

Poetry Series

Stephan van Pinksteren
- poems -

Publication Date:
2010

Publisher:
Poemhunter.com - The World's Poetry Archive

Stephan van Pinksteren(10-07-1988)

After a very difficult time I began to realize that there is no other way to describe my feelings. I had to write them down in poems. Now I'm much better and I feel great. But whenever I feel bad or miserable again I write it down and make sure that everyone can understand the feelings written down in the poems.

Enjoy my poems but don't take them too seriously after all they are only poems, only reflections of my thoughts mixed with my imagination.

4 Mistakes To Much

Taking my body was the first mistake,
Tearing It apart was the second.
Oh please depression go away,
So I can be free one day.

Slicing and cutting me wildly,
The blood flows out,
As I walk silently,
I'm asking myself what's it all about

Destroying my heart was the third mistake.
Stealing my soul was the fourth.
Oh please depression go away,
So I can be free one day.

You laugh at me.
I'm shattered and broken.
You torture me.
My life meaningless and unspoken.

You can't make mistakes again
For I'm blessed with death.
Oh depression you've gone away,
I also left that very day.

Stephan van Pinksteren

A Heart To Give

Release me from a world unknown.
And take away the pain,
That I've never shown.

I can relate my life with yours,
And understand what you are going through,
Always waiting for closed doors.

Those doors that will never open for you,
Are being held shut by yourself.
And no light will ever shine through.

You must surrender to your fear,
And take the painful road to the light.
To that place you once held so dear.

That road will lead through many tears.
And will take every bit of your strength.
But you mustn't give up keep your head clear.

I once faced myself on that long road,
And had to watch the pain I've caused.
Now I have to carry that enormous load.

I can't throw it away and leave it behind.
Because it makes you feel human,
And shows that you are kind.

You will like the sound.
That you have a heart to give,
It just has to be found.

Stephan van Pinksteren

A Love Letter To Nobody

I wrote this for you,
So you wouldn't forget me,
Remember the way it had to be.

I drowned in your eyes,
And tasted your sweet lips,
Touched your hair,
With my cold finger tips.

You felt the same,
And thought he is the one,
We would be together,
But we were torn apart by the gun.

I lay here in a pool of my own blood,
Wishing that you would be here,
I tried to reach for your picture,
So I could see plain and clear.
Why I held you so dear.

Those deep eyes I've drowned in,
Those sweet lips I've kissed,
The softness of your hair,
That is what I have missed.

Stephan van Pinksteren

A Reaction

I wish I could be that,
I hoped that someone could show me the way.
But I'm better of dead.
Or at least gone far and far away.

I don't want to be sad,
I don't want to feel this way,
But this pain hurts so bad.
I have no reason to stay.

I'm sorry for all the agony.
I regret the day I was born.
I have to live this life relentlessly,
For my final shape to take form.

Stephan van Pinksteren

Another Day

I did it again without a thought,
I'm always behind the clouds.
The air there is making me sad,
But at the same time very mad.

Fights are just the beginning,
What will come next?
Will I be the one to start it all.
Will I be the one that will fall.

To much questions on my chest.
To much worries on my head.
I can't take this anymore.
Leave me crying in my bed.

Maybe it will stop someday.
Maybe that day is close.
I just don't know for sure,
I don't live the life I chose.

Stephan van Pinksteren

As I Went On

As I walk through the valley of depression,
I see no light,

Wandering around with questions not answered.
I hear no solution.

With haunting images creeping around me,
I feel no happiness.

As I ran through my garden of fears,
I smell no sweet memories.

Keep on fleeing don't look back,
I sense no regret.

Long days of running and walking made me tired.
I can't go on.

Stephan van Pinksteren

As The Tears Fell

The pain pierces my chest,
But our lies still pile up.
The whispering voice is sweet.
I still can't stop my feelings.

Even if you're close,
I'm still worried.
So let me hear you,
As the closest one.

I forgave you for all of it,
Because I wanted,
To see your smile.
Betrayal will leave one day.

I was afraid,
Of falling in love.
I hurt you,
By falling in love.

We couldn't make it a memory.
The sky we're looking up,
At it's too bright,
And tears fall.

The pain stabs into my heart,
Even so, I piled up the lies.
Your whispering voice is sweet,
I'm left unable to stop thinking of you.

Even if I'm next to you, the uneasy night,
I ask for this to be the closest to you.
I wanted to see your face,
So I forgave everything.

Betrayal will someday change,
I was scared of falling in love,
Falling in love has hurt me,

The memories I cannot make.
The sky that I looked up to,
Is glowing to brightly,
as the tears fell.

The pain lingers in my chest
Light streams through the trees.
The wavering memories,
That day gleams brightly.

It seems I still love you even now.
If I look back it was a morning of solitude.
Where is the warmth,
Of our intertwined fingers?

I'd understand if it was loneliness but,
I close my eyes and pretend it's not there.
I was scared of falling in love,
I've been hurt by falling in love.

The memories I cannot make,
The sky That I looked up to,
It's glaring to brightly,
as the tears fell..

Even when one isn't loved,
One wants to love.
If one loves,
Then one wants to be loved.

The feeling is overflowing,
There is nowhere it can go.
It's to painful I can't move.

Even though the pain in my heart was unbearable,
You kept piling the lies on me.
Your voice whispers so sweetly to me,
That I cannot but think of you.

Yet when even next to you in this insecure night.
I still long to be closer to you
Just to see your smiling face,

I forgave everything.

Though your betrayal will someday return,
I was scared of falling in love with you,
And my love could only hurt you.

We had so many memories left to make,
The sky I gazed upon,
looked dazzling
as my tears fell.

If my wish is granted,
I wish to meet you one more time.

Stephan van Pinksteren

Blinded

Following the road to emptiness,
Leaving everything behind.
Reaching out to the nothingness,
The pith black dark I'll find.

Blinded by tears I wander in myself,
Nobody to see me nobody to hear me.
Rampaging my heart from the inside.
They can't hurt me they can't judge me.

But still I can't be free in my own world,
Haunted by pictures of the past.
Looking and touching them hurts me,
It all happened so extremely fast.

Blinded by tears I wander in myself,
Nobody to see me nobody to hear me.
Rampaging my heart from the inside.
They can't hurt me they can't judge me.

Stephan van Pinksteren

Blood

Blood covering the sheets,
Cuts to mark the source.
I can see the wounds clearly,
Because they're mine of course.

With the knife still in my hand,
I walk up to my family.
They will never notice,
The wounds they can't see.

Blood covered the guilt.
The mind made it just.
I can see it bleeding.
It's a feeling I trust.

It's a thought I believe in.
Something that's not a lie.
And I did it all by myself,
So there is no need to cry.

Blood the fuel of my pain.
Scars unseen by shame.
Relentless I keep on cutting,
There is no one else to blame.

Stephan van Pinksteren

Blurred Darkness

Wavering and swirled up,
Waves of wind momentarily light.
I will never forget,
the memories of us gazing together.

The pain that cannot be undone is,
Wrapped around my fingertips.
Embracing it so that it doesn't break.

Time has stopped now,
The feeling that cannot be worded,
Where should they shout to?

Where does the unbroken pain come from?
Please tell me,
From the blurred darkness.

Stephan van Pinksteren

Breaking Through

I faced my end,
I can't go on,
I reached a wall.
It's much too strong.

