

Footprints on the Wall

Irish D. Torres



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Intro by Irish D. Torres

In this world full of less understandable and know-it-all individuals, women find it hard to express their sentiments and struggles for the fear of being judged. When they are being anxious at a thing other people can't relate into, it will be too easy for the latter to conclude that women are always overthinking and overreacting. However, that is not the real case. The fact remains that what might be concealed in a vibrant smile is a vulnerable and weary soul that strongly needs different sorts of nourishment, be that emotional, social, or spiritual.

Footprints on the Wall is specially written to honor every woman out there for their undying strength to carry on each day regardless of the various factors affecting their day-to-day living: premenstrual syndrome, body consciousness, break-up, adulating, and a lot more. Being a woman is like climbing on a lofty wall --- you know it is never a walk in the park, but with grace and faith, you know you can press on. As you read this manuscript, know that you are being loved and treasured. You are more worthy and beautiful than what you can imagine. Keep up the good fight, amazing woman!

walking barefoot
finally
someone notices me

knocking down
invisible things
anxiety attacks

twinge and tears
in a scarlet deluge
dysmenorrhea

too indecisive
on what to wear
facing a giant closet

Turning Cheeks

One Wednesday morning, my mom was bathing me when she noticed a bruise on the upper right portion of my thigh. She was shocked and asked me who did that. I was hesitant to admit that my teacher kept on hurting me physically and emotionally. That teacher didn't listen to my explanation and she pricked me hard just because of a baseless allegation made by my nasty classmate.

no vest

can hide

marks of abuse

wishing you'd fall
the way I want
meteor

April fools
no one believes
it's my birthday

adulthood
I line up
for free donuts

premenstrual syndrome
spins every nerve of my brain
anxiety attacks

you're too far
and too cold
Pluto

Bombshell

When he kept on cheating, I didn't complain. I chose this path anyway, so who's to blame? However, as time goes by, I felt so choked by all the errands he ordered me to do and by all the "you're weak; you're idiot!" yells he made everyday. He even bruised my left shoulder as he hit me in public. This cycle went for more than two years until reality slapped me in the face one day. It was a cold night in January when I came across a poem online bearing the line, "if he gives you his worst, he's not worthy of your best." By that time, I came to realize that parting ways can be someone's happiest ending.

cremating our past
throwing the ashes
in the deepest sea

losing grip
of chains and thorns
break-up

broken eyeglasses

I escaped

seeing the reality

deeply scorned

by body-shamers

waving my zero-care banner

stretch marks
looser melons and pelvis
she proudly wears them all

Publication Credits

Most of the poems contained in this manuscript were previously published by literary journals across the USA and Japan. Hence, the author would wish to give credits and gratitude on those literary magazines that first published and recognized her works. These include the following:

#FemkuMag: a feminist haiku magazine based in Raleigh, North Carolina

Scryptic Magazine: a literary magazine based in Detroit, Michigan

Ginyo: an international haiku magazine based in Japan

Failed Haiku: a literary magazine based in Presque Isle, Michigan



Irish D. Torres, founder and editor of Global Scribblers Magazine, is an internationally published author and licensed educator with a Bachelors of Arts in Applied Linguistics and Masters in English. Her works have appeared in both the US and Japan. Moreover, for her, she is nothing if not because of the abounding grace of the Almighty God.