

Poetry Series

Lauren Kjar
- poems -

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Lauren Kjar(April 21 1983)

A Heart Can Love More Than One Person At A Time

The strength of a human heart
Prevails in fairytales
But in the real world
When a boy meets a girl
Forever's a much harder sale

A heart can genuinely love more than one
But a heart in this state complicates
When the inner scales tilt
From joy then to guilt
A love then becomes a debate

So please forgive my ping pong demeanor
It's hard to manage your gut
I know my decisions
May need some revisions
The problem is... I just don't know what

Lauren Kjar

A Parents Promise

I promise to always love you
Even when liking you is hard
I promise to support your ambitions
No matter what they are
I promise to always listen
Even when I don't agree
I promise to let you be yourself
And not try to make you like me
I promise I'll never abandon you
Regardless of the choices you make
I promise to do my best as your parent
But please forgive my mistakes
I promise my problems will affect you in some way
I'll do my best not to let them
I promise to let you express your emotions
Though I'll always try to protect them
I promise to let you live your life
I'll nudge you if you start to stray
I promise to do the things I think are best
No matter what others might say
I promise you'll have heartache and pain
My shoulder will be there to cry on
I promise to never break a promise
That I'm someone you can always rely on

Lauren Kjar

Atheist's Lament

I sat all alone not making a sound
Patiently hoping that you'd come around
They say I'll just know once you appear
So far, it's still only me sitting here
I guess there is something that I must have missed
Or maybe, the facts say, you just don't exist
Everyones saying you can't be described
And no one can tell me just where you reside
Mom always said 'look before you leap'
But my cautious ways are upsetting the sheep
They bleat of their shepard, an almighty force
That he is the one who determines our course
Conveniently absent when dishing out blame
Yet for every achievement, his blessings lay claim
Follow the rules and never lose faith
You'll be rewarded at the heavenly gates
But if decided your score is too low
Down to a fiery hell you will go
Just follow the guide, it'll all be a breeze
Thanks for the worship and no questions please

Lauren Kjar

Believe I'M Okay

Today I'm gonna do my best
To cut myself some slack
Give my brain some needed rest
From things I can't take back
Not to fall into the spaces
I find comfortably numb
Focused on the time I've wasted
Not what I've become
Today I'm gonna try to love
As much me as I can
Even parts I'm not too proud of
Made me who I am
I'll repeat this fifty times
Before noon today
Sometimes I just need to remind
Myself that I'm okay

Lauren Kjar

Caught In It

It's a thickening fog
To where I go
A place far beyond
Where anything grows

I labor to breathe
The air is concrete
Each second passing
No hope for retreat

Walls have no cracks
Captured within
Misery attacks
Beneath flesh and skin

A darkness invisible
Only known to myself
A soul barely livable
Begging for help

Lauren Kjar

Closet

I rarely let others in
I make very few exceptions
Inside is all that's ever been
And somethings I'd rather not mention
If I allow you just a peak
Please don't laugh or scream
Showing you will make me weak
All these things in me
My skeletons are fragile
Please handle them with care
They're dusty and don't dazzle
All of me is in there

Lauren Kjar

Curtain Call

'Normal' is a curtain
That opens to a stage
Featuring the drama
Of each and every day
With makeup on our faces
And costumes on our backs
We memorize our lines
Then do our best to act
Moving as we're told to
As the play evolves

But...

Where does an actor go
Once the curtain falls

Lauren Kjar

Don'T Touch Me... Please...

It all becomes pinpoint
Tunnels the view
Darker
Colder
Mind faster
Time slower
The question is...
What do i do?
Blood pumping, consuming
Beating to the heart
Pulsing
Throbbing
Convulsing
Robbing
Reality, Security
Ripped apart
Lost in vastness
Instincts are alive
Laid plans
Primal drive
Will I fight?
Will I fly?
When defining... one word
Survive

Lauren Kjar

I Am Who I Am

I am who I am
Who else would I be?
I won't change for you
So why change for me?
I won't waste my time
Being someone I'm not
My own intuitions
The best thing I've got
Loving or thoughtful, angry or meek
I'm always myself so I'm always unique
So if you're not impressed or don't like what you see
Then go somewhere else, cause I'll always be me

Lauren Kjar

I Know You Must Go

On this journey you never expected to have a companion on
A young woman lost in a girl
Suddenly at your side, when she can be
Now that you're gone
The things I miss most
Well they make me chuckle and cry
Your giants hoodie and your bed
A little too small for us both but so comfortable
Your car, a plastic toy I want to play with now
Turkey, avocado and Swiss omelets
Watching you fall asleep or fake it better than I ever could

And there are always the obvious things
Your hands on my face as you kiss me softly
Gentle movements that build to roaring engines
Our tongues dancing
As if they've been partners for years
Your strength when you wanted me only tempered by
Your inability to forget to protect me

