Heart Of A Lion: Book Of Poems
By Maurie Caruso
"If the sun comes up and I'm not home he strong. If I'm not beside you, do your best to carry on. Tell the kids about me when they're old enough to understand. Tell them that their Daddy was a Good man."

- India Arie -
"Heart of A Lion:"
"Nola Renee's Book of Poems"

By: Manuel "Sonny" Caruso

Oct. 23rd 2015

This is a collection of poems written in the midst of life changing experiences. I have grown more during this process than I did in my entire 33 years prior.

I put my heart into my art and at times it brought the only semblance of solace remotely possible.

Yet the worst has made me better.

Through weakness I found true strength.
Through emptiness I found abundance.
Through Joy and Pain alike I found inspiration.
Through betrayal I have come to understand loyalty.
Through my tears and struggles I found Faith, and
through poetry I found healing. This book is a reflection of those discoveries.

This Book is the essence, of this Lion's Heart.

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I  Intro

From the bottom of my faith-filled heart, I appreciate you, yes you, whoever you are. Whoever you are. If you're reading this, I have a significant amount of gratitude with your name on it. Thank you.

My poems are written almost entirely in rhyme form and the rhymes are structured from slashmarks (///) to slashmarks (///).

I apologize for my handwriting at times, along with any misspellings or grammatical errors. All of which are entirely my fault.

I wish I would of had assistance in typing this and editing. The final product is as polished as possible without...

I believe a huge amount of the passion in my poems is lost in translation, but I also believe the heart will still be felt.

I pray you enjoy

"Heart of A Lion:
Nola Renee's Book of Poems"

I
Acknowledgments

First and foremost to my Creator (Jesus Christ) for every blessing, every lesson, and every breath I breathe.

To my 2 uncommonly beautiful children: Prince Ezariah Caruso and Miaa Chanel Caruso. Daddy loves you more than you'll ever know. Be good!

To Ms. Julie Anne. Your passion for change is contagious. Your belief in me is empowering and without you this book wouldn't exist. Period. You Beautiful! God Got U!

To Big T, my spiritual adviser. I wish I would of grew up with a role model like you. My Boy Evan George. You already know broh! We Dope, they trippin!

A list of acknowledgments for this type of book might seem a little obnoxious, but this might also be the pinnacle of my literary accomplishments. So let me

Stop one time.

East Palo Alto stand up. Sack stand up. Downtown stand up. The Beautiful Natasha LeVille. I Love You Biggbo Tameka Harvey for always being real, never changing you, and loving me for the last 9 years no matter where I went or what I did. #Unconditional
It's time to acknowledge...
My children's mother, I love ya'll. I
know I'm bootay but once I'm in position
I get ya'll straight up.

Nothing is smoother than velvet. Get
that education and pursue that greatness.
(I can't wait!)

NettieBo... Nothing I can say
that you don't already know. You are
in every stroke of my pen. The long way.
I pray for your happiness.
The whole world saw how you so
Bootsy. Mia Mia you are the definition of
family. Thank you a million times.

My Brother Ahmed Mustafa, You made
me understand that anything less than
greatness is unacceptable, and all the
intelligence in the world is useless without
Focus. Agnate.

To the friend that reminded me I need
no friends. Only family and loyalty is a
criteria. You could never meet. I forgive you
they because I could do nothing worse
then what life has in store for you.

Most importantly to: The most
beautiful Woman in the World:
Dakoda Charlene Carson. I love
you Mama. It's gonna be O.K.
Dedication

This is for Ms. Shaynette Renee Brown. Everytime I wrote a poem I couldn't wait for your reaction. Your approval pushed me. You inspired the passion that moved my pen.

This is for your loyalty and your Betrayal. Through both of which I found Humility. For the love and for the pain. Both of which made me better.

You showed me I had the ability to love with all my heart. My heart was a Rubix cube and you lined up all the colors for me.

My greatest growth was born from my greatest pain. Your worst made me better. I thank you and my future thanks you because I am finally who I am supposed to be. Because of you.

