



**BLEEDING  
HEART**  
COLLECTION

Dear Readers,

I'm thrilled to be publishing my very first chapbook, *Bleeding Heart*. I feel this is the collection that many of you have been waiting for in a quest to discover something new in poetry.

Two of my pieces, "Poets and Dreamers" and "There is an Elephant in My Closet" were featured on *The Word Wizard* online poetry magazine.

I hope you enjoy my poems as much as I enjoyed writing them. I will have accomplished what I set out to do if my words make you laugh, cry, be surprised or feel joy. Let me know what you think!

You can contact me at [Kreistina26@gmail.com](mailto:Kreistina26@gmail.com). If you are on DeviantArt, find me at [kreistina26.deviantart.com](http://kreistina26.deviantart.com) and see some of my painting and photographs. Come say hi on Facebook at [facebook.com/kreistina.blinova](https://facebook.com/kreistina.blinova) or follow me on Twitter at [@Tina2488](https://twitter.com/Tina2488). I'm also on Pinterest: [pinterest.com/tina2488/](https://pinterest.com/tina2488/).

Sincerely,

**Kreistina Blinova**



**BLEEDING  
HEART**  
COLLECTION

*Kreistina  
Blinova*

““  
There is  
nothing  
to writing.  
All you do  
is sit down  
at a typewriter  
and bleed.””

- Ernest Hemingway



Kreistina Blinova, who answers to the nickname Tina, was born in Moscow, Russia. She now makes her home in Thornhill, Ontario, Canada. She started writing in grade 9 when a friend introduced her to poetry. She had fun putting her ideas and words on paper as a creative escape from the real world.

Kreistina's favourite poets are Robert Frost and Aleksandr Pushkin. She considers herself a poet but also an artist, an amateur photographer and a dreamer.



BLEEDING HEART

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# BLEEDING HEART

A heart that bleeds  
Emotion and aspirations  
Pouring out of the poet  
On the page  
From the inside out  
In beautiful words  
Which can teach the world  
Only family  
And friends matter  
It is a sacred  
Instrument of ours.  
We need to cherish it

# A FRIEND IS...

A friend is,  
Someone who will love you  
For whom you are,  
Inside and out.

A friend is,  
Someone who will  
Always be there to  
Lend a hand when you need it.

A friend is,  
Someone who supports you  
In every decision you choose,  
But also gives you advice.

A friend is,  
Someone who doesn't  
expect anything  
Except love and friendship,  
That has developed through  
the years.

A friend is,  
Someone who helps you  
When you are in need,  
Or down.

A friend is,  
Someone who

Introduces you to new things,  
Which you hear about.

A friend is,  
Someone who lets you know  
When you are choosing  
or doing,  
Something wrong.

A friend is,  
Someone who can become  
Your best friend,  
For the rest of your life.

A friend is,  
Someone who is just a friend  
And yet,  
The friendship somehow works.

# DIFFERENT PATHS

We are all searching  
For our place  
In this crazy world.  
Take different paths,  
Measure success in another way,  
All kinds of obstacles,  
They make us,  
Who we are today,  
Stronger in the future,  
Don't let the past dictate  
Our lives.

# A NEW BEGINNING

Wake up to the birds chirping,  
Not the annoying sound  
Of the alarm clock.  
Open the curtains,  
Breathe in the sunshine,  
It is a new day,  
Embrace it,  
A new day begun.

# THE DEEP BLUE SEA

I'm sitting here under  
A big old tree,  
On the shores of  
The deep blue sea,  
With my fishing rod  
In my hand,  
And some country music  
playing,  
Focused on catching myself,  
A very delicious dinner.  
I've been patiently waiting  
for days,  
To catch something  
That will look good on my plate.  
All of a sudden,  
The tension has become  
unbearable,  
I couldn't do anything,  
I pulled as hard as I can,  
But nothing has happened,  
So I decided to use my muscles.  
It should be a big fish,  
I pulled once again,  
Finally I have succeeded,  
Next thing I know,  
It's talking to me.

Have I gone crazy?  
Am I dreaming?  
I have to wake up  
From this nightmare.  
"Hi," the Bass said.  
Wake up! Wake up!  
This is not happening to me!  
"Oh, yes it is."  
"What? Are you hallucinating?"  
Ok, I'm back,  
"Now, what do you want?"  
"I'm just fishing."  
"Can you let me go please?"  
"Well, I was thinking..."  
"No! Not me!!"  
"Will you dance with me?"  
"And then we'll see."  
"Sure, why not?"  
We danced and danced  
Until the Bass got tired,  
With no energy left  
He fell into my skillet,  
Mmm! This should be yummy!  
After dinner I shall  
Have a good night's sleep.

