

Adrienne Thompson

Poetry
From The
Soul...
For The
Soul

Volume I

Cover Design by Adrienne Thompson

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*So do not fear, for I am with you; do not be dismayed, for I am your God.
I will strengthen you and help you; I will uphold you with my righteous right hand.*

Isaiah 41:10

All Shut Up

I want to scream
To shout at the top of my lungs
I want to release it all
But it's all shut up inside of me and I can't let it
go

I want to cry out loud
To spit and sputter the words
I want to curl up in a ball, to moan and groan
But it's all shut up inside of me and I can't let it
go

I want to fall on my knees
To beg for mercy
I want to feel forgiveness
But it's all shut up inside of me and I can't let it
go

I want to yell at the world
To shake some sense into everyone around me
I want to make them understand the truth
But it's all shut up inside of me and I can't let it
go

I want to make all the right moves
To walk the best path
I want to do what's good and proper
But it's all shut up inside of me and I can't let it
go

I want to be brave
To be confident in all I do
I want to believe in me
But it's all shut up inside of me and I can't let it
go

I want to feel love
And to give it in return
I want to forgive and forget
But it's all shut up inside of me and I can't let it
go

Little Black Boy

Who will love the little black boy?
And teach him how to be a man?
Who will teach him to hold his head up and
square his shoulders?
Who will show him how to firmly shake a hand?

Who will praise his accomplishments and help
him reach his goals?
Who will tell him that he is strong and
powerful?
Who will teach him to be bold?

Who will hug the little black boy and show him
that he is loved?
Who will encourage him, when this world
makes him feel unloved?

Who will teach him about the past, about the
struggles his people have faced?
Who will teach him to be proud of his skin?
Who will show him the history that many have
tried to erase?

Who will hold his hand as he stumbles through
life?
Who will pick him up when he falls?
Who will teach him wrong from right?

Who will protect the little black boy from the
hatred that surrounds him?
Who will show him the path to take when
danger has found him?

Who will love the little black boy when he's
feeling all alone?
Who will cry with him or laugh with him?
Who will let him be a man and learn of life on
his own?

Who will love him when "being him" is out of
style?
When just the color of his skin is to others so
very vile.

Who will cry for the black boy when his life is
cut short?
When senseless violence takes him away, but
there's no news report.

Who will pray for the black boy when it seems
all hope is gone?
Who will show him that he doesn't have to walk
alone?

#NoJustice

Not guilty

On all counts

Just another black boy

Under siege by this country

Snatched away

Taken too soon

Innocence is lost

Crying tears of frustration

Ever seeking answers

R.I.P. (For Trayvon)

Reality is too harsh for me to grasp

Inside my mind, my thoughts overwhelm
me

Peace? How can you rest in peace?

Depression

I thought the day away
My mind on things I could not fix
Heart broken, eyes wet
Paralyzed with pain
Hopeless and full of despair
I wish I didn't hurt
I wish I didn't care
Who can help me?
When my world is so dark
When living seems so pointless
When dying seems so hard
Lonely, but desire to be alone
My only company is misery
Old friends, we are...
Depression and me

Maybe

Maybe it's the way you look at me

That makes my pulse race

Or maybe it's your smile

That takes me to another time and place

Surely it's your cologne

That reminds me of pure bliss

Or is it your touch?

No, it's probably your kiss

Maybe it's your voice

That sends shivers up my spine

Or could it be your swagger

That infiltrates my mind

Maybe it's your body

That I crave when we're apart

Mm, or just maybe...maybe

It's your beautiful heart

I can't put my finger on it

Right now, I can't say for sure

But one thing's for certain

My love for you will endure.

Hell

You were the closest thing to heaven

But it's been hell without you near

I believed your words,

Your promises to be true

I believed in us

I believed in me and you

I thought you were the one

My God-sent mate

But as usual, I misjudged

Realized the truth too late

My heart aches for you

My smiling eyes so full of tears

Agony and despair

Got me holding back the years

For you I long

It is you I desire

Your words rang so true

Set my heart afire

In you I placed my trust

Would've followed you anywhere

And today I pay the cost—

Of my error, I'm more than aware

A gaping hole in my heart

The only sign you were ever here

You were the closest thing to heaven...

