

# **Scars**

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## I STILL CRY

I still cry—  
when I hear your name  
and the good words that flow  
after it's called  
by the people who love you  
who smile  
and hide their tears  
when they remember you.  
No memory is ever the same.

I still cry—  
when the months and the years pass by,  
and the world stops  
to remember you.  
Remember when you left this world  
and the day we had to say goodbye.

I still cry—  
when I talk about you,  
to those whom you never knew  
and never had the joy  
of knowing you.

I still cry—  
when I think of all the years you'll miss  
and the adventures that are out of reach  
and the sights that you'll only see  
by looking down from the clouds.  
Missing out on viewing it all up close.

I'll never stop crying for you

no matter how much time goes by.

These tears are only for you.

## COWARDICE

You hide-  
you hide behind your keyboard,  
your screen and your phone.  
You think it makes you anonymous  
but you can easily be traced.

You think because you can't be seen  
that it makes it okay for you to be mean,  
it's easy for you to hide—  
when you have no spine.

You think this puts me in my place  
but you'd never say this to my face.  
Being proud doesn't change  
that you're a coward.

I will not defend you  
when you attack me  
and you can't undo  
your own doing.

One day this will haunt you,  
come back to you,  
You can't hide forever  
you know.  
You'll have to show yourself one day  
and when you do  
I'll be the first  
to say hello.

## NICE

I'm nice!

When you walk in and out of my life  
when you can't seem to decide  
what you really want  
and whether you even care!

I'm nice!

When you run away and hide  
and leave everything behind  
and come back  
at the worst possible time!

I'm nice!

When you show up out of the blue  
And say things that aren't even true!  
Why is there no room for truth?

No good deed goes unpunished  
there seems to be no karma  
for the kindness malnourished.  
Explain to me  
how this is fair?

I guess that's just life  
But I'll never stop  
trying to be nice  
that is just  
my life!

## IT MUST BE GOOD TO BE YOU

You have swagger  
you're a looker  
you're a charmer  
you're fun  
you're a talker  
you're a walker.

You have the job  
you have the drive  
you're the smooth operator  
the bosses' dream  
the envy of everyone.

You balance lies  
flip between your two sides  
everyone thinks you're perfect  
but they don't know your secrets.  
But it doesn't matter  
as you keep up appearances.

Everything works out for you,  
nothing goes wrong.  
Life is kind  
and love is blind.  
You have everything you want  
It must be good to be you!

## PLAYING WITH FIRE

No!

Don't light that flame!

There's a reason

that you lost that game.

You don't want to feel ashamed

Remember you are no longer the same.

*Don't give in*

*Don't give up*

*You don't need anyone*

*but you.*

Yes!

You grew a self esteem

You don't need to fall on your knees

and beg to be his queen.

Not anymore

Remember to show him the door!

*Don't give in*

*Don't give up*

*You don't need anyone*

*but you.*

No!

You'll never get what you desire

You'll just be where you were before

Your heart will be broken to its core

No! Don't light that flame!

There's no point playing with fire.

## LONE WOLF

There's family who have their own motives  
They're selfish and have greed  
and want to succeed  
and have everything that they want  
and don't care about the costs.  
Do you see?  
Why I love alone.

There's friends who want you to fit in  
with no fight, to just give in  
even if you're not comfortable  
in your skin.  
Do you see?  
Why I walk alone.

I'm supposed to travel in packs  
even though my needs lack  
for everyone else.  
They fish for sympathy,  
feign empathy  
they want my life to revolve around them  
but they don't care  
about returning the favour,  
they have no problem  
with stabbing me in the back.  
Do you see?  
Why I travel alone?

Despite what you tell me to believe  
and the rumours you conceive  
to try and have me concede

there's nothing wrong with me

leave me be

I'm happy to be alone

so leave me alone.

I don't need anyone

I'm proud to be a 'one'

I'm proud to be a lone wolf.

## ANGEL IN HEAVEN

I heard the news  
from your baby girl  
she simply said "he's gone"  
I thought "that's okay"  
eighty-four years  
you gave it your all  
you don't have to battle anymore.

You were a son,  
a brother,  
a husband,  
a father,  
a grandfather,  
a friend ,  
a survivor.

You fought so hard  
but it was just too much  
for that big loving heart  
and your beloved  
who you've always held close to your chest  
came and rescued you.

Now you and your beloved (Isabel) are together again  
watching over us,  
now you're angel in heaven.

## SOLDIER OF LOVE

I'm told love is out there  
but it doesn't seem fair  
that others can find it before me.  
Nothing seems to be good enough for cupid—  
whether I'm fat or thin  
smart or stupid  
hiding or trying or even loving  
I'm still missing  
that special someone.

Will I ever find him?  
Will he ever find me?  
Is love meant for me?  
Is it really meant to be?  
These questions are the key  
to finding what I need.

Half the battle is in the belief  
and finding exactly what I seek  
I'm just looking for unconditional love  
like everybody else  
I'm just another  
soldier of love.

I'm told that good things come to those who wait  
but what if it's too late?  
What if love isn't part of my fate?

When will this internal war  
between belief and reality end?  
I guess I'll have to believe and battle on

like everybody else

I'm just another soldier of love.

