

A Look into My SOUL

A collection of poems by Rasharra Smith



Soul - the emotional nature of a human being

Dedication

This collection is dedicated to the internally conflicted who seek validation on their journey to attain healing; and to those of which we've lost along the way.

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What is a question?

A need to know.

A need to see.

To see the unknown.

A want to be.

To be a part of a world, too far to reach.

Or to reach the answer you wish to seek.



Dear Mama,

I recite this letter to you through prayer,
because heaven has no address.
In Jesus' name I pray,
that these words reach you with success.
We'd like to say as your children,
that we were truly blessed.
To have a mother like you,
no doubt you were the best.
Now, no amount of words could measure up to the love you gave to us.
No amount of time could be enough to express the way we're feeling.
You left an empty space in us,
now all our hearts need healing.
Mom I want to say I love you, I love you,
and we wish you were still here.
Though we know your love will never fade,
and your spirit will always be near.
Until we meet again my queen,
we'll keep you in our hearts.
We all will stay strong for you during this time that we are apart.
The 7 of us, we got each other.
Know that we'll be ok.
For now, we leave these words with you,
Hope they reach the heaven's gate.

Dear Daddy,

I recite this letter to you through prayer,
because heaven has no phone.
In Jesus' name I pray,
that you are not just gone.
I hope you're watching over me,
So that I'll never be alone.
I understand you can't be here physically,
now that God has called you home.
I pray that you're at peace,
Though it hurts my heart to say.
I know this pain is temporary,
and I'll see you again one day.
Until that day comes,
Know that I'll stay strong.
The love that I received from you,
Will forever live on.
Daddy I love you and I miss you,
And I wish we had more time.
But God makes no mistakes,
Life is his design.
I'll continue to push on,
I'll continue to make you proud.
For now, I leave these words with you,
Hope they reach the heaven's clouds.

What love isn't

I knew what love wasn't when I wiped tears from my eyes.
Because I've been told so many lies,
I didn't know what was real.
When reality hurt more than dreams,
I took pain pill after pain pill.

I knew what love wasn't when you got wasted,
put your hands around my waist and
tried to force me into your bed.
When we stood yelling at each other's throats
and you put your hands around mine.

Love is not abuse.
You choked me and I hit you,
and we fought until we couldn't,
then you begged me to stay but I just couldn't.

I knew what love wasn't when I became addicted,
to you and your presence.
I shut everyone out, and I lost all my friends.
So, when I lost you,
It was hard to make amends.

Love is not toxic.
Constant infidelities led to insecurities,
Left me questioning myself.
Love isn't criticizing but accepting.
Love isn't vindictive or tit-for-tat.
When two can play that game
then it all ends the same.
Go our separate ways.

I knew what love wasn't when things got rough
and we gave up.
No commitment, broken promises.
Love is not abandonment.
And yet I learned from the first man that abandoned me,
that love is not disappointment.
Love is not excuses.

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Love is Real.
Your feelings were not.
Manipulation, betrayal,
love is not deception but revealing.
It's honesty and truth.
I knew what love wasn't when I let go of you.

Nightmare

The anger over took the body
and the sinful took the soul.
Those unhealed wounds
drive the thoughts of the unsaved mind.
The hands take the weapon of steel
and break the bridge to drain the blood.
The blood of the innocent left behind and forgotten.
The forgotten faces took by the reasons of the lost spirit.
That lost spirit who lives in the shadows of the mind.
It only grows weary and sinks in.
Into the vision of the devil's eyes,
And the words of the devil's lies.
And those lies turn truth,
only in the darkness of the nightmare.



Battle for the Brain

I got demons chasing me.
It's hard to see with all this death around me.
They trapped me in my dreams,
And dragged my soul from reality.
I'm battling anxiety.
I take control of me.
Until the devil takes over my mind.
Manipulating,
Captivating.
He took me in.
I fight as hard as I can.
I'm losing myself.
Trying not to kill myself.
Depression's got a hold on me.



