

# **Body And Soul**

By: Sierra Lewandowski

Curled up underneath  
The sheets with tears  
Running down my  
Cheeks

Staring off into  
The dark side of  
My room

All alone  
Heart and mind  
Body and soul

My mind says  
Let him go  
My body  
Can't take much more

But my heart  
Longs to love him  
My soul longs  
To hold him

But he is the reason  
I've fallen this far

So curled up underneath  
The sheets with tears  
Running down my  
Cheeks

I begin to think  
About what you  
Have done to me

How you hurt me  
Brought me here  
To cry by myself  
In a bed full of tears

To lose the love  
You brought me too  
But still body and soul  
I'm in love with you

How are you  
To speak if  
There's no words  
To be said

How are you  
To love someone  
With no heart  
Left in your chest

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