

Poetry Series

**Lauren Delgado**  
**- poems -**

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Lauren Delgado(May 18,1992)

# A Hand Not To Help

The love you gave is not like the rest  
Never first or second best  
You push me away by acts  
It was obvious look at the facts  
I was at fault, I was the blame  
I felt guilty, my life was at shame  
Head down never up  
Don't speak, don't interrupt  
Seen never heard you say  
Why care you just push me away  
14 years to open my eyes  
14 years to realize the lies  
I deserve what i haven't got  
I had to learn, I hadn't been taught  
It's alright I never made a frown  
It's because I stood up and never backed down  
I'm done why don't you understand  
I don't want help, I don't need your hand

Lauren Delgado

# Breaking

Emotions flood my soul as a dam breaks upon tear,  
Confusion runs through my mind fast and drunkenly,  
Lost is the feeling in which i have achieved,  
The mistake was made public by witnesses,  
One in which is the suspect of the dilemma,  
Man that I have lost because the chaos looks down,  
Frowning has permanently marked my face,  
Stains of tear-dried mascara lines my cheeks,  
I know what I did but it's opaque,  
Pain causing numbness inside with hurt,  
Honesty appears to have torn a deep connection,  
Time is at play to expose the distressed truth,  
Leaving and giving up may have to work,  
Three words to have no importance to him,  
All because an unsober and unanswered night.

Lauren Delgado

# Cat...

There was a cat.  
The cat was quite fat.  
O' how it would react.  
To get hit with a bat.  
To cough up the rat.  
Onto the landing mat.  
The rat just sat.  
(Lifeless)

Lauren Delgado

# Chancing Love.

It's strange when you have to lie.  
It's strange when you see someone die.  
It's strange when it's your fault.

The heart has called it quits.  
The heart has had too many hits.  
The heart is tired of being broken.

You can't escape from what is now.  
You can't stop people from asking how.  
You can't hide the fact that you're at fault for the tragedy.

The word love is commonly misplaced.  
The word love can seem as a waste.  
The word love gives determination for a goal.

Watch for you can kill one.  
Watch for you can make life done.  
Watch for you can make a heart live forever.

Take the chance to kill.  
Take the chance to find something real.  
Take the chance to experience life.

Lauren Delgado

# Conscience

Never-ending walls.  
Everlasting halls.  
Trapped and lost.

Invisible doors.  
Silent roars.  
Walls are falling fast.

Running fast.  
Escaping past.  
You're in conscience.

Lauren Delgado

# Day At The Park

To hop, to jump, to skip to leap.  
Through the trees the wind will sweep.  
Slight cold breeze through your hair.  
Holding hands with one with care.  
The glistening glow from ones skin.  
The day is good, complete, no sin.  
The grass is green with envy of love.  
No love is stronger then the love from above.  
The stroll comes about day by day.  
When the stroll ends what will they say.  
Disgard the words, nature will react.  
The glow, the green, the wind will be gone.  
All will await when the sun goes dawn.  
The hop, the leap, the jump, the skip -  
all shattered by connection of the hip.

Lauren Delgado



# First Glance.

Eyes meet.  
Long glance.  
Voice spoken.  
Words stick.  
You're attentive.  
Contact happens.  
Walks away.  
Looks back.  
Questions arise.  
Desires begin.  
Name unmentioned.  
Meet again?  
Only friends?  
Left hanging.  
Meet again.  
Grasp hand.  
Mention name.  
Relations wonder.  
Becomes of.  
Time elapses.  
One two.  
Hands hands.  
Lips lips.  
Always together.  
Happy forever.

Lauren Delgado

# God.

He is always there to offer a hand.  
His love last a whole life span.  
He is on thoughts like it or not.  
To your knees you are brought.  
To pray for your sin.  
To wake up born again.  
Alive and free you wish to be.  
It's inside love you can't see.  
When in trouble never doubt.  
God can always help you out.  
Speak to the man above.  
Ask for his eternal love.  
Don't be scared just disguise.  
His love will surprise.  
So pure and so strong.  
Last forever and long.

Lauren Delgado

# Hate/Love

Is it impossible to hate while love?

To talk while hate talking?

To be with and clearly adore?

You don't want to be with and wanting to be with forever?

Simple kiss you never want until you receive and hold on to?

Warmth perceived by one another stays on your mind.

Arguments constantly arising cause of denial of love.

Believing distance will tear you apart when it makes it worse.

Curiosity about the future and what it holds.

I hate you, but I love you.

Lauren Delgado

# Leaving Of

The day is done, the night is dark  
Earth is silent, no cry of a lark  
Trees are still, clouds move fast  
Reminding you of an unsettled past  
They day you left, the day you ran  
You said no simply the reason of you can  
The power of life has frightened one  
Had you call it quits and say you're done  
One young woman, one young life  
Both were sadly taken by a knife  
Kidnapped by male, the one to be  
The lifeless lives he solemnly sees  
Why live happy when one is not  
The two lives appear to be forgot  
Hiding in shame all the years  
He is in awe, he finally shows his tears  
Fore' he walked out, and does once again  
He knows what he did, he's aware of the sin.

Lauren Delgado

# Questionnaire?

How could you lie?  
Why would you deny?  
That i was your own daughter.

What did I do?  
When did I hurt you?  
Because I'm not aware.

Was it the way I talked?  
Was it the I walked?  
Inform me please it hurts.

Why do I deserve this mistake?  
Why do I feel dead in a lake?  
Trapped under and refuse to leave.

Who let you hurt me?  
Who let me refuse to flee?  
I'm ready to stand up for whats right.

The day will come.  
Get ready, set, DROP!

Lauren Delgado

# Senses

Confusion is surrounding as air is to life.  
Eyes shut, ears covered, mouth closed.  
Not a word to be said.

My face may be the last you see.  
Fore' you are unwelcome by appearance  
Not a word to be said.

These words can be the last thing you hear.  
Fore' the gift of listening is overtaken by most.  
Not a word to be said.

Your comments may be the last you speak.  
Fore' you take advantage of first amendment rights.  
Not a word to be said.

Lauren Delgado

# Since When?

Since when did life become easy?  
When did we wake up and say everything's O.K.?  
I think I'm still asleep.

Wake me up for life awaits.  
To escape from hell and onto heavens gates.

To ponder through life scroll.  
The list foretells the untold past.  
I think I will fall.

Catch me for I cannot stand.  
Let me walk on this forbidden land.

I take notice of morality within one.  
Blood flowing through the veins.  
I think I will live.

Lauren Delgado

# Unforgiven

The hurt I can't forget.  
The words that you regret.  
The pain is everlasting unlike you.

You tell me i can't win.  
You push me down again.  
You stare at me as if i was different.

My problems are surrounding.  
My head is constantly pounding.  
My life is on a two way journey to confusion.

I am done with your lies.  
I am ready to cut ties.  
I want you out of my life for ever.

As if i had the courage.  
As if the words would purge.  
As if i could escape and never look back.

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