Convicted Thoughts

Everyday Emotions
Off an Inmate
Put in Rhyme

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Poems by James Adams
Preface

Hello, my name is James. I have been writing free verse poetry for about ten years, though I have been incarcerated for five now. I have spent a good portion of that time writing poems for others to send to their families and friends, while on occasion I wrote for my own loved ones. However, I had kept most of them hidden from all until now.

I am like most people when it comes to speaking from the heart. It's not that easy for anybody to talk about that one true love that got away, or perhaps the loss of a loved one. I understand that it does no good to try to explain how life can be so rough. We all have experienced life in our own ways and have learned the differences of what it can give, and what it can take.

This is why I decided to beheard through rhymes, because I know I am not alone, and if I can share my thoughts and find my voice, maybe it can help others to share theirs.

This book pertains to the everyday struggles of a convict and how fast emotions can change. Some inmates are blessed with a sunny disposition, while others struggle to show emotions at all. I fall under that category. So the only way I can ever show how I truly feel, is to put it in rhyme.

Most don't understand the difference of feeling alone, and being alone. This is my way of showing that our "ups and downs" are extreme, and how difficult it is to find a medium, especially when you love so much, only to have it replaced by something malevolent.

When your friends, family, and loved ones seem to forget about you, and when the years pass by, you start to question your own existence as your mind plays cruel tricks on you.

These thoughts are what occur.

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Poets, they hide in our emotions and thoughts often shaping the invisible world of words to our imaginations, provoking us to alliterate the unknown.

They allow us to express ourselves in ways words cannot. Only by piecing together the fundamentals of love, fear, happiness, and sadness can one truly open up and be heard. However, the most positive influence of poems is that it gives the writer a fresh canvas to paint a world out of emotions, which allows the reader to see and feel what the writer had, through their own experiences.

Though the power of words can connect us all, poems connect us on a common level of understanding through similarities that we all are able to relate to in one form or another. More often than not, the readers reminisce on their own life experiences.

A simple poem may also help those who find it difficult expressing themselves find their own voice.

This is me finding that voice.
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For the Cards
Chapter One

General poetry
uplifting and spiritual
**La Waterfall**

Life is like a waterfall,
that keeps cascading down,
falling off a rocky wall,
straight into the ground.
But you see that's not the end,
the river runs its path,
gaining speed at every bend,
it starts to show its worth.
Still we have to stop and look,
to see what's going on,
beauty painted from a book,
that's never truly gone.
The river runs so very deep,
it spiders off in veins,
some will make you start to weep,
and some will give you pains,
most of them just run their course,
and some in to a well,
some flow back in to their source,
and some a waterfall.

**Painted Fire**

The desert seems to have a way,
to look like it's been painted,
it changes every single day,
yet, nothing ever tainted.
It may be hot and very dry,
but life is all around,
many colors in the sky,
paint fire on the ground.
This is where the poets go
to see what will inspire,
might be how the sunsets glow,
and paint it all on fire,
might just be the rolling hills,
that seem to make us wander.
Don't forget about the thrills,
we get, when we hear thunder,
might it will be the rain,
with just a hint of sage,
lovely colored rough terrain,
that never shows its age.
Truth be told with no regrets,
for ever coming here,
Painted fire, Gold sunsets,
The beauty that's sincere.
Chapter one: General Poetry

The Beauty
Sitting at the rivers bend,
watching life go by,
Wishing it's could never end,
Just looking in the sky,
The beauty's here and all around
for everyone to see.
It's in the sky and on the ground,
It's there for you and me.
It's been there for so very long,
and waiting to be seen.
The beauty here just can't be wrong,
because it's so serene.
The beauty speaks in it's own way,
that captivates us all,
even when the skies turn grey,
when rain begins to fall.
Sitting here as life goes by,
Wishing there's no end.
The beauty seen with no replys
there's nothing to contend,
there's no words that can explain,
the beauty all around.
The beauty seen's to end in pain,
the sky falls to the ground.
It tries to wash it all away,
or maybe to be clean.
Either way we have to say,
The beauty is serene.

Look in to the sky
as I look in to the sky,
I start to see things clear,
Flying with the clouds up high,
until they disappear.
You can see so very far,
from future to the past.
The endless realm of where you are,
it is and always will be,
You can watch the time unfold,
in many different ways.
It's ageless yet not very old,
and colors mixed with greys.
The colors that we tend to see,
are mostly black and blue.
The clouds are flying fast and free,
their path is always true.
They go so far and fly so high,
it seems they're made in space.
As I look into the sky,
I see an endless race.
I'm sure the race that's never won,
will someday change its course.
Like the setting of the sun,
it flows back to its source.
The endless realm that will endure,
the agelessness of time.
mixed with colors that are pure,
The beauty is sublime.
Wild Horse
Running with a wild horse, 
out on the open plains, 
Having fun with no remorse, 
we're running in the rain, 
we run and jump and kick, and play, 
Just trying to have fun. 
we'll do this every single day, 
a race that can't be won. 
The race is on the longest course, 
that's on the promised land. 
running with a wild horse, 
it is and always grand, 
we run so fast and very far, 
and never look back. 
we're chasing down a shooting star, 
and yet we stay on track, 
Feel the wind blow through our hair, 
with freedom all around, 
we feel electric in the air, 
we run across the ground. 
running with a wild horse, 
can help us start to see, 
of where we are to chart our courses, 
of where we want to be, 

Day by the Day
Life is not at all that bad, 
there's some memories that I've had, 
some are simply way too great, 
and yet there's some that I do hate, 
but that's not all, it's only life, 
you have to take it in stride, 
and don't you dare decide to fall, 
cuz life is not that bad at all, 
There's lots of reasons you should live, 
don't try too hard to please forgive, 
you have to simply find a way, 
to take it in day by day, 

Someday
Someday I know I'll be free, 
and someday it will be just me, 
and someday I will reminisce, 
and someday light the dark abyss, 
and someday I may find the light, 
and someday I can win this fight, 
and someday I will be happy, 
cuz someday I know I'll be free, 

The Land
The desert, the forest, the open plains, 
The colors, the smells of the autumn rains, 
The life of the rivers, and where they may flow, 
The trees, and the flowers, and how fast they grow, 
The beauty that's seen, for miles around, 
The broken silence of wonderful sound, 
The clouds, and the wind, and how fast they can fly, 
The birds, and the air, That's up in the sky, 
The desert, the forest, and all of the land, 
The life, and the beauty, and all of it's grand.
Chapter one: General Poetry

You're Good Enough

I wrote this poem for you today, CK2. I know life is rough. Your so sweet in every way, and yes your good enough. I can't explain how bad I feel, to hear you say sad things. I just want to help you deal, with what tomorrow brings.

I don't care what you might hear, because you are the best. Just tell them all to kiss your rear, your better than the rest. I know it can be very tough, to always see things through. You are smart and good enough, I have much faith in you.

Don't forget that you are great, and time makes it worthwhile. Here's a thing to contemplate, you have a sexy smile. You always get what you deserve, and yet your time is near. you'll have to use your strongest nerve, and face your greatest fear.

Don't you worry, I'll be there, in soul and in your mind. You will see that Angels care. you'll laugh at what you'll find. To see your face shine like the sun, and leave you free of pain. Only then your race is run; there's nothing done in vain. I know it hard and it's a task, and yes it can be tough, Don't you hide behind your mask, Because your good enough.
Chapter One: General Poetry

Pains of Tomorrow

The pains of tomorrow, can be felt today.
The sounds of the sorrow, are heard from far away.
It's always all around, for everyone to share.
It's in the hollow ground, it's high up in the air,
So here's a song of pain, that's sung through blood shot eyes.
They're drowning in the rain, that fall from burning skies.
There's days that you can yell, and never to be heard.
It's like your in a cell, and you can't say a word.
The pain is very real, it hurts in many ways.
To speak of how you feel, is named in two clichés.
One is simply"loved too much," and two is "not enough.
Either way it hurts to touch, it always proves too tough.
It doesn't matter who you are, the pain will take you down.
It will leave you with a scar, and even break your crown.

Tiny Spark

Sometimes just to see the light, you have to risk the dark.
Sometimes when your out at night, you'll see a tiny spark.
The tiny spark will hurt your eyes, but it can help you see.
It may just make you realize, of where your life could be.
The tiny spark will help you find, a fork that's in the road.
It does no good to look behind, your footprints will erode.
If you keep on going straight, it's darker than the night.
If you feel like tempting fate, you might just take a right.
If you lost your heart to theft, and standing in the rain.
Then you must have made a left, now filled with grief and pain.
The tiny spark that never dies, will show what lies ahead.
Your path will flash before your eyes, just before your death.
When you see that tiny spark, late in to the night.
Remember you will rise to the darks, to get in to the light.
Have you?
Have you ever took a fall, and wondered how you fell?
Have you heard the angels call, and wonder if you'll fall?
Have you ever felt like this, and wondered what to do?
Have you ever had a kiss, and wondered if it's true?
Have you ever loved and lost, and wondered how it died?
Have you really paid that cost, and know that angels cried?
Have you heard how loud they are, when they start to scream?
Have you seen a shooting star, that looked inside your dream?
Have you ever felt the end, and not knew what to do?
Have you ever had a friend, who needed only you?

