

Poetry Series

Rebecca Dalmaso
- poems -

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Rebecca Dalmaso()

21g

21 grams that contain so much
Invaded and stolen by your touch
How can you take what belongs to me
21 grams that will never be free
Is my aching soul too heavy for you
21 grams holds all that is true
I cant live without them, nobody understands
I survive from the blood that drips from your hands.

Rebecca Dalmaso

A Thousand Years

Some people accept the world as it is, some patiently wait for a miraculous cure
The ignorance of reality leads the fool to believe that every soul can be pure
The arrogance of man takes the earth's suffering lightly
Mother nature she roars her power is mighty
When the end day shows us what we have done
There is mirrors to blame and nowhere to run
We shower the world with love that is tainted
Grey the sole colour of the picture we have painted
The helpless face that we put on for show
Failure to take action lets the damage grow
How will the earth feel in a thousand years
If today we are too busy to dry her tears? .

Rebecca Dalmaso

Abandoned

From a boy to a man in a single day
Now you say that you don't want to stay
You colour your version of what happened back then
You abandoned me, now you are about to do it again

Brothers and sisters will be left with a hole
That can only be filled with the light of your soul
Your struggle will end, but not on this day
What makes you think god won't turn you away?

Failure is surrender, it leaves you weak
Death will not give you the salvation you seek
You can Stay and fight, anyone can run
Clean up your mess, your damage undone

I can give you so many reasons you need to be here
So many reasons not to loose to your fear
Why cant you see it's not just your life?
So much will be lost, a mother, my wife

You leave all your kin with an incomplete heart
The blame and the guilt sure to tear us apart
Maybe you will come back as somebody free
A stranger in the park that won't recognise me.

Rebecca Dalmaso

Believe

My heart was so heavy as I heard the news
I kept a straight face not showing my blues
I could not believe It how could it be?
You are to marry her when you should be with me
My heart should have mend with the time that has gone by
Each day I miss you and each night I cry
I cannot tell you how I still feel
You wake with her and that Is whats real
Again I will find love, My heart will move on
I will keep you inside, Your memory lives long.

Rebecca Dalmaso

Betrayal

I sit in the corner shallow inside
Feelings of hatred I just cant hide
My mind is bewildered you dont hear my cries
A tunnel of thoughts, cheat hurt and lies
I try to understand I just dont know
How could you betray me why is it so
So much love torched by the pain
Would it be my fault if I never love again?

Rebecca Dalmaso

Blank

I know you feel blank within
This world seems so grim
That dark place you are in

You think you have lost this race
You hang your head in disgrace
Prepare to leave this place

Try to understand
Death's not meant to be planned
Free that gun from your hand

I know you feel so much bigger
With your finger on that trigger
You left your hope out to wither

Take it easy son
Death cant be undone
A new day has begun.

Rebecca Dalmaso

Bodyless Soul

Everybody has a story
Some filled with pain, some full of glory
Everybody has a reason to search their soul
For smiles, comfort and what they must know
Everybody hides their scars and clings to their fear
Searching afar for what is so near
Everybody speeds when if they went slow
At the end of the road they would know where to go
I hand over my soul to all of my pain
So i can survive and love not again.

Rebecca Dalmaso

Broken Skin

You lay beside me in my bed
You occupy my entire head
You poison me from within
You seep out of my broken skin

You kick me when I am already down
You put on show my hideous frown
You take control of my soul
You leave me stuck in this black hole

You own me now, you are worn on my sleeve
You feast on my light, will you ever leave?
You kill any love that tries to come out
You play your games and plant in me doubt

You show off your power to manipulate
You ruin me, you are known as hate.

Rebecca Dalmaso

Dangerous Game

A million tears set free today, my friend i heard you cry
Time to get back up now that you have run dry
Yours is not the first heart to be mistaken
Love is a game that can leave us forsaken
Own all the damage that you have done
Fight for the heart that you once won
True love is forgiving and minds can be weak
Open your heart and deserve what you seek

Rebecca Dalmaso

Desire

My head Is so heavy It rests on my knees
I sit here thinking of how it could be
Starved with desire for whom my heart beats
For what i cant have has shown it defeat
I hurt in the circle controlled by my hunger
I ride the lightning and die with the thunder
I pray to feel sunshine to kill all my pain
I see your face, I hear thunder again.