But it's hell without you near

my dream

I dream of you with my eyes wide open

I feel your presence even from afar

I hear your voice when it's completely silent

I know you, I know exactly who you are

Your touch tells me of your love

Your kisses revive me, in you I've found a new life

Your embrace shelters me...no storm can harm me

Your lips have declared me your wife

I love you with all that is me

I love you for always...for eternity

I love you for the love you give to me

I love you more than you could ever see

We are one in spirit and heart

Together we are a complete soul

We are the we that we once longed to be

No longer incomplete

You are better than I imagined

A reality I prayed for

A divine gift to me

You are my dream come true, a dream so sweet

If I had a million tongues or I lived a million lives

If I had from now until forever to show you

You would never understand

How deeply I love you

How deeply I love you

But For Now

One day we'll laugh about this
It'll be our inside joke
One day I won't feel the sting
Of the words you spoke

One day my eyes will dry
No more tears will they hold
One day the sound of your voice
Won't make my blood run cold

One day it won't hurt so bad
To see you walk out the door
One day someone else will make me laugh
Someone else I'll adore

One day the memories we've made
Will all fade away
One day you'll be my past
But that day is not today

One day we'll be friends
And for you again I'll pray
But for now, it hurts, it really hurts
To watch you walk away

The Encounter

Hey, how you doing?

You look nice today

I see you've still got that smile

You still wear the same aftershave

Got the same swagger in your step

Still fresh with the clothes

Still make me wanna melt

And I bet you still know

Just what makes me giggle

What makes me giddy inside

What makes me lose my cool

And how to keep my tears dried

I've been missing you a lot

Dream about you sometimes

Thought about you just the other day

Yeah, you tend to cross my mind

I heard about the wedding

That's a nice ring on your finger

I hope you're truly happy

Despite these feelings that linger

I hope she knows that she's lucky

And what a good man she has

I hope you stay together forever

I hope yours is a love that lasts

Well, I'd better be going

Busy as ever, you see

But there's just one more thing I wanna say...

SHE should be ME

Ain't Feeling This

I ain't feeling this

The way you're acting with me

You don't want to be here

Hell, that's easy to see

Walking around here frowning

Slamming doors, the crazy stuff you say

Waking up angry

Damn, are you mad because it's a new day?

Staying out all night

Letting the sun beat you home

Lying about where you been

Hiding your freakin' phone

I ain't feeling this mess!

I'm tired of you

Why don't you just go?

Yeah, that's exactly what you should do

You see, time ain't long enough

And life is too darn short

For me to have to put up with you,

Your sighs and nasty retorts

So please do us both a favor

End this madness, would you please?

Be a man about it, make a graceful exit

Hell, why don't you just leave?

Fine-ness

Curiosity's got the best of me

I mean, you so damn fine

I'm 'bout to let you see the rest of me

But only if you'll be mine

Standing so close

It's almost like you're testing me

A little bit more

They might be arresting me

Will you be my man?

Now, don't go protesting me

Cause I'll do all I can

To give you the more, not the less of me

If you give me a chance

You'll be impressed with me

I'll show you some things

That'll make you progress with me

Come on over here

Maybe I'll let you undress me

Or if you'd like

I'll just let you caress me

You see, I got something good

I'll have you obsessed with me

You might even wanna

Share my address with me

Go on ahead and get you some rest for me

You see, if you gon' be my man

That fine body

You must bequest to me

Ok, I'ma hush now

But know that you're not just a quest to me

Believe me when I say

I want you to nest with me

I'll holler at you later

So my words you can digest completely

You can call me tonight

If you're ready to invest in me

Guuurl (With a neck-roll)

Guuurl, you must've lost your mind
When you decided to step to that man
Didn't you know he was mine?
And that I've already got his hand

Ain't you seen us together?
Cruising 'round town?
So you shoulda known he was mine
Don't get this upside down

Guuurl, you got me twisted
All up in his face
You act like you missed it
See, we share the same last name

I mean, I know he's fine
That much I can't deny
But can't you see that he loves me
I mean, why'd you even try?

So next time you get a notion
To step to that man over there
I'ma go ahead and let you know
Sweetheart, you'd better beware

Cause I love that man with all my heart
And I ain't ashamed to say it
If you step to him ever again
There'll be a price and, believe me, you'll pay it

On A Mission

I'm on a search
On a mission, can't you see?
Got my spy glasses on
Got my notebook and pen ready

Gotta find him
Wondering where he's hiding out
Wonder if he's looking for me
Is it me he dreams about?

I really need him
His arms I so desire
His touch, his smell, his kiss
I gotta find him, this situation is dire

Handsome don't even describe him
Fine is an understatement
The definition of a visual dream
An Adonis truly heaven sent

But the problem with him
The issue at hand
Is that he lives only in my dreams
I've yet to meet the man

Excuse me

Ay yo, Big Daddy

Can you help a sister out?

Can you come warm up my car?

And take my trash out?

Hey, Mr. Man

Would it be possible for you...

To teach my son how to be a man

Maybe even drop him off at school?

Hello, Handsome

I need a warm body to hug

And when I have a hard day at work

I need someone to bug

Hi, Sir

Could you smile and say you care

Kiss and hug me often

Compliment my clothes and hair?

And Homeboy

Could you go to work every day...

Pay the bills on time

Buy me a huge floral bouquet?

