

FEEL

Tasha Ipato

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To my daughter Phoenix Sultani who gave my life new meaning.

PLAY ME A SONG

*Play me a song
one that makes the entire world silent
one that makes me forget how long my day was*

*Play me a song
One that takes me way back
One that makes me reminisce*

*Play me a song
One that I can sing along to
One that I can relate to every word*

*Play me a song
One that I can play so loud
One that makes me feel like I'm five again*



Play me a song

One that I can close my eyes, and dance without a care in the world

One that makes me feel like for this one night, I belong

One that makes me feel like for this one moment I can't go wrong.



TWO SIDES TO EVERY STORY

Well, there's only one to mine
Between a lie and the truth is a fine line
I ain't no nun
I'm not perfect, I'm human
I'll tell you the story of me
Maybe then you'll let me be

There are days I wish never to end
On some the rules, I bend
I cry

You fall, wake up dust it off, a rule I live by

I have goals

I will always be there to help pick a real one when everything fails kind of goals

I need to break all my life's barriers all these walls kind of goals



*I have people that doubted that still doubt me
Gave my loyalty to people that didn't deserve it, and for it, I paid the fee
Every day I learn
To be genuinely free I yearn*

*There are not always two sides to every story
There's one story we all have that only has one side
That's the story of who we are as individuals
Our cries, our joys, our fears, our experiences, our tears, our goals, our wishes
That's the story that makes me who I am, my one-sided story*



WHEN IT RAINS

When it rains,
Does it remind you of all the pain?
Does it remind you of all you need to gain?

When it rains,
Do you see beauty in the world?
Does it remind you of the days before you went bald?

When it rains,
The noise in my little world goes silent
And for a moment to a peaceful place, my mind went

When it rains,
Do you look outside the window and miss the days you were young?
Do you miss all the songs on Christmas you sang?
Days before the world tried to remove all the air out of your lungs?



When it rains,

Does it remind you of when all you had to worry about was brushing Barbie's hair?

When pain was rare

When everything was fair

When it rains,

Now that you are all grown, do you miss those tight hugs from your mum?

Days when you'd help her with the farm?

Days before the pain made you numb?

When it rains,

It's silent,

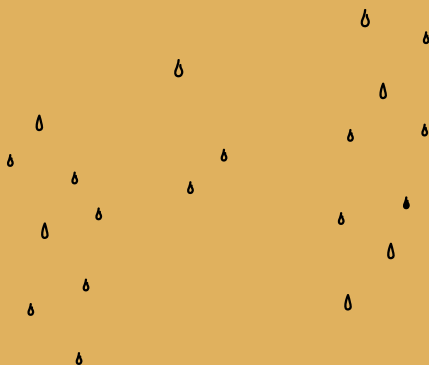
It's lovely,

It's sad,

It's melancholic,

It's happy

It pours



TIRED

*When I asked if you were tired,
I didn't mean if you physically felt bad
I meant if you are tired of feeling emotionally sad
Tired enough to feel like you're going mad*

*I meant if you are tired of feeling like there's no place you belong
Tired of days and nights being so long
Tired of questioning why things go so wrong
Places and people you once called home don't feel like home anymore
Once again, you don't know what you're living for*

*I meant are you tired of putting up with her, with him?
Trying to numb the pain with some gin
Tired of building these walls so tall
Tired of being so loyal
When it counts for nothing
So much for a ring*



*I meant are you tired of your job?
Tired of being shouted at by your boss Bob?*

*I meant are you tired of crying?
Tired of feeling like you're suffocating?*

*Do you feel scared?
Do you feel fed up?
Do you feel alone?
Do you feel like giving up?
So let's do this again, are you tired?*



BOUNCE BACK

*I know you've had a long day
The rent you failed to pay
Your "soul mate" left said it was too much to stay
This one day to have a meal you hope you may
Tomorrow you pray there will be a sunshine ray*

*Wipe those tears
You've come far all these years
You are amazing dear*

*Ain't selling no record?
Go back to your drawing board
Be true to you and you'll be hitting the road*

*Life is crappy?
Just checked in for therapy?
Check out, get yourself a puppy and be happy*



Dropped out of school?

I know you no fool

Start a business, do something you love

If you fall

On God you call

Bounce back

You ain't living on luck

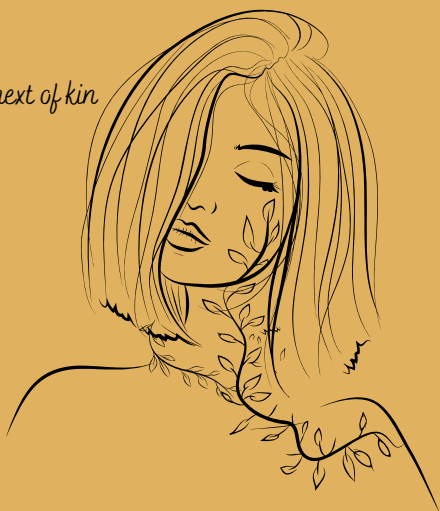


HER

You say you love her right?
Why? Cause of her height?
Cause she is bright?
Cause you like her body in tights?
Or because she doesn't go down without a fight

She's told you pretty much everything she went through
Told you where she grew
What she likes to do
Told you of all the pictures she drew
All the heartaches she mentioned not a few

She really did let you in
So much that now you are her next of kin
She wasn't very keen



See, once people learn of your weaknesses,
they take advantage and start acting mean
Despite knowing where you've been
They forget that at the beginning together you wanted to win

Do you really listen when she talks?
Hold her hand when you walk?
Do you know about the scar on her leg she got from falling on rocks?

What are the stories behind her scars?
Is she into cars?
Are you ever sorry when you hurt her?

