

## Self Love

The bullets of her words hit the armor she's Put up to protect herself from others,  
But the irony lies in the fact that the  
True danger is herself,  
A self sabotager that gets high off of things She knows she shouldn't do but  
Says fuck it and does it anyway  
Because the adrenaline she feels at Destroying the things with potential for Good, is less scary  
than the lows  
That used to sing her to sleep every night and Avoiding that loss is the only way of Survival she  
knows so she  
tells herself things to keep herself  
Grounded in those lows, convinced she's  
About as palatable as poison, and will  
Trap herself in her own self doubt  
Not allowing anyone close enough to lift her out, Not realizing that there's no need for  
Traps and guards, and that even if there were, She'd be worth going to battle for,  
Not understanding that everyday doesn't Need to be a war and that  
Her happiness gives other people life, and  
That her smile alone could like up a city,  
So she accepts the love she thinks she deserves, but What she's been taught since birth is that  
Deserve isn't a word to be used often, unless Striking down others or herself; Her memory still  
Stings from the scars that those words left, Reminding her of all the ways that she  
Doesn't deserve, but what she doesn't  
Seem to realize is that the beauty is around her and Hers for the taking, and she doesn't have to  
Spend her life proving herself to others and Secretly having herself for it because,  
Love and happiness is okay to have,  
And she,  
Above all else,  
Deserves it.

## The Sun

Words fired from the  
Barrel of pistol lips  
Bones shattered, soul marked  
But still she carries on  
Weighed down by the  
Scar tissue healed over those wounds  
Held back by the  
Memory of vile venom spewed and  
Skin broken at the mercy of hands that Were never invited, and yet  
She carries on.  
Haunted by the  
Fear that she isn't enough  
Frozen in terror at the  
Thought of being abandoned  
Unsure of how to be left alone  
Because being alone means  
battling the weapons  
In her own head  
Weapons she hasn't yet  
Learned how to tame  
So she clings to the  
Safety of loves ones past and present  
In the hopes of realizing that her muscles However swollen, can still  
Pick themselves up and move her forward. She speaks of the sun and how  
Brightly it shines  
And yearns to spend her days in it's  
Beauty and radiance and  
Will chase it as long as she has to  
Not realizing that it's been  
Attainable her entire life  
Not knowing that the  
Light is within her and that she is  
Filled with more beauty and power than she Knows that to do with.  
She is overflowing with the  
Strength and ferocity to heal  
An army of broken bones and scars  
And come out unscathed and  
Stronger for it.  
Soon she will discover that one  
Cannot take other's words at face value and  
She'll meet her own reflection Brave mask painted on  
Head held high  
And realize that it is indeed possible To stare directly  
At the sun.

## Everything and More

I get high off of her presence.  
Mesmerized by the song her voice leaves  
Ringing in my ears  
Dizzied by the soft cotton smell that  
Lingers after she's gone  
Her touch wakens me like no cup of coffee ever has.  
Scorched trails where her fingers have been  
Wildfires following the path of her tongue on my neck My body, a mind of it's own, now  
Controlled by the march of her fingertips down my spine More alive than ever thought possible.  
The empty halls of my chest now filled with life Gardens blooming in my stomach  
And I remember what it feels like to breathe.  
A smile permanently tattooed on my lips  
No longer shackled to the shame of my regret  
Nor tied down by the anxiety entangled in my bones My thoughts on permanent hold  
For my mind is overcome with her  
And for the first time I feel  
Settled in my skin  
And I know she is my escape.  
She is all my body wants and All my heart needs  
Forever etched in my veins She is my freedom.

## **Once More with Feeling**

We should not excuse ourselves for Feeling things so deeply,  
Human connection is a necessity  
One that should not be shamed,  
Yet we pretend to ignore the cravings Sitting in our bones,  
And we yearn in silence  
Instead of accepting the reality that There is no shame in loving, Feeling deeply is a blessing  
Not a curse.

## **Alternate Universe**

We were soulmates in an alternate universe  
Your laugh soothed my cry  
My smile illuminated the dark corners of your world  
We balanced each other like no one else could  
Better than yin and yang  
But it wasn't our universe  
In ours we were ships passing in the night  
Never dwelling at the same campsite for too long  
Only crossing at the small fractures between planes  
Tiny pinholes of sunlight that shone from their universe into ours  
Merging our worlds and igniting them all the same  
Maybe someday, the planes will explode  
And our timelines will forever be entangled  
Inciting the most beautiful chaos the world has ever seen