Sorrow Queen

On the verge of tears all day.
Try to walk around with a smile.
But my head is held low
and my crown is falling down.

When is it my turn to be cared for?
Worry-free?
When is it my time to be happy?
And feel peace within me?

Want to cry, want to run and hide.
I want to shut the world out.
I want to scream and shout to the top of my lungs from rooftops
and run into the crowd and knock them all down.

To be on top when I'm feeling low.
Too low to know what the top looks like.
What it feels like.
I can't touch it.
Can't reach what's out of arm's length.
And no strength to keep going on.

I want to give up.
Put my head up, but the rain won't let up.
And the pain pours down on me.
God please come down to me, as I pray to thee.
Lord help me through my sorrows,
as I crawl through this dark and narrow tunnel.

Darkness and dampness.
Like my pillow at night time.
I cried myself to sleep.
Then morning comes and I wake up,
and have to get up and repeat the day as yesterday.

Wipe my tears away.
On the verge of tears all day.
Try to walk around with a smile.
But my head is held low
and my crown is falling down.

Broken Little Girl

Taking verbal blows to the heart and painful shots to the soul.
She was battered and drained of the strength she once clenched onto.
The constant lies buried her 6 feet under disappointment.
Her mind toyed with and her sanity faded away.

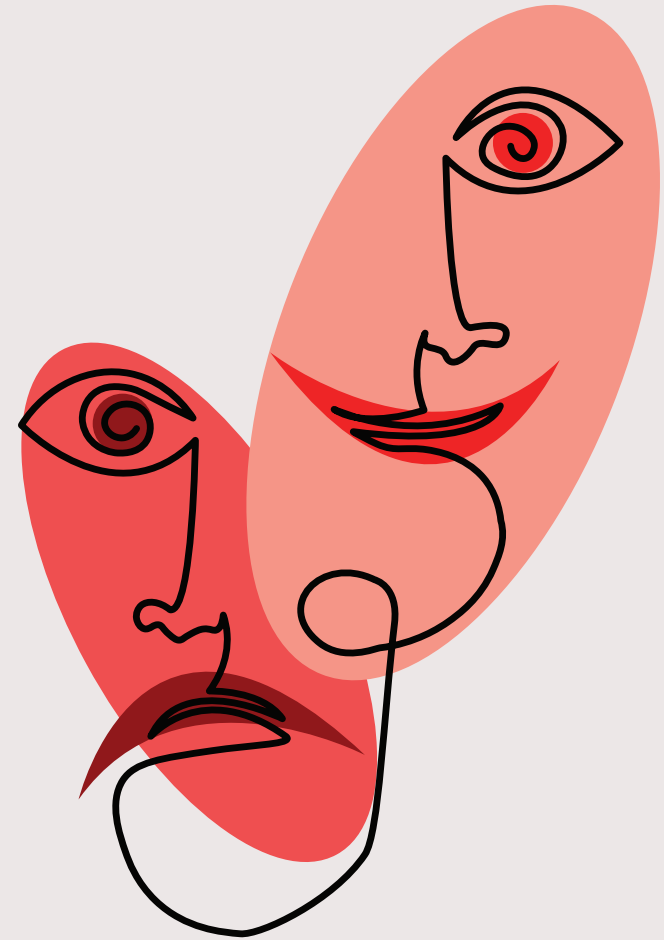
Pain pills for her headaches became a habit.
Trying to rid the hurt within her heart, she became addicted.
Bad decisions then came too easily, and the guilt became no more.
Pill after pill numbed her conscious and she danced with demons of desire.

A creature of habit.
She drowned her misery under alcoholic beverages
and resurrected her imagination with a rolled blunt of marijuana.
To stimulate her mind with a new reality and break away from hurtful truths.
Love evicted from her mind, forced out by intoxication.