I even miss the awkwardness we shared
When I was drowning and you refused to go down with me

I keep thinking about the morning you told me
I was listening to that Fionn Regan song you hated
'It's so depressing honey'
How it didn't really sink into me
The words, what it meant
You tried to hold me, ask me to join you
I remember how much it meant to me to feel you trying to comfort me
And how much I wanted to tell you
'don't comfort me yet, it hasn't hit me yet. I don't feel anything yet'
But I couldn't and your arms felt so safe
From all the things I knew I was about to collide into

Know that I will be okay
I'll get thru this
All of this
That is my life right now

You are so amazing in your disbelief
You want me to see the beautiful talented women I am
And I will
And one day you'll understand why
Even though young attractive men were waiting for my call
As you said once
I only wanted you
The man that forced me to be strong for myself
That man that couldn't ignore his love for me
Though he tried for awhile
The man who fit inside me, made me rage in a way I only dreamed about doing

I love you my dear
And so you must go
One day I'll feel you again
No matter if our touch still burns each other or if it's fizzled
I'll cry
Feeling so lucky and changed
To have been loved and cherished
By this amazing man
That Touched me far past my skin

I love you with all my heart.
And I miss you everyday

Lauren Kjar

In The Steps We've Taken

Doesn't everyone want the same things out of life?

Someone to hold you when you're feeling destroyed
Earning a living doing what you enjoy
If you want to wander, the freedom to roam
Having a house that feels like a home

What do we sacrifice on the road to our goals?

Sometimes decisions are forced to be made
Leaving behind wounds that don't ever fade
So we build our fortress, underneath skin
To protect us from having to feel that again

How much is changed once our truth is revealed?

In a place we forgot, hidden high on a shelf
Between darkness and shadow, we find ourself
Don't feel distraught over the life you are making
The moments that matter are in the steps you are taking

Lauren Kjar

Internal Weather

When troubles set up house near by
Then breed inside my head
Wreaking havoc on my pride
When all my strength has fled
My conscious starts a forest fire
Spreading through my brain
Thrashing as the flames grow higher
The moment when I change
Nothing left but smoke and ash
All just a smoldering heap
Sifting thru what's now the past
Choosing what to keep

Lauren Kjar

Life Lessons

Nothing worth having comes easy

The process is slow
From deep down below
It patiently grows
Till a tiny bit shows

The only thing constant is change

It always occurring
Can be unnerving
Sometimes disturbing
Life keeps you learning

Mean what you say and say what you mean

Words are the bond
Tells where we're from
The things we have done
And what can become

True love isn't perfect

You'll only regret it
Unless you accept it
Always respect it
That's how you protect it

Treat others as you want to be treated

I firmly believe
The love we achieve
Come from good deeds
What you give, you receive

Lauren Kjar

Offered Me Nothing

Religions offered nothing to me
I'm sure it never will
It's never soothed in times of need
Or ever cured my ills
It offer no protection
From the struggles that I face
It makes it's interjections
Never helped me plead my case
Can't teach me what I need to learn
Or help me to succeed
For my thoughts, It's not concerned
Tells me, 'follow where I lead'

Atheism offers me nothing more
And requires of me even less
Not caring for what I'm against or I'm for
If I change, there's no guilt to confess
Won't tell me that I'm right or wrong
Likes the company I keep
Doesn't tell someone they don't belong
Or the what others want me to be
I'm free to love anyone I choose
Live whatever life I please
It's able to let me do what I do
Because it asks nothing of me
No beliefs, no confession, no money, no praise
No commitments I can't ever take back
I don't like to use words like 'never' and 'always'
Until things are proven as fact
You need religion, you need to feel safe
I need reality, my life, nothing more
You're surrounded and hiding behind walls of faith
Leaving your life, in the dust, unexplored

Lauren Kjar

Perception

This is a series of poems. Each one is about a person in my life and how I believe they view me through their eyes. A good friend brought up this idea to me while I was in a writers block.

'Lauren, try writing from others perspective instead of your own. '

I did my best to be as honest as possible. This is one of the most challenging and humbling pieces of poetry I've ever done. Thanks for the suggestion... you know who you are.

My Husband

A beautiful disaster
My hurricane to chase
Lately when I hold you
I can't stand to see your face
Violent lightening cracks the ground
Winds that make a howling sound
Raging waters leave most drowned
The intensity is so profound
I hate the destruction you leave behind
Keep rebuilding in your wake
The moments of beauty are worth these harsh times
Or maybe...
You're one big mistake

My Mother

Such high expectations
To high to achieve?
There are so many things I want you to be
As long as they're not just like me
Know that I always love
Sometimes liking you's hard
Two very different people
Trying to explain what they are
I am proud of you
I don't say it enough
Now that you're okay
I can deal with my stuff
You'll always be my baby

It's my nature to protect you
With every year we grow older
The more and more I respect you

My 2 year old Daughter

I always want you around
You're what I try to be
My day begins and ends with you
You make me so happy
Sometimes you seem different
You're here but far away
All I can do is hug you
I wish I knew what to say
I'm lucky you're letting me learn to be me
Some days are real hard for me too
I believe everything will be okay
As long as I do it with you

My What If...