Did you?
Did you ever want to dance, with your greatest friend?
Did you ever take that chance, and hope that it won't end?
Did you ever have a thought, of what it all could be?
Did you think that what you've got, would last — eternity?
Did you know ahead of time, that it would fall apart?
Did you know that it's a crime, to mess with someone's heart?
Did you want to toy around, and hurt someone so bad?
Did you ever hear the sound, that someone makes when sad?
Did you ever stop to think, that you just hurt your friend?
Did you know they're at the brink, and now, they're at their end?
Did you ever wonder why, it had to end this way?
Did you watch your best friend die, and fell this very day?
I miss
I miss the stars that let me fly...
I miss the fire in the sky.
I miss to sit, or laugh, or play.
I miss the camping far away.
I miss to go and search around.
I miss to go under the ground.
I miss the way the desert smells.
I miss the chiming of the bells.
I miss the wind upon my face.
I miss the thought of blissful grace.
I miss me looking in a tree.
I miss the way I used to be.
I miss a simple little touch.
Damn, I miss so very much.

Chalk
I'd like to say some things to you,
all on my behalf,
they're sweeter than a honey dew,
but most will make you laugh,
for example, I'll say this,
I love that we can talk,
problem is that I can't miss,
it's like I'm eating chalk.
I want to thank you very much,
for little things you do,
I'm so glad we stayed in touch,
'cuz I like writing you.
I never know what I should say,
so I'll be someone nice,
maybe eat more chalk today,
than maybe do it twice.

Alive
One thing good about some pain,
it tells you, you're alive.
Might just make you feel insane,
but yet you, still can thrive.
Everyone will start a dance,
to a song that is so sad.
Just get up and take a chance,
and see it's not that bad.
There always is another day,
and no one else to blame.
There's always something else to say,
like "Life is not a game."
Keep it simple, keep it real,
and just go have some fun.
It never is a big ordeal,
until your truly done.

I watch
I watch the rain fall from the skies,
I watch it through burnt bloodshot eyes.
I watch the clouds form all around,
I watch the lightning hit the ground.
I watch the storm hit everywhere,
I watch to see who's left to care.
I watch to only see things clear,
I watch them very far to near.
I'm waiting for the end,
There's no more time to spend,
I'm glad my life is done,
Now my race is run,
It feels so very good;
I've done all that I could,
I never did ask why,
Instead, today I die,
I'm happy for all this,
with all this grateful bliss;
I've finally run my race;
Though I'm in last place,
I know I should be scared,
and never have I feared,
I'm walking in this land,
Yet everywhere I stand,
It's never truly dark;
I hear the Hell Hounds bark,
The light keeps them at bay;
It seems it's always day,
Still they sit and wait,
I don't dare tempt fate;
They're telling me to come,
I realize I'm numb;
But yet I never think,
now I start to think,
I start to look around,
cuz I don't see the ground;
I know that it feels right,
cuz I see is white;
The path that I am on;
with all my sorrows gone;
The things I start to see,
cuz there's no misery;
I throw away my fears;
I try to count the years;
I hear the Angels say;
Hell Hounds still at bay;
I say with my last breath;
so now I welcome death;
what else could I say.
I die this lonely day,
to look into the light;
So I won't give a fight,
my life was always sad;
lonely, but I'm glad.
It makes me feel so great,
and nothing there to hate,
There's no time left to spend,
at least I'm at the end,
to walk along this path;
to see the Angels meant,
of the deep and dark unknown;
The path is always shown.
This place I need to be,
They're coming after me.
There's nothing they can do.
The light keeps shining true.
for me to trip and fall.
I hear the Angels call,
and which way I should go.
like walking in the snow
I stand on both my feet;
I don't feel cold or heat;
I think I might be blind.
There's nothing there to find.
But yet I am now scared.
I think of all who cared.
must be memory lane.
I hope I feel no pain.
is nothing but the best.
no pain upon my chest;
So I don't have to kick.
Since the lonely day I died;
That I am almost there.
But now they're everywhere.
continued next page
I smell a stench that's foul,
I hear a demonic sound,
I think I need to run,
I thought that I was done,
Right then the angels come,
I hear a beating drum,
The angel pulls me in,
Free from all the sin,
It's such a lovely song,
I found where I belong,
Straight in to the sky,
A tear falls from my eye,
The feeling that they give,
They always will forgive,
It's been so many years,
I wipe away the tears,
There's nothing here to hate,
no reason to tempt fate,
I try to look around,
He tells me that I'm found,
He knew that I felt lost,
He knew I paid the cost,
We walk across the land,
we find a place to stand,
The path just seems so clear,
and beauty that's sincere,
where all the colors melt,
with love and passion felt,
The angel turns to speak,
when ever you were weak,
But now its time for you,
I'll always help you through,
I think you need to know,
But before I show,
I need to ask how strong,
To find where you belong,
The angel shows his face,
who led me to this place!

I turn to take a look,
So close that I'm betook,
before it gets to me.
I thought that I was free,
and send them back to hell,
and the ringing of a bell,
I'm now under his wing,
I hear him start to sing,
I hope that there's no end,
we both start to ascend,
to the Heaven that's above,
I'm filled with so much love,
is simply too surreal,
the bad things that I feel,
Since the lonely day I died,
There's nothing left to hide,
and nothing here to fear.
It all just seems so clear,
the angel starts to talk,
so let's go take a walk,
in the world left behind,
and still I felt confined.
with nothing ever said,
he shows what lies ahead,
from near to very far,
that leads to where we are,
In such a peaceful way,
each and every day.
and says I'll tell the truth.
I've been there since your youth,
I to understand it all,
with each and every fall.
who lies behind my marks,
there is something to ask,
you think you truly are.
you've traveled oh so far.
I'm shocked at who I see.
wars and has been me.

The end.
Don't
For the people that have it bad,
and think they're at their worst,
Don't get angry, Don't be sad;
you'll feel like you will burst.
We all know it can be rough,
Just try to see things through,
Keep your head up and be tough,
don't stress on what to do.
We all know that life is hard,
don't even ask me why,
we've all been dealt a crappy card,
but still we have to try.
when you feel your bruised inside,
and then you've lost your way,
Don't you think of suicide,
there is another day.
These are words of good advice,
it's up to you to hear,
Pull your head out of the wise,
and face your greatest fear.

Darkness Falls
Every day the darkness falls,
straight in to the ground,
Now and then you hear the calls,
of angels all around.
They cover you just like a mist,
that keeps you very cold.
Now you know they do exist,
a story long foretold.
But when you look into their eyes,
you start to see things clear.
Only then you realize,
that they are what you fear.
you try so hard to run so fast,
but you can't get away.
The darkness comes and falls at last,
yet still they make you stay,
They're not angels of this realm,
it's you they're here to claim.
Always seem to overwhelm,
and still they call your name.
Now you hear the Demon calls,
They're coming after you.
Every day when darkness falls,
we knew not want to do.
Poor Guy
I sit and see a lonely past,
and watch it come undone.
It fell apart so very fast,
like water to the sun.
This poor guy has seen alot,
and even done much more.
like a droplet that's been caught,
he's dried up to the core.
This poor guy is gonna die,
I do feel bad for him.
He's only lonely asking why,
the future's looking grim.
Still he tries to stand up straight,
and keep inside his head.
I don't think he'll contemplate,
that he might just be dead.
He always thought that he was strong,
he did put it to test.
This poor guy just don't belong,
so now his minds at rest.
This poor guy I do feel for,
he's been through too damn much,
now death has knocked upon his door,
he felt that icy touch.
I watched what clearly came undone,
I saw his lonely past.
now his race is finally run,
he finally won at last.

Shattered Dreams
We wear the scars of shattered dreams,
but hope is always there,
Nothing is what it all seems,
a touch that we don't dare,
we tried to do the simple stuffs,
that we all thought would please.
The problem is, it proved too tough,
it dropped us to our knees.
The shattered dreams of doing things,
for everyone that's loved,
and watching what the future brings,
is being pushed and shoved.
Rain shoves its way in to the life,
of every one around,
we have to take it in a stride.
or else we won't be found.
Through shattered dreams we had to learn,
that time is very long.
we all had to crash and burn.
to find where we belong.
we always have to learn to live
with scars that we all bare.
But now we know that we should give.
to ones that are still there.
The shattered dreams that seem to last,
for all eternity.
you have to see they're in the past,
for everyone to see,


Chapter one: General Poetry

In my Time of Dying
In my time of dying, I'll tell you what I see, it feels like I've been flying, for all eternity, I flew in to the west, and closed the setting sun, I gave it all my best, even though I never won. Then I flew in to the north, the south, and then the east, been flying back and forth, it's so fun to say the least. Been flying for so long, I've been to everywhere. I know it can't be wrong. not being here or there, I know I can't explain, how fun this is for me, like flying through the rain, or far above the sea. I go from place to place, nowhere is too far, I even went to space, and seen a distant star.