Rebecca Dalmaso

Desire Runs Free

How many of my words until you finally hear?
You shrug it off again but the end is so near
For your eyes, i should not have to ask
True desire runs free, wearing no mask
You deny my cries and watch me bleed
No apology for my aching need
Your ignorance twists the serrated knife
Desire and passion are the candy of life
I could never seek shade under another tree
It is you that i want, and you to want me.

Rebecca Dalmaso

Destiny Dream

I had a dream late lastnight, I woke enjoyed then realised my fright
I seeth with confusion of what it all means
The feelings the thoughts desires and dreams
I ask my angels please tell me why
My feeling's desires resisting to die
Is this the way my life is to be?
Please tell me god what happened to me?
My burning soul feels no shame
Is this for real or is it a game?
I will travel destiny's way
Finding myself I will be ok
I feel the love. I feel the need
I deny my hunger I watch it bleed.

Rebecca Dalmaso

Destiny's War

A mother looks down at the eyes that are her own
A precious new life the future unknown
A child of peace A child of earth
An angels child destined from birth
A life led like any other
A human touch A wanting lover
Is it wrong please let It be right
Destiny's war an unwinnable fight
Dont place the blame all upon me
This is not the way I chose it to be
I laugh I cry I love I need
Cut me open and watch me bleed
Please dont turn away why cant you see
What is inside of you Is inside of me.

Rebecca Dalmaso

Early Promises

He sits In the forrest no peace for Himself
Empty moments alone only loneliness felt
He thinks of a woman who can never be His
He wants her beside him in partnership bliss
Her eyes saying sorry as she looks at him
He knows that her heart a woman will win
She smiles at him she loves like a friend
He feels much more and wants it to end
She thinks he is ok and one day will find love
He cannot let go, He takes it above
She found him sleeping he will never wake
Who she can love Is not her mistake.

Rebecca Dalmaso

Eulogy

With heavy hearts we are gathered here today
Goodbye is the hardest word of all to say
So many people touched by her life
So much now lost, a daughter, sister and wife

Above all she was a cherished friend
Giving her love freely until the end
A perfect person we know she was not
Flawed but true, we saw what we got

As we mourn on this day it gives us comfort to know
She did not fear death, in peace she let go
Her memory we keep and cherish with pride
We remember the joy and forget the tears cried

No light in this world ever truly dies
Destined to return with a new set of eyes
We know she will come back with wings made of gold
A life that is new and a soul that is old

As we lay her body down for eternal sleep
Our voices become too shaky to speak
With her smile forever in our mind
We carry on with this life unkind

We believe that one day we will meet again
Until then we say goodbye dear friend.

Rebecca Dalmaso

Fall From Grace

To view my soul you must look in my eye
Witness my anger resisting to die
Longing to set myself free at last
I give up all hope of a better past
When you are without courage you fall from grace
The coward in you brings silent disgrace
It is your turn to carry and keep it warm
You hold the weight of innocence torn
My rage is my poison and you still live
The memory is strong as i fight to forgive.

Rebecca Dalmaso

Fatal Search

I stand on the earth and wonder why
Brought here to live but destined to die
I walk through the streets, my eyes are my mind
A desperate search with little to find
I look to the sky, the ocean and sand
The purpose of life I just do not understand
In a perfect world that is a perfect mess
Life is just one big test
To see if you're strong to see if you care
The brothers around you won't always be there
To answer our wonders we must wait our turn
With death as our fate what did we learn? .

Rebecca Dalmaso

Fear In Vain

Dying from the very first breath
Never as lonely as the moment of death
Hold the journey in a warm embrace
Accept the world in all it's disgrace
To back down in the fight of life is to fail
Open your heart and forgive all it's betrayal
If you fear death, you fear in vain
When it comes for you, what of you will remain?
What you do for yourself will last your existence
Immortal are deeds of selfish resistance.

Rebecca Dalmaso

Greed

No right to our ignorance, yet we proceed
The disruption of balance driven by greed
We turn away as we are falling from grace
Pretend we dont see the world's disgrace
The starving, the lost, the broken and brave
No salvation from your solid gold grave
Taking for granted needs filled on demand
Open your eyes and reach out your hand
Reality is in the instinct to survive
The desperate cries of those barely alive.