God Bless

Salute

SimBA
IV  Pope Quotes

"Writing poetry is the hard manual labor of the Imagination"

Ishmael Reed

"Life is a gift from God. How we live our life is a gift to God"

Shirley Poitier

"Humility is not thinking less of yourself. It's thinking of yourself less"

Rick Warren "Purpose Driven Life"

"I will not lose. Even in defeat, there's a valuable lesson learned, so that even's it up for me"

Jay-Z
"Congenial"

It's crazy to have thoughts like a preacher but then act like a pimp/
Have healthy bones but leave the house and walk with a limp/
I wanted to be something that I couldn't be/Thought my confusion was something that you couldn't see/I couldn't breathe/walking around like I couldn't bleed/in places that I shouldn't be.
Inadequacies result in catastrophes/everything was Nothing to me/
Now I'm broke/A liar with prices that won't expire, so the judge wants to throw his Book/
It's getting hot in the kitchen I'm close to being cooked/
But there's a definite difference in Remeager in my composition notebook. I journaled about hurdles/Not putting turtles in girdles/But obstacles I love/like feeling like it's impossible to be me/to be free and to be sober"
Consequent cont...
Plus who wants to be with me if being with me means it's always this close to being over? But that's just a result of my low self-esteem led the league in scoring with no assists because I played with a selfish team. I learned the hard way money just makes you poor if you play a selfish scheme. But I'm from the Ghetto how dare I dare to dream ended up afraid of life much too scared to care to scream. Because where I'm from your made to feel like it's o.k. to be dumb turn out to be drug addicts like it's o.k. to be dumb 33 years old it's not o.k. to be young 26 to live it's not o.k. to be done. Never there when he need me it's not o.k. to my son.
At this rate his influences are gonna be consecutive to mine a torrent at 9. Not understanding the word
Conceived until the age of 25.

It's a vicious cycle obviously. You gonna be just like your father. My mama was
Nostradamus with her prophecy should of turned my singer off but the narcotics kept on calling
me. Living in America we learn hypocrisy before democracy. Can't keep up with our bills but we keep up with Kardashians because the drama is what we wanna see. The middle of other peoples problems is exactly where we wanna be.

Plus Daddy's acting like being a daddy will kill him. I've only bred a father when I fathered my children. In the game of life they're the only losing contestants. My only investments was a lack of investments in protection. It's not o.k. Not the last 7 years, Not tomorrow, Not today.
Can't wait until I'm in a position to give permission to go outside & play. Money is not the definition of wealth. I'll finally get to know my children, because I've finally got to know myself.
Her Favorite

I love when she tells me that
I'm her favorite.//
Her words are like lyrics, dominating
my heart's playlist.//
I've dared my soul to go beyond
what my eyes can see.//
Visions of Faith, Hope, and love,
what I need just to breathe.//
I will forget myself for you, that
way you will never forget me.//
I will dig until I find God's gifts
in me to give them to you for the
gifts that you've given me.//
I have a beast hardening me, you
promised to help me tame shine.//
At times I struggle because Faith
and fear can't exist at the same
time.//
I love you & I will never let go as
long as you act like you never
want to let go of me.//
But I need you to be you,
because you have my heart
and my heart has control
of me.//
They said you were a "Jezebel" and hated said I was a "Smooth Operator!"
Now our "Loving Thing," can't wait
until I'm back on top like a numerator.
I swear coffee bean I only want to be Dope 4 you, your love gets me higher then a Drug. I see me we both salute because we're both a "Soldier of Love."
Nobody said it would be That Easy, it's a struggle we need strength. Love is worth more then Money now my heart is like a Bank we both know this ain't "No Ordinary Love."
I'd wrap you in my arms if we were suddenly surrounded by a 100 Doves.
Because I'll alway's protect you from whatever makes you sad. I promise to put forth the fullest effort to achieve whatever we put forth in prayer. 