How or why?
I try to keep my head up high, and still I'm asking how or why? Today I think that I will fall, still I try to stand up tall, but it is harder than before, I fear I'll fall straight through the floor, I think that what I'll hit will hurt, I just hope it's not the dirt, and even though I live in hell, and I may not have much to tell. I may have issues in my head, but I'm not ready to be dead, yet, still I'm asking how or why? until the day I finally die.

I write
Damn, I write so very much, my fingers hurt with every touch. It seems I'm writing all the time, enough to put in to this rhyme. I do it every day and night, my fingers hurt, but still I write. But yet there's not much else to do, and this is just a small preview.

I'm in Your Head
I'm in your head, I'm in your mind, I'm in the shadow right behind, I'm looking for that perfect time, I'm waiting for that midnight chime, In your mind I came to haunt, I came to tease, I came to haunt, I came to see what I will find, I'm in your head, I'm in your mind.
Chapter Two

Conflicted Thoughts
sad and depressed
No one ever knows

Sometimes no one ever knows,
the truth that’s never said,
knowing how this story goes,
it messes with your head.
and even when the story’s told,
it always is the same,
sometimes it’s very bad,
sometimes it’s lame.
Most times there is just a need
for you to stop and hear.
The sound of pain or love or greed,
the biggest one is fear.
You never need to live a life,
that puts you in the ground.
The truth can cut you like a knife,
or help you to be found.
But either way the story goes,
The path will always end.
Sometimes no one ever knows,
the pain that haunts a friend.
Every time it will be hard,
to take upon this task.
The first step is to drop your guard,
The second is to ask,
Ask a friend if they’re ok,
or let’s just take a walk.
They may just open up to say,
that they don’t want to talk.
Even though no words are said,
you know where this path goes.
You both will know what lies ahead,
but this time someone knows.

Chapter two: Conflicted Thoughts

A Better Place to Die

There’s a better place to die,
than where I’m at today.
All alone, but still I try,
to see a better way.
The problem is its hard to find,
a place that’s good enough.
I see the path we left behind,
and that turned out too rough.
Even though we made it past,
that long and lameous road.

Painful burdens can be vast,
we carried such a load.
I know I’m not the only one,
to ever walk this path.
We’re walking towards the setting sun,
to feel it’s burning wrath.
There is no reason to ask why,
we do these painful things.
There is a better place to die,
because we are the kings.
Kings of pain and kings of sorrow,
and everyone that’s sad.
Kings of past until tomorrow,
but yet it’s not that bad.
Never can we take that fully,
until we are for sure.
We don’t care because of all,
the pain that we endure.
So I’ll simply say to you,
That we will always try.
To find a place we hope is true,
"A better place to die."
Such a Lonely Day

Today is such a lonely day, 
It's always dark and very gray,
Wishing I could spend my time,
Like a mountain I can't climb;
Try so hard to make a smile,
Start to walk an endless mile;
I start to walk so very fast,
Knowing that I will not last;
never get that far at all,
Knowing I'm about to fall;
Still I always have to try;
Pushing till the day I die;
Think I finally should give in,
as my world starts to spin;
I notice that my bones now ache,
made it end for goodness sake;
Don't believe there is an end,
It's so hard without a friend;
that never seems to end.
I don't think I can mend;
eliminating pain;
I slowly go insane.
But nothing seems to come;
heart beating like a drum,
a footstep to each beat;
I walk on bloody feet.
It's just too far away,
in such a lonely day.
to keep on walking strong;
to find where I belong;
There's nothing left for me.
I'm filled with misery,
Pains all I've ever known.
I'll always be alone.
for such a lonely day,
so I'll just walk away.

What?
What is truth and what is pain,
and what is driving us insane?
What is love and what is sweet,
and what is walked on with our feet?
What is dark and what is light,
and what makes us put up a fight?
What is far and what is near,
and what makes us all live in fear?

We Wear the Scars
We wear the scars of shattered past, 
and memories that will always last, 
we wear the scars of broken dreams, 
and watched it riping at our seams, 
we wear the scars of broken hearts, 
and felt the piercing of their darts, 
we wear the scars of all our pain, 
I wonder if we're all insane.
Chapter Two: Conflicted Thoughts

Lake of Sadness
Swimming in a Lake of Sadness,
feeling like you've lost your mind,
Drowning in a sea of madness,
Knowing you've been left behind.
You realize there is no way
to ever find the end.
Drifting further every day,
you wait for time to bend.
Being lost for too damn long,
lost numbers on the brain.
Seeing that your always wrong,
your life is filled with pain.
The water isn't very clear,
It's filled with dirt and grime
Everything you fear is near,
and running out of time.
Waiting for the rain to come
and wash it all away.
Trying not to be a bum,
just waiting day by day.
Knowing that you won't be found,
already lost your mind.
In the lake that you had drowned,
There's nothing left to find.
The Lake of Sadness claims one more,
not often do we leave.
Now we fight a losing war
with nothing to retrieve.

Lake of Sadness II
Back on the Lake of Sadness,
It always seems so big.
On the brink of madness,
like floating on a twig.
The real problem here,
is not the way we feel.
But it is the fear.
The fear it may be real.
The waters are too deep,
The edge too far away.
Pain will always creep.
The skies still turning grey.
There is no way to win,
cold down to the bone,
only to give in,
and Sink Just like a stone.
So now we're at the end
of a journey that is called life.
We can bow descend
or take it in stride.
Drowning in emotion,
with just a touch of madness.
Now it is an ocean,
not just the Lake of Sadness.
Canyon Walls

I'm caught up in this maze,
listen for my pleading calls,
that echo through this haze.
Been searching for so very long,
to find a path that's true,
now I see that they're all wrong,
but what else can I do?
It does no good to try and ask,
for reasons why I'm here,
all alone I wear my mask,
to hide a painful fear.
But now I finally realize,
the things I do not need,
I also see through open eyes,
of what it's like to bleed.

I stand between these canyon walls,
and look up at each side,
I listen to the rain that sounds,
it seems it won't subside.

It does no good, look up or down,
cuz I am truly lost.
The rain is coming, I will drown,
and I must pay that cost.

With the rain comes memories,
of such a lonely past,
Pain that put me on my knees,
the floods are coming fast.
I hope they come and wash away,
whatever's left of me,
cuz I can't live another day,
with pain filled misery.

Instead

I know I'll never understand,
what fate has done to me.
I thought my life would end on grand,
instead it's misery.
Always thought that I'd have fun,
instead I want to cry.
Now I turn around and run
and never say goodbye.

I never thought I'd be so sad,
it blows my mind away.
It makes me feel so very bad,
to want to die today.
Instead I try to find a place,
at least where I'm alone.
I also wish I could erase,
the cold that's in my bones.
Even now I still must try,
to hide the way I feel,
until the very day I die,
This sadness is too real.

I lost my mind

I lost my mind, I lost my soul,
al I find, are chunks of coal,
I know I've learned, what not to do,
cuz I've been burned, and so have you.
I tried too hard, to be so kind,
we both been scarred, I lost my mind,

I looked around, to find my brain,
with nothing found, I looked in vain,
I start to scream, cuz now I'm blind,
It's not a dream, I lost my mind.
No more
No more will I wear the scars of such a shattered past.
No more will I blame the stars because they burned out fast.
No more will I ever care of things that came undone.
No more will I ever dare to chase the setting sun.
No more will I want to try to see in to the light.
No more will I try to die, I must give it a fight.
No more will I try so hard to be there for a friend.
No more will I drop my guard, no reason to pretend.
No more will I feel the hate, or pain of bloody knees.
No more will I go tempt fate, to do the things I please.
No more will I feel the pain of burning blood shot eyes.
No more will I be the shy, I’m dead behind these eyes.
No more will I try to turn the burning hate inside.
No more will I ever blame, no more will I hide.

People do the things
Sometimes people do the things, They always want to do.
They’ll wonder what tomorrow brings, and what it brings for you.
They don’t seem to realize, That everything has cost,
we all need to see through eyes of others who have lost.
maybe lost their way in life, or maybe took a fall.
They’ll tell you “Take it in stride,” before you feel too small.
People do the things they please, without a second thought,
sometimes puts them on their knees, they lose what they have got,
sometimes it’s not ever bad, you’ll find a happy face, you’ll be happy, you’ll be glad,
that you had won that race.
The race in life we always run, can lead you straight to Hell.
The only ones who ever win, are those who never fell.
People do the things they do, because it’s what they want.
They may have done it all for you, those questions always haunt.
I can't - I won't
I can't deal with much no more,
I won't open my locked door,
I can't let people look at me,
I won't let them see misery,
I can't deal with much at all,
I won't be tricked into a fall,
I can't let people see my pain,
I won't let them inside my brain,

Darkened Room
I'm so alone and very cold,
still I'm young, but very old,
I think I see things through the gloom,
I'm living in this darkened room.
I've never seen these things before,
I try to leave, but there's no door.
I start to hope I'll find a friend,
but now I see there is no end.
still living in this darkened room,
I think it may be my own tomb.
There's nothing here for me to do,
I don't think I'll see this through.
I start to hope that I'll just die,
up in this darkened room I cry,
and either way it comes or goes,
I'm stuck here until noonie knows.
I'll be happy when I'm dead,
this darkened room up in my head.