Temporary conquest inhabited her time and destroyed her inner sanctuary.
She became lost within herself and isolated from the world.
Ignored responsibilities.
Suicidal thoughts crept in her mind in the late hours.

To end her life and end her pain, times were dark and lonely.
Deep within unhealed wounds, she wanted no more.
She wanted out of this game she'd been playing,
running endless laps around her worries.

She's losing herself in an unjust world and a world full of high expectations.
Don't put her family on that pedestal.
Fictional love, she knows well.
Falling apart inside, though well-constructed to the world.
Hidden away beneath that smile is a broken little girl.



Hide My Cries

I feel trapped.
Suffocating.
Being buried alive six feet underground.
Feeling drowned.
Shedded tears and cornered by fears.
Suffering from unhealed scars.
Wishing Upon broken stars that God would take away my pain.
I'm going insane.
Losing my mind,
trying to find a reason to live.
I can't shake this feeling, that my life isn't worth living.
I'm dying inside,
Trying to hide my cries from the world around me.



Baked

Alienated
Mind racing
Spirit floating
In multicolored galaxies
Stars bright like Christmas lights
Quiet and calm like silent nights
Sparkled trees
Smokey lungs
And everything I need
Comfort and support
Love and peace
Living in serenity
Temporarily
The pain is gone for the moment
Worlds away from footing
Reaching heavens unknown to humanity
Speaking with soldiers of Gods
Eating feasts of kings
And what feels like eternal slumbers
Refuels the soul
Awakens ambitions
Invigorates the body
The conscious nature of space and reality
Universes unfolding in front of me
Revealed before my eyes like magic
Intoxication
Infatuation

Broken Mirror

Too painful to look into my own eyes,
listen to my own cries,
when I'm looking back at me.

Self-esteem, blowing steam into my heart.
It's leaking sorrow and sadness.
This madness, that reflects what I wish not to see.
That they see and wish it not to be.

but to be standing in front of a mirror broken,
because of me, because of misery.
because I struck it with a fist of hatred.

Hating what's in front of me.
When I look into the lens of visibility.
Wishing this time, it reveals something new to me.

But this person that once stood in front of me,
Now in pieces, as I pick up pieces of broken glass off the floor,
and out the bathroom sink.

It sinks into my soul.
The built-up anger I have towards who I am and who I appear to be.
and this last fragment of Plexi, it intrigues me.

It can free me from these insecurities.
This broken mirror once a whole
that showed me the holes in what I thought I could be.

Now shredded and instead it now shows me a solution.
A slit across the wrist really quick will cool my boiling blood.
Heated from the throbbing hand.
Leaking a bloody cry for help.



Suicide Note

I've been feeling empty. Not that I lack a soul but more like my soul is dying.
I've been crying. Not that I'm in pain, more like my heart is hurting.
Deep in emotions that I can't explain. It feels like being buried alive.
Being drowned by loneliness and suffocated by disappointment but I've been trying to survive.
I lie awake at night contemplating. Haven't been concentrating.
I had to walk out of class that day. I spent my time crying that day.
And though I use the last of my energy pretending that I'm happy.
That energy is fading away. And I just have to say,
I still love those that said they loved me, but then showed me their true colors.
And I care for those who didn't care for me, because I could never put myself before others.
I realized I can't be selfish, I gave in every time.
And people take and they take and took a piece of me every time.
Now I feel like I have nothing left to give.
There's nothing left in me, but sadness and sorrow, depression and misery.

And I begged God to take my life, I can't handle what he's throwing at me.
He gives his toughest battles to his strongest soldiers. But being a soldier just isn't me.
And don't get me wrong, I've been very strong. But it's been a struggle to have lasted this long.
The weed helped. Getting intoxicated, stimulated my mind. I had forgot why I was crying.
Until I came down from my high. And the headaches came back, and my heart still had cracks.
My soul still cold and now black.
I'm tired.
I'm sick and tired of being sick and tired.
I already lost the passion, for everything that I desired.
I'm ready to rest now. I want peace. I want healing.
Not that I'm in pain, but God I've been crying.
I promise I really tried, but God my soul is dying
What's left but suicide?