# THERE IS AN ELEPHANT IN MY CLOSET

While lying in my bed last night, I thought I heard a snore.  
You can see sleeping for me was a very hard chore.  
Oh what, I thought, could be in there that gives me such a fright?  
Then suddenly I saw a very strong and bright white light.  
I crept from 'neath the comforter and grabbed my baseball bat.  
I opened the door and a big fat cat chased the rat.  
I placed a trembling hand upon the closet door,  
I got so scared that I fell flat on the floor.  
"Good grief!" I yelled, "An elephant! Is this some kind of joke?"  
There he stood while drinking a very cold bottle of Coke.  
He's made a nest from underwear, old jeans and dirty socks,  
I can't believe he said something; I can't believe it talks.  
Oh mom will not approve of this. I'm not allowed a pet,  
But how am I going to get this big old pet to the vet?  
Perhaps I keep him anyway and feed him peanut butter,  
He will go sleep in the big old and creepy gutter.  
And he can learn to fetch a stick, roll over and play dead,  
And every night when I'm in my bed, he'll sleep down by feet.

# PARISIAN EVENINGS

In a Paris hotel,  
Sitting in a room,  
On a comfortable bed,  
With a view of the Eiffel Tower,  
Enjoying my time here,  
Writing poetry.  
I see people holding hands,  
So in love,  
Walking around the city of love,  
Enjoying their time together,  
With all of the French beauty all around,  
The architecture of the old buildings,  
Art of the old world,  
That makes it worthwhile,  
Flourishing nightlife,  
Small cafes and boutiques still open,  
Life slows down here.

This is what I call a city,  
Full of life!

# REBIRTH

After a long and harsh winter,  
When everything sleeps through it all,  
Spring is near,  
When the ice in the rivers and ponds melts,  
When the snow just disappears,  
A time to be reborn once again,  
All the flowers and the plants start to bloom,  
Buds are slowly opening,  
Thirsty for the sunshine,  
That has been missing all this time,  
Wake up from hibernation,  
All the creatures are climbing,  
Out of their hideouts,  
Just like a bear,  
With her young cubs,  
Yawning just like us in the morning,  
Sleeping in our cozy and comfy beds,  
Waiting to explore their new surroundings,  
See what is out there,  
It is a season of new beginnings.

# YOUR FACE

You've been gone for a while now,  
I have memorized your face,  
The way that you always smiled,  
The big sparkle in your eyes,  
When I was with you,  
The time when you hugged me,  
As soon as I stepped off that plane,  
Your warmth has come over me,  
I can feel how much you've missed me,  
Since we've seen each other last,  
You loved me with all of your heart,  
More than anything,  
I will always remember  
The good times we had,  
Have you in my heart,  
Forever and always,  
Wherever I go in life.

# POETS AND DREAMERS

They say that poets are like dreamers,  
They are right,  
Poets write about what is in their heart,  
Their perception of things,  
What it really is like,  
Describe something in an interesting angle,  
They tell a story in a way,  
Help uncover what is truly there,  
Uncover the world,  
Uncover the beauty,  
This lies beneath it all,  
Something to smile about on this planet,  
Dreamers wish what they would like,  
Like Charlie Chaplin,  
To dream is to wish,  
To write poetry is to reflect,  
And to say it like it is.

# MOONLIGHT

Night,  
The moon  
Shining above cottage country,  
Glistening on the water,  
A little pathway leads to  
The endless edge of the lake.  
In the far distance,  
A family is sitting in lawn chairs,  
Gazing at the stars,  
So bright and so dreamy,  
Wondering what is in store,  
For each of family members.  
One of many constellations,  
The big dipper is above them,  
Everyone becomes quiet at that point,  
With a few blankets in hand,  
To look at the amazing free show  
That the stars perform.

# LETTING GO

Here I stand,  
With a handful of balloons,  
In a field,  
Surrounded by wildflowers,  
Trying to release them.

A symbolic gesture of letting go,  
Of all of the pain,  
I have built up through the years.  
It won't eat my insides anymore,  
You see this is very hard for me.

Wearing a vintage style lace,  
Summery dress,  
With a lot of detail,  
Getting ready to let go,  
Hoping I will be free of all  
negativity now.

Now it is time to release the hurt,  
I hold on tight,  
Rethinking what I went through,  
Everything will be all right,  
I will become even stronger  
because of it.