I've Seen
I've seen the dark, I've seen the light.
I've seen the pain, I've seen the fight.
I've seen the road, I've seen the path.
I've seen the storm, I've seen it's wrath.
I've seen the fired, I've seen the brake.
I've seen the quiet, I've seen who spoke.
I've seen the willing, I've seen their way,
I've seen their faces, I've seen today.

Fall
Will you be there when I fall down?
Falling down in to the ground.
I never thought of much before,
but now I lay upon the floor.
I have no one to help me stand,
a little help would turn it around.
and even though I took this fall,
I start to think, I want to crawl.
but I don't know why I can't cry.
Still on the floor and asking why?
I've always known, I'm alone.
I think I've broken more than bone.
Now I'm deep under the ground.
You weren't there when I fell down.
Today
I cannot feel today,
for today I am too weak.
I have so much to say,
and yet I just won't speak.
Today I feel so sad,
just want to be alone,
Thinking of what I had,
and everyone I've known.
I just can't stand the pain
I don't want it no more.
My life has been in vain,
I drop down on all four.
I cry so very hard,
but no tears seem to fall.
Today I dropped my guard,
I curl up to bawl.
Today I'm feeling cold,
yet my tears, they start to burn.
I know I'm growing old,
So soon I will return.
Return in to the skies,
to the heavens that's above.
The tears fall from my eyes,
I miss the feeling, "love."
Today I run and hide,
don't speak of how I feel.
Though I'm teary eyed,
I find a place to kneel.
Today I am alone,
with nothing left to say.
Pain's all I've ever known,
So now I'll go away.

I cannot
I cannot keep it all suppressed,
but still I always try.
I cannot live my life depressed,
instant I'd rather die.
I cannot speak of how I feel,
I know that I will fall.
I cannot hide the pain that's real,
I can't do that at all.
I cannot live my life this way,
I don't know what to do.
I cannot live another day,
yet, what I say is true.
I cannot help my saddened pain,
still looking for a friend.
I cannot help, I've lost my brain,
I'm welcoming the end.

Still Human
Is my soul worth saving at all,
or should we all just let it fall?
in to the depths of burning Hell?
this simple thought is what I dwell.
I don't have much, at all to give,
There is no reason, I should live,
I gave it all, and then too much,
It hurts so bad with every touch.
But I'm not ready, for the end,
Still searching for, that special friend,
I know my issues are for real,
But I'm still human, I still feel.

==
Place to Hide
I found a place for me to hide,
So please leave me alone,
at least I know I really tried,
But now I'm on my own,
I'm sure I'm better off this way,
until the very end.
Cuz I got cut and burned today,
That person was a friend,
I couldn't see behind the truth,
to see no one will care,
now I see since my own youth,
no one was ever there:
I've been alone for so damn long,
I couldn't even see:
That the one that don't belong:
It is and has been me.
I now see through out my past:
The pain I couldn't hide:
I'm finally on my own at last,
and now I'm open eyed:
These walls I made are very thick,
so no one will get in:
I used my pain with guilt and bricks,
with just a touch of sin:
I've finally found a place to hide,
I think of what was said:
I think of time that I reside,
alone inside my head.

Chapter two: Conflicted Thoughts

When you live your life alone
when you live your life alone,
It seems like you'd be sad,
If your colder than a stone,
It might just make you glad,
But most of us don't feel like this,
we hate the way we feel,
Like living in a dark abyss,
The pain is very real,
we'd like to say that "It's all good!"
"I never feel this way!"
Truth be told since childhood,
It's like this every day:
Pain is all we've ever known,
and this I know is true:
When you live your life alone,
It's always only you,
People come and some will go,
They'll always be around.
But you see that most don't know:
That friendship can't be found,
just the thought of someone there,
Does not mean a thing.
It doesn't mean that they will care,
for what the day may bring,
when you live your life alone,
It can make you sad.
But when it's all that you have known,
It's not at all that bad.
Chapter two: Conflicted Thoughts

I often...

I often feel I'm dead inside, and yet I just won't die. I often feel the need to hide, that leaves me asking, why? I often feel the need for pain, and I deserve it all. I often feel I am insane, and I should take the fall. I often think that I'm no good, not at all that proud. I often did just what I could, and yet I scream out loud. I often think that I should hate, but I can't care enough. I often feel that it's too late, my mind just thinks so rough. I often think I am to blame, this I now is real, I often forget my own name, because the way I feel. I often needed just a friend, but none was around, I'm often hoping for the end, it seems it won't be found. I often feel I crashed and burned, this I know is true. I often wish that I had learned, to stay away from you. I often know my race was run, I ran so very long. I often think now that I'm done, can't find where I belong.

No one to Confide

In my time of need, there's no one to confide. To death I slowly bleed, and yet I run and hide, I'd rather die alone. Then feel the way I do. Broken more than bone, and all I say is true. The human heart will speak, it tells you what it wants. It can be quite unique, and yet it always haunts. It stops the way you think, and ends the way you feel. Then when your on the brink of something too surreal. It makes you feel the pain, that you had left behind. It makes you go insane, with feelings that you find, most the feelings last, and some they go away. But feelings from the past, they'll haunt you to this day. I tried to be a friend, I don't think that I can. Some things cannot mend, for this lonely dying man. Now I run and hide, so no one breaks my heart, there's no one to confide, It's tearing me apart.

James Adams
I'm a Prisoner

I'm a prisoner in my mind, it is my soul I try to find, I've lost myself and lost the way, as I fret each day away, now I'm stuck with all this guilt behind this wall that I have built.
I have paid the debt that's owed, now I travel down a road, a path that leads me far behind, now I'm a prisoner in my mind.
I don't know what else I should say, as I fret each year away, and it gets harder than before, as I lay upon this floor. Every day I am still begin, that my eyes will soon be open, I can see, I am not blind, but I'm a prisoner, in my mind.

I wonder

I wonder why I'm always cold, I wonder how I feel so old, I wonder why rain comes and goes, I wonder if it always shows, I wonder if I'll ever see, I wonder if I'm even me, I wonder if my time is near? No wonder why I live in fear!

I Hate the Way

I very sure I hate the way, this feeling hits me everyday, it seems to make me drop my guards because it hits so very hard.
I cannot change the way I feel, bowing down in place to kneel, I start to think I'll go insane, it cuts me deep with searing pain. I see the light that's getting dim, I saw the future's looking grim.
I've been alone for many years, I run and hide with burning tears, I try to hide behind a mask, but that turns out to be a task, somehow I can keep it in, and hide the pain that reside within. I'm very sure I hate the way, I'm feeling on this very day.

Lonely Path

I walk down a lonely path, that always shows it's ugly wrath, it seems to be the only way, so I keep walking day by day, I've walked this path for many years, it's paved with blood and many tears, I've walked this for so I'll forget, I walk this path with my regret.
I'm coldest at the bone
I already know
that I'll die alone.
Don't know where to go,
I'm coldest at the bone,
my heart was very big, but now it's very small.
Been broken like a twig, don't give a shit at all.
I have been so burned, and then I've been abused.
It took me time to learn, that I was being used,
I thought I had a friend, someone I could trust.
Soon it came to end, gold has turned to rust.
I am filled with pain, and now I die alone.
my life has been in vain, I'm coldest at the bone.

I Know
I know I'll never be the same,
I say through gritting teeth.
I know that I'm the one to blame,
I hide what lies beneath.
I know that what I hide can hurt,
the strongest and the best.
I know I'll be put in the dirt, and finally be at rest.
I know the things that I have said, should not been said at all.
I know the pain that's in my head, will soon lead me to fall.
I know the things that I have done, the pain is quite unique.
I know this burden weighs a ton, it makes me very weak.
I know the pain that lies beneath, it can and will hurt me.
I know I said through gritting teeth, I hide my misery.
The day I died
It only took the death of hope,
to finally see things through.
Now I hang on a short rope,
not knowing what to do.
It has been so very long;
since I’ve felt satisfied.
Now I know I don’t belong;
This is the day I died.
I now know that what I feel,
can hurt the strongest man;
Drowning down in place to kneel,
I say to God "I can":
never asked for much at all,
but this I have to say,
ever thought that I would fall,
and die this very day.
My life task will not be done,
There’s nothing left for me.
Seeing that my race is run,
I die alone but free.
I have tried so very hard,
and did the things I must.
All my soul is very charred,
what’s left of me is dust.
There’s nothing left to try and mend,
or tear falls from my eye.
Now I’m thankful for the end;
I simply say "Good-bye".