(P. 6)
So please, please, I beg you, don't let the times I was "Mr. Wrong" / let you lose faith now and forget your trying to get ya Missus on. / Because wherever your lips touch my lips I see life in a different light. / 2.19.14 I "Cherish The Day" It's a "Kiss of Life". 
Sophisticated Ignorance

America, a sophisticated ignorance. Generation to generation, it felt like there was something it must train kids to learn it early, white goes first, life's a chess game. Civil rights protesters ended up dog food, 50 years later we still stand on change. I know it sounds like I'm getting my bow-tie on, I'm never stiff like botox, standing on top of my soapbox with cat-tails for the ignorant to coat ride on. This is for Black, this is for White, this is for Brown, get ya law ride on. This is for the palm in St. Louis. This is for reaching for a hitches instead of a pistol keep ya hoods up for Trayvon. This is for doing nothing wrong, seeing the police & your heart start racing. This is for every tear that hit the ground at the Fruitvale Bart Station.
This is for Eric Garner not being able to breathe!!!
This is for profiles & stereotypes being the first thing that we see!!!
This is for the 50 year old man getting shot at, running away, eight times!!!
This is for the video phone that caught that racist cop he should be facing hate crimes!!!
This is for all the created diversions!!!
From obama foreign policy to YouTube Twerkin!!!
Instead of us paying attention to what's going on in Ferguson!!!
I know this might sound crazy coming out of a white mouth!!!
But until 2008 I couldn't identify with the man inside of the White House!!!
E.P.A. east part of Africa they nicknamed my region!!!
Blonde Hair Blue eyes had me feeling like Joseph in Egypt!!!

(P.9)
America, no place like home. Where we followed the yellow brick road with Dorothy and Toto.
Then we put on our Sunday's best and smile with our families as we pose for a lynching photo.
It's a sophisticated ignorance like writing curses in cursive like how is hanging your pants on a pole causing a disturbance.
Your not, they just don't feel you.
They think you're inauthentic, they don't think you're real, you know.
That's real, inauthentic.
Red, white, blue and ain't no coming from it.
How many 100 year old court houses still have that ol' hanging tree in front of it?
America, a sophisticated ignorance, is nothing I have to prove.
The proof is found in white cake being called Angel Cake and Black cake being called Devil's Food.

(P.10)
Best of Me

I love you more every single day, so every time you is a new day. It can be raining & storming outside but Beautiful sunshine wherever you at. It's Beautiful how one can be made from two.

I believe in you the way that I do because I never felt belief like the faith I get from you. Everyday I'll be the best man I can be until I'm dead for you. I'm asking. But I'll stand on the corner and beg for you. Get my head did on, steal some bread for you. Hopefully it never comes to that, I'm just saying rich or poor I'll get you through.

God ain't the only one that got you. Mama child I got you too. I love you past my life even past the Death of me. I gave 20 years to the streets you get the rest of the absolute best of me! (P.11)
I hate jail. Or maybe not. I hate going back to jail. I hate not knowing when I'm going to get out of jail. I hate that I get comfortable within something that I hate.

I hate that recidivism is like a shadow and everyday is a "Sunny" day!!! Going back never seems to be far away!!! I hate paying a dollar when I knew what a soup is worth!!! I hate squatting to coughing constantly being strip searched!!! I hate the erasing of my individualism in the worst way!!! My son is 8 my daughter is 9. I hate that I've never lit candles on a birthday!!! To know me is to hate me & I hate it!!! Actions in one hand, consequences in the other. Never taking the time to weigh it!!! Can't deal with expectations of being trusted, but can't breathe without being loved!!!
So if I hate anything it would be the depiction of my character as the result of using drugs.
I believe in whatever is in front of me. I believe in my ability to find God's purpose for me. And make that purpose work like a ringmaster in the circus for me. My past is my past. It's no longer a shady figure lurking for me. I get my shades on because my future is bright! Our days are numbered but we have free will of what our future is like. So make it what you will. God's will be done. And until His will is done, you will never know what you will become. So ask yourself this: Not what do I want to do but what am I suppose to do? What am I really suppose to direct my focus to? Because putting words into rhyme or form is probably not what I was chose to do. But right now it's the best way to get close to you. (P. 14)
Believe

And bringing positivity close to you is what I know I am suppose to do. So I will recite what I write then write & recite more. Positivity & change is what I will consistently fight for. Set fire with words then lyrically ignite more. Change is what I pickett outside the devil's office morning noon & night for. Your dream is YOUR dream stop being deceived. When you figure out God's purpose you'll understand what it's like to really believe.
She loves me, she loves me not...!
She used to tell me she loved me
more than all the molecules in
the world, and she just says she
loves me a lot!!!

