

Sadness Looms but Happiness Awaits

Joel Blake

Presented by

My poetic side 

Dedication

To all my group members in therapy, to my beautiful girlfriend Rachel, my amazing daughter Akayla, my mother, sister, and grandma for their continued support and putting up with all the crap. To see people adapt and overcome has brought me light. And I would like to thank God, because he has stop me many times from carrying out a wrong choice. Love all of you.

Acknowledgement

Life is rough but those who support you can be tougher because they feed you hope even when you don't want it. Best thing I ever heard was if life gives you lemons, throw them back and fight back to get what you want, because your happiness is key to mental stability

About the author

I am just a 30 year old goof ball, that was born in Okinawa, Japan. Military brat for 20 plus year and a military member for six and a half years.

Seen my struggle and use my writing as an outlet for all that pain and sometimes to highlight hope.

summary

Broken

Shadows in my dreams

The Perspectives on Happiness

Lost within Myself

Please be Gentle

The Mirror Holds Hate

The Fire Burns too Hot

I Give You What I Deserve

Do not Follow, For You do not Deserve to Bleed

My Name is Batman

Life is Made to Conquer, Not to be Given Lightly

Too Much Death around Me

Buried amongst the Flames

Losing Apart of what Keeps Me Sane

Ptsd

Hiding with a Prescription

Hometown Terror

Who Am I

Random Thoughts of the mind

Purpose

Is there Ever Truth?

Broken

I am broken beyond repair,
As I look down upon the pieces that are me,
Only remembering the pain,
And not who I once was.

I can not pick up my pieces anymore,
I have given up the thought of a tomorrow,
Because this glue will no longer stick,
And life will no longer cry my name.

I close my eyes as if I lay in my grave,
And pray for that day,
That the wind will take me,
And I will no longer feel pain.

I am broken beyond repair,
Because I gave up hope,
Because I refused to love,
And now I will die alone.

Shadows in my dreams

Darkness is what I see,
When people are next to me,
Appearing in shadows,
With no sound to speak of.

I feel alone in my darkness,
Even in my dreams,
These shadows look at me,
And still do not speak.

I look in the mirror,
And see the loneliness taking over me,
Following me deep within,
I cannot shake these shadows looking over me,
Soundless without the capability of speech.

Broken memories,
Hopeless dreams,
Floating thoughts,
Scrambled speech,
Makes me lose my confidence,
And turns everything to shadows,
Making me forever lonely,
And shut off to the world,
And lost in my fears.

The Perspectives on Happiness

This has been my deepest cut,
Right across my face,
Splitting my personalities,
Defining me as lost beneath my many layers.

I am swallowed by the black hole,
Within my eye,
Leading to different perceptions of me,
Never ending at one.

I saw myself in a dream,
Once happy,
Once immersed in serendipity,
Only distracted by the song of birds.

To only wish that in which was seen in dream
Was seen in front of open eyes
and not by the black of the world.

I am capable of thought,
Only to be broken down by reoccurring memories,
And coddled only, by my own embracing arms.

How many times must I wipe away my tears,
Disinfect my wounds,
Cover my scars,
And protect my heart.

I am not dead,
And completely capable of love,
But it is rarely reciprocated,
So does this mean I am dead to the world?

Am I a ghost within a worldly shell,
To rot by time,
Wither like leaves,
and die like dogs.

These are my happy thoughts
So what is sadness,
Or am I confused on what it is,
and how it should be?

Lost within Myself

Where am I?
I swear that nothing I see seems real
The pain I see in people's eyes
And the chaos in which consumes the world.

Have I died and gone to hell?
Because I see my brothers and sisters die
Over greed and money
Over race and creed.

My relationship with the world
Seems so empty
As I hide indoors to hide from the truth
And I hide to protect others from me.

I see darkness where light once was
Death where life should have been
Laughter turned into sadness
And happiness turned into pain.

Am I the cause of my own damnation
The root of all my trouble
The reason for my clouded thought
And the slayer of my own heart

Please be Gentle

Let my dreams lie where they are tonight

In seclusion from my thoughts

I only ask for one night of freedom

Of not remembering I am broken

I need this night

For my bones grow weary

Playing a song of early death

Breaking to the slightest sign of distress

I am on the edge of living

And the ground being my home

For I am weak from the blows to my heart

And broken from the deterioration of my soul

When will it end

When will I no longer feel cold

I am bleeding slowly

With no way of stopping it

I will be happy with resolution

Either the resolution of my pain

Or a plan to come back from the deepest of my caves

Because I am lost in my darkness

I have one last prayer

One prayer that I have saved for my final breaths

And I have saved it for you

Those who still live

The Mirror Holds Hate

The shame I feel
Is the blade I fall upon everyday
Tearing my gut
And closing my lungs

