am afraid that you want to make me smile
I am afraid that you want to be my strength
My shoulder to cry on
I am afraid that you love me... All of me
I am afraid...

But what I fear most
Is what I really feel

I want to open up
Break these walls down for you
And let you in
But I am not brave enough
I am not strong enough

I am afraid that...
I might be bruised
Bruised by your words

Bruised by...

Bruised by my own pain

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I Can'T Let Go...Yet

Does it ever get better
Will it ever get better
You flood my mind
Willingly I participate in these thoughts
But at what cost
I need to let go
Need to let you go
But my heart
My mind, body...
All of me
Can't let go

Time can be so cruel at times
What have we ever done to time
We were given so little
Yet sadly snatched from us
All I live now with
Is all the 'if's' my mind plays with
I smile through these tears
Tears of sadness, love, longing and anger
I need to let go
But I can't bring myself to it

I loved you from afar
I loved you not even knowing
I love you..
I still love you
I need to let go
But I can't...Not just yet..

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I Fell Inlove....

I hate the way I'm feeling
Why am I so sad
Why am I so heartbroken
Why do I feel that a part of me is gone
My heart shattered
There is no reason to feel the way I do
You didn't do anything wrong

Good friends
So I would like to believe
Friendships go through hardships all the time
That's what makes them stronger
That what's makes them grow
But will ours withstand
All these obstacles
They all seem so futile

I hate the way I am feeling
Why am I so sad
Why am I so heartbroken
You're not to blame
I am
I fell in love
I fell in love with you

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I Just Hate.....

What do you want from me
Why won't you leave me alone
I don't need this
I don't want this
I never asked for all of this
And yet through all this
You remain
And I can't go

I hate being helpless
I hate not being in control
Helpless to what I feel
No control to how you make me feel
This can't be love
Cause it sucks...
I don't want it

I hate love
I hate how I can't break away
Away from these emotional chains
Binding me to YOU

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I Knew....

Sitting here with all these thoughts
With all these emotions of mine
Having its own dialogue
A debate with 'Coulda, Shoulda, Woulda and If
Where do I stand in all this?
What do I want from all this
Do I even want anything...?

"Time can heal a broken heart
But it can also break a waiting heart"
Either way, mine has been broken
Unintentionally I would say
You didn't know
But I knew
I always knew
Since our first encounter
I didn't want to think about it
Till I saw Her...

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I Looked For You

I looked for you today
I looked for you yesterday
I looked for you days ago
No sign of you
I looked for you

I am not lonely
Not sad either
Just needed someone to talk
To let me know
Things will be okay
Your presence
To be

I looked for you today
I looked for you yesterday
I looked for you
Where were you
Where are you

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I Lost Part Of Me

I kinda knew that day
I think I have always
A woman always knows...so they say

That night I could not sleep
All I could think about..
What If
If so, will I be okay?
If not, will I still be okay

My heart broke when I saw it
Not broken cause of what was....
But Broken of what could Never be
I could never have you
I could never hold you
I could never make you my own
Hold you
Love you
Care for you
I became numb

The process was Lengthy
Everything was so absent-minded
It was Lonely
It was Frightening
It was Dark
I found myself in a dark world
And stayed there...

I thought I could get 'over it'
But thinking of you
Makes me wanna cry
No I do cry
My eyes are overflowing of tears
My heart is crushed, broken into small pieces
My soul is black of all this sadness
How will I ever?
When will I ever?
Just be okay

I lost a part of me...

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I Love It

I can't shake it off
I can't ignore it
I can't make it go away
Don't know if I can

It's overwhelming
Nearly suffocating
But we just being
Taking it a day at a time

It wants to surface
It wants to be known
It wants to be spoken of
But words failed me
Phrases can't describe it
Synonyms can't define it

It's different
Unlike any other
I am in awe of it really
Confusing but yet so effortlessly beautiful

Could it be Love....

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I Miss You

It happens at times
Lately more often
I drift away
Into another world
And than...

You emerge
Not a glimpse
Not just a shadow of you
You appear
Standing..
Your eyes never leaving me

Sometimes I wish you would stop..
But that is a lie
I don't want you to stop
I don't want you to go
I Miss You

Will I ever get use to it
Knowing, I will never 'see' you again
Never hold you
Never hear your voice
Never...

I can wish for so many things
But this I can never have
I can never have you
But the thought of knowing
That you will always be with me
Consoles me
Cause no matter what happens
We will remain

And always will be...

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If Love...

If love is as beautiful as they say it is
If love is all pure and true
If love is when my heart skips a beat
Missing you
If love is that smile I have
Just thinking of you
If love is that warm indescribable feeling
When just being close to you
If love is having that ought most joy within
If love is so many wonderful and beautiful things

Why is it than so wrong to tell you...
That's how you make me feel

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Just To Hard

Being your friend is hard
Being your friend is wonderful
Being your friend is painful
Being your friend...