Well, I guess easy come easy
go... We'd probably both agreed
things changed when we agreed
to get that easy doe... Funny
how the easiest things never
end up being easy through!!!

Painful reflections from being
stuck in a box and stressed
in it!!! Which came from
begging for a blessing then not
knowing what to do once I
was blessed with it!!!

But how can I be blindsided
& surprised by infidelity when
I wrote the book on how to
be a Player?! I'm Bill Bellamy!!!

Now I'm confused like I don't
know what to do...!! Perfect people
don't exist but there exist a
perfect person just for you!!!
we were perfect for each other, but perfection is no longer how I'm viewed///
But what's sad is I'd still take you back/// One I love you/// I'll be faithful/// I'd be head over heels again just like that///
So eat & drink tonight for tomorrow we die/// If my intellect is so deep, why do I still drown in the shallowest pride///
What don't kill you makes you stronger, either that or make you bitter/// Make you tenacious in your attempts or turn you to a quitter/// Be your path to righteousness or aid you in immorality as a sinner///
This is something I've been through before, but a lesson I've never learned/// I put my hand back on the stove because I forgot what it was like to have it yourself///
Loves Me, Loves Me Not cont...

Lots of people go through life never loving, so I still feel our love was a plus. It taught me you can't always trust the person you love, but you can always love a person you trust.
We're drowning in the middle of the ocean with no vest///
Everytime you tell me you love me I wonder how many 'i love you's' are left///
I am ashamed that you seen some of the things that you seen in me///
Don't let my inability to be your king make you think you were anything less then a queen to me///
How Beautiful our children would be, is probably something we'll never get to see///
Sometimes I wonder why you? why so intense? our love, dodged so real///
Then I realize those define your characteristics our love is a reflection, I'm blessed just to know you 4 real///
1 in 3 times we talk I think I hear that you done///
Noticing subtle differences is the definition of intelligence to some///

D. 19
But I definitely do not feel smart:/// I feel incomplete. Fractured. Shattered. Broken apart:/// I'm sorry for loving you & making you love me the way that you do:/// But your so Blessed, you know God & God will guide you through:/// All I want is another chance to love you be what you want and make your life perfect:/// I'd give up the rest of my life for a day and have no doubt it was worth it:/// -Deeper Still
I Believe

I Believe in the hope of Tomorrow
Because yesterday's pain is inspiration found through sorrow
I Believe in the power of a moment
I Believe that love is elusive when you try to control it
I Believe in respect and appreciation
Unconditional love, Mother & sons reconciliation
I Believe in Trust
I Believe that hate & resentment are emotional cuffs
I Believe in a loss that found a belief to win
I Believe in Him
I Believe in Me
My Beliefs are only possible because of my belief in Him

-Praise God-

(P.21)
I can't begin to rationalize the absurdity of attention-seeking actions that result in obscurity. I have to change that. Like a penny pincher paying 99 cents with a dollar, where's the change at?!

I if I did it, then it's my fault, either me, manuel, or some is where the blame is at. Overinflated ego, I gotta change. No menopause. Head bigger than the baby boy from Anaheim. Have to humble myself, find humility stop being a showoff.
I put on a straight face like everything is fine,
So you can't see the pain that is painting my mind.//
I try to act like I have it all figured out.//
In Battle, my confidence is being destroyed by my doubts.//
Head is filled with thoughts so confused.//
From a past of using or being used.//
There's holes in my soul I peek through just to remind me.//
I get lost looking inward just trying to find me.//
I try to forget the mistakes of my past.//
But I can't get them, they chase me so fast.//
I look in the mirror, see a broken reflection.//
Trying to accept myself, I'm met with rejection.//

