

# REBEL WITH A DIAMOND HEART

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Break the wheel she said on a daily basis ,it's been turning for too long.

-Roma Bosi

Little girl

Hey you , yes you , the little girl in the corner , wipe your tears . I know you feel the world is cold and you think you have no where to go .

Just look around , can you hear that sound , that's your heart , it's letting you know you've made it this far.

I know you don't feel loved , we've heard your cry from above , know that we can't come to get you , you still have so much to go through .

We will gift you with fire , a fire that doesn't die , can you feel it inside ? Use it , you will need it , to guide you through the darkness . The darkness will try to get you remember the fire it's there to guide you.

For now you're just a child , things are difficult to perceive , as you get older you'll understand that things are not what they seem , don't worry little girl the flames are strong , just like your heart , you can make it far .

## Butterfly

I want to be a butterfly they are free to roam to fly , to sit on a flower and die.

## Suitcase

My job as a suitcase , is to travel with you . Store some clothes and memories for you . I have wheels to facilitate you and when you arrive I wait patiently to glide .

I cannot talk but if I could I would let you know we've changed homes too often , we never stay for more than 6 months and when I see your face , I see panic and sadness .

Tell me where are we going ? Back to your moms or is it your dads this time . Maybe a group home where you'll feel alone. I just know I'll let you carry me anywhere we go . I carry things and I carry your pain , one day I'm sure you'll have a house to stay.

You will walk in with me in hand and leave me in a closet to stand . We will be warm and happy and you'll make new memories, maybe even start a family .Until then let's move along and find another temporary home.

## Stripper shoes

The lights are flashing and people are calling your name , as we walk on stage you don't feel no shame . Attention you crave , the crowd is in a haze . We walk together to dance around and get applaud in approval of people all around.

We walk to a stall , where a man is standing, waiting for the fall , the fall of your bra in all it's glory , enough to make any man be merry . I support your feet , while you dance away , the song is almost over , the man Insist for another .

When the night is over , you take me off , your feet are swollen and so is your heart , you never thought you would be in a bar. We both know you like the attention , it replaces the lack of affection.

As you put me away and count your bills , you're happy that you don't do pills . Some girls around you are stuck in a cycle , fake love and promises , just to make a couple bucks.

We look like dirty shoes but We are not , we are carrying angels in distraught.

## Letter from my foetus

Hey mom , you don't know me yet , I've made a nest just yesterday. I can hear the music for the womb , your in a place where you don't belong.

Soon , you will notice me , you will be scared , but I'm telling not too worry , you'll be a great mommy.

Today we are at the clinic with your mom , you're saying you can't keep me because you don't have a home. My nana said she'll take you and help you out if you keep me safe and sound .

Daddy doesn't want to come with us , you pack your suitcase and we move away. I know your sad mom it's gonna be ok , we can build together and be happy forever.

I heard you last night you promised me things , a life of love . You said you'll get your life together , so we can be happy and we'll see places as a family. I'm so proud of you , it can't be easy soon I will come and you will hold me .

Today , I met you , I already love you so much and so do you . I'm you're baby girl , in a way I've saved you , from now on it's me and you .

## Single mom

I saw you this morning , you were in hurry , got the baby ready and made sure to feed her belly . You ran to catch the bus to get to school .

You've moved twice since she was born , you moved to your grandmas to get your diploma . You want to make your baby proud , make sure she is warm , clothes on her body , I bet she'll never grow hungry .

You know the world is cold , you're making sure she'll never feel it. I see tears on your cheeks when you feel like giving up , then I see you look at your baby , you smile this is all going to be worth while .

She wants to be like you and take care of the elderly , your child is just like you filled with empathy. I've seen you hold her hand and smile knowing she was proud made all the battles worth while.

She is your daughter you are her mom and together you build an un breakable bond.