Breaking through is impossible,
The wall is just too thick.
Broken loose from society?
Maybe it's just a trick?

With that thought in mind,
I started digging
Hoping to reach the other side.
I have to stop the thinking.

I've been digging for years now.
And still I haven't reached the end.
I can't see clear anymore.
The only thing I see is sand

Is there really no way out?
Am I stuck here until I die?
My thoughts are getting much too loud.
I can't break through this lie.

In the end we all face the truth,

Stephan van Pinksteren

Can'T

My eye's can't see the truth,
I can't run from it anymore.
The darkness is catching me,
It's coming closer more and more.

My mouth can't speak answers,
I always tried but never could.
I lived my life in confusion,
If I changed everything then I would.

My ears can't hear my screams,
Deaf to myself and the rest.
They didn't hear it to,
All this pain lurking in my chest.

My mind can't handle the thoughts,
My head feels like bomb.
Waiting to explode in my face,
I'm waiting for that day to come.

My heart doesn't know love,
It has never been able.
Trying to forget the bad memories,
Trying to get my life stable.

My body doesn't understand,
This eternal struggle in me.
It can't react to this situation,
My body can't break free.

Stephan van Pinksteren

Darkness Forever

So long I've worshiped,
not knowing what so ever.
It looks like I'm slipped,
Into the darkness forever.

I had love I had a life,
Fighting for that feeling.
Did she ever felt so alive
Or was it her intension of stealing.

She's taken my heart.
From the day we met.
To the day we part.
The day she fled

Stephan van Pinksteren

Dealing With God

Even when she is not around
I can still feel her touch.
But I must hold on a little longer
Even if it is to much.

Beatus vir qui suffert tentationem.
(Blessed is the man who endures temptation)

I must endure this inner struggle.
And find my way out of this madness.
For I will be rewarded.
There comes an end to the sadness

Accipiet coronam vitae.
(He shall receive the crown of life)

I'm not blessed with life.
That's no solution for me.
I hope he will make it end.
So I will be finally free.

Eleison.
(Have mercy)

God I'm very sorry.
But I can't go on any longer.
This life has cursed me.
And the knife was stronger

Et lingua eius loquetur iudicium.
(And his tongue shall speak judgment)

Stephan van Pinksteren

Death Will Be My Freedom

The fear of dieing,
It is overwhelming.
Why do I keep on lying?
Is there a way to stop the crying?

I can't hide my feelings anymore,
They show more each day.
They open the closed door.
There is not much I can say.

I can't give enough reasons.
For the things I've done to you.
All the pain passes like the seasons.
I hoped that you would to.

I won't live for centuries,
That's one thing that can't be done.
But you will remain in my memories,
And death will be my freedom.

Stephan van Pinksteren

Deep Down Inside

Deep down inside,
I feel evil in me.
It's so hard to deal with,
I only want to be free.

Taking this knife in my hand,
Reaching it to my wrist.
I tried to cut,
But she told me to make a fist.

Don't do it it's too much to risk,
That's what she said.
I try to keep my promise,
But deep down inside I feel so bad.

So torn up by life,
Not wanting to live any longer.
Trying to kill myself,
I can't get any stronger.

Not enough to free myself,
Deep down inside.
I have no options left.
Too much tears I've cried.

Stephan van Pinksteren

Deep Inside

I tried to convince myself that you don't really exist.
You are just a voice that lingers deep within my soul.
Slowly eating away at me altering all reality.

Then I see you from a distance.
My heart begins to shatter again.
I reminded by what you did to me.

I try to let the rain wash away the pain,
But the pain will always remain.
Locked away deep inside.

Trapped by the loneliness.
Entwined by betrayal.
And kept alive by the emptiness.

I pray to forget you,
Let you fade away so I can go on.
But your voice has engraved itself into my memory.

Consuming me further into this nightmare,
Leaving me lost.
And forever bound to the pain.

Stephan van Pinksteren

Despair... Or Not?

Dark clouds fill the uneasy sky,
And all the beautiful sunlight is gone.
In a world where birds don't fly
Where I've waited so very long.

Everything there is dark and dead.
And covered in shadows of grief,
It all feels so extremely sad.
When there is no way to leave.

Like a blind man without a stick,
I wander through a world of pain.
I'm not pretending, this isn't a trick,
And there is no glory to gain,

People think I'm overreacting,
That I'm want to be this way.
But it's all very saddening,
I hope they understand one day.

Stephan van Pinksteren

Do You Want To Know

Have you ever been lost,
Totally cut off from reality
Have you ever sensed a deep dark void.
Because that's my specialty.

I can tell you all about it,
Let you feel what I feel
Let you know what I know.
And make you think it was real.

The only difference is
I feel this all the time,
For me there is no way out
I'm balancing on a very thin line.

One wrong move and I fall,
To a place where there is no light
One wrong turn and I'm forever lost
My goals completely out of sight.

Do you really want to know what that's like,
Do you really want to know how that feels.

The deep dark scars of guilt,
The unpleasant cold in your heart.
Trembling knees because you know,
It's your work of art.

I made this world out of pain
And it's kept alive by my shame,
Tried to create a refuge.
But this will never be the same.

The feelings will never go away,
Days weeks months even years will pass,
In this game I never learned how to play.

Stephan van Pinksteren

Don'T Belong

I don't belong here,
You don't need me.
I'm nothing more than air.
Invisible so you can't see.

Let our feelings,
Control this night.
For it has been blessed.
With this wonderful sight.

Anger and hate on one side,
Fear and confusion on the other.
I belong to no side.
I'm only a bother.

Stephan van Pinksteren

Downfall

The rain keeps falling,
Creating puddles everywhere.
I try to avoid the harsh downfall.
While looking at the puddle over there.

I keep gazing at the beautiful sight.
Even after so many days,
It's very hard to imagine.
I can still see your face.

It has been burned into my eyes,
So it never fades away.
Tormenting me in my inner being,
I just wanted you to stay.

Well that happened,
Just the way I feared.
I was completely left alone.
And the rain stopped,
The puddles disappeared,

Stephan van Pinksteren

Emotion Of Fear

The days are coming,
That time is near.
I can feel it closing now,
That deep emotion of fear.

It seems so nice,
This time of the year.
I try to be happy,
In deep emotions of fear.

The people around me,
The one's I held so dear.
I can't feel them anymore,
During deep emotions of fear.

I let that time pass by,
But I still can't see clear.
What has happened to me,
After deep emotions of fear.

I'm still figuring that out,
Trying to lose the sorrow.
With deep emotions of fear,
I'm waiting for tomorrow.

Stephan van Pinksteren

Endless Tears

Tears what are they.
Expressions of feelings,
Dreams that stay,

Does it have to be so tough,
To feel this constant grief.
It never seems enough.
Those endless tears I believe.

Why did she do this,
Why did she do that.
It was like that first kiss,
The very day we met.

So excited,
So special.
Never to be rewritten.

Always in my heart.
Forever here to stay
It wasn't very smart,
To leave me that way.

Stephan van Pinksteren

Facts

If one should know,
I will deny the fact.
If one should say,
I will have to correct.

They will not know me,
I will see to that,
They will not tell me,
Cause I will be in bed.

If I should know,
They will deny the fact
If I should say,
They want to know exact.

I will not know myself,
They will see to that.
I will not tell them,
Cause I will be dead.