(P. 23)
A smile on the face, but the eyes are empty.//
Pursuing a purpose, I wonder why has he sent me.//
Try to act all cool & collected.//
The chaos inside is never reflected.//
Afraid to show the world the true me.//
Why does it take 25 to life to set the truth free.//
Afraid to portray any emotion.//
Never afraid to cause a commotion.//
Afraid to show any panic.//
Exhausted when filled with things so frantic.//
No answers to questions of so many things.//
Filled with an anxiety that the smallest things bring.//
Inside is such a mess.//
But only to her does he ever confess.//

(P.24)
He continues to live like it's only to die.
Chasing change, he would die to be different inside.
I reach for the mirror but before I touch it the mirror is broken.
Her words beat me there; it shatters as soon as the words are spoken.
So I'm left just to stare at a shattered reflection.
Inspired by the sight of all my imperfections.
They say love is blind. That just means anyone can be with anybody. I believe love sees all. Infatuation is blind. Love sees all the flaws and blemishes and accepts them. Love is accepting the bad habits and mannerisms and working around them. Love is recognizing all the fears & insecurities and knowing your role is to comfort. Love is wading through all the challenges & painful times. Infatuation is fragile and will shatter when life feels impossible. Love is having faith regardless of how impossible life feels. Love is not only strong it continues to strengthen even unknowingly during moments of weakness. But if love leaves it will leave a hole that you can't fill. It will leave you looking for a permanent solution to a temporary problem.
Nightmare=Reality

Because Death would be a Blessing when consumed by that emptiness.

When your love don’t want you, you don’t want yourself. When you hate yourself. Waking up in the morning becomes a tragedy it feels like a catastrophe when you face yourself.

Nightmares match my current reality so tears escape before my eyes flutter open. Because I am what I woke up to, which is nothing, as someone else woke up to my world. I made a wish when I awoke that I would never awaken if I never get to wake up to that girl.
The temperature of this summer has left my heart frostbitten. The radiating rays of the sunshine has formed icicles sharp enough to sever any hope from my reality. A cold so unknown it can't be real. // A hot July day with a chill // That causes a shivering that can't be stilled // A love frozen in the middle of a heat wave // I payed too much for you when the stormy clear I know God will give me a rebate //
It's 100 degrees & I'm freezin' // Because your heart is colder then the snowy season // when its 20 below freezin' // leaving the facade so exposed there's Nothing left to believe in // why you keep coming back just to keep on deceiving // So I exhale and see my breath underneath the hottest of sunshine // Regularity is needed for maintenance, there's no consistency in your sometimes

P.28
Coldest Summer Ever

There's lessons in mistakes, a painful education I've learned mine.
Like how the prettiest people will do the ugliest things. Then have zero compassion for the pain the ugliness brings. Indifferent to the misery in the lyrics of the songs that they sing.
I'm fighting 4 love with a mutual combatant. I'm battling 4 the last remnants of our passion.

Enjoying the Sunset has become so metaphorical.
Open ended questions I use to ask have now become rhetorical. Like, How much do you love me? I believe I've learned the answer to that. Your words and eyes are so deceiving, I learned your actions are where the answers are at.
You can't visualize your dreams until you decide to get some sleep. Nothing is trivial in love that's why my thoughts are so submerged. And I think so deep. You can't escape yourself, you'll always be as sick as the secrets that you keep. You'll never understand the strength it took for me to let you see me weak. My eyes were dry for 5 years before the first time you seen me weep. But now I'm all cried out. I had to accept the fact my ride or die can't ride out. The soulful fire we ignited was suppose to burn forever. But you extinguished it and it couldn't survive The coldest Summer ever.
Doesn't Make Sense

A regular Joe with a regular job, me & my dogs as youth despised //Now me & most of my dogs are sitting in cages trying not to get euthanized //Who comes, who goes, who decides //Trying not to fall for their lies // I fall for my own // A self crowned king cracked his crown when he fell from his throne //

Opened up the window & bailed from my home //
I ran away from my blessings now I'm begging for some // Mama kept food on the table now I'm begging for crumbs //