Okay, Brother Man

I'm not selfish

I'll cook and clean, look pretty on your arm

Just as long as we agree on all this

As an added bonus

I'll give you my heart

As long as you give me yours back

Oh and can you pay the note on my car?

Never

Not today or tomorrow
Not yesterday or the day before
Not last week or last month
Never, no never will it be

Not in a million years
Or a month of Sundays
Not in a blue moon
Never, no never will it be

Even if I found a genie and made a wish
Or found a frog to kiss
Not even if I wished upon a star
Never, no never will it be

I could click my heels three times
Close my eyes tightly and pretend
I could light a candle
But still it would be

Never, no never
Will you return to me

She

Alone and afraid
Running from the demons
No one can save her
No one will save her
She doesn't matter or exist
No one cares enough to see her tears
No one cares enough to hear her cries
Violated in every way
Clothes torn, soul tattered
No respect, no justice
She runs, yes, she runs
No destination, only far away
Far away from the cruelty
Far away from her fears
She runs—no strength left
No breath in her lungs
Yet she runs
She runs because there's nowhere to hide
There is nowhere to sleep
She has no home
She doesn't belong
So she runs

IT'S OKAY

He hit me again

Said he was sorry

Asked me if I was okay

I said yes, but that was yesterday

That was before I realized

The beauty behind my eyes

The softness of my skin

The curves of my thighs

That was before I saw the crown upon my head

And thought about the words he said

Before I knew they were lies

Before I really looked into his eyes

Before I realized

I could do bad by myself

Before I knew I deserved more

And with him there's nothing left

Before his kisses grew cold

And his promises grew old

Before good sense kicked in

And this affair I had to end

So I packed my things

And said goodbye

And I moved on

And learned to live my life

And without him I'll be better

Without him I'll survive

Without him, I'll grow stronger

And learn what it really means to be alive

What you want?

What you want from me?

Want me to kiss your wounds?

Unlock your heart with my key?

You want me to make it all better for you?

Solve all of your problems?

And turn your gray skies blue?

What you want me to say?

Want me to lie to you?

Tell you everything's going to be okay?

You want me to smile?

Want me to laugh?

For you, you want me to walk a mile?

Want me to bend over backwards?

Put my best foot forward?

Want me to pretend you're not a coward?

Want me to say I'm proud

Of the choices you've made?

And appreciate the price you paid?

Want me to bow at your feet

And sing your praises?

Want me to dance to your beat?

Well, let me inform you

I need to let you know

None of that will I do

Because, no matter how good you think you are...

Or how well you're dressed...

As for me, my dear, I'm not impressed

I.wish

I wish you understood me
I wish you really knew me
I wish you could see me
I wish you heard me
I wish you felt my heart
I wish you cared about me
I wish you could see my side of things
I wish you wouldn't judge me
I wish you trusted me
I wish you liked me
I wish you loved me
I wish I could make you see
I wish you felt what I feel
I wish it didn't hurt so bad
I wish I didn't feel so sad
I wish I mattered to you
I wish I wasn't invisible

Fate

I cried today
Because I made a mistake
My flaws are about to overtake
My life—my soul's at stake
And I'm beginning to hate
The me I've made
The ugly face
This masquerade
I can no longer fake...
My happiness for your sake
I've waited too late
I'm in no shape
Drowning in a lake
Of my own regrets and dismay
So here I lay
And misery is my fate

Swollen Eyes

Swollen eyes

A bruised pride

An ugly side

He tries to hide

A wild ride

Fear deep inside

A rising tide

He cheated and lied

Didn't care when I cried

Swollen eyes

You

I loved you
Gave you my body and soul
And you laughed at me
You treated me like a joke

You used me up
There's nothing left inside
You emptied my heart
Assaulted my pride

And when I thought you were done
You came back for more
And with my spirit
You wiped the floor

You shattered my dreams
Laid to rest my hopes
Loved yourself and no one else
And it's hard for me to cope

Called me names
Put me down
Criticized and ridiculed me
And you loved to screw around

You never loved me, despite your words
Couldn't have cared less
Tore up my life
Left me in a mess

Now I'm so afraid
Can't seem to open my heart
Been trying to move on
Praying for a new start

The wounds are so raw
The pain is still fresh
Years have passed
But it feels like you just left

I'm so scared of being hurt again
I don't think my heart can take it
If this time love doesn't win
And so I live day to day

Wishing for love and happiness
Keeping my heart tightly locked away
Afraid that I'll fail yet another test
Afraid of the price my heart will pay

Somebody

I just wanna love somebody
Kiss and hug somebody
Hopelessly devote to somebody
Climb on a cloud and float with somebody
I wanna commit to somebody
Curl up and forget with somebody
Let go of the past with somebody
Make love last with somebody
Live free with somebody
Just be with somebody
Dance with somebody
Take a chance with somebody
Feel the heat with somebody
Taste so sweet to somebody
Laze away with somebody
Seize the day with somebody
Hope and pray with somebody
Sneak away with somebody
Lose myself in somebody
Reach out and help somebody
Yeah, I wanna love somebody

He smiled

He smiled

And after awhile

I learned his style

He was wild

Ran free for miles

*Like an undisciplined
child*

Our love was worthwhile

With him I was beguiled

Taken in by his wiles

All because he smiled

Would you?