Rekindling my soul,  
Through the window of  
the heart,

I will no longer keep it bottled up,  
Went through such insecurities,  
But now it is time to go.

With all of my will,  
I let them fly to the sky,  
Goodbye and do not come back,  
I will grow every day,  
To be a better person.



# HOPE SHALL SURROUND ME

I'm sitting on the stairs of an  
abandoned house  
This once was a home  
Where kids like me played in  
the backyard  
Giving priceless smiles  
Where all the good memories  
were made  
And friendships of a lifetime

Thinking of the past,  
I look around  
And I see what strikes me  
as reality  
I see mud all over  
Houses made from broken  
pieces of trees  
That's not the worst though

Seeing what's happening  
I think to myself  
Caused this whole disaster  
It's always either money or  
selfishness  
No one has the heart to end  
the misery  
No one thinks about the hurt  
and pain

I go to a place  
Where I can be alone  
Below a tree  
I sit and think about  
All the people who are torn  
From their family and friends

Seeing what's happening  
I know that they  
Don't deserve this  
What did they do?  
Nothing at all  
Why oh why?

But in my mind  
There's a little place  
A place where I know  
This will end soon  
Whatever happens  
Hope shall surround me

# BLIND

Sometimes we forget our  
childhood dreams,  
Dreams that we've had since  
we were little.  
Dreaming to realize whether  
they might be,  
Becoming an astronaut,  
Or helping people with their  
problems.

These days all people want to  
do is become a superstar.  
There are things that stop  
us from achieving our goal,  
Making our dreams come true  
And becoming something to  
make you happy.

The time when we could climb  
high mountains,  
Be on the top of the world is lost.  
But we must not let fear get  
us down.  
Every day I see people who are  
not happy with where they are  
in their life.  
We should work hard at what we  
want to get out of life.

When time is up,  
We will regret that we had not  
accomplished that special dream  
in our lives  
It is very important to be  
someone who you truly are,  
Not being forced to be someone  
who you are not.  
When you have a dream in your  
hands strive for it.

We have to grab it very fast,  
We have to not let it slip away,  
Whatever happens,  
We have to be strong and  
not give up  
On our childhood dreams.

# DREAMIN' ABOUT HEAVEN

Sitting on my window bench,  
Out to my little garden,  
With majestic roses,  
Looking up to the sky,  
Wondering what it'll be like,  
In heaven.  
A big party perhaps?  
Music playing in the background,  
Everyone enjoying themselves,  
Or will there be God waiting?  
To heal all of our wounds,  
And let the sins go.  
Is it what we think of it?  
What we could imagine?  
Does it even exist?  
If it does,  
What it will be like?  
I sit and ponder...

# HOLD ON

Sometimes there are nights when,  
You want to cry all night until,  
The sun comes out,  
Get all the feelings that,  
Have been bottled inside,  
After what you have been through,  
By your loved ones,  
You want to get away,  
From all the craziness in your family.  
I know it's very hard to accept,  
Having your heart,  
Filled with this unbearable pain,  
Thinking you'll never get,  
Through this.

You ask yourself,  
"Why is this happening to me?"  
You don't want to forgive  
That person who,  
Hurt you this badly,  
When it makes you scream,  
For some help.  
But some day,  
It will be behind you,  
And you won't worry about it,  
You just need to hold on,  
For days like these,  
Everything will be all right,  
I promise you.

# INNOCENCE WITHIN ME

I am a child,  
In the hands of God,  
The innocence within me,  
Will keep it no matter,  
Never ever,  
Won't let it go,  
In this cold world,  
Filled with anger and hatred,  
I will spread joy and happiness,  
For everyone to have,  
Some hope that all,  
Will be all right.

# THE MEMORIES LIVE ON IN MY HEART

Since I left my childhood home,  
I've been unhappy,  
All these years,  
I wanted to go back,  
To see everyone again,  
The place where I was born,  
Be around those I,  
Dearly and truly loved,  
My family,  
I would do anything to,  
See their faces once more,  
But if I go back,  
I know it won't be the,  
Same without them,  
When I'm missing everyone,  
I can go into my heart,  
My memories and revisit them,  
Keep me warm at my dark times,  
Those will be my blanket,  
And the most happiest days,  
Of my life,  
They will always live inside me,  
I won't let go,  
Never ever.

