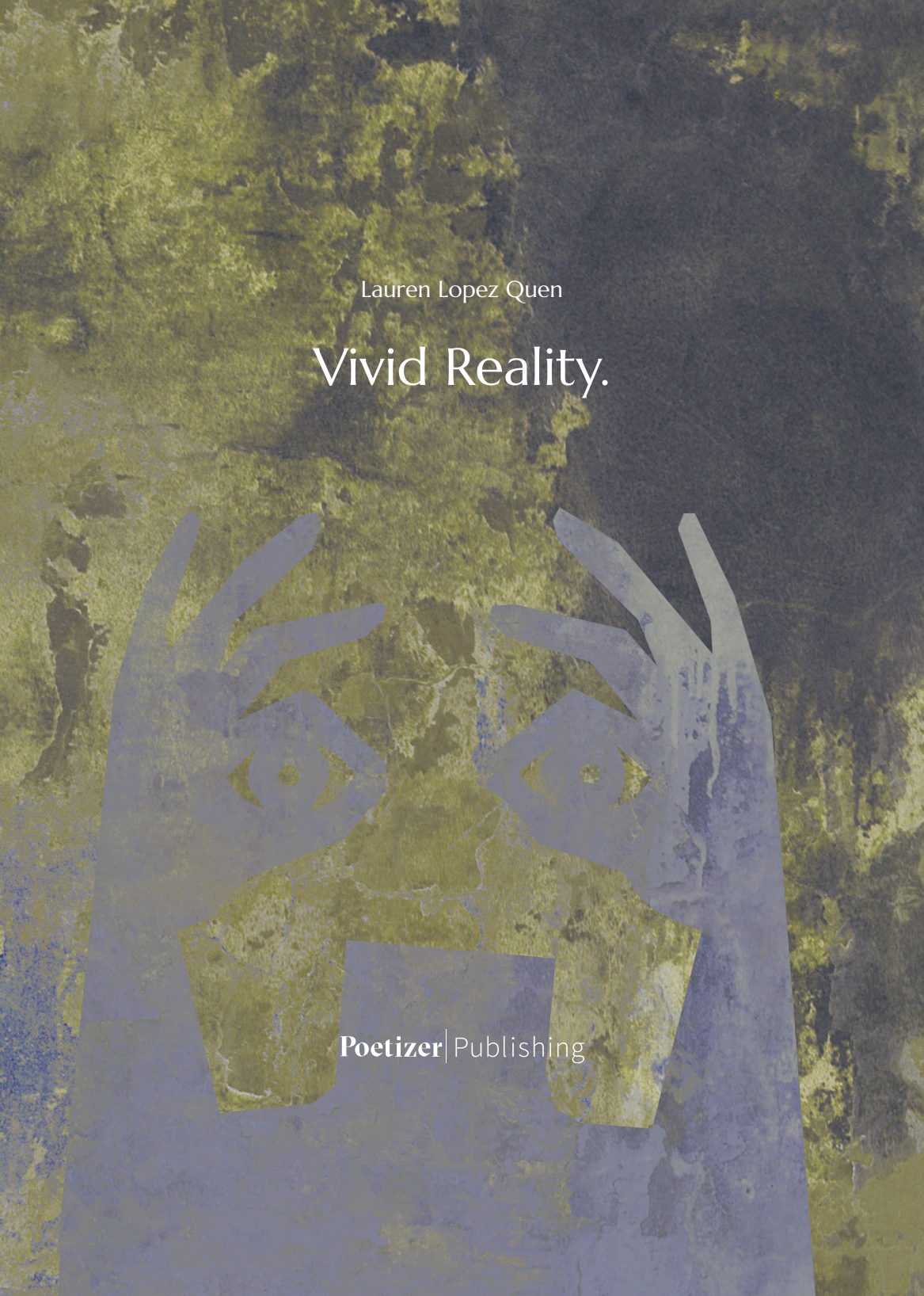


Lauren Lopez Quen

Vivid Reality.

Poetizer | Publishing



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Vivid Reality.

I dedicate this book to my family and friends who have encouraged me to keep writing and pursuing my dreams, I also dedicate this book to those in need of healing or poetry those can relate to.