Stephan van Pinksteren

For The Best

Tell me the truth,
Clear my mind with your words,
Cleanse me with your blessings.
Let me fly like the birds.

There was a time,
When I could spread my wings,
I could aim for the sky's,
Not bound by those things.

Now it's too complicated,
No more thoughtless lying.
Do they tell me the truth,
Or will I end up crying.

It takes too much of my strength,
Not being able to lift the rest.
If I could end my life,
Would that be for the best?

Stephan van Pinksteren

Forever In My Brain

She crushed my heart, □
Into a thousand peaces.□ This is were we part, □
Before my pain increases.

She's always in my dreams,
Never leaving my brain.
I don't know what it means,
This unstoppable pain.

I hope it will take its leave,
Any time would be great.
I don't want the constant grief,
Or the unmeasurable hate.

To be finally free,
I must search for myself.
Wherever it might be,
The one and only me.

Stephan van Pinksteren

Friendship, Betrayal, Love And Pain

I'm sensitive when I write rhymes,
And with my head in the clouds.
It happens sometimes.

But if I start something,
I will fight until it's done,
You will and everyone.

Starting fights that's not me,
But when justice is involved.
I'll get geared up you'll see,

I will let them know,
The true meaning of pain,
Take no prisoners don't let them go.

When I'm done I can forgive,
I'm open for harmony,
In every place I live.

Friendship, betrayal, love and pain,
They live close together,
And you gave me that stain.

Stephan van Pinksteren

Haunting Questions

Every time I look at her,
Even if it's only a picture.
My breath stops and my heart pounds.
I being wrecked by those horrible sounds.

Why, after all those years?
Why, after all those tears?
Why does this still hurts me?
Why can't I just let it be?

Every time I see a couple,
Even if they are only friends.
My eyes get wet and my lips begin to shake,
I don't know how much more I can take.

How, could it be that I'm like this?
How, could it be that it's still you I miss?
How do these memory's still hurt me?
How can I just let it be?

Stephan van Pinksteren

Have You Ever Been Lost

Have you ever been lost,
Totally cut off from reality
Have you ever sensed a deep dark void.
Because that's my specialty.

I can tell you all about it,
Let you feel what I feel
Let you know what I know.
And make you think it was real.

The only difference is
I feel this all the time,
For me there is no way out
I'm balancing on a very thin line.

One wrong move and I fall,
To a place where there is no light
One wrong turn and I'm forever lost
My goals completely out of sight.

Do you really want to know what that's like,
Do you really want to know how that feels.

The deep dark scars of guilt,
The unpleasant cold in your heart.
Trembling knees because you know,
It's your work of art.

I made this world out of pain
And it's kept alive by my shame,
Tried to create a refuge.
But this will never be the same.

The feelings will never go away,
Days weeks months even years will pass,
In this game I never learned how to play.

Stephan van Pinksteren

Heartbeat

My head is pounding,
Rumbling like a drum.
Driving me insane.
Hoping the end will come.

It hurts like hell,
Like 10000 nails piercing my body.
Trying to take away the pain,
Telling everybody I'm sorry.

This situation is complicated,
Too hard to explain.
No one can help me,
Trying to feel sane.

Give me a gun and I will use it,
I can't stand the lonely slumbers any more.
Take away all the bad memories,
I'm rotten inside down to the core.

Give me a 1 way ticket to hell,
Let me burn at his feet.
He will punish me,
Take away my heartbeat.

Stephan van Pinksteren

Hello, Anybody?

I feel myself locked up,
A prisoner of my own mind.
I'm trying to get out of here.
Looking for an exit I won't find.

There is nothing on the other side.
I tried to believe otherwise.
But my hope's were just lies.
After all those countless tries.

Hello can anybody hear me! ?
...No we don't want to hear you.

Hello can anybody see me! ?
...No we don't want to see you.

Hello can anybody understand me! ?
...No we don't want to understand you.

Hello can anybody know me! ?
...No we don't want to know you.

Hello can anybody kill me! ?
...No we already killed you.

Stephan van Pinksteren

Her Again

Worshiping her every night,
Thinking of what might have been.
I get blinded by her sight,
I'm being controlled by my sin.

I've done many things in the past,
Cropping it all up inside,
But it all happened so fast,
Now there is no place to hide.

I can't ignore the betrayal,
She has done the worst thing.
I first thought she was so frail.
But she hurts me with her sting.

I endured everything every word.
She was speaking like I was the one.
But she treated me like dirt.
How could I have been so dumb.

Stephan van Pinksteren

Hiding Myself

Deep dark memories,
Hiding them is almost impossible,
Still to others I seem confident,
Maybe even unstoppable.

So how could it be,
That the only thing they see,
Is the fake and mask of me?

Am I becoming what I fear,
The one that cries tear after tear,
Alone in the dark with no goals to clear.
That will go on year after year?

So how will it go,
When I'm just laying low,
And the time passes very slow?

Did I make the wrong decision,
Have I made a big mistake,
Do I have to go on like this,
Or do I have to change for my own sake?

So how should I react,
When there is no clear effect,
And no insurance or a fact?

Stephan van Pinksteren

I Need I Want

I start to walk forward,
With wishes,
that won't come true.

While singing,
The cold rain falls,
On the thoughts left behind.

I want to forget,
I need to forget.
As I keep wandering in circles.

I'll force all my depression,
On you.
I'm telling a lie.

Because we are,
A shapeless couple,
I was important to me,

I want to hear everything,
Here and now.
If we discuss it,
Will thing change.

Stephan van Pinksteren

If I'M Able

If I am able to reach beyond the sorrow,
I won't need warmth, nor tomorrow anymore.

The dream that came down into the darkness of silence,
Who...? Is the light that briefly spilled onto my cheeks.
Why...? Not knowing any means to put a end to a Fragile world.
I was just wishing yes, for oblivion.

If I am able to reach beyond the sorrow,
I will not need to feel anything beyond this anymore.

Will you return to beyond the despair?
The supreme love lays its pure holy on the endless sails.

If I am able to reach beyond the sadness,
I won't fear even the lonely slumber anymore.

I wont be able to return to those times,
Longer than a frozen eternity that moment.
Longer than the eternal love at that point
One after the other disappears.

If I am able to reach beyond the sadness,
I won't be able to love you anymore.

Stephan van Pinksteren

Inner Most

Angel of light,
See my face.
From the darkness below.
That very scary place.

Drag me out,
Please save me
The loneliness is so cold,
Don't leave me.

I beg for your mercy,
I am on my knees.
I bow for you in submission.
Just to find my peace.

Help me find a way,
To escape from my mind
To take my final leave.
No longer being blind.

Angel of light,
See my sorrow.
From the darkness below
Please before tomorrow.

I can't stand it anymore.
Release me from the madness.
Pull me out of the shadow.
I'm lingering in my sadness.

If you would see me
Then let this be the time,
To forever give me peace,
So my own life could be mine.

Sparkle for me once
Asking me twice
What could you do
So please choose wise.

Angel of light,
hear my prays
From the darkness below,
Let me see your face.

Stephan van Pinksteren

It Doesn'T Matter

Falling in love made me fragile,
Being alone made me weak.

In the end,
It doesn't matter.
For the one who has felt sadness.

The eternal night made me see,
What I couldn't see in the light.

In the end,
It doesn't matter,
For the one who has dreamed loneliness.

