

- Noose -

Every memory

that causes me to lose my breath

is a small death

that I struggle back to life from

Roland 9/9/14

- Darkness within -

I've been catching fireflies

and putting them into a mason jar

a gift of nature's light

to this growing dark heart of mine

Roland 9/5/14.

- Love and Harmony -

Love does not complete you

it shows you what needs improving.

Love can heal you

it can also destroy you

Love can make time fly by

it can also slow it down to where every breath feels like
an eternity

Roland 9/13/14.

- cover up -

She scratched my name
in blood, pain and ink
across her chest

A testament of her love for me.

Alone

I try to make sense that her love for me
never made it past her skin.

Roland 9/12/14.

- Sixth Sense -

Every time

I no longer feel the pain of her leaving

Every time

The nightmares of her loving him stop

Every time

The rage turns into peace

Every time

my heart and mind stop racing

when I think of her

She comes back.

Roland 9/14/14.