I am grateful I met you
I am grateful that we are still friends
Believe me...
I am

But I am having trouble
I am having inner conflict
I am at war with my own heart

I look at you
And see a friend
But my heart sees more
It sees so much more

How do I separate the two..
Loving you as a friend
Loving you as more
I want to love you as a friend
I need to...

Cause much more
It will never be
You will never be mine
I don't blame you
I blame...Me

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Just You

It's amazing how one person
Can bring so much light in one's life...

Thinking of you
Always makes me smile
Your smile
Sound of your voice
Sound of your laugh
It's your everything

At times you make me so angry
But even that does not last
When I'm sad and feel I can't go on
Thoughts of you just does something to me...

In a weird and wonderful way
You make me feel that I will be okay
And that the world is not such a bad place
I don't often see you
But I still know your smile
The sound of your laugh
Your voice
Your touch
It's like you never left
You're right here
Standing right by me

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'Known- Stranger'

We never spoke
No exchange of 'hello, bye'
But yet I feel that I knew you
The first time I saw you
You were different
I was different...

And then one night
We met again
You looked at me
No words, just a gaze
No matter where I went
Your eyes always followed me

That was our role- play that night
A performance with no words
Just our eyes watching
And our hearts having a silent dialogue

Than one fatal day
You left...left this earth
I felt all broken inside
My little world crushed
My heart needed you
I needed you

But for some weird reason
I know you will always be around
I feel you every day with me
And when thoughts of you surround me
It always takes me back
Back to the night...
My heart met this familiar stranger

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Left For Good?

Everyone around me is happy
Everyone around me seems to be
In good spirits
They have all reason to be
It's a good day
It's a wonderful day
But sadly I don't see that
I don't feel that
Someone once said that happiness is not
Something you seek out there
It's in you
Its suppose to be...
But I can't be
Something inside has left
Left for good?

But I won't give up
Because I want to believe that it will come...
Again
This time I hope it will embrace me
Embrace me to feel it all

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Let Me Be...

I look at you and see pain
I look at you and feel your pain
A pain so hidden, from the eye to see
But I know you
And see what you try so hard to hide

I want to reach out
Reach out and hold you
Tell you that everything will be okay
That you will be okay
But you won't let your walls down for me
But I still stand, trying to break them down
Oh how I wish I had the power and strength to

I can see you your pain
I can feel your pain
You all forlorn inside
Let me hold you
Let me comfort you
Let me wipe your tears
Let me breath for you, when you no longer can
Let me be your strength, when you can't hold on

I know you afraid
But please trust your heart
Defeat fear, Triumph over fear
And Let Me Be...

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Let Me Go...

You have such a
Strong hold on me
I can't seem to break away
I have tried, Believe me
I have...

But somehow I always
Find myself back here again
At times I thought I did
But you seem to draw me back
It's like you have put
A spell on me

I need to get away...
Loving you is just too painful
Yes it is...
I am all alone in this
I can never have your love

I love you
I always will
But I need to accept
That love decided not to rest in your heart

Guess this is all part of
Love's mysteries
We have no control
How it happens...
When it happens...

Still...
Why can't you let me go
I never had you...I never will
Release me from this spell...

I tried to go...
Free myself..
But I can't...
Cause no matter what happens

I always find myself back here

There is only one thing to do

I am asking..

No I am pleading...

Let me go...

Release me....

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Life...

Life...

So many obstacles
So many challenges
So many of life's' curveballs
So many lonely nights
So many disappointments
So many heartaches

And my only comfort..
My pillow
Soaking wet
With tears that won't stop,
Stop flowing from this broken and bruised woman

Compose yourself
You are a strong woman
You can handle this
You have been handling this
Get a Hold of Yourself

I am trying...
I am trying...
I am trying...

But I cant
I have no more left
No more Strength..
Just no More

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Lonely Forbidden World

What happened to me
Trapped in a lonely forbidden world
Can someone just hold me, and tell me it's going to be okay
That things will eventually work out
But things never do
Not for this all forlorn girl

Every day she play this happy role
Smile, laugh and be cheerful
But no one knows that she is broken inside
She has all these walls around her
To protect her from
Pain?
Loneliness?