I stand beside the flame, that is my life
Looking for warmth
But it slowly dissipates with the cold of death
My winter may come soon
For the time moves slower
And my mind moves in repeat of my crimes

My eyes become glowing orbs of fear
Showing there true nature for the first time
When life grows short
I no longer can wear my mask
Finally seeing who I truly am

Burn my bones
Desecrate my grave
For I do not want to be remember
I want no one to know my name
For I am my greatest hater
And for myself I will give no cares

This is my broken heart
Bleeding upon this page
For I cannot stop cursing my name
Trying to destroy my flame

The Fire Burns too Hot

I close my eyes to the battlefield
And open them to a fire
Destroying me whole
As all I know is brought to a flame

I have prayed enough to fill a river
Walked far enough to circle the world
But yet I am no closer realization
Or hope in my life

The world has brought upon too many storms
Man has thrown too many stones
Making me weak in my resolve
And making me hope to die

When will this journey end
When will I know what I am suppose to find
Actually live a real life
For I feel I carry too much weight for the broken

I am numb to you tears
Dismissive of your pain
For you still have you eyes
And still have your sanity

My eyes are covered by my torment
My guilt makes my lungs feel as though they are full of nails
My heart struggles to keep beat
For it is ready to give to the pain

Let this pain be numbed by the medicine of the world
For I can no longer bare the weight upon my back
And move legs forward

I scream when will it end

Take my worldly possessions

For one night of freedom

One day of rest

Because this life was not my choice

I Give You What I Deserve

A breath feels like forever
As my feet burn upon this desert floor
Lost within the path of life
Baron to die alone

There is no god where I reside
For this is my hell I have created
The life I feel I deserve
To life I have surcum

My bloods rains down like a desert storm
Spreading amongst the white sand
Leaving me helpless
Leaving my tongue dry
And my body lifeless
In which I can no longer overcome

The fight is no longer important
Because I am truly numb
No longer able to feel love
Without a soul
Rendered hopeless
Only trying to get by
Trying only to lie here and die

I cannot hear your voice
I cannot see your hand
Why are you trying to help Me?
Why can you not accept what has come?
This blade cuts deeply
Leaving me to tend to my wounds
Leaving me to busy for you

Leave me worthless
Search for your own truth
For I have traveled wrongly
You can no longer trust my hand

I have chosen a path
That I deserve
For I have failed you
Made life harder for you
Because I have wronged
Broke you with that in which I stand
Selfishly hurting you
Slapping you senseless with an unjust hand

I pray for you softly
For this breath is too hard
Let me die painfully
To repay you in the only way I can
I give you my life
Not lightly
You may laugh at my misfortune
For today I give closure
Cut off my guilty hand

Do not Follow, For You do not Deserve to Bleed

I wanted to say sorry
For I put you through hell
With your worry
And you false hope I won't fall again

Life suits you well
And that is why you should
Because I am the storm
But I will subside
Either you stronger
Or swallowing you hole

I do not know how many tears you have wasted on me
How many breaths taken away
When I have scared you
Even scarred you
As I walked
And laid lifeless in the middle of the street

I don't know how many times you thought me dead
Or seen me with medication
Asking me if you should take me to the hospital
Instead of the date we planned a month before

I am a man who believes in fate
Believes there is a higher power
But my back has been turned too long
I have been burned too much
And walked too long
To not find what I was looking for

Do not waste your beauty on me
For my ugly will make you think

You only deserve this
Make you see yourself as worthless
And that what you really need is me
But it is a lies
Created by my fear

No longer shed any tears for me
Move forward in life
Follow your dreams
Because I have my mother to bury me
And all that attend my funeral
Shall spit upon my grave

That is what I deserve
So, please do not follow me
For where I go there is no exit
And you will no longer be able to leave

My Name is Batman

My name is Batman.
Because I am human,
and I care too much for a rotting world,
That just wants to destroy me.

My name is Batman,
Because I cannot grasp reality,
And see the world through a mask,
That also hides my truth.

My name is Batman,
Because I take the weight of the world upon my shoulders,
To only destroy me inside,
And break my mind and body.

My name is Batman,
Because no matter how good intentioned I am,
I also feed into the darkness of the world,
Becoming a symbol of both fear and consequence.

My name is Batman,
For the fact that I have it tattooed upon my skin,
To remind me I am no hero,
And that all I do is collect dead weight.

My name is Batman,
Because I will take your pain to my grave,
Because I love you,
And hate to see you struggle.

My name is Batman,
For the sheer fact,
That I will fight every ones demons,

No matter the pain.

My name is Batman,
Who secretly wants it all to end,
But keeps on going,
Until that righteous day.

My name is Batman,
Even though it will not say it on my grave,
My mask defines me,
And I have lost myself to that name.

