

Evolution of a Bipolar Mind

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Presented by

My poetic Side 



Dedication

To my fellow travelers on this journey.

Acknowledgement

For the ones who love me and have persevered my disease.

About the author

I try not to let my disease rule me, but it does. I am tortuously manic depressive. My wife, Jeannette of 26 years knows and loves me more than anyone. I am truly blessed to have her in my life. I have two wondrous children, Amelia, 25, a person that has a glow of happiness that surrounds her. Nickolas, 15, who saved me from a suicide attempt, his mind constantly astounds me.

I raced road bicycles for 11 years and was quite good at it. I grew up desperately poor and had a mother morbidly manic depressive and a brother the same. My grandfather also had the disease and died in an asylum. My life has been a roller coaster ride, filled with many cocktails of medication, and a dependence on alcohol and nicotine. I have seen the highest of highs and the lowest of lows. I have experienced pure madness. I have been in mental institutions and know the misery of the downtrodden.

I hope my verses give you insight to the bipolar mind. I rarely share dark poems due to the fact they make me feel suicidal. Enjoy the journey.

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Bipolar

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ENERGY

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Drowning

She

B.D.S.M. (co-write by Lawless & Hood)

Medication Daze

Sucked In

Glistening

The Balance

Mind of a Poet

Going Where

Belief

Choke a Smoke

Caroline

Flesh & Spirit

Six Feet Down

The Road (That has no end)

Virus

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Longing

Seeker

Shattered

(haiku)

(limerick)

Listening

FLESH

Puppets of Humanity

Wind of the End

Tech Addicts

Dance of the Beaten

Hollow Fields

Suicide Attempt #7

Growth

Why This? (co-write by yellowrose & Lawless)

Inebriation

Temporary

Pessimism

War in My Head

Yours

(haiku)

Goodbye

Demon

M.I.N.D.

Ascension\'s Door

Illumination

Love\'s Sensation

Quote

Trapped

The Lord of Technology

Death for the Dollar

Untold

Cig Fiend

Suicide (an Acrostic)

Bipolar Biopsy

Quote

The Castaway (written by my son Nick)

AT THE PUB WITH MY LOVE

Quote

Stoned

Death Answer Me

Course of Nature

Day and Night

Distortion of Reality

Untitled poem by my son Nick

Seed

Our Madness

Immortal Hate

Meaning of Love

Preacher\'s Skull

Untitled

Religious Quilt

Son and Father

Climbing

Swallow

Beatniks Ruled

Falling Down Drunk

Bones

Gun Metal

Saint Nick\'s Trick

A Hookeypookey

Hookeypookey Too

LIFA (LIVE)

Sun the Giver

Limerick

Jimmy\'s Christmas

The Path of Jesus

Quote

Waiting for the Door

Colorado Springs

Quote

Plea for Justice (report hotidris)

Number Three

Quote

Mother

\96 Corolla

Seeking Searcher

Notice of Absence

GOD

The Road

Dude & His Dog

Seroquel

Live By What Is Given

Sand

Haiku

Where Tranquility Resides

To Live

The Way

One

29

Quote

Time Clock

Our Disease I

Our Disease II

Our Disease III

IOU

Forest of Thorns

A Question

Boxes

Stillness by Robert Goslin

Blue

Nick's Quote

Intestinal Repulsion

Suppression Leads to Obsession

Here

Humanity

Bitter End

Silly Love

TP Blues

Virus

7 Syllables

PAINFULNESS

32 Years

Not Enough Time To Live

Not Enough Time To Live

Vigorous and strong go I into the wind
Untethered from the constraints of the mind
The flight destined to succeed
Dare not hinder my determined path
To the sun I rise
Southward bound
Go I
Land dismissed down below
The clouds kiss my wings
Into the heavens sail I
A steady course that will not be denied
The future conceived
From past lessons engrained within
My soul well worn for all to see
These layers which make me
Unrestrained from my suffering
Unburdened from my frailties
Unrelenting passion for the life ahead of me
Plenty of time to die
Not enough time to live

Swallowed

Agonizing dreadful moment this
My soul shred to bits
My love stripped from my heart
Leaving a cold lump
That was once me
I cherish the life I had
Happiness comes so easily
Yet is so quickly lost
The pain in this life
Is too much for me to bear
The anguish and torment
Never yield
Why must we suffer like this
No answer from God
No relief
Shall we suffer eternally
Relentless misery
You have swallowed me