She is afraid
Afraid to break these walls down
Cause you might see
Her heart...Agonized
She is defeated by this world
Defeated to even see everything good supposedly out there

I am amazed at her strength every day
She has become so numb, to even feel or know anything
Other than hurt

Is it selfish of her to want to leave
Leave this world and maybe just maybe find a better place
A much better place than this trapped world
A world where she will belong
Can this be the death of all hopes for her

What happened to me
Trapped in a lonely forbidden world

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Losing Battle

This is surely the most difficult
And the hardest thing ever
How can you fight this
Why should I fight this

It's frustrating and so absurd
I don't wanna be here
I don't want to feel this
I have failed
Failed to contain my heart

I can't act any longer
I never could I guess
Pretending like you just a friend.....
I can no longer
These emotions and feelings have become
Just unbearable
They have consumed me

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Losing Myself

The one thing I fear
That I have always been afraid of
Is here
I tried to stop it
I tried to avoid it
But sadly it is here

I am losing myself
Losing myself to you
And you not there
To find it or find me

How does one love
Without giving away they all

I feel the change is me
I feel the change in us
I feel the change in you

I need to get back
Back to me
Back to who I was
Back to who I am
Cause I can't lose myself
Knowing
You not there

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Love

Love

What a wonderful thing

Pure Joy

That can't be contained

So I heard

I wonder

Will you ever find me

Will you know once you have it

Will you love me

Suffocate me with your scent

Love

What a beautiful thing

A wonderful feeling

Will you look for me

Lizelle 'Leasel' Martins

Moments

One step at a time
One step towards letting go
One step towards forgetting about you
One step in realizing
That we could never be

But than it happens
My heart starts to skip a beat
I get all these butterflies
My heart fills up with this joy
I can just than smile
Cause you came to mind

But I will move on
One step towards forgetting about you
One step in knowing we could never be
But I must admit
I love those "moments"

Lizelle 'Leasel' Martins

My Bad Habit

I said I would change
Make things different this time
Change my ways
Change my habits
My bad habit

But I seem so addicted
You're my addiction
Which is so wrong
Cause there is no cure
No recovery
No place to hide

You're like my next 'fix'
When I wake
During my day
When I fall asleep
I am restless...edgy without it
Your my bad habit

I said I would change
I need to change
I just need to control it
Every time I see you
Every time I talk to you
Every time you touch me
Every time you near me
Every time you kiss me...

(c Leasel Martins

Lizelle 'Leasel' Martins

My Heart

What happened to me
What changed so drastically
Why do I feel so lost
So heavy hearted
A broken flower
Needing to be renewed

We are so different
Have always been
But yet we try, we tried..
So many times
But to no avail

I don't understand
I don't understand my heart
I don't know its emotions
It's a battle field
In battle with itself

But why do I
Why do I feel...
Feel so broken about it
My heart is with another, whom I can never have
And Yet you remain

Lizelle 'Leasel' Martins

My Heart Knows...

Where has my voice gone
Where has my strength gone
I feel numb...
But why

I have what I always wanted
Yet something is missing
I miss you....

Wait....
Do I miss the One that loves me
Do I miss the One that could have been
Do I miss the One that life has taken
I don't know anymore...

But my HEART knows
Has always know

I Miss you
My Familiar Stranger

Lizelle 'Leasel' Martins

My Silent Struggle

I just can't seem to get away
After all these years
After everything I have been through
I always find myself here
I can't take it.....

It feels like I am being crushed down
My breath of air stolen from me
My heart all crushed
My body all weak
All the life in me
Just stolen

I wish you could understand
Understand me
Why I am the way I am
I guess it is my illusion...
Cause I don't think you ever will...?

I didn't ask to feel like this
I fought against it
I am still fighting
I hate the fact that I love you
I hate the fact that I can't stop thinking about you
I hate it that when I'm sad...
You're the first person I wanna call
I hate it that when I am happy...
You're the first person I wanna call
I hate the fact that my heart won't stop loving you
I hate the fact that you made me love you

I hate that the walls that I have build
Around my heart
Around me
The walls that I thought would shield me from all this
Are crumbling down
I see them everyday...as they fall...
Leaving me all naked and bare

Of all the people I know
Or even never met
Why you
I hate the fact that I hate myself
For feeling
And loving you

(c) Lizelle 'Leasel' Martins

Lizelle 'Leasel' Martins

My World...

As much as I tell myself everyday
That I can do it
That I have to do it
I just can't
Fear has just confined me
I am afraid to tell you
How I really feel
How I have always felt

I am afraid that you might not
I am afraid that you might
The possibility that "we"
Wow..."WE"

Guess I am not strong enough
Don't have the courage
To really find out
Maybe I just wanna play that role
To be your lady
In my world
In my mind...

Can the reality be much more
Much more than we ever thought of....

(c) Lizelle Leasel Martins

Lizelle 'Leasel' Martins

Never Be Yours....

What is wrong with me
I mean seriously
This is not suppose to be
Never
Ever

There I go again
Confusing what is real
And what I think should happen
We had our time
Our moment
And it happened

And now
I am at war with my heart
With what it think it needs
I can never have You
We had
Just one stolen moment

But you can never be mine
You belong to someone else
A chosen one

Not me

Lizelle 'Leasel' Martins

No Change

It always seem to be the same thing
Different scenery but same storyline
I was doing so well, and than
You had to bring it all up again
Say it again
Show me again
Made me feel that again...
And now...

