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You Found Me (I Kept You)

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You Found Me (I Kept You)

Cover Page Footnote

Thank you to my amazing family and friends who served as the inspiration for this poem. Each and every one of you deserve to be immortalized in a work of art.

You Found Me (I Kept You)

You found me, scared and alone,
Took me in as one of your own,
You lifted me up and gave me grace,
Kept me safe in a warm embrace,
Let me explore as you watched above,
You found my life, and I kept your love.

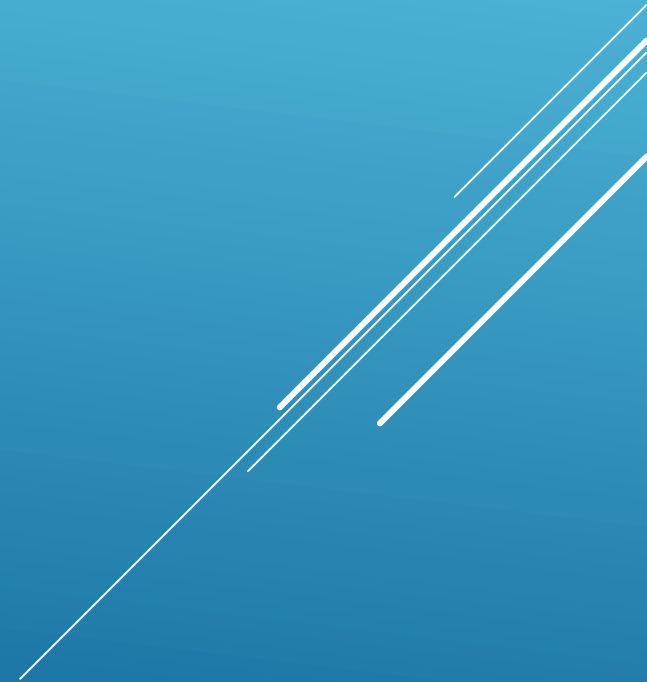
You found me, still and shy,
Trembling, yet wanting to fly,
You held my hand, then set me free-
One,
Two,
 (A nervous pause, then...)
Three!

AUTHOR, ALEXANDRA M.LENS



I tumble- but I land right where you sit,
You found my spirit, and I kept your grit.

You found me, buoyant and bright,
With countless ideas, but no steady sight,
You held the candle to my unruly spark,
Brought my world out of the dark,
Made a strong, yet focused flame;
You found my vision, and I kept your aim.




You found me, sharp yet naive,
Challenged all I'd come to believe,
You felt my edges and smoothed them out,
Carved away my youthful doubts,
Uncovered more than I'd admit,
You found my mind, and I kept your wit.




You found me, weary and worn,
Mended the holes that life had torn,
Gave my soul a place to stay,
led me to the break of day.
You quelled my fears with a soft release,
You found my strife, and I kept your peace.

I no longer stand on your feet, and I no longer fit in your arms,
But I still feel your touch on my shoulder- and I keep your voice in my heart.
You molded me with care, and each day saw it through;
My life transformed when you found me, and it was saved because I kept you.

*THANK YOU TO MY AMAZING FAMILY AND FRIENDS WHO SERVED AS THE
INSPIRATION FOR THIS POEM. EACH AND EVERY ONE OF YOU DESERVE TO BE
IMMORTALIZED IN A WORK OF ART.*

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against a solid blue background.

This poem is about multiple people in my life who have mentored me and helped me grow up in a safe and loving environment, teaching me important values, skills, and life lessons. The older I become, the more I understand their words echoing in the back of my head, and I appreciate them more and more with time.

The image features a solid blue background with a gradient from light to dark. In the bottom right corner, there are several white diagonal lines of varying lengths and thicknesses, creating a modern, abstract graphic element.

Alexandra Lens is a first year medical student at KPCOM. She is a south Florida native and NSU alum, with a Bachelor's degree in Biology. In her spare time, she enjoys playing piano, painting, and storytelling in many mediums.

AUTHOR: ALEXANDRA LENS

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