Black and Burned
I try to write some simple rhymes,
but all of them are sad.
I cannot help but think of times,
that often were quite bad.
I’ve loved and lost them paid the price,
and darn I wish I’d learned.
Been through this more times than twice,
my heart is Black and Burned.
I don’t know why I feel the need,
to always give so much,
that feeling starts to make me bleed
with each and every touch.
So now I know that I can’t trust,
I’m coldest at the bone.
I always did do what I must,
and yet I’m still alone.

Cremated
I can’t wait until I’m burned,
the things in life that I have learned,
have pushed me simply way too far,
I can’t wait, till my bones char,
then put them in to be ground up,
and then you put me in a cup,
there might be chunks you’ll need to smokey
but now my body’s turned to ash.
I wait for this, since my own birth,
Just put me back in mother earth.
I feel
Today I feel like I will burst,
I can't take it no more,
Dying slowly is the worst,
I fight a losing war.
I try to keep my head up high,
Until this day is done.
Sometimes I would rather die,
There's nothing to be won.
The way I feel can hurt the best,
And put them in the ground.
The stabbing pain that's in my chest,
That comes from all around.
I'm so tired of the pain.
That burns so very deep,
I feel that I will go insane,
Instead I only weep.
It doesn't matter what I do,
cuz all of this is real.
There's a question just for you,
How's it make you feel?

Mail
I never get no mail no more,
It makes me pretty sad.
It cuts me deep in to the core,
And yet I think I'm glad.
I know I'm better off alone,
For this I'm not sure why.
The pain that hurts me to the bone,
A tear falls from my eye.
I thought I had a friend out there,
They used to write to me.
Now I think that they don't care,
I'm filled with misery.
We used to write so very much,
But soon it came to end,
Now that we don't stay in touch.
I write, but I don't send.
Every time I get a letter,
I'd gain from ear to ear.
It made me feel a little better,
cuz some were so sincere.
But now they never come at all,
I feel a little frail.
Maybe I should make a call,
or simply wait for mail.
Wake up
I wake up every single morning, I think I come, with a whining, cuz most my days are not that great, but I wake up to contemplate, if I should kick or yell or scream, go back to bed and try to dream, or simply just to start my day, and hope that it stops turning grey, cuz sometimes it can be worthwhile, just to turn around and smile, but today that's not the case, these feelings I hope I'll replace with something better, something good, I'd always smile if I could, maybe I should wear my head, and go and climb back in my bed.

Bash my Head
I feel I want to bash my head, in to a wall until I'm dead, this place is making me insane, it sucks so bad, I will complain, it doesn't matter what I say, it's like this every single day, there's also nothing I can do, except to write this poem for you, I think I'm gonna go to sleep, or curl in a ball and weep, but before I go to bed, I feel I want to bash my head.

I've Tried
I've tried so hard to keep it real, this is how I truly feel, I've tried so hard to only live, I've also tried to always give, it seemed to work a little while, until someone just stole my smile, and now I feel the pain and guilt, I hide behind a wall I built, I keep myself away from pain, but now I think I am insane.
Conflicting Thoughts
It's been so long since I have loved,
I fear I never will.
Don't push me hard, I won't be strong,
Just can't do it at will.
I can't deny that I am scared,
don't know what to do.
For all this I'm unprepared,
I want to run from you.
and yet with you I'd like to dance,
we must take it slow.
Your the one that has a chance.
I thought that you should know,
like I said, I want to run,
However I must say.
I'm not a prize, I can't be won,
let's take it day by day.
The reason we should take our time,
we have conflicting thoughts.
wait till it all be sublime,
we both should call the shots,
I won't push or our shove,
This I know is true.
really hope that I can love,
maybe even you.

Run
So many things that I don't want,
I think you might be one.
all you do is tease and taunt,
you make me want to run.
so now I have to stop and think,
if what my next move is.
I'm sure our chain just broke a link,
that's not a freakin' quiz.
You know damn straight I have no trust.
But still I dropped my guard.
So you go do what you now must,
you could have sent a card.
I can't believe that I'd been tricked.
That's tearing me apart.
I now have a wall that's bricked,
all around my heart.
you made it past my first defense.
But now you've been pushed back.
The stress you caused was so immense.
my heart now has a crack.
so now I see a darkened sun,
that used to shine so bright.
now I think I want to run.
now that feels very right.
Chapter Three
Love
the good and the bad
I want to say some things to you; maybe showing something new;
I've missed you so much in the past;
What we have will always last;
Remember way back in the day;
I asked you something in a way;
we've had our ups and then some downs,
we've had more smiles than the faces,
but that's ok, it's not the end.
Always been that special friend;
now I sit and write to you,
always thinking what to do,
so now I make this little rhyme;
I wonder if we'll have the time,
maybe it's to keep us strong;
might just be that we belong;
I think that fate has found a way;
now it's time for me to say;
Through the things that I have learned;
Even though I have been burnt;
I love the way you keep it real;
but you never will reveal;
there's not much I want in life;
I've never called you my ex-wife;
I've always held you very high;
It doesn't matter how or why;
what matters now is just a smile;
Any thing that is worthwhile;
For you I simply want the best;
Just be happy, don't be stressed;
I still will hope our time will come;
I told you when I was so small;
Looks like I'll just have to wait;
Knowing that I can't fight fate;
now I find a time and place;
you have such a pretty face;
now I'm done with all of this;
leave you with a soft kiss;
That might just make you smile.
a whole new kind of style;
watching years go by;
like the sky.
It started with a show;
That made your beauty glow.
for many, many years;
which brought so many fears;
you know that I'll be there.
We both will always care;
not saying what I should;
I don't know if I could,
a story long foretold;
to watch ourselves grow old.
To know we have each other.
To be with one another.
To see we stay in touch.
I miss you very much.
I've learned what not to do.
I still smile at you.
and acting nonchalant
the things you truly want;
Here's one that I'll admit.
Don't make me feel like shit.
In places in my heart.
Since we've been apart.
That's the greatest gift.
That makes the spirit lift.
That's never gonna change.
Yes, I know I'm strange;
for us to be together.
That I would want forever.
I'm glad you're still a friend.
I wonder will it end.
To tell you what I know.
A smile makes it glow.
I leave you on your way.
I hope you smile today.
The First

Every time I see the skies,
Blondest hair and Bluest eyes,
I tell you this so you will know,
You make me strong, you make me glow.
Free to love you like I do,
A simple thought of me and you,
I don’t know if you know that you’re,
Your the one I’d fallen for,
I have to show you that I care,
So many things I want to share,
The simple things I’m going say,
I love you each and every day,
Just a simple thought of you,
Matching shades of gorgeous blue,
I know this sounds a bit too much,
I’ve cherished each and every touch,
The kiss we shared had so much fire,
Since that day, your my desire,
That love is deep and it won’t end,
I fell in love with my best friend,
It’s hard to think that I can’t love,
Your like an Angel from above,
To share this love with such beauty,
Took a thought of you and me,
I see your lovely face,
And mixed with so much grace,
Just what you’ve done to me,
I see the skies I’m free,
And that will never end.
Your more than my best friend,
The first I’ve ever loved,
And yet I wasn’t99, i
But don’t know where to start,
They all come from my heart,
Are nothing but the best.
My heart beats out my chest:
Sparks lighting in the skies.
Just like your sexy eyes.
But get a load of this,
Since our softest kiss.
It burned in to my soul.
To love you is my goal.
And it will never slow.
That love can only grow,
As much as I love you.
That came to see me through,
And give you all of this,
And ended with a kiss.
**A Kiss**

I put my hand upon your cheek,
and draw you in so close.
I softly kiss you very weak,
with just a little dose.
A dose of passion, maybe more,
and with the slightest touch.
I'll make you warmer to the core,
and make you want so much.
Believe me when I say to you,
that I will want the same.
Caressing touches that ensure,
a candle to a flame.
A kiss so soft that is so sweet,
that I can't pull away.
Passion, met with so much heat,
I feel I must obey,
Obey the calling of our souls,
that seem to be entwined.
They know how to find our goals,
that we don't try to find,
To put my hand on such beauty,
and give you all of this,
Took a thought of you and me,
and ended with a kiss.