I am standing all alone
Yet again...
You not here
You nowhere to be found

Why can't you let things just be?
Do you find pleasure in all this?
I can't keep on doing this with you
I can't keep on doing this to ME

Can you just be honest
With ME, with YOURSELF...
What do you want
What do you want from me

We just can't keep doing this...

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Lizelle 'Leasel' Martins

No Fight Left

Days are getting harder
They seem to get darker
Blinded by all this
Anger, Rage, Bitterness...

I have always heard about it
Seen it before
But never knew

How am I suppose to get by
How am I suppose to live each day
Knowing what I do now...

One day at a time
I can't...
Everyday gets heavier
I am broken
No strength left
I can't get up anymore
I have lost all of me
I have lost all hope
I am losing all faith

How do I go on
I am losing the fight...

Lizelle 'Leasel' Martins

No One Insight

We all go through tough times
We all go through dark days
We all reach that break down point
Some, more often than once
And we all have people to help us through...

But

Who do I turn to through the tough times
Who do I turn to through the dark days
That breaking point when everything
Everything you have known, believed is a Lie
Who do I turn to when tears overwhelm me
Who do I turn to when my heart is broken
Broken from all these sorrow, pain, loneliness, confusion...
Who do I really turn to
Who do you turn to Leasel?
I see no one in sight....

I have build walls around me
Walls to protect me from this world...YOU
I broke them down for you
'Cause I thought, I believed you would be my wall
But that was never the case
I let myself be vulnerable
Something I will never forgive myself

Who do I turn to
Who do you turn to Leasel
Who can I turn to

Still no one insight...

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Lizelle 'Leasel' Martins

Numb

I know what I am feeling...
It's a wonderful feeling...
It's a warm feeling...
It's a loving feeling....

For the weirdest reason
I can't explain or
Even begin to understand...
But you're all I think about
You're in everything I do

I have it all inside
Have been keeping it..
All this time...

I want to tell you
But I am so scared
What if.....
I fear these words...
"What if...."

This feeling...
This wonderful feeling...
This warm feeling..
This loving feeling..

Has left me numb...

(c) Leasel Martins

Lizelle 'Leasel' Martins

Open Wound

Today it all came back
It struck me so hard
I couldn't breath
Air knocked out of me
Broken heart
As if someone ripped my heart
Out of my fragile body

My mind knows
My body knows
But my heart is refusing...
To come to terms with reality

Why do I keep doing this
Naked...
All bare
Waiting on you to catch me
From this place I am tumbling down

'I loved you on purpose'
I was open on purpose
But now..
I am an open wound.

(c) Lizelle Leasel Martins

Lizelle 'Leasel' Martins

Our Forever

I thought of how it would be
Should we meet again
It has been a while
But we still talk daily

It was a familiar scene though
Almost a everyday thing
The look in your eyes
Sound of your voice
Curve of your smile
But....

Something did change
Your embrace
You held me
As if never wanting to let go
Maybe you didn't
I am not sure though...

As short as it was
I loved our time
Wanted it to be 'forever'
But time had other plans
As always...
Granting us what she thinks we needed
But then again
Maybe it was all we needed

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Lizelle 'Leasel' Martins

Our 'Thing'

It's crazy I know
I mean how could I
How could we
And yet I just smile
Cause you came to mind

I didn't think we would make it
At times I just wanted...
To let it go
But something kept me holding on
And I still am

It's weird and strange
We thought of what to call it
But nothing seemed to work
To describe our 'thing'

But what is to define
What is to name
Cause we not one
We just trying
To make It work
Cause naming it
Defining it
Might make the unknown
Into what we have always known

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Lizelle 'Leasel' Martins

Please Stay

Slowly
Surely
I see less of you
But my heart
My feelings
Grows each and everyday
Images of you seem less
Are you fading
Letting me go....

I know it was overwhelming at times
But I didn't mean it
Please don't go
Please don't leave me
Just stay with me

Slowly fading
Fading into a distant memory
But my heart has not let go yet
Oh how I love this heart of mine
It has not let go of you

I miss you now
I missed you yesterday
I will miss you today
I will miss you...

Please stay with me
'Known Stranger'

Lizelle 'Leasel' Martins

Reality

I always wondered
And thought about it
When would Time
And I finally meet

Time
Oh what a patient friend of mine
You finally arrived
And my old good friend
Reality

My illusions are no more
My safe heaven Broken
As I finally meet
The real You

It was just a matter of time
Before we finally met
And I realized
What was
Could never be

Lizelle 'Leasel' Martins

Resentment

Such brutal words
I never thought I would say
I never thought I would use
For someone I once loved
With all I could
With all I had
With all I knew how

How do I move forward
How do I move on
With all you have left me with
I can't understand
I don't know how to
Move on
From this

I thought I dealt with it
But the mind
So deceiving at times
I have so much Resentment
Towards you
For you
For something
You did unknowingly