Reflections in a cracked mirror
A distorted pair
I hate to see
Pieces of me
Returned by that so familiar glare
Intriguing, forbidden apple
Sometimes I crave a taste
Sweet at the start
But a bitter depart
The guilt comes in for the chase
If only it were peaches
Smooth, coupled with cream
The harvest declined
So that fruit isn't mine
Regardless
Of how it sometimes... might seem

My Little Brother

I remember looking up to you
Over time we change our view

Experiences in my past
Made me grow up fast
I adapted to help me get through
A hard ass exterior keeps people at bay
It's easier for me if it's handled this way
When Mr. Jekyll refuses to hide
You see the boy that I've buried inside
Waiting to come out and play
Our journeys through life lead in different directions
On the way we meet people and form new connections
If you're ever upset
Don't ever forget
Our unbreakable bond of affection

My Friend of a Friend Who Doesn't Much Care for Me

I pretend not to care
I used to care so much
I was hurt in my past
So now I am tough
I attack them before they attack me
Focus on them, takes the spotlight off me
Once I decide shit
I have to stand by it
No matter logic, reason or change
If I'm the aggressor
You can't make me feel lesser
Look at the scared bully I became

My Dog

I like to watch you, I miss you sometimes
We used to always be together
I was a pup
When you first picked me up
Now I am well over nine
You are now married and I'm not your baby
You have a baby all your own
Every pat on the head
When I'm curled up in bed
Says wherever you are is my home
I cherish the old days that we shared

We're both older, tired and slow
Set in my old ways
I will live out my days
With my family that continues to grow

Lauren Kjar

Raw Emotion

I need to feel relief
I need to find my ground
Redirect my speed
From this dark, cold path I've found
Shake the cloak that binds
Comes from all around
Running out of time
Till emotions drown
A pocket of light
Some warmth beyond the skin
I'll be alright
Casing up within
Running through the fire
Out the other side
Changing with the tides
Just a soul
Striving to survive
I need to stop the rain
Halt the thunderclouds
A vessel being drained
Now too weak to cry out loud
No fingers pointing blame
Storms have always rolled inside
I feel so ashamed
Being hunted by my mind

Lauren Kjar

Some Good Advice...

When you say, 'I'm sorry.'
Look the person in the eye
We all do the best we can
Each day to get by
Know when to let go
When you've done all you can do
Remain calm, remember to breathe
When you feel you can't pull through
Talk slowly but think quickly, take time to be alone
Have faith in your own common sense, don't question things you know
The smallest good deed is better than the grandest of intentions
People rarely remember what you say, they remember your affection
Never tell someone, 'I love you, ' unless you're sure you mean it
Don't pass judgement off what others say, wait until you've seen it
Marry someone you love to talk to and you might just stand a chance
Everyday try to work and play and sing and laugh and dance
Try to trust that everything will work out for the best
Be open to even better outcomes than you ever would expect
Do what you feel like doing, as often as you can
Be flexible in your pursuits but always have a plan
The one thing you can always give and still keep is your word
Try to never let yourself spread rumors that you've heard
The heaviest thing you can ever carry throughout life is a grudge
There never will be and never has been a person who wants to be judged

Lauren Kjar

Talk Is Cheap

Words are only fireflies
Over time, they dim
The beauty of their power
Are the feelings left within
A lullaby a mother sings
To ease a child's sleep
Your mind will forget the words
The feelings what we keep
A warm embrace in times of need
The little things we do
Plant the seeds of memory
So love will bloom in you

Lauren Kjar

The Beauty Of A Mother

The beauty of a mother
Is rarely in her looks
Not upon her dresses
Or how she cleans and cooks
Her beauties in her smile
You feel it in her touch
Her gentle, tender, soft caress
Says to us so much
I love you dear, my sweet baby
Born within my soul
I carried you inside of me
To nurture till your whole
Right beside you on the day
We laid eyes on each other
Always know, you'll always stay
In my heart for I'm your mother
Through the years of learning and tries
Through the wishes, giggles and cries
In times you pull me close to share
In times you don't, I'll still be there
The beauty of a mother
The compass of our life
The beauty of a mother
Blinds it shines so bright
The beauty of a mother
Is seen by all around
The beauty of your mother
In your eyes is where it's found