# LIGHT A CANDLE

In the middle of a dark room,  
There is a lonely candle,  
Bright as the moon,  
We have the power,  
If we all get together,  
Pray and believe,  
We can stop the misery,  
For everyone around us,  
Light a candle for,  
Those who are going,  
Through bad times,  
Hurting inside,  
Grieving over a loved one,  
Who they either lost,  
In a war,  
By a natural disaster,  
Or by a terrible disease,  
That took their life away,  
Let it twinkle,  
Till the end,  
Let us remember,  
Those who left us,  
To go to a better place,  
A place called heaven,  
Where they are safe and sound,  
They watch over us,  
And protect us from the evil,  
So let's join to remember them.

# JUKEBOX

You can hear it  
It's everywhere you go  
Whatever style you like to listen to  
Music relaxes you  
You sing along with the lyrics  
In your car or in the shower  
You got to have music in your life

*What are you sitting there for?  
You should be dancing the night away  
Not sitting out  
With music blaring out of the jukebox  
Jumping up and down  
Don't think of anything else  
Get up and boogie  
Enjoy this moment  
It's yours*

Forget about your problems in life  
You will thank me  
Once in a while  
You need to take off the stress  
Got to have a little bit of fun  
Get up and dance!  
Take you into another world

*We won't survive without it*

# MY STAR

There are many stars  
In the universe  
Around us  
Everyone has one  
That's their own  
One that they can wish upon  
When they are blue

*Every time I'm down  
I go sit on the porch  
In my comfy chair  
I close my eyes  
And wish upon my special star  
It twinkles as it fulfills my wish  
It remind me that  
I don't need to worry so much  
Everything will be okay*

When I wish upon my star  
It always makes my wish  
come true  
Maybe there is something  
out there  
It wants to help us through life  
Be happy  
And don't complain or they'll  
take our blessings away from us

*My star  
My hope for a better future  
Like a guardian angel  
Sometimes when I have a bad  
day  
I need to stay positive  
Whatever happens  
Nothing will matter  
In the end  
Otherwise everything will  
Go down the drain*

# DANCE FOR YOUR LIFE

I see you sitting there  
Lonely and depressed  
Without someone to talk to  
Discuss your problems  
Maybe work them out

*Why are you sitting there?  
Let all the anger out  
You've built inside  
Through these tough years  
Don't let yourself down*

Why are you sitting there  
All sad and teary?  
What happened that  
Made you this way?  
I hate seeing you like this  
With a frown on your face

*Be happy for your life  
For the things that are  
Valuable to have  
Like your family and your friends,  
That you are healthy,  
The things that you  
Have accomplished in your life*

# I'LL BE YOUR FRIEND

You have been there for me  
Lending a shoulder to cry on  
Listening to me what I have to say  
What I'm going through  
Now it's my turn to be your friend

*I'll be your friend*

*Being your friend*

*Comforting you*

*You'll forget the bad*

*Look forward to the good*

When you're down  
Just call me up anytime  
I'll listen to your problems  
I'll help you solve them  
Let me be your friend

*We all have a rough time*

*Sometimes we need a friend*

*To be there for us*

*Have a shoulder to cry on*

*Get all the hurt out*

# SHED A TEAR

Sometimes we hold  
Our anger inside  
Scared of getting hurt again  
Not letting go of the past  
One day it will come out  
We'll hurt the ones we dearly love  
Say something that we will regret

*If you want to*

*Shed a tear*

*Go ahead my friend*

*Let those tears falls*

*Don't hold anything back*

*Let that anger go*

Letting that go  
Will ease the pain  
That you went through  
You'll forget the bad  
Only remember the good times  
You had with your friends and family  
Think of that  
As time goes forward

# THREE WISHES

If I had a genie and,  
He would grant me three wishes  
I would ask for world peace  
That everyone will get well together  
No more tears will fall  
Happy faces all around

*Enough with hiding inside  
Let all the love out  
Let your feelings fly  
Show someone your love  
That you appreciate them  
Tell them how lucky you are  
To have them in their life*

My second wish would be  
That there would be  
A cure for every disease  
Nobody should go through  
A horrible, devastating time  
That is very hard to deal with

My last wish would be  
That people wouldn't be selfish  
There are families in need  
That are hungry and don't  
Have a home to call their own  
People are dying every day starving  
That is very cruel

# NAKED

Most of the time  
I keep it all inside  
Frightened and scared

Every bone of my being  
Peel the layers of skin  
Let my true self out

Need someone at  
This vulnerable time

A friend to listen  
Be there  
To feel like an open book

I am shredding skin  
Opening my heart  
To you

Want your body against mine  
To feel your naked soul

Let the sweat from our bodies  
Be the road  
To your weak heart

Share my feelings  
And dreams with you,  
Let my closed heart open to you,  
but if you hurt me,  
It will close forever