The saddest part though
What this did to Us
To Me
To You
An effortlessly beautiful union
Destroyed by reality

Resentment
Yet so much Love

Lizelle 'Leasel' Martins

See Me

Look at me
Look in my eyes
Look at me and see me
Just look at me and don't turn away
Look at me and see my heart
You will find the words all there

Draw me close
And hold me tight
Hold me....like you always do
Hold me like you afraid to let me go
I am paralyzed in your arms
What I feel for you
And your unspoken words

Look at me and draw me close to you
Hold me like you afraid to let me go
Look at me
And draw me close to you
Feel my heart beat against yours
Look at me as you come close
And you touch your lips with mine

Feeling your warmth
Feeling your touch
Look at me
Hold me
Hold me like you afraid to let me go

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Lizelle 'Leasel' Martins

Set Me Free

I can't seem to do this anymore
I thought it would change
That I was over it
But I can't do this, I just can't

Why can't I let this go
I know I have to let go
But something within
All of my being
Just cant

Is there a reason for this
Cause this pain can't be worth it
I can't take this pain
Seeing you happy
With someone else
I am suppose to play that part

Cut these chains
Cut these emotional chains
Cause I can't take this
My heart is broken from all this

Why can't my mind
Why can't my heart
Set you free
Set Me free

(c) Lizelle Leasel Martins

Lizelle 'Leasel' Martins

Silence

I saw you last night
But you never said anything
We had a special way of greeting
That's how I have known us, known you
I guess I thought that made us different

But lately the silence is just killing me
Yes I call it that
You only answer when asked something
Where does this silence come from

What is happening to me...to us
Am I holding on to something that's long gone
Have I become that blind to what I want it to be

Do I need a few days...to find out
Do I still hold on
Why is this happening so soon
I prepared myself for this
My subconscious mind knew it all
But so soon...
Why this scene

What am I still doing here
Why am I doing this to myself

(c) Leasel Martins

Lizelle 'Leasel' Martins

Silent Dialogue

I Miss your kisses
I miss your touch
I miss the way you hold me
I miss your warm embrace
I miss our time

I miss your lips
I miss looking into your brown eyes
I miss holding you
I miss and love your sudden moves
I miss the way you hold my hand
I miss and love your response

Yeah,
I miss the way you caress my face
I miss the sound you make when I gently kiss your neck
I miss the way you move your hands down
I miss the look in your eyes when I touch you
I miss the way I rub my lips on yours
Not just the kisses we share
No, just our lips connecting

Mmmmm....
I miss the way your voice turns soft at a touch
I miss stroking your hair
I miss the crazy things we do in the moment
Allowing ourselves just to be
Allowing "it" to happen all on its own
Without haste or holding back
We crazy,
But we miss it all
We crazy babe
But we wouldn't want it any other way
We crazy,
But we love it

(c) Lizelle Leasel Martins

So Much More....

We spoke last night for the first time...
Felt kinda awkward
I didn't know what to say
Yet there was so much to share
I wanted to tell you....
I missed you
But no words came

I looked at the name
And couldn't help but to cry...
Why you may ask
I cried cause....
I missed you
I miss you
It's like I have lost another
Part of me

You have really crept inside me
Found a place that no man has ever been
I didn't want to let you in
Cause I am to fragile...
But you...
Somehow
Someway
You found that place

We were just suppose to be friends
But my heart didn't agree
It wanted more....
So much more
I want to blame you...
But it ain't your fault
We can't control these things...

I guess it true...
I loved you and I still do..
But the timing is just so all wrong
"loving the right person at the wrong time"

What do I do now...
If I could just feel you one more time...
Just one more
Your smile
Your warm embrace
Your touch
The warmth of your lips
Your strong hands around my waist...

I wanted so much...
I still do...

(c) Leasel Martins

Lizelle 'Leasel' Martins

So Unreal

It seems so unreal
How I got here
How you got here
We had our faire share of
Challenges
Obstacles
Heartbreaks

I loved you
Loved you with all of me
I wanted nothing more
Than be your Mrs

Tragedy raged through us
Sadly it broke Me
Broke Us
I couldn't
And I still cant

So Unreal
Yet so Real

Lizelle 'Leasel' Martins

Sometimes

I sometimes wonder
Is it worth it
Why I do it
Why I bother

I want to talk
Sometimes I do
But at times
It takes longer
May be more difficult than others
But I do
Talk...
Share...

But that you don't even see
See the little difference
These walls are broken
They have crumpled down for you
Knowingly I see it tumbling down
But that you don't even see

Sometimes I wonder
Why do it
Why do I even bother
Why do I open up
Sometimes I just wonder

Lizelle 'Leasel' Martins

Stranger Within

I find it hard to put into words what I feel
It feels so heavy
So much to share
But words seem to fail me once again
I thought I made it
I had moved on
But I haven't

I feel like a stranger
That no one knows
That you don't know
That I don't know
I feel trapped
I want to scream
But no one hears
I can't even hear

Every day is a good day
Is it really?
Is it really a good day
Or do I just want to believe

Believe that things will turn around
Believe that things will work out
Believe...