Turning your back to me was a sign,
By looking at me you made it clear.

In the end,
It doesn't matter.
For the one who speaks emptiness.

With your hart you made me happy,
With your soul you made me blind.

In the end,
It doesn't matter.
For the one who has seen darkness.

Stephan van Pinksteren

Just Another Thought

I thought I would get better,
I hoped to feel some relief.
Hiding my scars from everyone.
The only thing I could believe.

The wounds I won't show,
The scars left too deep.
Bleeding my insides out.
My death is the last leap.

I thought of it many times,
I planned it perfectly in my mind.
I've destroyed everything.
So I wouldn't leave anything behind.

But some things can't be removed,
Some things can't be wished away.
Too difficult to let those feelings go,
But also too painful to let them stay.

This is going on for too long now,
These feelings rage in my chest.
Rendering me completely numb,
And Leaving out all the rest.

Stephan van Pinksteren

Last Action

Meaningless in every way,
Trying to figure it out.
The one reason for me to stay,

Gazing to the ceiling,
I can see the rope dangling,
To wipe away the feeling.

Reaching out with arms of sacrifice,
I tighten the knot around my neck,
And make an end to all the alibis.

Gazing at the floor.
I can see my feet dangling.
Awaiting for the final door.

Stephan van Pinksteren

Lies

Just that single moment was enough,
It happened in a blink of an eye.
I really believed all of this,
It couldn't be a lie.

I've never trusted anyone,
Not even my own family.
But from that first kiss,
I thought I had a place to be.

She gave me hope she gave me strength,
She whipped away my tears,
Talked to me like an angel,
Trying to take away my fears.

I truly believed she was the one,
The one that could save me from the sadness.
Lighting up the dark corners,
Taking away the madness.

She had the spark in her heart,
The beat that makes me shake.
Tearing down these concrete walls.
The beat that trembled me awake.

In this world I lived,
A light began to shine.
Breaking down the shadows,
Hoping that she would be mine.

How could I've been so stupid,
I was so blinded I could not see,
She played me like a rag doll.
Deceived by the love in me.

I did everything for her,
Everything to make her smile.
Seeing her laugh so much,
But it only lasted for a while.

I tried to be there for her,
Anytime she needed it,
I tried to make it clear,
I tried to make it fit.

It has left me in ruin,
The day she never sad goodbye.
We would be together forever,
I found out it was all a lie.

Stephan van Pinksteren

Lies For Men

Grief, darkness and despair.
Try to run, try to hide,
Before it catches you there.

Further doesn't seem far enough,
There's no escape there's return.
You have to deal with the stuff.

Crying out for salvation,
Fighting and struggling for the end.
Hoping for this final reincarnation.

In the deep hole of nothingness
Shadows of darkness wrap around me.
Turning faith into sadness.

The believes of men are alive,
Twisting and turning their way in.
It's the hope to have their revive.

Stephan van Pinksteren

Light

Rope of agony,
Take me to you.
Grip around my neck.
Tell me what to do.

Release me from the world,
Free the pain inside,
Tightened your trust,
Just before I died.

Lead the way,
Don't get out of sight.
Accompany me,
In journey to everlasting light.

Stephan van Pinksteren

Like Yesterday

Crawling in my loneliness,
Screaming out your name.
Bring back the good times,
And make it all the same.

Come back please,
I'm asking you the way.
But you don't love me,
Like you did yesterday.

I can feel you fading,
It makes my heart ache.
Thoughts of getting you back,
Impossible to keep them awake.

Come back please,
I'm asking you to stay.
But you don't love me,
Like you did yesterday.

Stephan van Pinksteren

Loneliness

When feeling lonely,
Even if you're surrounded by people.
It eats away your mind.
Turning you to the darkness.

Preparing for the end makes you sad,
Waiting for the next day makes you mad.
Crying and crying I lay in my bed,
Thinking and thinking that you're bad.

All these thoughts break me up,
No future inside trying to make it stop.
Trying to take all the pain away,
No matter how hard I tried it will always stay.

If it's only for one day.
One day to make me feel a little less scared.
One good conversation one that will say,
That you're not alone somebody cared..

What would do that to me,
Will I be revived from the sadness.
Can I just go on with my life,
Or am I to sucked up by the madness.

Please release me from my fears,
Say that you are my friend,
wipe away my tears,
And bring it to an end.

Stephan van Pinksteren

Love Abuse

Love isn't paradise,
Love isn't pretty.
Please be wise,
Don't do it like me.

They say I love you,
It's just a lie.
They don't even got a clue.
It will only be a goodbye

Love is abuse,
Just to torment,
It's no use,
All those times you spend.

Together and ever.
Until the end of my days
It goes on forever,
It goes in mysterious ways.

Stephan van Pinksteren

Love Like It's All

Love,
Like thunder in my heart.

Love,
Like confusion in the start.

Love,
Like the day as we part.

Love,
It's unexplainable.

Love,
It's Unreliable.

Love,
It's making me unstable.

Love,
All the time that we spent.

Love,
All the hours that we stand.

Love,
All the days until the End.

Stephan van Pinksteren

My Blue Angel

My blue angel,
That gently flew down one day.
All I could do was look down,
As our smiles passed by each other.

I called you from over my shoulder,
But now I'm calling you inside my heart.
The innocent pain,
Is like piled up snow.

Even if it's a roundabout way,
I want to send my feelings straight forward.
Fly away someday,
My blue angel.

Stephan van Pinksteren

My Clue

This can't happen,
It shouldn't it couldn't,
It mustn't it wouldn't.

Don't say you love me.
Not now not then,
not ever again.

You broke my heart,
not once but twice,
Did you realize.

It doesn't matter now
It's your illusion to
That's why I still love you.

Stephan van Pinksteren

My Life As We Know

Who are you too judge me?
Who are you to tell me what to do?
I don't care about you

And if you think that
I'm running away
Think again

I have enough problems
I don't need your childish games
I need nobody or nothing to help me

This is my life and I say
and do what I want
So leave me alone

And if you have something to say
Say it in my face
Don't ever threaten me again

You know I will never hurt you
But if this keeps on going,
I will hurt Myself

I'm sick of all this
If you have problems lets trade
See if my life is so easy

I have nothing in my life
It's empty just like my heart and soul
My feelings are gone for ever.

Stephan van Pinksteren

My Life Passes By

My life passes by,
Like a tropical storm.
As I always ask why.

Do I have to be like this.
Is there no other way?
Is there something I miss?

Can I be my own,
While others like me?
Or do I have to be like stone?

Cold and fearless,
Hard and emotionless.
Dead and lifeless.

My life passes by,
Like a cold winters night.
As I always ask why.

Is there a path,
That I have to follow?
It all goes so fast.

Do I have to feel,
This unstoppable sadness?
Do I have to be like steel?

Bendable and stainless,
Strong and heartless,
Dead and feelingless.

My life passes by,
Like thief's in the night.
As I always ask why.

Is there a way,
To escape this madness?
Or do I have to pay.

Do I have to make a stand,
To give myself a chance?
I can't because I'm like sand.

Scared and Shapeless,
Loose and pointless,
Dead and meaningless.

My life passes by,
Like death in the end,
As I always asked why.

Stephan van Pinksteren

My Story, My Life.

I was different from the rest,
That's what they sad.
I did everything wrong,
In there eyes.