Lauren Kjar

The Cliff

I'm hanging on but only barely
My fingers are bleeding and sore
I'm gripping and slipping but every grips missing
My clothes are tattered and torn

The fall will be brutal
The rocks are thick and sharp
I'm aching and shaking with each breath I'm taking
It tires my exhausted heart

Will you please save me somehow
I'm terrified I'm going to fall
The crashing the splashing will be everlasting
Then I'll lose it all

I want to let go, I'm so tired
My strength is dwindling now
I damn it I scream it, slip more every minute
I need to get up there somehow

To sturdy ground
To solid earth
To somewhere safe and secure

Lauren Kjar

The Forest And The Trees

Two strangers stand together
Shadows holding hands
Glancing towards each other
Could they understand?
A father trying desperately to make up for lost time
A daughter searching through the past for something left behind
How's the weather, how is work, the miles seem to grow
The distance in a family is farther then they know

Forgotten chances, moments pass, one day we will see
An overwhelming mountain of our opportunities
There was a time we laughed and played
We moved so naturally
Somewhere in the forests growth
We're lost among the trees

Two strangers stand together
Company alone
Growing in directions
For things they must atone
A father rigid as a pine but bending all he can
A daughters falling leaves of doubt but rooted to the land
Two trees shade each other
Sometimes roots cross paths
Each year the wind blows around them
But wil the breezes last

Lauren Kjar

The Forsaken

She comes asking only for love
And happily returns the favor
You hand her to me, knowing what I must do
I ask, how can you forsake her?
What did she do that could be so bad
That you'll lay her to the slaughter
I believe, If I remember correctly
You were the one that bought her
I know she was just a puppy then
And now she's grown quite a lot
She can't understand, what has happened
That you'd stop this beating heart
Your new lover isn't a dog person
Then she dug a hole near the fence
I can barely stand the sight of you
Still I take her from your hands
I look into those big puppy eyes
They are starving for attention
Looking at you my blood runs cold
So much for those good intentions
Walking down the hallway
I hold her in my arms
Shoving her muzzle in my chest
Finding someplace warm
I open the door to this room
She knows what I must do
Given the choice, no hesitation
I'd turn my needle on you
I kiss her snout and whisper
I'm sorry, it's all okay
You'll never suffer ever again
The way you did today
I pet her head and kiss her
As her last breaths taken
Holding her close, she floats away
Another innocent forsaken

Lauren Kjar

The State Of Our Union

The state of our union is a state of confusion
Card tricks and redirection
Our deck has been set
From years of neglect
Towards a rapidly growing infection
A country divided by the narrow minded
Leaves the rest of us discontent
The topic of guns
Inspire loose tongues
What 'the right to bear arms', really meant
Those that represent us will only prevent us
From letting our voices be heard
When the highest bidder
Is all that's considered
Democracies only a word

Lauren Kjar

There's Always Time...

There's always time for one last kiss
One more hug goodnight
There's always time for one more story
Before we turn out lights
There's always time for a little more play
Blocks and make believe
There's always time in every day
For more to be achieved
There's always time to laugh out loud
Telling jokes together
There's always time to hold a hand
Until the world seems better
There's always time for staying young
There's always time to smile
Cause happy, long, fulfilling lives
Always have time for a child

Lauren Kjar

Time

One second made the difference
To someone that survived
One minute can become forever
When you are deprived
One hour can determine
If a families insured
One day can rewrite maps
From on path to now detoured
One week can form a thought
Into a functioning plan
One month can start a heart
For a new life to begin
One year can change a life
Or pass before we know it
One second, hour, week or year
What can you find in the moments

Lauren Kjar

Treading Water

Sometimes we all just have to tread water
Keeping ourselves afloat
When directions aren't clear
And no one is near
Tread water and wait for the boat

Tides will turn like they always do
Waves will continue to crash
If you're swept out to sea
Don't try to break free
Tread water, stay still and relax

Our lives flow like the oceans
With strength you can't ignore
Sometimes it's best
To just stop and rest
Until you can see the shore

Lauren Kjar

Untitled

The pain will never go away
The wounds will never heal
The evil that you did to me
Seems forever sealed
The black refuses to turn gray
The blood will not congeal
Each passing day I ignore it
The more of me you steal

Lauren Kjar

What Remains

How can you find
What you know to be lost?
The reasons you missed it
Are all but forgot

Only small fragments
Brief memories
Something was cherished
From what used to be

How did this happen?
When did it change?
What can be saved
From the things that remain?

Lauren Kjar

Your Graveyard

Corpses litter your yard
And you'll continue to let them
To terrified to acknowledge them
Then you might start to accept them
Bleached bones and rotting flesh
Bodies of emotions that died
Starving to death on the lawn
Can't find the way inside
Everyday you wake up
Comb and brush your hair
Walk out the door to start the day
Pretending your graveyards not there

Lauren Kjar