No one hears my words
No one understand my words
Not even I do anymore

I keep on saying the same things
An old school rhyme it sounds
I have no pages left
Nowhere to write my thoughts

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Lizelle 'Leasel' Martins

Strangers

I saw you today, after such a long time
Must admit it was a pleasant surprise
Yet it had such a "stranger" feeling
Was it just me
Or was I expecting something...

I saw this huge wall
A wall I couldn't break down
You were here, but you never arrived
I'm trying to make sense
Of these unknown happenings
But I can't

I guess unwillingly
I didn't want to realise
Come to that painful realization
All suddenly feels so lost
All these years
Seems too vague, like it never happened
Why is there tears in my eyes
Why do I feel like I have lost something so significant
When everything was just a 'could have been'
Betrayed by my own feelings

I saw you today

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Lizelle 'Leasel' Martins

This Feeling

This Feeling

What is this feeling I am feeling
Oh what a good feeling
And sad at the same time
Every day is a losing battle
The more I fight the more I realize
This is and has always been a battle I can't win

What I feel for you is beyond friendship
It is beyond a casual crush
It is beyond a like
And way beyond a affection
I know what it is
But I am scared to say it
These words refuse to leave my lips
But they are screaming aloud in my heart

If this is LOVE
If this feeling is LOVE
Than that's what I am
I am in love with you
I have always been

But then again
"Love is never lonely"...

(c) Leasel Martins

Lizelle 'Leasel' Martins

Time

Time can be a beautiful thing
But it can be cruel too
It can bring so much joy
And yet bring pain

After all that has happened
After all that has been said
All that has been done
I still remain
Just an open wound
Waiting on time
Time to take pity on me

Time to help me get over this
Time let all this be a memory
A faded past that almost never happened
But time won't let me go
Cause I still remain

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Lizelle 'Leasel' Martins

Tired

Tears
Rolling down
These warm cheeks
How
When
Why
How do I make this
How do I fathom all this
I need Answers
God I want answers

Live right
Do as you command
I wish I could say I was reckless
I wish I did many things
Just to justify all this
But I didn't
I didn't
And yet...

Thoughts flood my mind
Is it worth it
To make it another day
See another day
Sadly the word Yes
Ain't that loud nor bold anymore

I ain't strong enough
I don't think I will make it
I don't wanna make it
I AM TIRED
This heart
This soul
Can't take anymore
Beatings
I give up
I need to rest
I am all torn
Bruised

I AM TIRED

Lizelle 'Leasel' Martins

To Be

Sadness
Brokenness
Despair
Seem to overwhelming
Suffocating me
Making it all
My reality
Unbearable
Not of earthly things
But sadness

I want to scream
I want to shout
I want to cry
Let all this out
And then maybe
Just maybe
It will disappear
And I will be whole again

Whole again
To Smile
To Laugh
To Love
To Be

Lizelle 'Leasel' Martins

Today

Today

Today I can look at you
Today I can think of you and not wonder
Today I can think of you without a longing
Today I can think of you without
Coulda Shoulda, Woulda

Today I can think of you
Without my heart, head and emotions at war
Today I can look at you with a smile and thankfulness
Thankful for what I learned

Today I can just smile
Cause I finally know
You were never mine and I was never yours
And for the first time
I am okay with that
And happy for you.....

(c) Leasel Martins

Lizelle 'Leasel' Martins

Until We Meet Again

I wish□

I wish at times I could control my thoughts
Take hold of it
When it comes to you

These thoughts led me
Led me to our first encounter
I still get 'butterflies...'
Just thinking about it

I needed no introduction
When you came
My heart just knew
We talked
We laughed
Well you made me smile
It felt like I have known you for years
But we were just strangers
I tried to hide my nervousness
But I think you knew that I was

At times
You stood too close to me
I couldn't handle that
I became afraid
I was afraid
Not of you
But of Me, Myself and I

I didn't know myself
It's like the Me just vanished
The Me couldn't be found
I didn't even notice your warm embrace
No idea how or when that happened
I didn't wanna let go
It felt good
It felt more than good

But you let me go

Let me go into this world
Into a world where nothing made sense anymore...

But I will keep this thought
I will hold on to this feeling
I will hold all of it

Until...

UNTIL WE MEET AGAIN

Lizelle 'Leasel' Martins

Untitled

</>They say that God blesses all differently
In His own time
I can't help to ask
When will my time come?
Is it so wrong to be loved?
I feel so all alone
No one to hold and comfort me
Oh what a lonely place this world can be
Alone in my room
I sit and cry...
Tears just won't stop flowing
When will tears of joy flow?
I am all broken inside
I want talk
But no one seems to listen
What have I done...?
That was so cruel...
Why I can't just be
Is all this worth it
Worth going through it all
Hoping that one day it will change
When will that day come?
No one seems to understand
I am like no other
Why can't you understand?
Why can't you accept me for me?
Why....
Is it so hard?