Most men love and adore their mums
I know she's not her, but she's a woman too
That should be a reminder to you
One day she'll be loved and adored by someone else
Something you'll have proved impossible to do



CHILDHOOD TRAUMA

*It brings tears to our eyes
All the memories we're scared to vocalize*

*We've been through so much
Please don't judge*

*We have battles we've fought and are still fighting
Pain we've hidden and are still hiding*

*Our world was different
Some things were prevalent*

*We were abused, bullied and neglected
We did not feel protected*

*As children always cried in silence
Now we're much older*



*We don't ask for help
To anyone we don't vent*

*These things still affect us
We hope one day it all comes to pass*

*I hope one day you realize
You're strong
You're beautiful
You're loved*

*I hope one day you realize
You're not alone.*



SCARS

Scars are untold stories of us
Funny thing, most people think all scars have a sad story behind them
They are memories we hold forever
They are proof of our childhood
They are proof of the battles we've fought in life
They remind us of where we've been

She has a scar from being burnt when she was young before she learned to walk,
she says it's beautiful
He has a scar from playing soccer with friends at school on sports day,
he got a new friend

She has a scar from cosmetic surgery,
she did not feel beautiful enough
He has a scar on his chest from heart surgery,
he's stronger than you know
He has a scar from a shootout in his hood,
he's never forgotten where he came from



He has a scar from the night she was cooking for the family on New Year's Eve,
one of the best days she's had

He has a scar from the mission in Afghanistan,
he really misses his wife

He has a scar from when she first rode a bicycle,
her father taught her how to
He got a scar from helping push a stranger's car stuck in mud,
tomorrow the 'stranger' is his best man

She has a scar from falling down the stairs
she was trying to walk in the heels he had just got her when they started dating,
she still has the pair

He has scars from the nights he got drunk and fought,
they are nights he won't remember but spent with the people he'll never forget

You never really know someone until you know the stories behind their scars



I HOPE YOU'RE HAPPY

*Are you happy?
Just how often are you asked that question?*

*I hope you're somewhere with a smile on your face
Might be because you won your first case*

*I hope you're achieving your goals
Remembering not to stay down when you fall*

*I hope you had a meal today
Tomorrow, to have a good day I hope you may*

*I hope you know God put you in this world for a reason
I hope you have good friends
As well as amazing weekends*



*I hope family and friends support you
I hope they are always there to walk you through*

*I hope you're taking care of your health
Good health sure is wealth*

*I hope you love and are proud of your children
They all deserve to be loved I declare it with this pen*

*I hope you love what you do
I hope you look back and be proud that your company grew*

*I hope you're in love
I hope love's loving you back*

I hope you're happy



FRIDAY NIGHTS

Most of us would agree
On Friday nights we would like to be free
Full of life are the city lights
You'll probably go to a party people wear white
And end up losing your rights

There's a thing about how we get excited for the weekend
Some love you may send
Some rules you may bend
Some relationships you may mend
Some help you may lend

For some, Friday nights are for turning up
For some, they are for planning their next destination on that map
For some, they are for studios for rap



*No matter how old we grow
I hope you maintain your afro
And that we're still bros
I hope we still go to that club crows
And our dreams we keep writing and draw*



THESE DAYS...

Days we watched sunrises and sunsets

Days the wind blew through our hair on road trips

Days we celebrated our birthdays

Days someone told us they were proud of us

Days we visited and enjoyed new places

Days we celebrated our success

Days we laughed with family

Days we made unforgettable memories with friends

Days we met our soul mate

Days our team won matches

Days we landed new jobs

Days we visited the lakeside, the coast, the game parks

Days we shared meals with our day ones

Days we had conversations that changed our lives

Days we learned to drive and cook new dishes

Days we celebrated family and friends



Days someone reached out a hand to help us

Days we got gifts

Days we felt loved

Days we made it past the bad ones

These are the days of our lives



THANK YOU

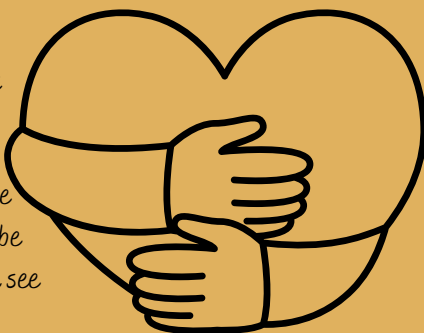
*I know how much you went through
All alone fighting all these storms*

*You had to learn to grow up so fast
Never known to put yourself first*

*Thank you for molding the older me
Without you I don't know who I'd be
I hope the far you've come you can see*

*I know you still young with a lot of fears
In case no one ever says it enough, I love you wipe your tears*

*It's easy to feel like giving up
Considering in your life all the pain, all the gaps
You've made it this far, didn't you?
Always remember you can do everything you want and need to do*



In case no one tells you...

Thank you for being strong

Thank you for being selfless

Thank you for holding on

Thank you for being vulnerable

Thank you for being human

Thank you for being you



TO YOU...

*This is to every girl, woman, boy, and man out there whose pillow is their best friend
It's what they hold on to on the nights they cry
The most painful tears are the ones cried in silence*

*This is for everyone who never feels like they are enough
To everyone who always comes second place to everyone and everything*

*This is to you who are hurt and broken
To you whose value to the world feels forgotten
To you who feel alone despite all these people around you*

*This is for the woman who doesn't feel beautiful
You are*

*This is for every man who doesn't feel like they have what it takes
You do*

*To every person who doesn't feel strong enough
You are*



*This is to all of you who'd rather take the blame,
than see the ones you love get hurt*

This is to the black sheep

The forgotten ones

The ugly ducklings

This is to us