Rebecca Dalmaso

Happy Ending

Happy ending where do you belong?
Your seed is planted in the minds of the strong
You can never erase the scars on your heart
The cuts and the bruises won't tear it apart
What does it mean to truly be free?
No shackles no chains, there is only me
All the moments in time, all the words that are spoken
Courage is found among the jaded and broken
Each day is a battle, sink or swim
Victory awaits the struggle within

Rebecca Dalmaso

How Can This Be Love?

How can this be Love you bring out my dark
How can this be Love it's all flame and no spark
How can this be Love when we hate so much
How can this be Love I have to beg for your touch
How can this be Love we have to ask for each kiss
How can this be Love we live in misery not bliss
How can this be Love hearts that are torn
How can this be Love mind's jaded and worn
How can this be Love all the damage that's been done
How can this be Love if the battle can't be won?

Rebecca Dalmaso

How Sad It Is

How sad it is that we are estranged
I expect you find me broken and deranged
How sad it is you are owned by your fear
Searching the world for what is so near
How sad it is our time is the past
Nurture your courage and make it grow fast
How sad it is our ignorance of fate
Souls incomplete and left in this state
How sad it is i was left with no voice
Two beating hearts that must live with your choice.

Rebecca Dalmaso

It Couldn'T Happen To Me

My heart skips a beat every time you look my way
I want to wake beside you every new day
When I look into your eyes I can see what's to come
The generations we'll create when we become one

I am drawn to you, forces beyond my control
For the first time in my life I'm aware of my soul
How can a stranger invade all my senses?
Leave me stripped bare, knock down all my fences

How did you do this? , what spell did you cast?
Were we once lovers in the lives of our past?
Now is the time for our future to start
Today is the day I offer you my heart

My heart pounding fast as it's words were spoken
As your lips touched mine I became unbroken
We are now one as I lay in your arms
Slumber entices, using it's charms

I resist for fear that this is a dream
Will I wake in the night, let out a harrowing scream?
Elusive true love, how can this be?
I've always thought ' It couldn't happen to me'.

Rebecca Dalmaso

Let Me Go

My family's sweat as I walk across the fire
Breaking all the rules holding my desire
I tried to block it out, I tried to keep them cool
Living a lie I was living like a fool
Tired of running, tired of lies
I told the truth, I heard their cries
I cannot find love so I run away
But there is no place this feeling wont stay
I rescued my pride I buried my shame
My anger has died there is nobody to blame
A new sense of freedom has come over me
I am living my life for who I must be
I try to let them know I dont want to cause them pain
It is not a selfish choice Is it not a stupid game
This is who I am still the person that they know
If they truly love me they need to let me go.

Rebecca Dalmaso

My Lady Is Broken

I don't recall ever feeling this defeated
Heart, mind and soul depleted
Soaked by the tides of my desperation
Her love absent without explanation

The space between us no longer measured in distance
My heart fights back with endless persistence
This chill in the air survives a thousand fires
Suddenly a stranger to all her desires

If she would only show me the colour that began this decline
I would paint over it white, bright and divine
Silence that brings a deafening sound
My heart pumping fear with every pound

Love shows it's cruelty, refusing to hide
Every minute I stay I die more inside
All I can hear now are the words she can't say
Maybe this is a dream and i will wake one day

My lady is broken.

Rebecca Dalmaso

No Salvation Today

I can't reach any higher
My minds wrapped in wire
This heart is a liar

These memories that stay
I just can't walk away
No salvation today
This dangerous game we play
My soul starts to decay
I can't live this way

Goodbye to everyone
I have come undone
This battle can't be won

How much more can I try?
Got no tears left to cry
I'm always wondering why
We're not made to fly

I came here to die
World this is goodbye.

Rebecca Dalmaso

Only

Only death can pay for life
Only love inspires sacrifice
Only the heart can keep a secret
Only the eyes can release it

Only children are spared reality
Only humans lack morality
Only hate is an acquired taste
Only cowardice is true disgrace

Only you can write your story
Only ego feeds from glory
Only emotions compel us to vent
Only resentment corrupts the innocent

Only darkness can kill the light
Only the weak abandon the fight
Only the abused befriend rage
Only the mind can act as a cage.