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**The Picture on my Wall**

There's a picture on my wall,
I look at everyday,
Hits me like a cannonball,
yet still I cannot sway.
One thing that I know for sure,
it's just how hot you are,
I sit and look at your picture,
like looking at a star,
A star that shines so very bright,
and lights a lonely road.
I see your beauty every night,
my heart wants to explode,
Look at all your lovely curves,
and how they work for you,
Lightening flying through my nerves,
I simply like the view,
The view is great I love to look,
but still I have to say,
"Your beauty's haunting, I'm betroth", it blows my mind away.
I look in to your sexy eyes,
it fills me with desire,
Like watching sunsets in the skies,
when everything is fire,
The fire felt's burning deep,
I feel like I will fall,
It's just enough to make me weep,
The picture on my wall,
Why?
Why would you come back for me,
when I made you so sad,
why accept the misery,
and talk of what we had.
Why ask questions that may hurt,
when you've been hurt enough?
Why can't we just both admit,
the pain that will be rough.
Why would you still want to do,
something that's so nice?
Why be nice when I hurt you,
more than once or twice.
Why did I not realize,
just how great you are,
why could I not recognize,
that you're a shooting star.
A shooting star that caught my eye,
that helped me out so much.
I walked away not knowing why,
still cherished every touch.
The touch I speak of comes and goes,
but this one touched my heart.
I can't explain cuz no one knows,
how I've been torn apart.
You have me lost in my own mind,
so why come back for me?
I only hope that you will find,
the answers set you free.

Chapter Three: Love

Special Friend
To a special friend,
that I've lost to time.
The message that I send,
I put in to this rhyme.
We've been through a lot,
only to come clean.
We never gave a thought
of what it all should mean.
But that is all OK,
cuz now we have a chance
to talk another day,
all without romance.
I hope you feel the same,
now every thing has changed.
There's no one left to blame,
we both now feel estranged.
We both have taken roads,
that lead to where we are.
We both have carried loads,
from near to very far.
But still I can't deny,
I've always cared for you.
Don't even ask me why.
cuz I don't have a clue,
I have learned a lot.
since we've been apart,
You'll always have a spot,
deep down in my heart.
For years I've been in wonder
if it had come to end.
The lightning turned to thunder
your still a special friend.
You've never let me go

Every day you help alot,
and yet, you don't even know.
Even though my nerves are shot,
you've never let me go.
You've always kept me standing tall
for this, I'm not sure why.
Without you, I'd take that fall.
I'd fall out from the sky.
I'd keep on failing, like the rain
then surely hit the ground.
Keep on hiding all my pain;
there's nothing to be found.
you've found a way to let me free;
and gave a way to cage.
I'm not blind, I now can see,
you've given me some hope.
I believe you are a light;
that shines in my dark room.
you have made it very bright;
I see right through the gloom.
I have held you very high;
in places in my heart.
these are things I can't deny;
I hate that we're apart.
you have seen a side of me;
that time has left behind.
I forgot what I could be;
now I see the things I find.
I feel the things I see in dreams;
and hear my favorite song.
When I'm with you and it all seems,
I feel like I belong.
Your here with me, I'm there with you
and now I hope you know.
I'm thankful for all that you do,
you've never let me go.

Every Day

Every day your on my mind,
I'm thankful this is so.
You have always been so kind,
Just thought that you should know.
you try to lead me down a road
the path just seems so pure.
Even though I have a load,
you might just be my cure.
My heart is cold with harsh disease,
not feeling very bright.
your heart feels like a warm breeze,
that flows through me all night.
Every day I think of you,
the past has come undone.
I sure hope that you are true,
my heart is what you've won.
I'm very thankful this is so,
you've always been so kind.
I just thought that you should know,
your always on my mind.
Inside My Heart

You'll always live forever,
the times we spent together,
but now it's just another day,
so maybe it's too simply say,
I want to whisper in your ear,
and tell you that the time is bare,
I tried to hide myself from you,
not knowing all the things I say;
I'm sorry for the stupid things,
I'm hoping that tomorrow brings
whether it's to be a friend,
this time I cannot pretend,
I hope you know I do feel bad,
I never thought that who I had
back then I was such a stupid kid,
I'm sorry for the things I did,
so let me dance with you tonight,
I know I can't make it alright,
maybe talk about the stuff,
I hope you know I do feel bad,
I do not wish to hurt you twice,
Here's a story long foretold,
he was young, yet very old;
life tore him up so very fast,
then a light came from the past;
he didn't know that who he had,
it made him feel so very bad,
he spent his days just running scared,
for all this he's unprepared,
she showed him just how bad he was,
he felt that way simply because,
in this cold and lonely heart,
to the times we spent apart,
to give us both a chance,
with you I'd like to dance,
as we both twirl around;
my heart is what you've found,
in ways I can't explain.
I brought you so much pain
that I did in the past.
the things we want to last,
or maybe take that fall
that I don't care at all.
for hurtful things I've done,
better be that special one.
I'm now a broken man.
I'll fix them, if I can,
or we could take a walk,
at least we both can talk.
those made us who we are,
and most will leave a scar.
as I could ever be.
I truly am sorry,
a deadman played a game,
and nothing stayed the same.
Cuz he had never known
a darkened room was shown.
could love him in that way.
it blew his mind away.
he ran away from life.
it cut him like a knife.
that ripped him all apart.
she lives inside his heart.

continued next page

Chapter Three: Love
Inside my Heart

Cont'd

It took him time to realize,
and when he opened both his eyes,
I understand he wanted things,
It's hard to feel the painful pangs,
It doesn't matter what I say,
I'm writing you this poem today,
I'm very sorry for the pain,
There is no way I can explain,
I walked away and didn't try,
But now I'm asking how and why?
I know exactly how you feel,
I know that pain is very real,
The answers that I know you seek,
They leave you feeling very weak,
They will not fill this charred hole,
They won't help you find your goal,
I would rather take this time,
That is why I make this rhyme,
I'm sorry that it's very long;
"connections" can be very strong,
and this time I won't take the chance;

Cur this time is without romance;
I'd like to be that special friend,
It doesn't need to come to end,
I know you mean the very best,
I think we both feel quite oppressed,
I want to say some things to you,
I'm thankful that our friendships true,
But truth be told, our time apart,
You'll always live inside my heart,
I'll also say, "I miss you too,"
I hope you like this poem for you,
that he could finally see,
he's looking back at me,
to be a little clearer.
of looking in the mirror.
but you are in my heart.
I need a place to start,
that I have ever caused.
the reasons I had paused.
because I was too scared.
because I truly cared.
cuz I've been there before.
yet leaves you wanting more.
you will not want to hear.
and fill you full of fear.
they will not help you much.
cuz they will hurt to touch.
to see your lovely smile.
I hope that its worthwhile.
but I have much to say.
so this time I will stay.
to cause you pain at all.
so we can't take that fall.
I know it will be hard.
I will not drop my guard,
but still I do not trust.
our gold is not yet rust.
I'll whisper in your ear.
I'm glad that you are here.
was never really long.
depth, where you belong.
"I'm sorry for the past",
it may not be the last.
**Smile**

Things in life that make us smile, can often come at cost, most of them are all worthwhile, until the feelings last, we try to see what isn’t there, not knowing where to look, like pulling words out of thin air, we try to fill a void, like looking for what has been found, not knowing what we seek, feeling that our hands are bound, we often feel too weak, we try so hard to feel the scene, not knowing where to start, feeling that you are to blame, it tears apart the heart, so now we find a place in time, to look for what is true, remember that there is no crime, except the feeling blue, it’s very hard and will be tough, and it may take a while, the road we travel will be rough, so let’s go find our smile.

**Walk with you**

I’d like to take a walk with you, and maybe hold your hand, walking slow is what we’ll do, we’ll walk across the land, anything to let you know, you’ll always have a friend, I will never let you go, not even in the end, maybe we could speak the things, we’re always meant to say, or maybe even spread our wings, and both just fly away, we could even keep it real, and not say much at all, already knowing how we feel, there is no need to fall, we have stood the test of time, and still we push along, like a little hill we climb, we keep on walking strong, the simple things that we can do, can often mean so much, like walking hand in hand with you, I’d cherish every touch.
Simple Thoughts
Simple thoughts of you and I,
That get me through the day.
Now I'll tell you how and why,
With you I will not stray.
Once I thought that I was lost,
You came to help me see.
It was dark and cold with frost,
And now you've set me free.
You held me up so I can't fall,
For this it makes me wonder.
You don't let me feel so small,
Instead I feel like thunder.
I feel like I could light the skies,
With just a thought of you.
I see the lightning in your eyes,
I hope that you are true.
Simple thoughts that make me feel,
Like I can stand up straight.
I love the way you keep it real,
So I can't fight with fate.
I'll let you have what I can give,
To simply ease the stress.
Cuz you made me want to live,
You made me feel no less,
You make me feel so very good,
For this I'd like to say,
For you I'll do all that I could,
I'd die this very day.
I thank you much and love you so,
You are my strongest link.
Just thought it's time for you to know
The simple thoughts I think.