It doesn't make sense I couldn't perform at my appropriate academia level //
When my intelligence level was always higher then the bass & treble levels //
Peaking over speakers beating out of the Ghetto //
Post Facts Don't Make Sense

My moral compass had me searching for a fair man. //
Drugs had me feeling like I could intercept missiles with my bare hands.
But I'm not a Patriot // I was a coward scared to paint my own picture so I traced it //
And if the states not a fascist why do we have to get on commie buses & state our cases //
I'm not a product of my "environment. I'm a product of the product that rooks up & causes us to catch cases //
use to be federal guidelines of a 100 to 1 sentencing regulations // Now I'd just train to straighten up, is it too late to get some braces // I want people to see me different without havin to get a facelift //
I'm an alien earthling who no longer has a need for a spaceship //

(3:33)
Strength is an illusion/// there's nothing more confusing/// than the intrusion/// of something that will leave you busted open & leaking like contusions/// making it hard to breathe like pollutants///

Because true strength only comes from the strongest/// anything else is a derivative of the wretched/// to figure that out it took me the longest///

Whatever else makes you strong will only make you weak again///

I think of that cross and I emphatically weep 4 Him///

Strength is when you get weak when you speak of Him/ what's stronger then making a mute man speak again/// The Holy Spirit is abundant and I breathe it in/// Sometimes I scream at Him///

Goin through it, looking up like where are you Now///

But it only makes sense to be tested by things that break you down///

P. 33
I can't let em break me now!!! Like Jesus not being broken down by that broken crown!!! With Romans casting lots & Jokin loud!!!

They want to take my life like the end is almost here!!! But how can I lay down & die when casters almost here!!! You have to believe with all your heart & only half of what you hear!!! Pay attention with your soul & stop listening with your ears!!!

You need a light on your path to navigate the confusion!!! In reaching for your strength, you have to allude the illusions!!!
There's nothing worse than talent wasted/// It's like having a mirror but being faceless/// I'm Dracula, I can honestly not look at myself/// Because honesty plus reflection equals devastation a detourification of my soul & my health/// You can learn a lot from a dummy so listen up/// If you only motivated by money you're only a dollar away from giving up/// You have to attack life, beat it & bruise it/// Either move it or lose it/// You have to have stability with your ability, put em together & face it/// If not your gonna lose it/// That's talent wasted, like getting a chance but you blow it/// If you get a chance then pursue it/// Let your words & your actions line up when it's time to prove it///

Because if you relapse, then then old demons will have control of ya/// causing severe xenophobia/// (P.35)
7.36 Talent Wasted

even in the ones that were closest to ya///

I will absolutely be a shoe to my dreams/// because those persons, places, & things/// had my mental health held together by strings/// I am the boy who cried wolf and my village is tired of my screams///

I will be patient, I will live grateful, through adversity I will know faith and the hope that it brings/// so when I don't wake up, I will not feel the flames, but hear the angels & the songs that they sing///
My eyes are bloodshot red from lack of sleep. When I do sleep, my dreams are filled with you. But not the real you. The indifferent you. The empty you. His, you. The one that loves me not. The lost one that lies because the truth is a shameful burden that burns beautifully bright when you run away from a blessing.
The one that has forgotten who you are. The love of my eyes are as red as the roses.

Wish I could give you to brighten up your darkest day. Because inspiring your smile is what brightens mine. So even in my selflessness, is a little bit of selfishness.

I miss you so much. The real you. The passionate about life, you (the you that missed everything about me even my smell).
The you that wore my worn T-shirts after I came to jail
The you that strengthened my faith in Heaven and renewed my fear of Hell
The you that believes in me.
The you that believes in you.
The you that believes in us.
The you that told me once, you never want there to come a time where I don't need you. But I will always need you. So don't worry. But all I will ever need of you is for you to be the real you. Because I do need you. I need you like I need the earth's rotation to keep my gravity centered. I've needed you my entire life. I never knew what I needed until I needed you. I found acceptance in your beautiful smile, and now my eyes are as red as velvet cupcakes on Valentine's Day because of you.
Amazing