## Life

like a freshly planted seed I learn to grow in my environment, as a sprout I grow in my world amongst the others, as a child I learn to play, count ,respect love and care for others,

as I grow and flower I am beautiful so beautiful, I find love, love like the sun feeds me , my baby sprouts will grow strong and happy I am so devoted to them ,

as time goes by my sprouts have flowered like me , my leaves aren't as pretty and fresh as they used to be but their hanging on , here comes a storm my children made it threw but one of my leaves fell off

I am weak ,I find myself laying in this bed where people come in and out , I feel exposed , alone, broken, dry, cold.

is this all their is , is this the end, I pray god they be nice to me please don't hurt me please respect my dignity, my privacy, my children are too busy for me, my love my dear love I will meet you soon my leaves are falling one by one I am weak I am delicate

time is going by so fast , this is not what I wanted for my life , I grew, I shined and like a flower without anymore leaves I died , I am in peace no more worries, I am happy beautiful shinning Dear children, dear health workers , hopefully you were kind I was just like a dusty old book that no one would dare touch but if you opened to the first page you would of seen am amazing so much stories to tell , so much to share, I am somebody I am important, I loved, I laughed, I cried now am resting up in the sky

I am a fresh new seed and this is my life

Dear bully , I love you

You the boy who waited for me after school everyday to tackle me to the ground ,  
you made me weep so much I couldn't make a sound ,

I love you

You the girl you said I was ugly and fat , you laughed at me for not having  
friends and made me rethink my whole existence.

I love you

You my family member who told me I was never going to do anything with my  
life , and that girls should be beautiful and that I looked like a cow .

I love you

To all of you who never believed in me and hurt my feelings , I heard your words  
like an echo in my head for years , yet , I still love you I love you all .

When I got tackled I got back up

When you said I was ugly , I found myself pretty

When I didn't have friends , I learnt to love myself

When I was told I wasn't going to do anything , I moved mountains

When no one believed in me , I believed in myself

Thank you for showing me how strong I am .

I've been through hell and back My life is beautiful and worthy

Oh and by the way , cows are beautiful anyways.

## My hat

She left , like a gust of wind blew your hat off , your running to catch it , the faster you run , the further it goes , and then you stop , you realize that your hat is nowhere in sight , you run left you run right , go back to find out that your hat is gone forever , as I layed on your chest and you took your last breath , I knew just like a hat that the comfort you gave me would never come back , the warmth of your love will stay forever , and like a hat on a cold winter day , I need you .

as we saw to your final rest , I found my hat , I kept it , thinking you would come back , I was angry you left , I was thinking that if you could come back down to earth , the world would start to turn again , but I had to let you go because I couldn't let you suffer no more

I'll keep the hat to carry me through life until it becomes all worn down and we can fix it together . Like my heart who lost a piece , when yours didn't beat no longer , I miss you everyday , I sometimes lay awake . Until we meet again , ill keep your words to heart with the hat until I depart !

In loving memory of my grandma .... the only one who always believed in me.

Help me

You know what's wrong with me ? I attract broken people , I need to fix them not for me,for them because I can't stand to see someone miserable.

Most of my exes were broken and so are my friends. But I'm broken too and no one is fixing me but hey look at that stranger , I think they need help.

Maybe I'm a healer and that is my job to help save people , people see me as the strong one , the one who helps and takes care of everyone. Who is going to fucking take care of me ! Silence. I guess I ought to help my damn self with this one.

I'm exaggerating , or not , my grandma would help me all the time , unfortunately, heaven is not modern therefore I can't talk to her anymore. Screw you god , so much phones have died can't you use one .

Instead I put band aids on my scars, a smile on my face and hug the crying soul over there. I know what it feels like to need a hug therefore I'll give one to anyone who needs it.

Although i have band aids,I'm going to need stitches to heal but I can't right now so I'll get another box or three until they cant stop the bleeding anymore and I'll drown in a red puddle of solitude and tears.

Until then, you'll find me thinking of all the things I can do to put a smile on your face.

## My life lessons

Lessons number one , don't expect things from people , take what they can give you.

Lesson two , not because your a certain way that others will think like you. Learn to accept it and move on.

Lesson three , be a good human, give a hand to anyone who needs it and don't expect to be acclaimed for it.

Lesson four, forgive those who've hurt you , remember they sleep fine at night. So should you.

Lesson five , stand for what you believe in. Look at Kanye ...

Lesson six, don't seek approval of others do you.