Eternal Love

A deep despair swallowed me
My mind tormented by years of misery
I fell into a ditch
And my son's hand pulled me out
I rose from the dead
My tears erased
My soul filled with endless gratitude
My son, my savior
He alone is the reason I am here
He was the hand of God
His brilliant mind
A pathway to my happiness
My flesh and bone he has inherited
My blood and lineage
May God look after him
My precious Little Prince
Sent here from a distant asteroid
To my desert in the sand
The love of my life and I adore him
Through our union we are blessed
He has taught us well
The beauty of creation
To my son I give my eternal love

Survive

As the river flows
Touching everything in its path
So too our lives will travel
Interwoven with what lies ahead
Strong and fluid
One moment
Fading and weak
The next
This stream travels
Through time
Seemingly unknown
But true to nature
The future certain
All things that pass
Good or bad
Meant to be
Our spirits eternal
From the rays of the sun
To the space which surrounds us
From the mountain tops
To the depths of the ocean
This universe survives
From sunrise to sunrise
Our souls shall survive

The Gates

A spark caught on the flow of time
Brought to this earth
Through a mysterious realm
Electrical pulses of the mind and body
Brilliant sunrise of life begun
We are all children sent from above
Linked by generations of similar lives
A thread woven through the origin of humankind
A place we all go back to
Warm and wonderful
Comfort and calmness
Splendid light radiating through the soul
Electrons ignite
Visions appear
Dreams begun
Blood courses
Flesh and bone grow
Sounds resonate
The mind explores a new life
God grants access to a new adventure
A family tree grows
Roots strong and deep
Lives linked together forever
To a stream of existence
Lives to be lived
Lives that continue
Love and emotions to be experienced
Thoughts caught in the whirlwind of this world
Everyone, everything born to carry on
To rise above
Towards God eternal
All things eternal
Love, peace and harmony to be obtained

From our Lord
His life to be cherished
By All

Mother Earth shows her beauty
The Spring's renewal and vibrance
The Summer's warmth and comfort
The Fall's crispness as the leaves wither and turn to dust
The Winter's chill and sweet sleep of nature

From the downtrodden on the desolate street corner
To the gifted and fortunate of our magnificent towers
We are all entwined to the nature of the universe
The highs and lows of our daily existence
The path which we seek, certain
The only truth
Is our connection with God and Mother Earth
Follow the energy that flows through your mind
Transcend the chaos of life
The decay of civilization
The search for enlightenment
Nothing new
Our minds wondering why
Since the first spark of consciousness
We go forward
There is everlasting light from above
That will save our tormented souls

Revel in the beauty of nature
Ponder the darkness of the starless sky
Our Mother Earth laughs at our futility
She has weathered all storms
Risen past all suffering
Has become one with All
Flowed through time harmonious
With the binding forces of everything

From the glorious power of the sun
To the cold abyss of the ocean
Everything survives
The continuation of life as we know it
Deep within us all is the meaning of life
The one thing of consequence
I have experienced
Is the love that rises from within
That carries my soul towards
A peace
A harmony
A quintessential state of being
My mind and body to be freed
Of all pain and suffering by the
Love of my family
Love of my fellow travelers on this journey
Love of all nature and God
Free of all prejudice and hate
To be free of the human condition
To bask in the eternal love God has to offer
Our souls given the key to happiness
The Light, the Glory of God
Divine
Believe that our savior will lead you through this life
Follow the path of love eternal
This life will pass
Leave your sorrow to the elements of darkness
Raise your spirit to the light within All
The Gates Of Heaven await you

Splendid Ray From Above

A brilliant light pierced through the clouds
Our extraordinary daughter was born
The ascension of a glory eternal
Love personified
The embodiment of what is essential
That which gives meaning to life
My dear angel from on high
Everlasting beauty of what is possible
A renewed faith in the future
Within you is the true nature
of what should be cherished
The ability to rise from sorrow
To shed the hardships that have been dealt
To rejoice in the splendor of love
To give happiness from the glow that surrounds you
Do not let the complexities dissuade you
You are on a path which all should follow
Give forgiveness to those who wrong you
Give love to all things that you touch
Do not let the clouds dim your flame
I have seen the turbulence of this life
You are the hope which reigns supreme
You have been given the true purpose of this life
To love and be loved
To rise in harmony with nature
To conquer the darkness
To dream of a life well lived
To grasp the intrinsic nature of being
It is my wish for you to see
You are a splendid ray from above

The Sun

Why do the stars burn so brightly?
Do we feed the flames?
Does the energy of living things
transform into those brilliant beams?
Is it the other way around?
Why do the stars die?
Is it truly the end?
Is there a power higher
beyond what we can see?
Is there eternity?
Are our souls set on a course never ending?
Are these thoughts real?
Is this just a dream?