I ain't perfect,
I know that.
But did it have,
To turn out this way.

Life is to hard for me,
What did I do to myself.
It feels so empty inside,
Me to, wants to enjoy life.

But life is to complicated,
It makes it impossible for me.
I tried over and over again,
But there was always pain in the end.

Sometimes I don't know,
Any reason for me to exist.
And I have to fight,
For the power to continue.

Nel buio ho potuto piangere,
Senza paura, senza rammarico.
Nel buio posso dire,
Cio che di giorno nessuno capisce.

I could laugh,
I could pretend I was happy.
But deep inside I'm suffering,
By the hate and sorrow.

On the outside I live.
But from inside I'm Dying.
And tell me,
Why was everything taken from me.

Even the happiness was stolen.
Why did I get,
For everything that I've done
Hate in return.

And now you get something from me,
This time you don't have to steel it.
My life is for you,
And everything attached to it.

I want it to end,
I thought that last night.
The feeling made me sick,
The thoughts made me cry.

This isn't a story,
This is my life.
These are my last words,
I'm sorry.

I would never leave you.
I would always be near,
If you noticed that I'm gone,
Than you did understand.

I've never talked to you about my problems,
You didn't have time for me just like the rest.
But sooner or later,
You to will accept my emptiness.

And the rest,
They won't even notice.
Because I was just a stain in there life's.
That has just been vanished.

But don't forget,
Even if you didn't know me,
Because you never had time.
I still love you.

Never Fading

The never fading images.
Haunting feelings of depression.
Ripping apart the memories.
The good times and compassion,
See the boy drowning in his dreams,
Struggling and fighting his way out.
Can anyone hear his screams?

The never fading illusions.
Faces he holds deep inside.
Ready to put them on,
Right after his tears have dried.
See the man without a face,
Deceiving and hiding from everyone.
On all those countless days.

The never fading emotions,
Stalking like a phantom,
Never leaving him alone,
There is no way to end them.
See the man with scars of fear,
Turning and twisting through life.
Leaving everything he holds dear.

Stephan van Pinksteren

People Try

People try to talk to me,
I give them someone to talk to.

People try to listen to me.
I give them someone to listen to.

People try to look at me.
I give them someone to look at.

People try to like me.
I give them someone to like.

People try to have fun with me.
I give them someone to laugh with.

People try to love me.
I give them someone to love.

People try to hate me,
I give them someone to hate.

People try to beat me.
I give them someone to beat.

People try to leave me.
I give them someone to leave.

People try to save me.
I give them someone to save.

But you know what.
They are all fake reflections of me.
Shadows of an unsettled past.
Memories of someone I used to be.

Stephan van Pinksteren

Please Save Me

I have no future,
I have no life.
No goal to clear,
No reason to stay alive.

I need to make it work
Believe in myself
I need to make it change
Before the clock strikes twelve.

I ask you,
Please save me,
I don't know what to do
I've got no place to be.

Stephan van Pinksteren

Pretender

Happy I can act,
Depressed is what I am.
I'm pretending that's a fact,
That's the only thing I can.

Nobody knows what's behind the mask,
They don't really care.
They will never ask.
About the burden I bear.

Trying to figure it out,
Why do I pretend that I'm good.
What's this life all about,
I'm never in the right mood.

Trying to solve this problem,
I turn myself to the despair.
Where do the thoughts come from,
Why is my life so unfair.

It eats me up inside,
Eating away my heart.
To many tears I've cried,
I want to go back to the start.

Stephan van Pinksteren

Reactions

To express my feelings,
It's too hard for me.
No one I can trust.
Nowhere else to be.

I feel weak and exhausted,
Tense and tired.
Depressed and down
Feet's are bound and hands wired

Crying every day,
When no one else can see.
I found happiness,
But it wasn't for me.

She left me to die,
Not thinking what so ever.
Every day I ask why,
Since then and forever.

I ask myself everyday,
Can I be helped,
Can I be happy.
After all the pain I felt.

I talk to people,
Listen to what they say.
I burst out in tears,
From pain that never goes away

I tried to feel normal,
I tried to forget.
Everyday I see her face,
Like the first day we met.

Why can't I forgive,
Why can't I surrender.
Why oh why does this happen.
I've always been a pretender.

I don't know who I am,
I haven't got a clue.
I have changed to much.
My face has turned blue.

Unrecognizable,
Beyond repair.
Please kill me this instant.
I can't bear the cloak I wear.

Why did it turn out this way,
This life isn't what I meant.
Could it be over.
Is this the end.

Stephan van Pinksteren

Rejections

Betrayal, rejections.
They are so a like.
They corrupt people,
Like infections.

Suddenly and unpredictable,
They strike you down.
Friendship is overrated,
It's unreliable.

One moment to save it
One moment to condemn it.
They don't know when,
Not even a little bit.

I know that they lied.
Why do people even care.
No one can outrun it.
I know, I tried,

Redemption, forgiveness.
I gave them all.
Betrayal, rejections.
That's the way they fall.

Stephan van Pinksteren

She

She talks to me,
She talks to me when nobody else would,
She helped me,
She helped me when nobody else could.

Taking myself in a rift,
I asked myself,
Why the who what,
And the where and the how,

Why did she help me?
What was she thinking?
Who was the one to give me this?
Where did it all start?
How did it turned out this way?

All those questions rip me apart,
Thinking about all this makes me cry.
Not knowing the answers,
Thinking that it's all a lie.

Stephan van Pinksteren

She Tells Me

Take care,
God is watching you.
In the dark streets of the night.

Please hold her hand,
Even if I'm on my own far away,
She will always find me.

She tells me all I know,
And even if I forget,
She tells me time and time again.

But what will I do,
Once I've learned everything,

Stephan van Pinksteren

Shine For Me

Take me to a place,
A place where it doesn't snow.
Where the sun shines brightly,
With it's magnificent glow.

Let me feel the warmth of your love,
Hold me in your embrace.
Please don't let me go,
Take me to that special place.

The beautiful plains in your heart,
A wide stretched field of happiness,
Where I may forever roam.
Without the feeling of sadness.

Only you can bring me there,
You are the light that guides me.
In a thick void of darkness and shadows,
You are all that I can see.

Shine for me so brightly,
Relight my life with your fire.
Please bring back the happiness,
And calm my long lasting desire.

Stephan van Pinksteren

Sleeping

How do you go to sleep?
If you can't sleep at all.
What will you do?
I'll be waiting for your call.

Still you do not answer.
Are you asleep are you dreaming?
What is going on in your head?
What are you feeling?

I won't try anymore,
Sleep has become a stranger to me.
And I hold the knife,
That will set me free.

Stephan van Pinksteren

Solution Confusion

Looking for solutions to the problem.
There has to be a way to solve them.

Creating a empty void all around,
So I don't have to make a sound.

No that's not the answer for this,
There would be to much to mis.

Reprogramming to be someone else,
Wafting up a big cloud removing all smells.

No I would only make it more difficult.
It would take to long for some result.

And by the way I won't change myself,
I did it once I did it twice with no effect.
The people hated me because of that.
I didn't show them my respect.

Where does this all lead to,
Where is the answer where could it be.
Black and white is all I can see,
There is no gray way for me.
That's the end of the story.

Stephan van Pinksteren

Stain

I'm looking up the endless sky,
Thinking and drifting away.
The wind tells me story's.
About the feelings that will stay.