Am I asking to much....

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Lizelle 'Leasel' Martins

Walking Away

I need to go
Break away from all this
Escape from this prison
A prison my heart created
It's too cold here
I need to go

But first
Let me break these chains
These emotional chains that are binding me
I am confined between these walls
The prison my heart created

I know I need to go
But it won't let me
I have to be stronger than this
I need to

Someday, Somehow, Someway
I will find that strength
And break these walls down
Break these emotional chains
And walk away
Cause I can't keep on doing this

(c) Lizelle Martins

Lizelle 'Leasel' Martins

Walls

We all build walls
These are there to protect us
Or for whatever reason you thought was needed
But the good part of all this
Is that you can break these walls down
Whenever you think you should

But I seem to be confined in my walls
It's no ordinary small walls
Over the years they have become so unbreakable
I can't seem to break them down
They have to come down some time

But then again
I don't want to break these walls
They have been my haven
My place of safety
I guess my experiences
Have created or even
Let to this huge indestructible wall

My weakness...
My weakness is that I can give all of me
I give so much of myself

These walls have played another role
A role that deserves...
It protects me from feeling any emotions for you
Some may call it selfish..
Some may even call it crazy

But I am afraid that if I
If I let you in...if I break these walls for you
That I will be able to feel
That I will be able to love
That I will be able to care
That I will be able to love you
With all of my being
And that feeling will suffocate me

Not breathing just gasping for air

All these emotions

All this suffocation

Will only end

If you help me breath, tell me that I will be okay

But sadly I don't believe that

I don't trust myself to make that decision yet

I don't know...

I'm not sure that you can handle this heart of mine

It's all fragile...Just to fragile for you

This wall....

I have build this wall...

My not so ordinary wall...

(c) Leasel Martins

Lizelle 'Leasel' Martins

We Changed

We have been doing this for some time
Back and forth
Holding on to something
What are we holding on to?

We use to be many things
I was more
But non to what I have become
I seem lost
Lost in my own thoughts
Lost in what I thought to be

We were many things
But we changed
I changed
You changed
For the better I do hope....

We have to let it be
We gotta let it be
And move beyond
What we hope could be
Move beyond
Into two different worlds.

(Leasel Martins)

Lizelle 'Leasel' Martins

What Happened...

We met like any other...

Nothing strange or weird about it

But somehow I started to feel things that I should not be feeling

Oh it was a strange feeling, good and exciting at the same time

I tried so hard to play down all my feeling I had and at a point I thought I had

But you kept appearing in my head....was my heart playing tricks again with me

I tried to tell you how I felt...but no words came

You asked me if I did...I said yes

But you never said how you felt

Strangely enough it never bothered me

Coz you promised you would the next time we met

But on our next meeting...you didn't say anything

I didn't ask you...or I didn't want to know

But still we continued

You made me laugh

You brought joy to my heart

You had awoken something in me I thought had died

I felt again...

I.....

But sadly our differences drew us apart

We just couldn't work it out

We tried...I tried to assure you...but nothing

You were everything I didn't know I wanted

I never asked for you

I didn't ask to feel the way I do about you

But I do

I wish you could take my feeling and just throw it away

I am not suppose to feel like this

Not about you

I hate the fact that you could and can make me feel like this

It seems like you have such a hold on me

I miss you so much...

I can't even say those words without tears rolling down my cheeks

You don't even talk to me

I miss my friend
I miss you so much
The late night chats
The mails
The messages
The sound of your laugh
Your arms around me
Your love and support
Your smile
Your words of encouragement

I guess I don't know what to make of this
I don't know if I will be able to say "Goodbye" yet
But I hope I will soon...coz I can't stand all this pain
I don't think you are aware...but you were a big part of me

I miss you
I really miss you..

(c) Leasel Martins 2009

Lizelle 'Leasel' Martins

What If

What if I tried
A little harder
What if I
Held on a little longer
What if I
Was in a better space when we met
What if I
Didn't give up
When I did

Would we still be
Us

I know....

But I miss you
I miss having you around
I miss my friend
I Miss You

Lizelle 'Leasel' Martins

What Is It About You

What is it about you that make me stay
What is it about you, that won't let me go
What is it about you that have this hold on me
What is it about you that won't let me go
What is it about you that won't let it be
What is it about you
That is like no other

It's like we going in circles
I am going in circles
No direction, no beginning and no end
I just hate this feeling
No control of what I can control
When you come to mind

What is it about you
What is it about you that's got me willingly trapped
I wanna know
What is it about you
But I know
I think I have always known

I am into
And it just won't go away

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Lizelle 'Leasel' Martins

What's The Point...