Life is Made to Conquer, Not to be Given Lightly

Light is not so easily found
Even harder when you aren't looking
I know it is easier to give into the dark
But when that string of light is found
Hope starts to restore

I am guilty of being guilty
Holding every little thing above my head
But hope is not found in the past
So forward is where I must look
And hold those who support me close

At times I will bleed
I will feel broke beyond repair
But then and only then the fight begins
To prove all wrong
That life exist beyond the dark
And broken can be fixed

Broken may not be easily fixed
But when has easy been enjoyable?
Do you get satisfaction in only making sound
Or when you conquer a mountain no one has?

When you feel close to death
And all hope is lost fight
For I will fight beyond this
And break my cycle
Of running circles in the dark

I am tired of being tired
Angry that I am always angry
Sad that I am always depressed

But I do nothing I no ground to stand on
And reason to move forward
So I say I will fight for what feels impossible
To have another sunny day
To move mountains when I feel I can only move hills

This life needs to be taken
And not begged for
Life is not made to given
But taken
And held high on top of the highest mountain

When you have the high ground
No one will take your place
That is when you stop being a number
And you gain worth in yourself
And what you have

Too Much Death around Me

I hear you whispers my friend
And see your tears
As I sit next to you at the bar
Drinking to your memory
And talking to you like your still here

I have a piece of you permanently scared on my skin
You can't be dead
Because I saw you yesterday
Saw you in passing
Drove by your house
And your light still light the entire block

Have I lost my mind
I see your picture on the newspaper
It reads that you are dead
And yet I hear you
And speak to you now
We reminis like childhood was yesterday
And the war was fresh in our minds
We bled together
Losing so much
Protecting something that sometimes hated
It was hard at times
I remember

Why do you no longer answer my phone calls
Why do I only see you in passing?
Did I do something wrong?
Going from talking one day
To only seeing pictures of our time somewhere we didn't belong
A place that slowly killed our minds

I love you
Because you are my brother
The one that shared those nightmares with me
That shared a lot of the same ghost

Now I write this letter
In hopes that it gets to you before it is too late
I have finally broken
And my life has been shoved to the side
Nothing makes sense anymore
My mind has not returned from the war
I wanted to say goodbye
To say it has gotten too hard
But I finally realized
That you have died yourself

Buried amongst the Flames

My Life is not my own
As I hang from this tree
Lifelessly slumbering
For all eyes to see
For all mouths to speak horrible truths
And for all to judge with no knowledge of me

My Life does not end with sadness
But of gossip
And horrible speech
leaving my soul broken
weighted down by words
By lies that others spit out dirty mouths

I only wish to rest in peace
No longer feel the pain which brought me here
So many lost
So many left and went away
Ripping my hear out of its cage
leaving me worthless
And so afraid.

Life no longer fills these lungs
But does not mean I am invincible to pain
My reputation
the words in which they say
Burn me like branding irons
Stabs me like sharp blades

I only wished to runaway
No longer face another day
But I am reminded by those I loved
And by family who disowned me

When I needed them the most

Yes, I fall upon this blade

Because life was no longer fun

No longer loving

Always being afraid

Always feeling numb

When lost within my mind

I am sorry if I hurt you

I am sorry you have my name upon your tongue

leave me worthless

leave me forgotten amongst your thoughts

I only ask to no longer be remembered

or spit upon from your mouth

Losing Apart of what Keeps Me Sane

Why must your memory go
your health become so weak?
My love cannot heal you
My words cannot calm your suffering
For you have lost the one you love
And struggle through everyday

I am dying for you
drowning in my tears
For you are my family
the one who comforted me in pain
held me when I was afraid
And let me know you were here through all the strain

I pray for you daily
hope you will never go away
I always feel selfish
When it comes to you
Because I never want you to die
And leave me here without you

I love you grandma
And wish I could take on all that burdens you
die in your place
Because you are a beautiful person
who never deserves to be afraid
or feel alone in this world

Why must you turn to the worst grandma
And start to slowly break?
I would give anything to relieve your pain
And give you all the blood within my veins
Because I love you grandma

And hate to see you slowly fade away

Ptsd

The blood upon the floor will not cleanse with bleach
Nor will it wash away from the back of my eyelids
As I scrub the floors till the paint starts to recede
trying to let go of these memories
And let the dead die

My mind replays reality
making life's past come back to present day
opening doors that I boarded up
And locked with locks that had no key
Realizing I cannot lock my pain away
For it will always follow me

This gun burns my temple
As I think this is the key to escape
The End of these haunting memories
This bullet within the chamber
has my name enscribed on its casing
And it has it in for me
It voice is breath taking
Only taking moments to be the end of me
Struggle is only for a moment
As voices fade from reach

Let it be known I do not know this ending
wether I will just fade away
And become nothing but ash upon the ground
or live in hell
with more pain than I had left the world with
No matter the outcome
I feel whatever is deserved of me
Because everything