Mindless I'm walking here,
My life passes me by.
I can't keep this up,
No matter how hard I try.

The Darkness calls me,
And I'm too stupid to hear,
The warnings and screams.
They are no longer here.

I'm going my own way,
Trying to figure it out.
Looking for the past,
And why I have to shout.

A cold hand reaches my shoulder,
It gives me shivers.
It is talking to me.
No more like whispers.

It is seeping in to my head,
Trying to reach my brain.
I'm blocking it out.
Like a horrible stain.

Stephan van Pinksteren

Standing Still

Deep down inside,
I hear someone calling.
It's the call from my heart,
Being suppressed by my thoughts.

Feelings that have never left,
Have taken over my actions.
I can't think clearly,
And my emotions build up.

Someday I'm going to snap,
Loosing my total control.
I fear that day,
And so I'm standing still.

Hoping that time will pas by,
And scars go away.
Hoping that this life wasn't a lie,
And dreams come back one day.

I'm holding on to this,
More than I actually want.
I need to break free,
And become the person I want to be.

Stephan van Pinksteren

Still Lost

Lost in a world of pain
Nothing to comfort me.
No victory's to gain.

Running through a garden of madness
With only my own heart to lead me,
Right to the gates of sadness.

Why can't I escape this terrible fate?
How do I stop this endless hate?
Do I have to perish under my own weight?

Stephan van Pinksteren

Take Your Leave

This is my pain,
This is my torment.
She has never left my side,
To many times I've tried.

It hurts to much,
It hurts to long,
She has put me together,
Than trashed me for pleasure.

She sad right,
She sad wrong.
I believed her right away,
But she didn't want me to say.

Now no more,
Now not ever.
I will never love again,
Not you not even them.

Leave me alone,
Leave me here.
Say nothing not even a sound.
Turn away don't look around.

Stephan van Pinksteren

Teared And Broken

This world is a cruel place,
And I'm here only to lose.
So before life tears me apart,
let death bless me with you.

I prayed for your sweet kisses.
And I was ignored once more.
There is no turning back this time.
I'm reaching my next and final door.

You've opened the way to my heart.
And threw me in a deep depression.
I thought that I knew you and loved you.
But this was a very hard confession.

You didn't like me at all not even a bit.
I was being used by the devil within.
With angel eyes and a deep red smile,
You teared me apart and knelt to the sin.

Stephan van Pinksteren

The Knife

Living in a dream world,
Taking no prisoners,
Leaving everything behind,
Can it be any worse.

Wandering around in confusion,
Finding my way threw bare despair.
They left me behind all alone,
Can this be my punishment is this fair.

Figuring this out,
It is taking to long.
Where did I go,
What did I do wrong.

To depressed to figure out this madness,
I can only see black no light at hand.
Where is my salvation,
Help me get up because I can't.

I'm the darkness,
I'm the despair.
I can't control myself,
I don't really care

Why should they help me,
What's the point of life.
I know my own future,
And that is the knife,

Stephan van Pinksteren

The Me You See

The me you see,
Isn't who you thought I would be.

The many years I walked on my own,
Were lonely for me.
They changed me..... completely,

I tried to ignore all that pain,
But I've always felt the same.

Always lonely and afraid,
No comforting words to calm me.
But the pain couldn't be delayed.

The me you see,
Could be who you thought I would be.

Acting happy like anyone else,
Concealing the pain,
With the sound of ringing bells.

It worked only for a little while,
You could see that it was a fake smile.

You looked at me continuously,
You tried to see the real me,
And the only one I could be.

The me you see,
Shouldn't be who you thought I would be.

Stephan van Pinksteren

The Meaning

There is a big void in my heart,
Empty and nothing to find.
Once it was full with love.
Filled with someone so kind.

She freed me from my loneliness,
She took all the misery away.
But after a while,
She didn't want to stay,

Slowly leaking out,
All the love she gave me.
Spilled on a tortured soul.
The soul she didn't want to see.

Scared to death I turned to despair,
I didn't want to live with that feeling.
Only the darkness understands me,
If she only could tell me the meaning.

The meaning for leaving.

Stephan van Pinksteren

The One You Love

Friendships were made,
And lovers were found.
But the one you know isn't me.

We talked to each other.
And believed we understood.
But the one you trust isn't me.

We played together,
And we created a bond.
But the one you wanted isn't me.

We had some good times you and I.
And I thought it was forever.
But the one you love isn't me.

Stephan van Pinksteren

The Pray

The curse that has been given,
The destiny I have to follow.
Nothing seems to go away.
In my heart thats hollow.

Searching for the strength,
Waiting for a sign.
To forever get my peace,
In this awful life of mine.

I tried to reach,
I tried so hard.
I tried to speak,
Right from the start.

Nobody was listening,
I'm all alone.
The wounds that wont heal,
Those who touch the bone.

Where is my chance,
To find my pure love.
I prayed and prayed,
To the one so high above.

Stephan van Pinksteren

The Sun Shines Icy Rays

The sun shines on my face,
And the shadows disappear.
I look towards the light.
Until I no longer see clear.

I close my eyes,
And let the warmth fill my mind.
All the bad times seem to fade away.
But when I open my eyes what will I find.

Will I find a meadow of heaven?
Will I see green pastures or open plains?
Will I travel through creeks and lakes?
Will I feel the love flowing through my veins?

But when I opened my eyes again,
I felt a cold creeping inside my heart,
An icy feeling passed right through me,
I realized I was still alive and torn apart.

I woke up in the hospital,
Seeing my wrist bandaged.
Blood covering the sheets,
And my dreams damaged.

Stephan van Pinksteren

Time And Time Again

Time and time again,
I get to this place.
When there is no return,
Where I can't see her face.

This room is called my heart,
Which is broken and shattered.
Starting to crumble apart.
Totally shredded.

Time and time again,
I return to my past.
Where I can't let free.
All those feelings that last.

This border is called my soul.
Which I can't break through.
Starting to feel weak,
Believing it isn't true.

Time and time again,
I'm running away.
Not knowing where.
With my feelings that stay

This time I can't explain,
I wish I could.
I will never be released,
When I think I should.

Stephan van Pinksteren

Time To Come

The worst is yet to come,
It may not be for you.
It may be for some,
For me it's true.

I hate the waiting in my bed
Waiting for the days.
That get me so sad.
Take me away from this place.

It seems time stands still,
The days feel like years.
I lost my life and will,
I've only got my fears.

Hoping that time will pass me by,
Saving me from my sadness.
Trying to figure out this lie,
I turn myself to madness.

Stephan van Pinksteren

Totally Lost

Somewhere there is a me,
I'm looking and looking,
But I just can't see.

Totally lost my direction.
When I look in the mirror.
I see there is no reflection.

Where is the true me,
Why can't I find it.
Where could I be.

Praying for a sign
Hoping for a miracle,
Just to get what is mine.

Will I ever find the answer,
Can I be myself,
Or is this some kind of cancer.

Stephan van Pinksteren

Trembles And Shakes

My smile trembles,
My voice shakes.
In this dreary scenery.

Simply exchanging words,
Make me happy.
While being embraced,
By your gently eyes.

My hart trembles,
My knees are shaking.
In this dreamy fantasy

Still I softly,
Dedicate my heart to you.
This is truly
An important meeting.

My soul trembles,
My thoughts are shaking.
I am extremely lonely.