Rebecca Dalmaso

Proud

It is written on your face it is in your eyes
I have messed up you are not suprised
I try so hard I dont know why
I stay on this ride I continue to cry
I dont mean to hurt you I dont mean to be
So much less than you wanted for me
I want to make you proud I want to stand tall
Everytime I get up I seem to fall
I feel like I have to make your dreams come true
What you want for me I dont want to do
I have done good things but all that you see
You have wasted your time moulding me
You gave me the life that I live today
My apologies if I dont live it your way
So I have not achieved alot for myself
I do not have awards, a family or wealth
I am a good person honest and true
I am not causing pain to anyone but you
If you take a good look im sure you could see
There are worse things that I could be
As long as i try to not let you down
I will feel failure I wear a frown.

Rebecca Dalmaso

Raging Fight

When will the end come into sight?
A declaration of victory in this raging fight
When will the calm come after the storm?
A mended mind, heart no longer torn
When will my skin fit like a glove?
Never to fade are the scars of love
When will inner peace not elude me?
The forbidden fruit of a fallen tree
When will my heart hold a glorious win?
Knowledge is power and ignorance is sin.

Rebecca Dalmaso

Resistance

All that you consume to sedate your pain
You deny ownership and focus on blame
Your disappointment you feel is an injustice to you
Does that mean your joy is unjustified too?
Stand in your truth and deny your pain power
Or your sorrow will grow with each passing hour
Your pain belongs to you, own it alone
You can't pass it on it will follow you home
If you continue to scream about who is at fault
Your heart will remain locked in a vault
If from all of your pain you truly wish to be free
Take a look in the mirror and choose what to see
Make the choice to neglect your desire for a different past
It is all up to you your pain can wither or last.

Rebecca Dalmaso

Roxanne

I let go of the rope to take the fall
I could have been safe above the wall
I pick up my head and walk away
Save my courage for another day
One more mistake wont change a thing
Everything is gone or lost within
You run through me and wash away the pain
Without you i just feel insane
Take me with you, to the place where you lay
You are my air at night and tears in the day
Soon my dear friend i must say goodbye
I rescue my blood and hang it to dry.

Rebecca Dalmaso

Searching

I close my eyes I dream of your smile
I run to you but move not a mile
I walked away and left you behind
In search of myself as what I must find
I search my heart I search my mind
I found that my hunger was making me blind
What my heart tells me must be so true
All of this time I was searching for you.

Rebecca Dalmaso

Self Destruct

I talk and talk but nobody hears
scream and shout, tell of my fears
display the scars that can't be seen
lose myself when I am mean
spill the pain with every word
beg and plead to be heard
see the world that can't see me
lose the fight to be free
slip and fall, fail to find balance
loathe myself, deny my talents
think of life as a brutal fight
self destruct every night
pray my mind forgets to think
drown it out with another drink
befriend my rage and my hate
mould them into an iron gate
have high hopes for my next name
hide behind my bitter blame.

Rebecca Dalmaso

Shades Of Desire

Heat in the night my body on fire
Torn and lost in shades of desire
My hands are full I must let go
To touch to feel to let you know
The words of your eyes they leave it to me
I reach with my heart for what i can see
I free my soul I have no fear
For pieces within which are not clear
I hold so tight because I know
When night turns to day I must let go
When I wake I will be alone
Forces within taking you home.

Rebecca Dalmaso

Silent Scream

Why are the stars still shining bright
Why has the day turned into night
Why is the world still spinning around
My life Is lost the rest is still found
They all carry on just like before
They dont understand they dont know the score
The end of the world has come now for me
But everyone else seems to be free
Now you dont love me it feels like the end
But life Is going on and I have to mend.

Rebecca Dalmaso

Sisters

Young and free god brought us together
We are meant to be sisters bonded forever
The love of a sister will never fade
The smartest move that god ever made
He gave me you to cherish and love
Until the day I am taken above
I know that you love me for its in the way
You reach out to help, you know what to say
I will be around to watch you grow old
To cherish your children, My love wont go cold
In so many ways you have helped me through
I wait for the day that I can help you.

Rebecca Dalmaso

Stop This Fall

Inside i am dying
You see me smiling
So sick of trying
Cant stand this crying
A face that is lying

Backed up against a wall
Cant stop this fall
Feel the weight of it all

Cant find the door
Face down on the floor
Beautiful internal war
Here to settle the score

Please understand im damned
I lack the strength to stand
This is not what i planned
Buried my head in sand

As i pick up my feet
Start to feel my heartbeat
I remember defeat
Taste of victory sweet

Forgive for your sin
Each day will begin
The struggle within.

Rebecca Dalmaso

The Bitter End

If I was transparent the world could see
The little girl and the lion in me
Sometimes i wonder can god tell us apart
Does he see the anger that blankets my heart?