Gift

Love is eternal
I look into your eyes
I see a beauty
Peace and harmony
Beyond description
A world of wonderment
A path to dreams
A fascination
Of all things intangible
Through this life of complexities
I rise in union
With you
My beloved
To heights of splendor
Time shared
Children born
God's Path for us
Hand in hand
Into the unknown
Our bodies may wither
Our souls together forever
A blessed
Gift that has been given
My love for you never hinders

Let There Be Peace

All souls give praise and rise up
Our savior was born and has raised our spirits
Find it in your hearts all children of the Lord
Find your way through the misery
Find your way through the pain and suffering
Find your way through the fiery deserts in life
Do not be afraid of what will come
Bask in the divine beauty of eternal life
Do not dwell in the valley of eternal death
Use your heart and its courage to lead you
Raise your soul into everlasting light
Avoid your mind's tendency to fall into darkness
As you were brought into this world
So to you will be taken into another
Our lives are a journey into eternity
May God bless your soul
May we all find heaven
Let there be peace for All

We Live These Days Together

We live out these days
In a synchronous harmony
Joined by this land so vast
Breathing the same air
Seeing the same stars
Waiting for tomorrow
Each day and night
Wandering together
Through this life
We travel united
Regardless of the space between
I know you're out there
With me
Through this
You will always be with me
Sharing this life we lead
Living the same moments
United by everything around us
Our lives together on this earth
We live these days together

Being

From the span of enlightenment
To the vastness of desolation
All exists in synchronicity
Creatures great and small
Foliage new and old
Vital and withering
Linked together
Over the course of time
To the truth of nature
My mania and depression
Soaring high temporarily
Sinking low temporarily
My life and death
Comprehended by God alone

My mind travels to another realm
Visions of angels and demons
Dancing together
A never ending harmony of equilibrium
A symphony of our primeval souls
A chorus of all that exists
Eternal light from above
Eternal dark from below
Their forces congruent
Relying on each other for continuation
This order can not be destroyed
One can transform into the other
But All reverts to the One
The Whole
God Divine

Life and Death

Conception:

Life as commonly known begun

Reality:

Existence as perception allows

Death:

A frightful consequence of reality

Transcension:

Concieved reality of death and life

The Unknown

All waves connect
One the response of another
Gradually building
Gradually fading
Reaching into infinity
Following their path
Driven without direction
Heights without bounds
Valleys without end
Will this life cease?
Will the waves stop?
Will it all end?
Stars gather
Particles revolve
From the microscope
To the immense expanse
We shall carry on into the unknown

His Fire Will Never Turn To Ashes

Born on a farm in Indiana
Corn fed and pure
Prone to artistic endeavors
This extraordinary boy of Fairmont
He lost his mother at age eight
Out in California they had lived
Back on a train to Fairmont they traveled
Mother in a box, boy staring out the window
Into the loving arms of his aunt and uncle he will grow with Godly direction
He wins a state dramatic contest
Carries on to Nationals
Comes in third
His acting path shall not be hindered
California and acting lessons
A Pepsi commercial fuels his fire
New York bound for the Actor's Studio
Everything his muse
TV and Broadway beckons
More accolades abound
Elia Kazan calls
To East of Eden he goes
He acts without acting
That is Jimmy up there
Nick Ray calls
Rebel Without a Cause his destiny
Co-directs and shines so brightly
James Dean soars
George Stevens calls
Giant his final dance
Ropes up lovely Liz
Mocks that lug Rock
Oh, that wretched Spyder calls
To Salinas he speeds

A boy, Turnupseed makes that left
Our sweet Jimmy fades away
To heaven he goes
But on earth a meteor streaks
Catholic girls weep
An incredible thing happens
Jimmy lives
In so many hearts
That fresh country boy
Touches generations
His fire will never turn to ashes

Everlasting Love

Green eyes that pierce my tortured soul
Tender lips that comfort my fleeting heart
Soft hands that touch my quivering body
A voice like a sweet symphony abolishes
my misery
Sparkling stars dance about in your mind
Glorious splendor glows from your being
Together we weather the storms
Rising and falling like the tide
Swimming above the undertow
Succeeding the crashing waves

Many days we have spent together
Boat rides at Estes
Bike rides to the pub
Camping trips to the mountains
Hikes to Eden
Trips to Vegas
Helicopter descents through the canyon
You have been there with me
Suicide attempts conquered
Viscious fights over money overcome
Hand in hand we go
How gracious God has been to give us
such a love
With all of my heart and soul
I give to you my everlasting love