I am amazing-at being terrible!!!
Because I'll do anything to alter my
reality once my reality becomes unbearable!!
Let me get stressed in my mindstate!!!
Then it's straight to the drugs then
straight to boosting up the crime rate!!!
Then I'm shackled up in the courtroom
and my times waived!!! Bound in
chains, I just wanna see freedom, I'm
a blind slave!!! And I'd cut my foot off
to get away!!! Just like a million other
brothers upstate!!! That would do the
something to get a date!!!
Garbage cars get steak knives, I get
my fork, steak knife and plate!!!
But keep your fork away from me because I ain't done yet!!!
That fat lady ain't warming up her
lungs yet!!! It's not going down.
My life has not become a shit!!!
I had a potential that
predicted I was suppose to be
terribly amazing!!! I was suppose
to be able to handle whatever life
threw at me!!! Nothing was suppose
to Faze Me!!! (P.39)
I feel so lonely. Everything you see is even without you using symbols. I must have it all alone. I don't want to tell you about it being alone. I feel so lonely. Nothing made me feel so lonely. My feet were so cold. I was so cold. I could smell the blood. I was so cold. I was so cold. It was so cold. I was so cold. I was so cold.
I know I ain't a cub no more
but it ain't too late 4 that://
I just found my Nalla & learned
if there's envy in your heart then
that's probably where the hatreds
at:// The Joggles been ugly,
AaAaAaAaAaAa, yeah I breed
a taste of that://
Happiness seems to be an
elite fraternity // I'll do anything
to get in, in the form of
Hazing // because I'm tired
of being terrible, I just want
to be amazing://
I'm tired of backstabbin ass snakes with friendly grins///
I'm tired of commitin so many sins///
I'm tired of survivin instead of knowin what its like to really live///
I'm tired of fightin, I feel like givin in///
I'm tired of not being there to raise my kids///
I'm tired of comin & goin into & out the pen///
I'm tired of fightin, I feel like givin in///
I'm tired of being tired.
So fuck it, I'm on that hopeless shit///
Tired of my heart not being able to get up off that smokin shit///
I'm tired of not havin a home///
I'm tired of not being able to stand on my own 2 as a man, I'm tired of endin up alone///

(P. 42)
I'm tired. No Ambien is gonna get me up out this zone///
I'm tired of being Angry!!!
Tired of not knowing how to deal with my anger & making shit go crazy!!!
I'm tired of being the one that ends up being the one that plays me///
I'm tired of being somebody that I'm not!!!
Tired of being so good as being that person ever--forget that it's somebody that I'm not!!!
Tired of not having a plan, only plots!!!
Tired of being hired & fired & end up back sellin' socks!!
Tired of care too much about what covers up my socks!!!
Tired of feelin' like I lost my shot at wealth!!!
Tired of it bein' me that rejected that shot like I was playin' lonl with myself!!!
I'm tired of focusing on what isn't there instead of appreciating what is there. I'm tired of visions of her running her hands through his hair. I'm tired of being broke and fakin' like I got it. I'm tired of havin' my entire worth in my pockets. I know what comes from being this tired. I don't see a way to stop it. I'm tired of talent and I'm tired of my potential. I'm tired of the poverty line & my pockets not havin' a differential. I'm tired of not earnin' enough until it's too late. I'm tired of my words & my actions makin' me look like I'm 2 faced. I'm tired of bein' lied to. Tired of deservin' to be lied to. Tired of runnin' from reality when it knows exactly where to find me. I'm tired of the pain & deception that comes with them streets. I'm tired of this life either wake me up or let me go to sleep.
I lied I cheated
through the phone
you usound defeated.
I didn't mean it, I
was foolish. Out the
devil's palm I was eating
There is no me who you
God please understand
I'm the for human a I
make mistakes but pis
don't take, oh lord I
beg, my love away!
I'll do the i take
whatever it takes to be the
woman you designed in
know the order is divine
make me pure keep me
whole, you know how Lord.

Manuel Canoso
(3.45)
you're so fly,
you can always tell
when I'm high
When will I be free
from the danger that is me?