If I told you the truth

Would you stand by my side?

Would you still love me

If I ended the lies?

If I removed the mask

Erased the facade

If I stepped out of the shadows

Would you find me odd?

If I lowered my shield

Knocked down all of my walls

If I shed my armor

Would you answer my calls?

If I gave you my heart

And the truth of my soul

Would you stay with me?

And never let me go?

If I let you in

If I unlocked my gates

Would you reside with me?

Or would ours be a different fate?

If I took a chance

And let my guard down

Would you back away?

Or would you stick around?

I want to try

I think I'm ready for this

I think I'm ready for love

And you, I can't resist

So will you be gentle with me?

Will you handle me with care?

Will you give me your love?

Will you always be there?

The thief

Like a burglar cloaked in black
He snuck in undetected
The alarm to my senses was unarmed
The front door to my heart was unlocked
The window to my soul was open
He walked in, full of confidence
He waltzed in as if it was his home
He stole my will, my mind
He staked his claim on what once belonged to me
I was powerless
Unable to fight him, unable to protest
Unable to run, unable to hide
He took from me what I never intended to give
He took my essence, my being, my freedom, my love
He took and then I gave freely
He took but never gave
He took and then quietly disappeared
He took and left me broken

If

It don't matter and I don't care
If you like it, I love it
If you don't, I won't
If you can't, I don't give a damn
If you hate it, I won't debate it
If it makes you sad, I won't be glad
And if you can't go, I don't want to know
If it hurts, I'll go first
If it bleeds, maybe I should leave
If you cry, I'll know why
If you smile, maybe I'll stay awhile
But if it don't matter and I don't care
Then the ifs ain't gonna get us nowhere

Pressure and Pain

Pressure and pain
Throbbing, excruciating
All day, all night
Unrelenting in its intensity

Pressure and pain
One in the same
No pleasure for the weary
No rest for the blamed

Pressure and pain
No space to move
No thoughts to form
No vacancy, no room

Pressure and pain
Stress in a crowded brain
Thoughts occupying thoughts
Tension and strain

Pressure and pain
Searching for relief
Prayed and prayed
For freedom, for a save

Pressure and pain

God

God is in control.

God loves me.

God will always take care of me.

I will trust Him.

If I ask, I will receive.

It really is that simple.

I will not doubt.

L-O-V-E

I spell love G-O-D

For He rescued me

Set me F-R-E-E

Loosed my chains

Ripped the shackles from me feet

Gave His son for little old M-E

Showed me more love than I can believe

Yes, I spell love G-O-D

Dear God

It's me again
Wishing I was free again
Caught up in the wind again
Searching for a friend again
Praying that I'll win again
And that you'll forgive my sin again
And that maybe I can begin again
And mend my broken wings again
I want to see things clearly again
When will I smile again?
And feel you near me again?
I apologize, again
I know I messed up again
Will you give me the chance again?
To be good again?
To make you proud again?
To make you smile again?
Ah, there's your love, again
So very strong again
You forgave me again
You saved me again
And I thank you forever and again

HELP

Can you hear me Lord?
I'm trying my best
Really want to make you proud
But I know I'm failing you
I know you're disappointed in me
And I'm ashamed of the things I've done
So tired of the cycle of my life
Really want to make you proud
I'm aching inside, Lord
My heart hurts so badly
My tears are never ending
And I feel so alone right now
Will you make me feel your presence?
Will you wipe the tears from my face?
Will you keep loving me...
Though I'm not perfect?

Do It Anyway!!

Have you ever dreamed a dream

That makes your heart race

Makes you happy

Puts a smile on your face?

Do you think about it often?

See yourself in that place

Of success and happiness

Of freedom from the world's pace?

Do you imagine what it would feel like

If it really came true?

Do you find yourself daydreaming

Wishing this success belonged to you?

Then what are you waiting for?

Why haven't you taken that step?

Why are you standing still?

Are you really scared to death?

Are you afraid to fail?
Don't want to look stupid?
Think your friends will laugh?
Think you'll be seen as a fool?

I say do it anyway!
What do you have to lose?
Success could be yours
What do you need to prove?

Do it anyway!
Your dreams could all come true
You could have it all.
Or you could fail

But still I say
Do it anyway!

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