

Ciara Banks

Metamorphosis

“Don’t take it as an insult”

How many of us have heard this and now it’s instantly your fault.

I don’t even want them to finish their sentence, because my instinct will be to revolt

Rub salt in my wounds...

It’s okay because I’m currently working on my cocoon

I better hurry up and finish it soon

before my last bit of sanity is consumed

Maybe it’s for the best I make room

For the changes that loom

One day I emerge all shiny and new

But you don’t recognize me, do you?

Head in the Clouds

Disassociating is what I do best,
If you truly knew me you'd expect nothing less.
I'm not all here with this world, I'm that weird, uninterested quiet girl, if you talk at me too loudly I'll completely come unfurled.
You learn so much more by observing, I think that's why people find me a little unnerving.
They wonder what I see, and why I refuse to give up certain parts of me.
You have to understand I've lived my life secluded and now I'm looking around expecting to be included.
What I want for myself contradicts the voices of my mental health.
I go from being manic in a self deluded panic,
To flying high, a little baked, then completely fried.
My heart and my mind refuse to coincide,
But even still I try to take each day in stride.
One day it will all be better,
They say shit has a strange way of just coming together.
I truly hope so, I don't think I can stay in this fucked up mind frame forever.

The Moon

I look on mystified, as I do it seems like its glimmer intensifies.
Have you ever done that?
Just sat and watched the moon, wondering what's looking back at you.
The moon has never looked more lovely than this night.
It reminds me how small I am, and that I take shit too seriously.
It's energy is all consuming, I feel it pulling at me.
I close my eyes and take a deep breath,
I want to take in this occurrence in depth.
The air is cool around me,
The faint scent of fabric softener, someone is doing laundry nearby.
My body starts vibrating,
Her rays surround me, I'm grateful this experience was allowed to me.
On this night she wanted me here.
I needed to be revitalized,
It was running low, and it was starting to show.
That special thing I have, that I need to be me.
It's necessity is key.
Now I'm prancing around in this moonlight glow.
What did she tell me?
...wouldn't you like to know.

Untitled

Baby let's take it back to basics,
I let you into all my minds empty spaces.
I let you consume me, due to no fault of your own.
This outcome is my reality,
I've reaped what I've sown.
Truthfully I didn't think you'd ever leave me alone.
But how fucked is it that I expected you to stay.
After all the biting words my tongue let my mouth say.
I always worried about another,
While you swore you didn't want any other.
It was the fear of my lacking,
Knowing I was slacking.
The insecurities lead to me seriously over reacting.
Saying things I didn't mean and later retracting.
I just want you to know this time I was ready to try.
You got fed up with that shit.
You just wanted to be loved,
I wish I could have covered you and given that love.
But now it's too late,
And this is my fate.
I hope my absence has lifted some weight.
I won't be bitter,
I'll just strive to be better.
I wish you the best in all your endeavors.