Love is a Friendship
Love is a friendship
That is on fire,
you're like a rosehip,
That I desire,
So sweet and so beautiful,
a few things you are,
Just to get an armfall,
I'd travel too far,
In to deep space,
or even the moon.
to feel your embrace,
it can't come too soon.
you're in my dreams,
now anything goes.
my light that beams,
my sweet scented rose,
Look in to your Eyes
When I look in to your eyes,
I start to see things clear.
Only then I realize,
that you’re the one I fear.
You’ll always be my special friend,
and maybe little more.
I’ll be there till the very end,
still love you to the core.
I often feel too soft and weak,
to say anything at all,
now I never talk or speak,
so I will never fall.
I will always keep it real,
but better off alone.
Can’t say how I truly feel,
don’t need to say what’s known.
But now I simply have to try,
to keep it all inside.
These are things I can’t deny;
there’s none to confide.
I see inside your lovely soul,
when I look in to your eyes,
It always starts to take its toll,
you’ve caught me by surprise.

Chapter Three: Love

My Bed
As I lay upon my bed
I cannot get you out my head
I think about the stuff you do
I only hope that you are true
you’ve kept me standing very tall
without you I’d take a fall
I’ll fall straight down in to the dirt
you have helped the pain and hurt
for this I thank you very much
and soon I hope to feel your touch
these are the things that I foresee
Just thinking thoughts of you and me

Looking for my Friend
Every day I check the skies,
Just looking for my friend,
I miss the kindness in your eyes,
Still hoping time will mend.
Someday soon I will be there,
I know this to be true,
Still knowing you I truly care,
cuz I’m in love with you.
I'm gonna write this poem for you, so true,
I remember when we met;
There are things I can't forget,
Back then you helped me fill a hole,
and when you saw inside my soul,
you tried to keep me in a place;
every time I see your face,
sometimes we would fight alot,
But we never have forget;
So many things I could not say,
and now I write this poem today;
I remember we would talk,
sometimes go and take a walk,
I often think of what I lied,
we both did things that were quite bad;
Since you've been gone, your flowers have never died,
I think of times that you have kissed me,
I wish that things had never changed,
you left me feeling so estranged,
Oh my God I miss you so;
I don't think I can let go;
So now I write this poem for you,
still not knowing what to do;
I always think of things we did,
you made me feel just like a kid,
There's also times you made me feel
and then you'd show me something real;
It's been so hard since you've been gone,
still find it hard, but moving on;
All the time I've felt so frail,
I will always love you, Gail;
I often think that I'm to blame,
This poem I write is in your name,
It's just too hard to start,
you're always in my heart.
and both of us were scared because I've always cared.
that seemed to have no end?
my heart you tried to mend.
that's always been worthwhile.
It always made me smile.
and then do it some more.
of what we had before.
now nothing is the same.
Can I be that in your name,
about some stupid stuff,
when fights became too rough.
I'll never be the same.
We both accepted blame.
I hate that we're apart,
this lonely broken heart.
except all of the fights.
in cold and lonely nights.
This story's long foretold.
It leaves me feeling odd.
It's you I'll always love,
since now your far above.
You were my greatest friend,
until the very end.
A pain that hurt to touch.
For that I love you much.
I'm now a lonely man.
Just doing what I can.
and all the times I've cared.
I wish you hadn't died.
I hate that we're apart.
you're always in my heart.
Chapter Three: Love

Back in the Day
The most beautiful thing I ever did see,
was Back in the Day, you smiled at me,
and I had tears, a long fall for you,
because I knew, my love would be true,
but you could never, love me the same,
you played me like, I was a damn game,
so this time I’ll run, far and away,
at least we still have, back in the day.

Let go of the past
we try to hold on to the past,
we have to let it go at last,
only then can we move on,
before our chances are all gone,
we’ve held on for a timeless length,
to let go will take some strength,
the future’s coming very fast,
we need to let go of the past.

I’m a Stranger
I’m a stranger, in my mind,
there’s some danger, that I’ll find,
I passed a door, don’t have a key,
I ask for more, of misery,
cut in my head, my thoughts collide,
I should be dead, I run and hide,
I used to be, so very strong,
but now I see, I don’t belong.

Pieces of my heart
The pieces of my hearts
are so very small,
I don’t know where to start,
if I start at all,
I am very lost,
don’t know what to do.
I paid a heavy cost,
I even lost you too.
Don’t know how to feel,
except shit out of luck.
this is all too real,
now I don’t give a fuck.
Knowing this is fate,
and feeling all the same.
It’s everything I hate,
and everyone is blame.
I never said I’m good,
at anything I do,
did every thing I could,
but apologize to you.
The pieces of my heart
go through a needle’s eye,
The sweet is now too tart,
but still I have to try,
to tell you how I feel,
before I have to go,
what we had was real.
Just thought that you should know.
I could never be with you, now I write to you today, I try to act like I'm a friend, you said you found me cuz you cared, you always left me standing there, you know you caused me so much pain, was it to make me go insane; I now write you all the time, I realized it was a crime, I said some things I shouldn't say; once again you walk away, so now I write this poem to you, the only way I can get through; I've loved you so much in the past, I think this letter is the last, I'm sorry but it isn't right, so this will be the last I write, I always wondered what I'd do; just know my love is always true, maybe it is for the best, maybe give it all a rest, and yet I love you so, but still I can't let go, I hoped it's not enough, it proved to be too tough, with pieces of my heart; I slowly fall apart, and everything is cool, I'm just a lonely fool, for this I'm not sure why, I knew it was a lie, so why come back for me? with more than misery; and hold back what is real, to tell you how I feel, it seems we just can't speak, and once again I'm weak, to tell you what I know, before I have to go; can't say how much I care, no longer "I'll be there". to make me feel this pain, I cannot take the strain, if I could be your friend, but good things come to end, to pass this misery, and simply forget me.
Ode of a broken heart

I gave my heart to you,
and yet you gave it back,
it was all that I could do,
but now it has a crack,
I'd rather die alone,
then feel the way I do,
broken more than bent,
and all I say is true.

I speak the words unspoken,
a story untold,
my heart has been so broke,
been feeling weak and old,
there's nothing much to say,
except I've loved you so.

I miss you every day,
though years, they come and go,
just much at all has changed,
how ever I did learn,
that now I feel estranged,
and human hearts can burn,
what you did was bad,
it killed me deep inside.
it made me not just sad,
I also learned to hide,
but still I cannot blame,
cuz I accept my share,
I'll always call your name,
I'll always truly care,

My heart

I could never make you feel,
the way I feel towards you,
all mixed thoughts that seem to steal,
my heart and that is true.
the reason I now tell you this,
I'm not cause you pain,
since we've shared our sweetest kiss,
I knew I'd go insane,
you see the problem here within,
I simply tried too much,
I didn't know that it's a sin,
to cherish every touch,
I understand the power lies,
with whom who cares the heat.
the problem is I realize my heart is now deceased,
cared too much for way too long,
I wish I could move on,
find a place where I belong,
my heart is dead and gone.
I have no place to run and hide,
the pain just follows me.
time that's best and years I've cried,
because of misery,
I really wish I could forget,
the love I have for you,
filled with love and deep regret,
and still I have no clue,
What I must do.
I'm finally strong enough,
to do what I must do,
and though it might be tough,
I let go of you,
I fought so very hard,
to keep you very close,
but now I am too scared,
I took too big of close,
a close I thought was brave,
it wasn't that at all,
when push came to a shove,
I took a hefty fall.
we didn't talk for years,
we thought that time could heal,
it only brought more fear,
and pain that's all too real,
a pain that hurts so much,
but just can't let it go,
a pain too scared to touch,
this much I do know.
I know you said you care,
that left me asking "why?"
I wrote but you weren't there,
I felt you didn't try,
we maybe tried too hard,
or not hard enough,
again I dropped my guard,
again it proved too rough.
now this time it is me,
that walked away from you,
I'm not at all happy,
just did what I must do.

To let you go
I've missed you bad,
I've missed you so,
I knew I had,
to let you go,
because the fear,
The fear of love,
I held you dear,
and far above,
above the rest,
to keep it real,
you're the best,
that's how I feel.
I miss you bad,
to let you know,
it made me sad,
to let you go.

I will never
I will never take the chance,
to be broken by romance,
I'll never ever take that fall,
because I hide behind a wall.
There's nothing you could ever do,
to climb it or to make it through,
cuz I don't mind a little pain,
but now I'm thinking with my brain.
**The Last Love Poem**

This will be the last love poem,
I'll ever write for you.
Like a rose or catacomb,
that I just can't get through.
Your the sweetest and the best,
you've helped me out so much.
I miss your very much.
But fate has somehow found a way,
to see that we're apart.
For this I miss you every day,
it breaks my lonely heart.
I've love you so much for so long,
I hoped you felt the same,
for once I felt like I belong.
I'll always call your name,
I don't know why it came to end,
though both of us may care.
It seems as if it is a trend,
to see if we'll be there.
Several years have finally passed
"again" you looked for me,
You know my love will always last.
But now I have to flee.
I have to run away from this,
you know I love you so,
But now I leave you with a kiss,
and now I have to go.

**All the...**

All the words that have been spoke,
between you and I.
All the dreams and hearts been broke,
that left me asking why?
All the things that I have done,
it's you I'd like to please.
All the time with nothing won,
has dropped me to my knees,
All the pain I keep inside,
I wish I could reveal.
All the times that I have lied,
about the way I feel.
All the time year after year,
and watching just to wait.
All the time I've lived in fear
of ever tempting fate.
All the memories, from the past,
they will not leave me be.
All this torment, That will last,
for all eternity.