What's the point if this is all it
What's the point when I can't stop crying
What's the point if all I feel is lost
What's the point if all I all I do is wonder around
What's the point if I am never good enough

What's the point if the people I care about
Walk all over me
Don't appreciate me
Break me down
Don't love me for me
What's the point of it all
When sadness is all I know
What's the point if I aint good enough for you
What's the point if this is all it

What's the point my Father
When for 27 years
Tears of sadness is all my eyes have known

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When Will Her Time Come

You never cared for me
You just like the others
Use me
Abuse me
And toss me away
I can't help but question God

For twenty six years I have cried
For twenty six years you have seen my tears
For twenty six years you haven't....
God why can't you hold me
God why can't you wipe the tears from my eyes
God why don't you hold me
God why don't you love me

For twenty six years I have felt alone
All forlorn in this world
No one to talk to
Guess I fooled myself thinking
Thinking that you were my friend
I am not sure if you can go on
I am not sure if I can fight this fight anymore
I am tired
I need peace....
A place to rest....

When will my time come?
When will I ever be happy?
Is being unhappy my purpose on this earth....?

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Who Are You?

I have heard about you and always wondered who you are.

I have been told that you destroy all whom you encounter, you actually live for this.

As much as I wanted to find out more about you, I didn't want to know you.

But lately you found me, despite all my efforts, you found me.

Things changed, I changed...

I looked at things much more differently, quite a negative perspective of everything.

Who is this person I have become?

I despise you....

I hate the way I feel when you around me. I hate the fact that I can't breathe when you around me; I suffocate in my own thoughts.

I hate it when you hold me so tight, my heart starts racing, my palms all wet, feeling nausea....my lungs, they feel like they going to burst...feels like I am drowning...I have to scream, I need to scream.

I don't like the person I have become, I feel so helpless, powerless...

What are you doing here, what do you want from me...?

What a rhetorical question, because I know exactly all these answers.

I know what you doing, I know why you are here, I know what you capable of and I know you have no intension of leaving, unless...

But still.....

I can't help to ask, me asking, is it a way of convincing myself otherwise...

That maybe just maybe...

Who are you...?

Lizelle 'Leasel' Martins

Why Do We Hold On....

Why do we hold on

Why do we hold on
When there's so much pain
Why do we hold on
When happiness has left us
Why do we hold on
When the love you had
Is crushed
Why do we hold on
When tears is all I seem to know

Love is so many wonderful things
So many beautiful things
But yet...

Why do we hold on
When there's so much pain

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Why Now

The very thought of it
Possibility of it
The very idea of it
The likeness of it
Bring so much happiness
A pure delight

But then Reality
Rages through it all
My Thoughts
My every Possibility
My very Idea I ever had
And clouds everything
In total darkness

With such a force
That it numbs me
Of any Hope
Any faith
I ever had

Why Now?
Why Now oh Lord!

Please!
This is my Plea
No may Prayer
Guide me though this
Hold me through this
As I am broken
Too weak
To think I will be okay
And make it
As short lived as it might be

Why Now Oh Lord?

Lizelle 'Leasel' Martins

Will I Ever?

Sadness

A brokenness within
My cheeks all warm
From tears that won't stop
That just won't stop
From a sad and broken woman
Why am I so sad....

Say your Prayers

Have Faith
Be strong
They all say..
But I have
Lord knows I have
But yet....

'One day someone is going
To hug you so tight
That all your broken pieces
Will fit together'

A longing to be held
A longing to be told, 'You will be okay'
I wonder
Will I ever
Just be Okay

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Will It Ever End

How much longer
How much longer
When will it ever stop
When will it ever end
These tears
These tears that has no end

She quietly sits
Thinking of how to be strong
Can she be strong
Will she be strong
But these tears overwhelm her
Fill her eyes
And rolling down
The tired, lonely and broken girl's cheeks

She is tired
She can longer be
She does not know how
This pain
Has become unbearable
When will her time
To smile
A pure smile
Tears of pain is all she knows
All she has know

She is tired
She can longer be
She gotta rest
Close her eyes
For some peace

I am tired
I can be no more
Lord please let me rest
I can no longer hold on
I am all worn out
I can longer be

Let me go...

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You Were Never Mine

Sitting here and pondering
All the could've, should've and would've been
How can something so close, within my reach
Just slip away
Slip into a distant past, never to be remembered

I thought I had it all figured out
Play your cards right, Be yourself
But that never seemed to be enough
You slipped right pass me
I was like a child, watching beach sand slip through my fingers
And just being blown away by the wind

We almost made it
But then again, Almost doesn't count
How can you miss something so much
That Almost was
How can you miss something so much
That Almost happened
But I believe it's true
One can miss and love something
You never had

You were never mine

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