

# For the Love of Lentil

A father's experience of loss and grief

by AJK



This book is for anybody who would like to read it.  
Please help me keep it in circulation.  
Thank you.

Poem 1

I carry scars on my heart

Scars on my head

Scars are a part of life

You can ask my wife.

But the scars on my hands

Yeah that's how I live my life.

Poem 2

This is pain on paper

Trust me

I ain't no saviour

Don't do me no favours

The shock

Is like being got with a million tasers.

This is my pain on paper

Could be my ultimate failure

No need for a suit

Just measure my box

Don't call me a tailor

My life has been rocked.

This is pain on paper

I never signed any waiver

So just line me up

I'll take what I've got

Until it all stops.

This is pain on paper

It is what it makes ya

You forget all the fakers

It's a real dream taker

A true monster maker

This is my pain on paper.

Poem 3

I've been left with feelings  
you can't even treat  
We waited our time  
We were prime time to meet  
Day after Christmas sped hospital bound  
Easy drive in so quick parking spot found.  
I've survived all my life  
for redemptioness  
Instead now I've been left  
with this emptiness,  
I'd dreamt of that very first sound  
We waited nine months to be crowned  
One minute later thou  
Oh sorry no heartbeat is found.

My head went from clouds  
To six feet in the ground  
Everything froze  
No pin drop no sound.  
I wished at that point  
time could've rewind  
Couldn't do nothing to stop it  
The pain wave destruction atomic  
Reality hit and we're right back on it  
Carla's screams going supersonic.  
Five fifty five was so happy, sad, proud  
For her I will stand out in a crowd  
I'm gutted but proud  
We'll love our Lentil for life  
And I'm happy to shout that out loud.

Poem 4

I must look out of place  
With this look upon my face.

Now what do I do  
How do I adapt to this pace  
Crushed and floored  
On the maternity ward  
Loosing all my fluids  
With all the tears that I've poured.  
I've lost a part of me  
I will never get back  
I know it's gone forever  
Because I felt it snap.  
Now where do I look?  
Not only lost, battered, I'm trapped  
Chisel at my heart  
Bring on a cardiac attack  
Tell me what to do  
If anything to get her back.

Poem 5

Love is

Waiting nine months  
for perfection to appear.

Pain is

For the rest of my life  
Everyday wiping tears.

Strength is

What they tell me I am  
When all I want to do is  
hold her little hand.

Defend her at all costs

Even when she's bossing me around

Teach her to dream

But keep her feet upon the ground

Expose her to music and every little sound

Give her big hugs when she's really feeling down.

I just want to love her

Unconditionally you see,

I just really wish that she was stood here  
next to me.

Poem 6

I'll never be able to kiss my daughter

Never to give her away at the altar

The future consists  
of things in her memory.

I couldn't believe  
what the doctors were telling me  
my heartbreak made the ground shake

No cure, no remedy  
No more time left for these lies that they're selling me  
A chamber of numbness

No relief as I drown  
Went from sky high to  
Knuckles all smashed on the ground.

How could you,  
Unless you,  
You'll never understand.  
I've been crumbled and sprinkled

All around town  
So not all of my pieces  
Will ever be found.

Poem 7

Standing on the edge

On the brink of this landslide

That is a metaphor

For what's going on inside

Nothing to grab hold of

No shelter to run and hide

Stand firm and take what's coming

It's gunning for your pride

Forget all your possessions

It will strip you to the bone

You go expecting one thing

But then when you get back home

You're traumatised and feel alone

Can't talk or pick-up phone

It's rung & rung

Just ignored calls

I'm sat indoors staring at walls

My heart peppered with holes

Feeling lost as life unfolds.

This is my reality

When people think I'm fine

Take a deeper look

Could you swap your life with mine?

Yeah cuts they heal

But how I feel will never go away

I'll just have to find a way

Of getting through today

Poem 8

All I have is a handprint  
And her ashes in a box  
Trapped inside my mind  
Like my head is called Fort Knox.  
People say move forward  
But it's the future scaring me  
What I witnessed on that night  
Is now etched in my memory.  
Terrified but still dreaming  
Of what is yet to come  
I'll stand and face my fears  
Because it's easier to run.  
I've never run from nothing  
That will never change except  
This time will be the hardest thou  
Because this one is full of pain.

Poem 9

Gone are the dreams  
That I'd planned for us both  
All the presents I'd bought  
Are now stored in the roof  
It's painful to see them  
Even worse you're not here  
I gave it all up for you  
The smoking and beer.  
I have a new habit now  
It involves crying tears  
Not living in fun  
Just broken with fears.  
My only wish now  
Is that you were still here  
These tears I'm shedding  
Just mean that you're near.

Poem 10

We're just as excited  
I know we don't go through the pain  
But when the worse that could happen does,  
We really do feel the same.  
We are left with the loss too  
We don't know what to do  
We have to stand up and be counted  
We do our best to get through.  
We wonder why did this happen  
We blame ourselves and that's true  
We think we should know everything  
But we really don't have a clue.  
I can relate how you're feeling  
Because all of this I've been through  
It's not a one-person journey  
It has to be about two.  
We've not been able to leave the bed  
Yeah I've cried myself to sleep too  
You battle the heartache you're feeling  
It's an internal torture so true.  
You're sifting around in the wreckage  
Just to find a way through  
You really can't let it consume you  
Or the demons creep into your head  
Read these poems and take on board  
Exactly what I've said  
One day life will seem brighter  
The loss will always be there.  
They say that time is a healer  
I know now you don't really care  
This will change you forever

But you're not stuck with that questionable stare.

Stick with the ones you love

And trust me you will get there.

Poem 11

I'm having an ok day  
It's a once in a while day  
It's the best and the worst day  
Well let me just say  
In the past year  
I've touched every emotion with a tear.  
But today is an ok day  
That maybe I should day  
An if I could then I would day  
A go out and play day  
Could be a ray of light day  
It's an I'm here to fight day  
A nothing can stand in my way day  
The realisation the pain is here to stay day  
An it will never go away day  
It's an inside I've died day  
Forever we'll be grieving her life day  
I tell her I love her that's what I say.  
But Today is a special day Today's an I miss her day  
I wish I could kiss her day  
My baby's first birthday  
That's a today day.

Poem 12

Hey baby Lentil

Can you still hear me

A million light years away

But you'll always be near me.

I can't help but get teary

When I stare at the stars

Your beautiful love

It changed both of our lives

Now I smile through the pain

I have no other choice

I can only imagine

The sound of your voice.

I still tell you I love you

And I will everyday

I'll miss you forever

Until they pack me away.

I talk to the clouds

That's an us conversation

Three stars in a row

Yeah the belt constellation.

They were there from the start

You're everywhere that I go

I tell them I love you

To guarantee that you know.

Then when I feel down

It's your love that you show

You open the skies

And you send a rainbow

### Poem 13

My little girl was born asleep  
We didn't know until the end.  
The pain in that has killed me off  
It's crippled and destroyed  
So now I have to face the world  
Stand up and stand up strong  
Knowing in my heart of hearts  
We never did no wrong.  
You try to tell yourself that  
When everything around is dark  
It's scarred me deep down forever  
It's truly left its mark.  
I don't want to hear no sad music  
Not a whisper of a harp  
I'll carry on while keeping strong  
Until the day I depart.  
For some that day may be sad  
For me it'll be the start  
To be reunited with my Lentil face  
The girl that stole my heart.

"All I have is pain  
to share my daughter's name"  
In loving memory of our beautiful Lentil  
Born sleeping 26th December 2016  
#fortheloveofLentil  
#Sandsuk  
#Sandsunited