

Poetry Series

Lauren Kiczula
- poems -

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Lauren Kiczula(1994-)

A young woman with many dreams and ambitions to become a writer. I have been writing seriously for about 4 years now. but i began writing my story about 3 years ago and it is still a work in process. i know it will be a while longer until i finish because my writing skills are still maturing. If you have any advice/ wisdom please do share.

Love and Light,
Lauren Kiczula

I Know...

I know she's tried to kill herself
I know how she tried
I know how she was found
I know she's cut
I've seen the scars
But I have done the same
I know I love her
But I know she doesn't love me the same

Lauren Kiczula

I Needed You

I can't take it any more
I need to run I need to fly
I want to get away and hide
Though time and tide will not abide
I must run and hide
The sky above is way to high
A cave is alright though rock and ice cannot suffice
A hand to hold
A hand to help was
Was all I need
To keep me from this hell

Lauren Kiczula

I Want

I want to see feel and do all that i can in this life time
i want to do so much its hard to contain
i want feel so much that
i have no way to describe the spectrum of emotion
i want so much but not all is what i want
there are so many other that have all they want
but then there are just as many if not more who have so much less

Lauren Kiczula

Just When

Just when i found myself soaring
All the strings that held me up were cut
I fell back to earth
my breath knocked out of me
And I'm not sure if i'm strong enough
to take the next breath

Lauren Kiczula

Knew

I wish I knew what normal was so then I could turn around and run screaming
the other way...

Lauren Kiczula

My Borders Of Reality

Most of the time I'm not sure if I'm alive or dead I walk the knives edge one little slip and I fall off. Th borders of my Reality are constantly shifting one moment feeling so solid then next like water only so thin there is no use in even trying to swim so instead I brush my blonde hair and cover the scars and make sure no one can tell what goes on inside my mind.

Lauren Kiczula

My Drug

Why is it every time life gets hard
I come back to you
Lately it seems like your a drug
And I'm addicted
Now matter how hard I try
To quit you
My heart always has other plans
You always get me high
But eventually I'm gonna crash...

Lauren Kiczula

Names

Names mean nothing
Just part of a whole
I have many names none complete
why do words have so much power?
Yet words are not always enough
Some thing cannot be described only felt
The moment
The time
The change

Lauren Kiczula

Night Hike

Shadows growing
Midnight Approaching
Cats a Meowing
Wolfs are singing

As we hike
My pressure spikes

Sending shivers
Sown to the ricer

No one can see
That I am free
They are not able to see
The true me

Lauren Kiczula

Resisting

I really don't want to do this
But I have no other choice
No matter how hard I resist
No matter what else I try
The only thing that takes the sting
Out of my scars
Is to mirror what I feel inside
On the out
To bleed out all the pain from my body,
It makes me see I am really alive

Lauren Kiczula

Scars

As the day draws to a close I reflect on the scars of the day and those of the past.

Both those that were accident and those that were self-inflicted, the difference is those that were accidents someone was there to pick me up and patch my wounds. The ones self-inflicted are still bleeding

Lauren Kiczula

Suffer

The burning on the top of my leg
is just a reminder of what ive done
while my friends only see
the well practiced smile
and the easy cover up chuckle
to hide what i really want to say.
my wrists were a good pratice ground
but after a couple of scars
the people you see begin to get suspicious.
so instead
i hide it under my jeans.
and suffer on my own.

Lauren Kiczula

To Soar

to soar among the heavens
wind rushing past
giving way to the blackness around
to soar among the heaves
wind rushing past
the uncertainty of tomorrow t
he wisdom of yesterday
to soar among the heavens
wind rushing past
through the galaxies
small spots of color appear
helping peace fill the void
to soar among the heavens
wind rushing past
a smallflutter in my chest begins
the colors all around brighten
to soar among the heavens
wind rushing past
the flutter becomes a beat
then a pulse
sound all around
music
to soar among the heavens
wind rushing past.

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Unanswered Questions

When will things hit the bottom so they can't get any worse?

Why can't I loosen the chains that bind me to this world?

When will the world see that they can't hold love in or bind it deep inside?

Lauren Kiczula

Why

Why do i just sit
and watch the time fly by
why do i hesitate to resonate what resides in my heart
the one who fears nothing
is scared to say what she feels
for she is scared to end up worse than she is
nothing risked
nothing gained
just time lost

Lauren Kiczula

Wisdom

How do you get wisdom?

Do you get it by sitting under a tree, or standing outside during a thunderstorm, but maybe wisdom is gained by listening. Listening to the wind, to the rain. And by listening to those who have already gained the wisdom of life.

Lauren Kiczula

Worst Of The Worst

I want to run and never look back. All the pain. I want it to stop. I'm splitting apart hate and pain fill my body. I sit in this corner trapped I need to be free. The emotions make me rock back and forth back and forth. My mind filled with irritation. I can't run they would know. A splitting pain, this one physical, shoots through my hand. The emotions ease again and again I hack through the skin. I find my hand dripping blood. The blade in my right hand hovers over the left wrist. The gashes in my arm spill over with red. It drips to the floor. Freedom Found.

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