**Love**

I thought the feeling they call love,
could be sent from far above.
But now I know that it's all fake,
cuz love is all a Big mistake.
It's just a way to take you down,
and turn a smile to a frown,
then make you feel your bruised inside,
until you think of suicide,
and see that push comes to a shove,
That's what happens, when you love.
Gold has turned to rust

Why is it so God damn hard,
to write a simple letter?
You made me drop my fucking guard,
in hopes of feeling better.
I now feel the way I did,
from fifteen years ago.
It was better as a kid,
Just thought that you should know.
I hate the way you toyed with me,
it seems you'll never change.
I can't believe you're so carefree,
and they say I am strange?
Either you are too damn scared,
to even care at all.
Might just be you never dared,
to try and take that fall.
I remember being there,
Just looking in your eyes.
I didn't know you didn't care,
I fell for all your lies.
It's no wonder I can't trust,
cuz you are all the same.
All the gold has turned to rust,
I'll never call your name.
So now I write this poem for you,
again, you made me cry.
These two words are overdue,
simply said, "Good-bye.

James Adams
Chapter Four

For the cards card worthy
To my Mom
Happy Holidays from me to you.
I think you much, you help me through,
you help me deal with all these time.
So now I make this little rhyme.
I hope you like my clever gift,
it is your spirit, I try to lift.
I love you so, you are the bomb,
but better yet, you are my mom.
Sometimes it is very tough,
through your strength I can be tough.
What I say in every letter,
you're my mom, there is no better.

Happy Birthday Mom
Hello mom, how do you do?
I write this poem, all just for you.
So keep on reading, then go play,
cuz now it is that special day.
I want to hear you had some fun,
go eat a steak and use A-1,
or maybe even drop your guard,
and go and party very hard,
go treat yourself to something nice,
and if it's great, go do it twice.
Anything that makes you smile,
so you know that it's worthwhile.
you deserve an honest break,
go have some fun for goodness sake.

Happy Mothers' Day
A simple thought or little phrase,
can make it all worthwhile.
It brings upon those happy days,
that feels upon your smile,
but still your day will come and go,
sow now it's time to say,
your smile makes your beauty glow,
and Happy Mothers' Day.

I Appreciate you
I thank you every single day,
for considerate things you do.
I'd like to take this time to say,
how much I appreciate you.
So I'll keep this short and neat,
I won't take your time.
Thank you much, you are so sweet.
I hope you like this rhymne.
Old Christmas Day

Oh here he comes, it's that time of year.
The toys he possess, they fill me with fear.
I'm sure you can guess, the next thing I'll say.
The cold chills I get, on Old Christmas Day.
The problem is not, the white hair or fur.
It's only the thought, of what will occur.
I know I should run, as fast as I can.
I saw what he did, that poor old snowman.
I told him, I'd never give them a name.
He told me, it'd better, or I'd be to blame.
The thing Santa said, I'll always remember.
I'll see him again, on next year December.
To me Christmas sucks, cuz all of the fear.
For you Merry Christmas, and Happy New Year!

Blush

Every time I write to you,
I know that it's worthwhile.
It is all that I can do,
to always make you smile.
Now this letter came and gone,
I won't turn it to mugh.
Just trying not to make you cry,
But it's ok to blush.

Blessed

I'm so glad that I have you.
Thank you much for all you do.
The little things that help me out,
to everything that makes me purr,
and all the things that help alox,
they make me think of what I've got.
You simply are the very best,
Because of you, I'm very blessed.

Happy Valentines

Happy Valentines from me to you,
Knowing you need a smile.
I just hope this card helps to,
make it all worthwhile.
I love and miss you in every way,
Still hoping time will mend.
Now it's time for Valentines Day,
I'll spend it with my friend.
What I say through letter and line,
is you know that I am true.
I'm very thankful that your mine,
and yes, I love you too!

Glow

When you stop to smell a rose,
or simply say hello,
You lift the heart, the spirit flows,
you make the colors glow.
**My Queen**

Someone said the Queen of Hearts, is always your best bet,
Soul entwined like counterparts,
a King is who you met,
You picked this King up off the ground
and helped brush off the dust.
You are my Queen, you should be crowned,
you made gold from rust,
There are no words that can express,
the wealth you've given me.
There are two things I must confess,
I'm sure that you'll agree.
First I want to let you know,
you're always on my mind,
Simply said, I love you so,
and yet, you are so kind.
The second thing I'll say to you,
I'll always call your name,
Caressing touches that ensue,
a flame to flame.
You melt my heart and then my soul,
A Queen you truly are,
To show you love, That is my goal
my Queen, my shooting star.

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**This Rose**

I'm finally sending you this flower,
I hope it makes your day,
so you will know our love has power,
There are two things to say.
First I will admit to you,
how much I've missed you so,
This rose is all that I can do,
to simply let you know,
I realize it is the first,
I never gave that much,
So now I have to quench thirst,
to cherish every touch.
To touch your soul and then your heart,
to simply rise above.
This rose is just a little start,
to show how much I love,
I'm sorry that it took so long,
it took too many years,
your in my heart where you belong,
so throw away your fears.
I hope you like this simple rose,
a whisper in the air,
I say your name for all who knows,
That I'm forever there.
Authors Statement

If you have made it this far, I must commend you on your tremendous abilities to read chicken scratch! I hope you enjoyed the poems.
I admit that most of these poems are simple fillers that I had written in haste, and when reread, even I thought WTF? There are also quite a few that I have an extremely difficult time with, simply because they hit such a deep nerve.
Those are the poems that I cherish the most, even though the memory is followed by pain.
Through that pain and the years of suffering quietly and alone, I have still somehow found contentment, and I am so very thankful for that.
I am especially grateful for those who have given me the inspiration required to write even the simplest of rhymes, whether they were the love poems that mean the most to me, to even the broken, haunted and depressed poems that seem to haunt forever. I am and always will be grateful to all who have helped me to remember that I am still here and that I am still human. They made me want to believe that someone may actually care, if even just for a moment.
I know I have made some regrettable mistakes in life, and I may not be the best person that I could have been, but I also know that I have a lot in my heart and soul to offer and I simply needed to be reminded of that.
I really do want to care, however, I find it difficult to remember how and that frustrates me terribly, so I began to write poems as a way to release those frustrations and sorrows.
It occurred to me that the more I hurt, the better my writing had been.
Then again, the more I loved, the more I hurt. That alone lead me to realize that I am my own poison. Like most people, I hid my true emotions for so long that it seemed I had forgotten who I truly am.
I’m sure you can tell through all of these pages that I have had a lot of those inspirations in my life,
I had fallen for my best friend and that failed terribly. That situation had scarred me so bad that I’ve always used that as an excuse to never allow anybody to get close to me again. Several years finally passed and I started to open up again; however, she had passed away to the Heavens above, and then I hit rock bottom and came to prison not long after.
Several more years passed by and the one love that got away had decided she wanted to write me for awhile, I must admit that it truly made me happy to have her in my life and talk to her again, though it proved to be
the most difficult thing I have ever done. That left me emotionally drained when it had been realized that we were trying to be friends and that was a total failure as well. I had an epiphany that I had wanted too much and I wanted what she could never give, I hit rock bottom after that as well. My biggest mistake was thinking that she had owed me because of all the pain from the past. I could only apologize for that, and I know that will never be enough.

I had other friends find me as well, but none could keep to their word. One spent years trying to get me to commit to a relationship and once I did, she thought it was fun to talk about her "friends with benefits." That screwed me up a little and made me question if all women really are the same? I've also had some friends write, but it proved to be too tough to write a second letter. Still I cannot get angry at that, I understand that life must go on and needs to be dealt with. It is easy to forget about somebody when they are gone. There lies the differences of being alone and feeling alone. It's only up to you to perceive that notion for what you will.

I still am a happy, insightful, and outgoing person, though I will always hide behind a facade. I can only hope that my rhymes can help to open people's hearts to the realities of the fact that sometimes no one ever knows the pain that haunts a friend.

We all hide our true pain with the fear of hurting someone else, or having somebody come up with the presumptuous notion that you are weak. I had only showed a small portion of myself through out this book, because I know that no matter what I do, I have nothing left to lose and it doesn't matter anyways. However, even if it may be too late for me, it's not too late for you.

My objective is to get people to realize that it is up to them to go and ask their friends and loved ones if they are ok. Believe that it will certainly make their day, and that is all anybody could ever truly ask for. Nobody should or wants to feel alone, especially when they are alone.

I can only hope that with me telling my story, somebody out there will see that they are not alone. "We are not alone." Don't live your life with fear or regrets and don't live your life not caring about the next person, or the last at that. We have too much of that already, and certainly don't just think of yourself either, because the next person that may need someone to be there, might just be you.