## FAT GIRLS WANT TO BE BEAUTIFUL TOO

Fashion stores  
in the mall  
promote skinniness  
through their mannequins.  
A size 12 is an extra large  
or "XL".  
The sales girls are judging,  
wondering  
what you're doing there.  
It's hard to love fashion  
when it doesn't love you.  
Fat girls want to be beautiful too.

Lingerie,  
the lace, the slips  
and the transparency  
are only shown in certain sizes  
and worn by women with small waistlines.  
Is this what sexy means?  
That I'm only desirable if I'm lean?  
Fat girls want to be sexy too.

Beauty  
is in the eyes of the beholder  
but men only seem to see  
the thin, fit girls.  
There seems to be no place for the curvy girls  
in a man's line of sight.  
It's hard to find love  
when you're invisible.  
Fat girls want to find love too.

Curvy

Plus size

Lovely

Extra lovely

Big

Overweight

Fat

Why is there the need for euphemisms and labels?

Why can't we all be the same?

Fat girls want to be equal too.

Fat girls are beautiful too.

## GIVE AND TAKE

Every relationship requires give and take  
and not just for survival's sake  
that's not just what relationships make.

You've got to be willing,  
you've got to try,  
you can't always pry  
you've gotta be there when they cry  
and they should be there when you cry.

You can't always have the attention  
because it's gonna cause nothing but tension  
You've gotta let others have their moment in the sun  
because celebrating it together is always fun.

There's a fine line between give and take  
it's a hard balance to maintain  
sometimes there more of one than the other  
sometimes you feel that you give more than you take  
and you don't know how much more of it you can take.  
Sometimes you wonder whether you should leave or stay  
and wonder if it's worth throwing it all away.

Sometimes good things can happen  
to restore the balance and keep it at bay.  
But for some others it's not enough  
and everything just fades and frays.

Every relationship requires give and take  
and not just for survival's sake  
that's not just what relationships make.

## THE WAR OF MOVING ON

I know it's over  
and I have to walk forward  
but I don't know how  
to take that first step.  
And how can I put my feet on the ground  
when I can't stop falling?

I can't keep looking back  
and expect you to be following me  
when you turned around  
and walked away.  
I can see you now  
walking towards the horizon  
out of sight  
out of my life.

The road ahead  
is long and windy  
I keep tripping and falling  
and wondering how love—  
can be sweet and sour  
and eventually turn bitter  
but I'll keep walking.

I'll lock the chains on my heart  
and hold the key for safekeeping  
and hope one day  
my past will stop following me  
and I'll stop looking over my shoulder.

The pain will heal

And my heart will melt  
and one day I'll remember how it felt  
to be loved  
and one day, I'll open my heart again.

Until then  
I'll walk alone.

## BITTERSWEET GOODBYE

It's been a long time coming,  
but yet it snuck up on us  
from the very first day  
we knew it would come,  
but it doesn't make it any easier.

We have been together,  
but we have to be free  
we have to graduate  
to other ventures.  
But we'll come back together  
one day.

We'll follow each other  
and share our successes,  
and comfort our lows.  
We'll hold our heads and our names up high  
and be proud to say  
'I knew you way back when...'

My friends  
My family  
My creative  
and intellectual soul mates  
I'm sad and happy,  
I'm smiling and crying.

Never change  
Never leave  
Never forget  
Hold on to the fact that it's bittersweet

and remember...

this won't be goodbye forever.

## SURRENDER

The time has come  
for us to put our swords away  
and surrender—

Surrender to the realisation  
that our war is over  
the armistice has come  
it is time for inner peace  
and for us to hook on to a new lease,  
on our lives.

The time has come—  
for us to surrender  
and to always remember  
what was  
can never be again.  
It's time to move on  
my friend.

This is the end—  
this is where we say goodbye.  
We shake hands, let go  
walk away and move on.

That's the way it is,  
it is  
what it is.  
Surrender to the path forward.

Surrender and Remember...

## FEEL THE RELEASE

Breathe.

Feel the release.

I'm in great pain  
will I ever feel like myself again?  
I've lost so much  
and now I'm afraid of  
another human's touch.

I've lost love to death  
all my living have left  
throwing words that aren't true  
and leaving me in scars  
from the knives they threw.

They'll never see  
how much they hurt me  
and they'll never care  
because they were never there  
for me.

I'll pick myself up, I'll dust myself off  
and move on.  
I'll breathe...I'll let it all go  
I'll feel the release  
of all the bitterness leaving me.

Breathe.

Feel the Release.

## LITTLE MIRACLES

I lost my faith in life  
when you both arrived  
blessing me with your strength  
entering this world at all lengths.

You're little miracles  
while you want to touch the sky  
you're not yet ready to fly  
but I know it won't be long  
until you're both soaring high,  
full of light and shining bright.

You both entered this world a little soon  
but there are so many people who love you  
who would move the whole world for you:  
the sun and the moon  
and the stars,  
no matter how near or far  
that's how much you both mean to all of us  
As you're little miracles.

There will be times where it'll be hard to cope  
but everyone is full of hope  
as you both are little miracles.