Lesson seven, move away from situations that you are not comfortable in, you're allowed too.

Lesson eight, Sometimes people show up when you least expect them to , every person in your life is there for a reason , for a chapter or the whole story .

Lesson nine, don't fight with strippers with scissors , they will try to stab you and well that's not good.

Lesson ten, Life is not made to be a smooth sail , if it was you wouldn't learn anything . You need to learn how to sail when theirs a storm , to anchor when needed.

Lesson eleven, Don't be afraid to ask for help when you need it , asking for help takes a lot of guts I know , but not asking for help when you need it can leave a pretty mess .

Lesson twelve, Have a goal and push until your blue in the face and don't stop until you get there.

Last but not least , lesson thirteen, love yourself , embrace who you are , theirs only one version of you , you're not an iPhone.

Believe in your dreams it's the first step of achieving them.

If you can dream it, you can do it.

-Walt Disney

## My self presentation

I just want you to understand me, but you can't, I wish I can draw you a picture but my colouring skills are really bad, I don't even know how I got through kindergarten.

If I do it with words instead maybe you can get it ;

You see me as a strong young woman, with three kids, I look well out together and I seem to have everything under control, right?

Truth is , I was once a run away with no home, at 6 years old I wanted to die , I thought I had magic powers and I still swear that I was once able to turn on the light with my mind.

I went to Montreal when I was 16, I felt in power I use to be around street gangs all the time. I've seen the streets I know them all by heart. I can rap to every lil Wayne song with my eyes closed.

Always felt misunderstood

Never knew what my purpose was, all I knew is that I was a great writer.

I sometimes cry, because I feel bad for my own damn self, I then feel stupid for it.

I feel like I've mostly raised myself, don't show weakness, be strong and keep your chin up. My mantra since I'm a teen, I don't have to feel and when I do I feel to vulnerable so write back my smile on my face and I keep going.

I was a stripper at some point and no I don't feel ashamed , I needed the attention I wanted approval. It filled a gap for a short lived moment. I mean the money was good too I was almost able to live a Kardashians life.

Everyday I wondered Why being me wasn't enough for my mother, or maybe was I exaggerating the situation? I felt alone, I needed my mom all day everyday.

I've said good bye to her so many times, I've cried to myself to sleep thinking about her hugging me.

Today she is very present in my life and I'm so thankful for that, I know understand that she was only giving me the love she was able to give.

I then got pregnant at 19 years old, raised my daughter by myself for 5 years, I've sacrificed everything for her.

I then went to nursing school to give her the best life and then met a great man.

Today I'm writing this, still can't believe what I have been through and survived it.

I don't let a day go by without telling my children I love them because I remember the pain like a sharp pain in my gut.

This is me, you can't fix me, I will never fit in the mold of society and I'm ok with that, I'm a dreamer, a fighter, a writer, a woman, I'm unique and never will be like you , normal.

## A day with anxiety

Today my feet are in freshly poured cement, I have the drill in my hand but yet I cannot find the strength to break it. Maybe tomorrow I'll use it, but first I have to plug it.

## Mirror

As she looks in the mirror , she remembers to cook dinner, she just needs a moment to reminisce about where she's been and what could of happened.

She can hear her heart beating so hard, when she touches her chest she feels the warmth of the fire still burning inside of her.

Her shoulder has a tattoo of a butterfly, so she remembers she's free.

She looks at her face and she sees happiness, I'm sure if she went in her closet and dusted off the suitcase it would be so happy to see her that way. Although it feels empty , it knows she has her family.

She stares at her eyes and can still hear herself cry, she still wonders why? In her eyes she also sees happiness and the way they shine when she sees her children smile.

She looks at her feet who still Cary her through life

She looks at her head and their still is no hat

Her stomach is not flat but foetuses have lived in that

Her hands still help and fix things, and her writing can heal the broken , she's knows that it's her mission.

She's a flower planted in cement, her chances were thin but she fought to win. She broke it with the drill and know she sits in a garden where butterflies roam surrounded by her loved ones she is never to be alone.

As she glances back to her face she smiles, she is now a woman with fire inside her.