And left nothing to be seen

This is my PTSD

My depression swallowing me whole

My anxiety killing me

and my addiction filling every hole

I do not know how to fix this

or if I even can

Sometimes I don't know if I am alive

And I have just become a haunted soul

I just know my past feels like my present

leaving me cold and lifeless

wishing only to be stoned

Hiding with a Prescription

I am witness to my own death
With my gravestone tattooed to my chest
I may look
And feel alive
But there is no one home

I take pills to rise
And pills to rest
Pills to fight nightmares
And pills to no longer be afraid
I wash them down with courage
No longer able to feel the slightest

I rise to a fog
A cloud of grey
That hides my history
That hides my pain
I cannot remember happiness
But I also cannot remember the car wreck that brought me
to today
Which brings the question
Is the curtain worth forgetting the pain?
I look upon my families eyes
And ask what times have I forgot
Just numb the pain

My funeral has already came
And gone long ago
I do not have to be dead to have a funeral
just shade my brain in darkness
And forgot the path that brought me here

Now these medications
Are a wall that keeps the flood away
For if they hit me now
I will surely be washed away
And there will be nothing to numb
And nothing to hide away
So kill me softly
And not with countless nerve endings, shooting with pain
Slowly may I go
But in my mind no one will remember this day
Nor remember my name

Hometown Terror

My hometown is the one you shot
The one you senselessly killed my friends
My family
And so many others I will not get to know

As I write
I hope you burn
I hope you are in hell
Feeling every single bit of pain you have dealt

I don't care about your history
Your pain
What you suffered
or even your name
Because all you are worth is the hell in which you came

I have no words to explain this tragedy
I cannot understand how this happened
Or why
But I pray for my people
who do not want to slay innocents
And view all as the same
Human beings who's only difference is their name
And do not see color as something that gives privilege
or gives us an excuse to see differences
or hate

I wish I could trade anything
including my life to have all who died back
Because they are special
Beautiful beyond thought
I hope God cradles them
And give peace those they love

Because I cannot imagine
The pain they might have

Dear people who were seamlessly murdered
I hold you in my heart
You are my family
Someone worth fighting for
deserving of much more than love
heroes who should never be forgotten

I know one day others will forget you
But I still remember 9/11 like it was yesterday
And I will remember this day the same
To my hometown and those visiting
I pray for all you everyday

Who Am I

Death could not come sooner
As all laughs sound like screams
And all words feel like knives
cutting flesh and bone
And even soul

My breathe feels like blood filling the lungs
Slowly and painfully killing me
Someone end this misery
break this trend of pain
I do not care for time
For it goes on too long

Break bone
Break skin upon rock
And spill my name all over this place
To only be forgotten
And not care
For my name is nothing but pain to my ear

I hear my father scream my name
Like bloody hell
Cursing me to hell
Spitting upon my face
And telling me I am lame
an idiot that no real man would claim

let it be known
I breath the same as him
I speak as though I am human
But I never could be good enough
I never could be born sane

Random Thoughts of the mind

Forever we shall live
Amongst broken winged men and women
With no soul to keep
Nor heart to keep them warm

We breathe for tomorrow
But only expect today
As we die within our skin
With nothing more to prey upon
Or no need to sleep
just keeping our breath shallow
To emulate the deceased

These city lights burn so deep
bringing misery
And many creeps
harboring death amongst its moonlight
And falling stars amongst its artists canvas
Burning only bad memories into perfectly silent dreams

Silence cuts deeper still
Leaving marks beneath the skin
With permanent consequences
Leaving the brain numb in thought
And duller still

Find meaning within the cold
because if you cannot find fire in winter
you never will

Purpose

Purpose is what I need
As I lay here staring at the ceiling
Just struggling to survive
Trying to feel like I dont deserve to die

Every day I wake
Just to want to go back to sleep
To not wake from my slumber
Unless purpose comes over me

Patients they say
It will come they say
But when is it time to give in?
To break
and be done?

I once helped people
Fought for reason
Gave my life to purpose
but when it was lost
so was I

Every day is a struggle to breath
I never want to eat
But I live for my family
that is what I want shake
and start living for me

For the time being
My family is what keeps me breathing
That picks me up onto my feet
But purpose is what I need
to want to live

and start stepping forward with
my own feet

Is there Ever Truth?

We give strength to our fears
Lay waste out confidence
Shadow our truth
and bury our lies

When will it end
When truth can be worn like a badge
And lies just dissipate in the air
or just be apart of our dreams
To not leave anyone tongue

If there were no lies
would I have my family
Would I not be broken
struggling to become whole
Or would it just make things worse?

I cannot fathom a world with no lies
for our foundation is built of lies
which is implemented in the structure
corrupting the head

I know it will never end
but all I can do is be true to my family
true to myself
and reflect how I want the world in my actions