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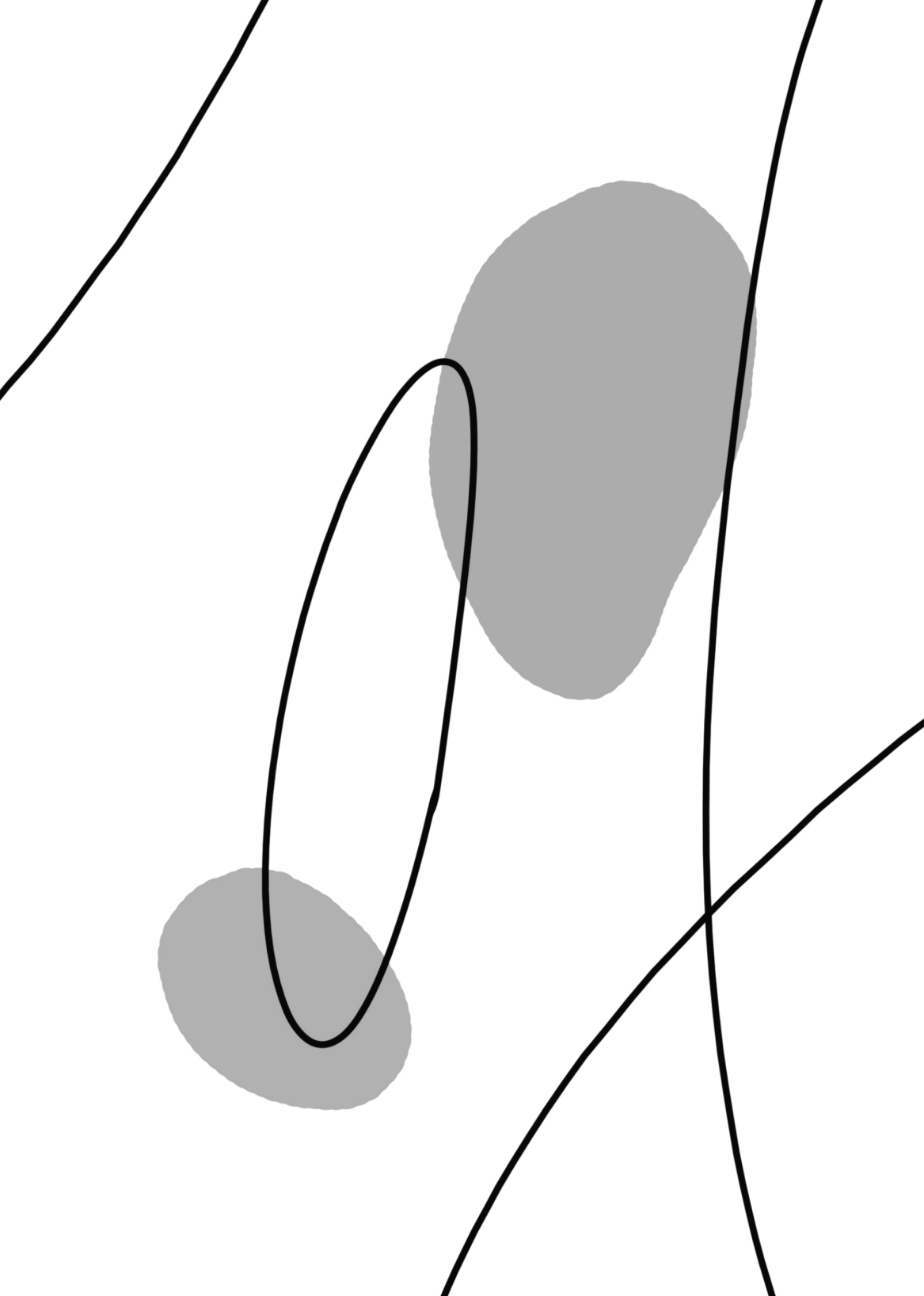
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Art

Art is your feelings,
Your life,
You're expressions,
Art is the true definition of your past reflections.

To feel free and let your mind go crazy,
To let go and paint your life hazy.

Art is power and will control your mind, to just let go and unwind.

Art is passion and care free art is where my home will always be.



Withdrawal

I watched you suffer in silence
The needles, the spoons, and the trauma.
Nobody knew what you were going through but I watched...
A 10 year old child sitting through the darkness of your shadows.
The night sweats the sickness it caused you
You weren't you anymore..
You were my mother, well my stepmother
I watched you disappear into your addiction.
You turned dark yet evil.
The days I would sit outside while you would get your fix.
But I didn't judge I was just a child
You taught me the things not to do and who I didn't want to be.
You traumatized me yet not knowing you were doing so because you were
so far deep in your addiction.
I cared for you during your withdrawals,
They were haunting yet I remember every detail.

I'm not here to bash you but I want you to feel my pain you ruined my life
in so many ways. But this is not you it's the drugs controlling you... Eating
you alive and spitting you out causing so much fucking chaos you can't
even get out!!