The light in me has slowly faded
The price you pay when all love is jaded
I am not at fault, my hands are clean
Yet damage surrounds me and more is foreseen

Crumbling under the weight of this head
Starting to think my angels are dead
The footprints of others all over my skin
My love not returned and tossed in the bin

Boiling point and i don't even care
I now look at life with a cold hard stare
Blood of my blood denying the shame
Nobody's child with a borrowed name

The edge creeping closer with every breath
Is it truth that sets you free or is it really death?
Buried inside this version of me
Loosing my grip on reality

Close to explosion, I am about to blow
The rage inside leaking with a constant flow
If I could just hold on until I go insane
Set my mind free, make a stranger of pain

I don't think I can contain this blast
Send my soul salvation and blank out the past
So sick and tired of this ageing struggle
When i close my eyes i see the piles of rubble
I fight back, get up try and try some more
It's always the same I land face on the floor

When you scream out as I have done
Take a good look at what I have become

As you beg for mercy with a desperate face
Watch me walk away while you drown in disgrace

It won't be long now until the bitter end
The moment has passed to slow my descend
Why could nobody see what I was worth?
Faintly beating heart abandoned at birth

Now justice is just an empty word
I could have been saved if my cries had been heard.

Rebecca Dalmaso

The Journey

There are things you dont see because you look with your heart
Blind and confused until you go back to the start
The pain runs through your body to your mind
Later to be pain left behind
First you must sweat from the heat of your tears
Knock down the barriers that hold up your fears
Learn again to care and to trust
Hold back the love and carry the lust
I wish I was something that did not feel pain
Like the ocean a flower or someone Insane
One step forward adds another mile
On the road you must travel to keep a smile
There is no stranger like the stranger within
The road is too bumpy and the map is too thin.

Rebecca Dalmaso

The Stranger

I am the stranger that lives inside of you
I am with you every day
When the world reaches out and slaps you
I come out to play
I feed off your anger for all that you have seen
All the broken promises and unrealised dreams
I rattle the cage you keep me in longing to be free
I fill your light with darkness, taking hope with me
With every slap I am stronger, weaker is my cage
I will one day consume you
I am RAGE.

Rebecca Dalmaso

The Wanting

I lay awake eluding sleep
I see your face my hungers weep
I want so bad but I dont need
The pain, the tears, rejections feed
I wonder more with each new day
With the news of my love what would you say?
I think of you with all of my time
You are in my heart you are in my mind
I take a chance for what we could be
Your heart is locked and there is no key
You cannot get close, I know you are scared
The hurt you have felt and the love is compared
The promise I give you is all that I can
You kissed me so sweetly then you ran
Dont try to find me I have many fears
I read your letter I cry your tears.

Rebecca Dalmaso

The Wisdom Of Balance

Nobody told us freedom is never free
Truth leads the way for reality
Who could have set us down in this place
Promise of paradise but only a taste
They told us to be gentle they told us to be kind
In our secret hearts lays anger that makes us blind
Harsh is the journey to the wisdom of balance
The fight to survive requires all of our talents
Confusion we own each day and each night
We suffer the darkness for a glimpse of the light.

Rebecca Dalmaso

Visit Mum Day

Knots in my stomach, I hate feeling this way
I Thicken my skin, It's visit mum day
I walk down the hall that feels it has no end
Take a deep breath as I approach the bend

I walk in the room wishing for a warm embrace
She glares with caution at the strangers face
I place the flowers down and pull the curtains back
She looks at me like I am about to attack

She starts screaming loudly she says it's not true
I do have a daughter but It is not you
Who are you really? and why are you here?
It breaks my heart, her undeniable fear

I walk out the room and try to catch my breath
I wonder if a life lived and forgotten is worse than death
Maybe I shouldn't have come because now she's upset
I remind myself she can't choose who to forget

As I exit the car park my tyres spin on the gravel
I swear I can feel my heart start to unravel
This torture in a way I do to myself
I could never put her on the too hard shelf.

Rebecca Dalmaso

Why

Why dont my words come without haste
Why crave your all instead of a taste
Why make choices with emotions in play
Why feel alive all night and numb all day
Why hold on when you have already let go
Why constantly doubt what you already know
Why be afraid of what you intend
Why chase control when the chase never ends?

Rebecca Dalmaso