To reach but cannot,
And since when?
I only grow anxious,
To leave it like this must be faith.

I believed this all along.
You are not here
You are Gone.

My destination lost,
I sigh in isolation.
I will be smiling,

Stephan van Pinksteren

True Love?

True love is magnificent,
Like the light that spilled on my cheeks.
I thought I had found that love,
After many days and weeks.

They say true love will never fail,
It will never die and always prevail.

The bright glow faded,
The forever burning flame has died.
It will never burn again,
Until my love has been replied.

The gentle hands made me cry,
Because they told me it was all a lie.

The hearts that have been entwined,
It seemed she didn't even bother.
The true love has faded,
And then I realized she has another.

Reaction to,
"True Love" by Helen Reese.

Stephan van Pinksteren

True Tears (Part 1)

The you inside me,
Is always crying,
I believed you wanted me,
To wipe away your tears.

But I never experienced,
The tenderness,
Of wiping the tears,
From your face.

Somewhere there is an angel,
If only all your tears could be gathered.
Then a necklace could be fashioned from your tears.
And used to decorate the tree.

The sparkle from the tree of tears,
Shines brightly in the dark of night,
Leading me to your heart,
Very deep inside my body.

I'm extremely saddened,
I gave away my tears.

Stephan van Pinksteren

True Tears (Part 10)

It is piling up,
more and more.
The thing that supported me,
I want to see her.

I did cruel things to you,
I definitely didn't want that.
Maybe I'm cursed,
Not being able to love somebody properly.

I really wanted you to smile,
Because a smile suits you best.
In my mind you were always crying,
I wanted to release you from your tears.

Your tears will be released,
Even though I can do it,
Even then why am I hesitating.
I tried to do everything properly.

Maybe the wounds have vanished,
But the scars have always stayed.

Stephan van Pinksteren

True Tears (Part 11)

The person you love isn't me,
You only care about that boy,
Why can't I understand,
I don't understand your feelings.

Even though this situation is harsh,
And many hardships have happened,
I want to get away from everything,
I want to flap my wings and fly away.

Thinking this way is certainly easier.
But while thinking I let you fly of.
The place that I will fly from,
Isn't here not with you.

Those were the words of separation,
Right beside her heart was another.
There was no place for two,
And one has to fly of.

Flapping my wings in the air,
I've taken my leave from her.

Stephan van Pinksteren

True Tears (Part 12)

What did she mean?

The one who identified this was me,
The one who didn't realized was me,
The one who avoided everything was me.

There wasn't anything that I chose,
School, thoughts not even my own life.
It was because I was scared,
Of my own limits.

From my eyes that aren't seeing anything,
I wonder, can tears really spill forth.
Is it because of this white snow,
I do not know,

But I thought of that,
From the depth of my heart.
You wanted to fly the skies,
Not for anyone, not for me.

If I were released from the sky,
Would I see it too?

Stephan van Pinksteren

True Tears (Part 13)

I thought of wanting,
To wipe away your tears.
The me right now,
can do that.

People can give tears,
To a person precious to them,
If you really think of someone precious to you,
Tears will suddenly flow.

To really know true tears,
You have to lose something close to you.
I've lost alot of things close to me,
But now I know the true meaning of tears.

I can't tell you,
It's unexplainable,
It's that kind of feeling,
The feeling deep inside your heart.

Tears can be agonizing and really hurt you,
But in the end you to will know the true meaning.

The true meaning of Tears.

Stephan van Pinksteren

True Tears (Part 2)

I look through the bottle,
At the light of the sun.
I stared at the sparkling light,
From the fluid within.

Then the area,
Suddenly turned dark.
Taken aback,
I lifted my gaze.

A monster,
Disguised as an angel,
Is trapped inside the bottle.
I was lost and confused,

I spotted a weeping girl,
Trapped just like myself.
In the bottle beside mine,
As I looked through the glass.

I see a glittering light at the end,
Of the deep despairing darkness.

Stephan van Pinksteren

True Tears (Part 3)

I wanted to catch you,
I reached out my hand.
At that time,
Snow started to fall.

Such strange snow,
It was whiter than usual.
It was so bright,
That I closed my eyes.

At the moment,
I opened them,
Everything was glancing white,
And she was standing there.

While laughing and playing,
She didn't notice me.
It was like I'm invisible,
Transparent and not there.

I feel everything passing me by,
Like the white snow I didn't see.

Stephan van Pinksteren

True Tears (Part 4)

In a world I don't know,
You are not bound by any chains.
Smiling like a flower,
Wavering in the wind.

I always believed,
She was suffering.
Wearing that sad face.
And if I were the one to help her,

However I found out,
She had another guy she liked.
Can I give up,
Right now I don't know.

The white snow which the angel brought down.
Turned into a black mass, it started to pile up.
Onto the cracked earth and the dirty lake,
The shadows piled and piled up.

It became a vast expanse of dark land,
Everywhere, everywhere was black.

Stephan van Pinksteren

True Tears (Part 5)

What are you doing?
What am I doing?
We are drifting like leafs,
But in opposite directions.

I could see you drifting away,
Away from me and my sight.
I tried to scream I tried to shout,
But you drifted, already to far.

I didn't know,
Where my leaf was going.
I thought it was to you,
Have I been mistaking.

Your where gone,
As I was still drifting.
Floating on the breeze,
That has swept us apart.

Still in search for you,
I roam through the sky's.

Stephan van Pinksteren

True Tears (Part 6)

Did I dislike the snow?
I liked it but still hated it.
It is agonizing to no longer be able,
To like the things you like.

Ever since that day,
I hated the snow.
I could understand her feelings well,
As if I were holding them in my hand.

I have never forgotten,
Not even for a moment.
It's always bothered me,
How could this happen.

After the young girl left,
A small puddle,
Was left behind where she was.
A puddle made from the girls tears.

For some reason it was very deep, Immeasurable deep,
I felt like I was being dragged to the bottom.

Stephan van Pinksteren

True Tears (Part 7)

I'm still wallowing in my worries,
She helped finding a way out.
I was thrown in disarray,
When she was not around.

I'm confused because I'm alone,
Even in the darkness,
I'm sure it's reassuring,
To have someone there to walk with me.

Why do neither of you ever tell me?
If I don't understand, then I want to be told.
If no one tells me,
Then we can't solve the problem.

I tried to understand myself,
It pains me to see myself worry so much.
In spite of that, there is nothing I can do,
I'm a different person from then.

I've changed over and over again,
Is it fine, do people have to change.

Stephan van Pinksteren

True Tears (Part 8)

I feel like crying now,
I really really feel like crying.
I'm sure that was happiness.
But she didn't really like me.

It always snowed when we met,
Big chunks of white blurring my sight.
I want to go somewhere.
To a town where it doesn't snow.

I think those words,
Which unconsciously came out of me,
Where my true feelings.
And I didn't want to feel that way.

I became a changeable person,
Shaping and squeezing myself in.
Just to get accepted,
Like snow turning in to water.

If a person could so ideally control their feelings,
How care free would life be.

Stephan van Pinksteren

True Tears (Part 9)

I've always asked myself why,
Not knowing what so ever.
What did I do to deserve this,
I think it must be faith.

I'm still trapped,
Inside my bottle,
But right now,
The girl beside me vanished.

I kept looking,
The minutes felt like hours,
The hours felt like days.
But she didn't came back.