My Fate

The devil held my hand
Guided me through muddy lands inside my soul.
Demons danced.
In dead gardens in my dreams.
It was Eden.
Serpents ruled my mind at night.
Fighting dark thoughts in the late hours.
I saw red.
Blood boiling in deep craters
Unhealed wounds
The pain, it pleased me.
I drifted into nothingness.
He freed me.
Felt my spirit leave me
And he lifted me into his Morningstar
A flame that burned for eternity
Roads were endless.
Carelessly,
Walking through the valley of the shadow of death.

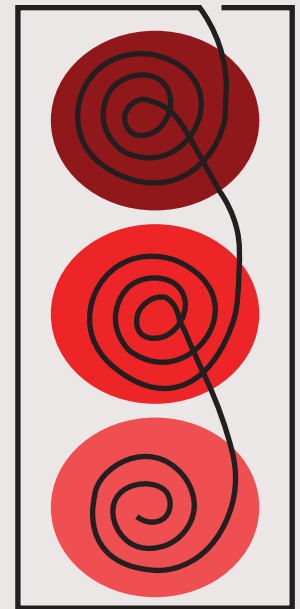
I feared no evil,
For that evil stood with me.
Bathing in its glory
Its deception painted perfectly.
He wanted me.
The faces that haunt me.
He wants me to see.
Misery loves company.
He offered me a seat.
Handed me fruit from his only tree.
I'm no Eve.
I would not give in.
Despite the peace he made me feel.
It wasn't real.
And when I finally realized that
A light of truth had been revealed
My soul would be saved
And I would walk with my savior.
So that I may dwell in his house forever.

Thy Heart's Death

I cannot speak my feelings,
for thy are unspeakable.
and thy that layeth in my mind
the thoughts I think, unthinkable.
Though my heart may drown in glory,
Thou self only knows such hate
For thy heart's death
Shall not see the heaven's gate

Save My Humanity

I laid my head against the window
And I watched the rain drops sparkle like stars.
Glowing from the street lamps
As the car slowed to a stop at the red light.
It's burning color like hellfire warmed my soul.
My inner demons grinned,
Devilishly controlling my emotions
Trapped in the back of my mind
While they played their games of torture with my heart.
Angels playing defense, protect my spirit.
Uplift my essence and purge sinful ways to save my humanity.
Healing bleeding wounds inflected by love and loneliness.
Hidden away from Morningstar's flames.



Peace

And I love the way the sun shines down on me it's color Illuminating
concentrating on the buzz of the Bumblebee out my window
the peace I feel on this Monday
it's intoxicating
it's devastating that the field across the street is dying
the wind no longer carries the smell of the tall sunflowers
I spent hours of the day fantasizing and it's mesmerizing how big the world is
and how small we all are
how far space is
but how close the stars are
they Shimmer, glisten like the honey my grandmother pours into her evening
tea
on the porch swing we sit, and she Swings with me
time slows down like a car pushing on its brakes
As the traffic light goes so smoothly from green on the bottom, to the middle,
to red on the top
everything stops and I feel like nothing can hurt me.

Keep Pushing

Have you ever been so hurt but couldn't cry?
Have you ever wanted to give up on life, but refused to die?
Because what you set out to do, you haven't done
Because you still wake up every morning and see the sun
Knowing your purpose in life is really tough
When striving for success gets really rough, and you've had enough
When too many obstacles are in the way
And now every day is a bad day, you want to get away
But you can't run from responsibilities
You let the world build up your insecurities, and you feel weak
Turn to God for the answers you seek
He lifts your head up when the weight of the world is on your shoulders
And every day you're getting older
Making better decisions and gaining strong will
Keep pushing, keep living, tell yourself you wil

“The devil held my hand. Guided me through muddy lands
inside my soul...”