How do I begin to live
for my husband & the kids.

"When, thanks God
that was close." How
many times will I say that
before my Lord responds
"gross!"

How worthy am I of all of
His blessings if I'm still
studying the same lesson.

(My fears come w. tears &
I'm afraid to be vulnerable.)

As I sit in the dark w.
my music row, somehow I
I know, this won't be
the end of the show,
we have too much living to
do. I know it's our punishment
it's not all because of you.
When you play dumb games
dumb things happen, I
just anticipate the dumb
looks when everyone is clappin'
when we make that promise
and share that special kiss.
When you suck out my air
& replace it with bliss. When
the lord takes us serious
and we see what it is.
When we can share our
blessings; baby making in
the midst. I will be your wife
and I promise you this. I won't
leave you until I'm in a ditch
loving you deeper daily -wifeybo
Addiction is my contradiction, spiraling out of control, preying on my weakness. Transforming my soul. Blessed enough to know a love quite rare. All out of character blind to the truth. I sit here as I write and think, 'What did I do? Where is my passion? Compassion... aint sh*t funny but we still enjoy laughing. But the fights, our fights are by far. They break down our empathy, tears us apart. Accountability is something you think I don't own, but I'm accountable everyday - explains what's happening to my soul. Too fond to let go. I'd rather get blown, lose control, as my man gets cold. Love is strong & it will make you do crazy things. Like lie & deceive, but that's ironically the good in me. I hate to see you hurt & you know what's even worse, life was ok for you & prince, I came in the picture & really fucked up shit. I know I wasn't alone in the destruction of a home. You played your part juggling willing hearts. I had never truly sobbed until I met you. Feels heaven sent, and (P.48)
Sin we still do. Correct me if I'm crazy. Maybe it's a punishment. God saw our love, it was devi
tarnished it. If only if only I could rewind time. I would've listened harder; not act blind to the troubles that were upon us. When RD said you had a wife, I would've left it at that. Only my fire was burning; I knew I would be back. Spiritual, emotional, intellectual and physical. My whole being was ignited all because I met you. Not only something new but someone powerful, respected, admired, someone true! Well when I thought I knew, once I fell in love there was nothing I could do. My whole life was you! At first this was a good thing, then I began to feel love. Upset with my Savior because you weren't true. You didn't recognize my love when you had it freely. What you did to me should've never been done. I don't mean to scold you but as my pen moves the thoughts then come. If we would've been patient who knows what could've come. Instead your there, I'm here, and we both feel and look dumb. I want your offspring.
and your last name. Baby, I'm terrified and I urge you to feel numb - but then it sounds dumb... bad day for everyone, disgusting. Your right. I never want my husband to associate me with that light. You left an imprint in my heart and I feel the love I do. I wonder how things would be if we switched shoes... In this relationship I've felt used a lot. Not meant to hurt you but I want to get it out. I've forgiven but I can't forget the bad stuff that is although the good memories showed me how to live. I know how to charm you, how to feel your love. When you hold me I don't ever let me go. I will support you and hold you down. We will make one another whole. I have a void please fill it your the only one who possesses enough control & love to fix it.

And in time you shall Cant' wait to hold you again, Inshallah

Trust God! Trust God

Thank you for accepting me & all my flaws... love your true love

(PSO)
The passion in which my pen moves is a reflection of that in which I've been through. If I wrote it, it's my reality. If you read it, I felt it.

I am a good person that has unfortunately made bad choices. These choices were mine alone, even when I didn't understand why I was making them. I am in recovery from a drug addiction that aided me in those choices and rendered any goodness, intelligence, or talents I had irrelevant. That's why today I painstakingly pursue improvement daily. It's a process, but it's a process I'm a million percent dedicated to. Because I will be the best Father, son, friend, nephew, grandson, Brother, Husband, Man, I can be.

My entire life was like trying to watch T.V through a key hole. The door is finally open now and I see the big picture.

I would love to receive any feedback you might have. My incarcerated address is included. Once again Thank you very much.

God Bless. Salute

'Mike Green' (Deeperstill)