I'm all alone now,
Alone in my own bottle.
No longer peeking through the glass,
Because I know you aren't there,

I turned my head and gazed to the bottom,
Looking in the immeasurable depths.

Stephan van Pinksteren

Trust Or Truth

My body is weak,
My heart is broken.
My mind messed up,
My soul unspoken.

Someone is trying to help,
I can't figure it out.
I feel weak,
Without a doubt.

I can't trust,
Because I'm scared.
Scared of Judgment.
By the one who cared.

My body is tense,
My heart is crying.
My mind locked up.
My soul dying.

What's the truth.
I can't figure it out.
Who am I,
What's this all about.

I died in my dreams
What's that supposed to mean.
Got lost in the fire.

Stephan van Pinksteren

Two Futures

Release me from my prison,
Take the key and get me out,
Let me go send me free,
I don't want to shout.

Depressing walls torture me,
Every stone pains my heart.
Break them down I have to.
Before it breaks me apart.

Save me from the darkness,
Bend the bars blocking my way.
Please open the door for me.
I can't last another day.

Send me the answer.
Give me the light,
I can't wait any longer,
Give me the strength to fight.

But Still,

I'm scared of the Future,
I don't want to know.
Where do they take me,
I don't have to go,

I can stay right here,
Where none can harm me.
Lock the door,
And throw away the key.

Let the shadows take my body.
Blind me with eyes of sacrifice.
Let the tears of betrayal flow.
I just don't want to realize.

Don't touch the shards.
Don't put me back together.

Leave me here in ruin.
Not for a while but forever.

Stephan van Pinksteren

Very Carefully

In the silence of death,
There is a sound.
Only heard by the unknown.
Listen very carefully it can be found.

It's only a whisper,
Too soft not easy to be heard,
It's taking flight in my head.
Look very carefully there is a bird.

Flying into my head,
Taking me in his wings.
Disturbing my thoughts,
Speak very carefully to these things.

Don't speak too loud,
Or you will scare her.
This bird is very shy.
Reach very carefully I'm sure.

She will find you too,
She will also fly for you.
Taking you in her wings,
Be very carefully because she's true.

Don't lie to her,
Or she will go away.
Leaving your side forever,
Listen very carefully and she will stay.

Stephan van Pinksteren

Waiting

Waiting for tomorrow,
Feeling myself depressed.
Giving away the sorrow,
And get a little rest.

I hope that this is for sure,
That they won't play with me.
Giving me the cure.
I must wait and see.

I don't know what he will do,
Its one big mystery,
I haven't got a clue.
Can I escape this misery.

Searching inside the illusion,
Maybe it will help maybe it won't.
I'm leaving myself in confusion,
While saying to myself don't.

Stephan van Pinksteren

What If

Anger, Fear, Sadness.
The word's I don't want to believe.
I can't be lonely I just can't.
I need a breath of relieve.

I'm surrounded by people who love me,
At least they say they do.
Can I believe all of that.
I just haven't got a clue.

I need to find out,
Do the really care.
Is there such a thing,
Is this life actually fair,

My heart was broken a long time ago,
It will take much to get it repaired.
Can they do that all of the sudden.
I need to get prepared,

What if they are lying,
What if this is all an illusion
What if all of my thoughts come true,
What's with all the confusion.

Stephan van Pinksteren

What's Going On

My lips started shaking.
And my eye's became heavy.
Everything seemed so nice.
It was all so heavenly.

Slowly my heart shattered.
And my hands began to tremble
Why did you do that to me.
Was I just, an example.

With my eye's shut,
And my hands on my head.
I lay in front of my bed.
Hoping that I'm dead.

Stephan van Pinksteren

When Hearts Break

This one is for you,
This you don't have to take,
This is a gift,
This is not a mistake.

I don't want to upset you,
But this won't take long.
You will remember me.
So please hear my song.

<===== (When Hearts Break) =====>

Have you ever found the one you love?
Have you ever found that one?
The girl you were looking for.
The girl to spend your life with.
One to share your heart,
One to share your soul.

When hearts break,
And commitments die.
You will be there forever,
No matter how hard I cry.

You could hear the shattering sound,
Of a breaking heart.
You could feel the pain,
Of a fading soul.
You've forgotten everything,
Without saying goodbye.

When hearts break,
And feelings go away.
You will be there forever,
No matter how hard I pray.

I've counted all the days,
I didn't forget one.
I miss her voice,

I miss her smile.
She was the sun,
She was the moon.
Wrapping her light around me.

When hearts break,
And love has faded.
I search for the darkness,
That I once hated.

When hearts break,
And feelings go away.
When hearts break,
And love has faded.
When hearts break,
And commitments die,
I search for the darkness,
Without ever wondering why.

Stephan van Pinksteren

When You Left

When you left,
I felt no relief.
I'm alone with my loneliness,
And reunited with my grief.

I tried to forget,
I tried so hard to forget.
It doesn't seem to matter anymore.
The only thing I've got left is regret.

I wished you would live for me,
So I could die for you.
Now it feels so meaningless,
Because there is nothing I can do.

You could see the despair in my eyes,
You saw me trembling in tears.
You could have saved me,
From a world of fears.

Stephan van Pinksteren

Within

Within the spreading darkness,
I search for the truth.
Maybe I'll never find it,
Maybe it never gets smooth.

Within the spreading shadows.
I look for the happiness.
Maybe to forget it all,
This eternal sadness.

Within the spreading night,
I pray for the end.
Maybe to get rid of it,
In this dessert where I stand.

Within the spreading light,
I feel the trust.
Maybe to end this loneliness.
It almost feels like a must.

Within the spreading sparkles.
I can see my weakness.
Maybe I'm scared of it,
It makes me speechless.

Stephan van Pinksteren

Without A Sound

Without a sound,
Life turns into darkness,
And dreams fade away.
While looking at the sky,
I've found my own way.

Without a sound,
Roaming through the night,
In search for love and passions,
I've only found pain,
And no answer to my questions.

Without a sound,
You are in this thick void.
I call out your name,
But there is no response,
Have I lived my life in shame?

Without a sound
Hiding and running away.
The twitching and shaking will stay
I wish I could be different,
Maybe that will happen some day.

With my feet shackled and bound,
Chains to keep me from leaving,
To run again but never to be found.
I try to help myself,
Without making a sound.

Stephan van Pinksteren

World Inside My Mind

My prison of shame,
The shackles of fear.
Chains of the past,
A future nowhere near.

My shadows of guilt,
The void of suffering.
Darkness of my mind,
Accept my offering.

My room of silence,
The chamber of loneliness.
A home built for the wicked,
Protected and soundless.

My plain of despair,
The Marsh of sadness.
A valley carved by tears,
And filled with madness.

My castle of grief,
The keep of anxiety.
A fortress made of stone,
Where I reside quietly.

Stephan van Pinksteren

You Are There

In the mind,
I can't see clear.
Am I blind.
Or is it just fear.

Afraid of answers,
Terrified by the flow.
Hiding from the monsters,
The ones that won't show,

I am feeling less,
I can only cry,
This is meaningless.
Why don't I just die.

I haven't got anyone here.
Maybe you are over there.
Give me the wheel let me steer,
With the burden I bear,

I know you are there,
It has to be you.
The only question is where.
I haven't got a clue.

Stephan van Pinksteren