Nature Of The Universe

Reveling in the nature of the One the Whole
Our minds try to comprehend the mind of God
Millions of rays shine
But One pierces the core of existence
Endless transition from endless generations
Make for endless new creations
Evolution proves the transformation
Of All living things eventually forming supreme
To become One being
From One ray to the core
From stillness to exuberance

Some things falter through this mystery
Pain and suffering that seem eternal
Maybe the ray and the core
Succumb to the chaos of it All
Balancing out the constant disarray
Ships on the ocean riding the waves
Some fail the test and sink
Some succeed and carry on
The family on the street corner begging for mercy
The pompous narcissists controlling their own realities
Most of us caught in the middle
Treading lightly through this maze
Love and hate entangled in the truth
One can not exist without the other
Life and death inevitably tied together
Sin and salvation One and the same
Triumph and tragedy hand in hand

The mind never goes truly silent
But the silence I can hear

It is the silence of endless years
The silence of the universe
Condensed into One mighty sound
An explosion I heard when I was conceived
Brought to this realm from another
The sound of the nature of the universe

Finding

Turbulent undulating state of being
Buoyed through life by intangible thoughts
Reality swirling and heaving with spirit
Thinking, feeling full of hope and tragedy
Lost, sinking, floating, found

Unity

Gentle gust passes me by
A breeze that has touched so many
The air we all breath
The earth we share
Together in a harmony
Clouds circle the land
Earth circles the stars
Beautiful repeating mystery
Wondrous fabric of everything
All energies combined
Linked together forever
This existence unified
Fellow creatures
All things of this world
Bound to a cycle
Pure as the first ray of light
As stunning as the final sunset
Join together and rejoice
In the blessed gift
Of this life
This unity

Creation

A man

A woman

Creation

Love eternal

Manic Depression

Manic

"Extremely elevated and excitable mood." Days passed with violent intensity. I made love like it would be the last time. I thought I could read people's minds. I saw holy men in a kiva with smoke swirling about them. I meditated on the creek's bank. Turned into a black bird soaring. Came down and transformed into a woman across the shore. Told a co-worker he couldn't work for me unless he believed in God. Wanked in a ladies bathroom at Mickey-D's. Rode past time trialists on my 3 speed bicycle. Spent money like there was no tomorrow. Joined in philosophical conversations at the coffee shop. Gave my car keys to a stranger who gave them back. Drove to a buffalo preserve and left my car running. Climbed over a barbed wire fence. Saw a burning bush. Ate buffalo shit because I was hungry. Took a vow of silence and hitchhiked. Accepted a bus ticket to Boulder. Stripped down naked in a church. Meditated at the alter and thought I could levitate. Taken away in handcuffs. Locked up in an asylum. Taken through double doors, thinking I was going to heaven to meet James Dean and Beethoven. Thrown in a padded cell. Tucked my pills in the padding. Took a shit in the corner. Met Ted the antichrist. Stared into the sun for hours, they had tinted windows for psychotics like me. Rambled incoherently about the meaning of life. Listened to screams outside my window that would stop when I looked out. Took my meds and turned into a zombie for 20 years. Here I sit with many highs and lows since. All regulated by that poison Lithium. My doctor said it was OK to go off of it. My mind is finally clear and focused. I've surprisingly lived through it all. Be careful of your highs, they will eventually take you down.

Depression

"Melancholy" Days slowed to a dismal grind. Spirit transformed into a rabid decay. All hope lost to a wretched misery. All I could think about was death. Took handfuls of my mother's medication. Her disease the same as mine. I was certain I would finally die. My sister-in-law woke me from my puddle of vomit. I sat at Thanksgiving dinner with my head hung low. I passed out onto the plate. Scurried to the hospital in my brother's arms. Induced vomiting, with screams "I'm a failure, I'm a failure!" Put away in a group home with many tormented teens like me. Finally taken in by my oldest brother. Years passed by, I had many mood swings. Mania set in when I was 27. Highest of highs. That rabid decay met me again. At death's door I knocked again. Rat poison this time. Did you know rats can't vomit? Sped away to the hospital and then the asylum. Morbid earth angels abound. One tried to hang herself with dental floss. Years go by. More highs and lows, more of the latter. It's all a blur. Curled up in a public bathroom crying. More pills and another trip to the hospital and the asylum. Sitting in the car with a hose on the exhaust, choking and finally choosing life gasping for fresh air. A belt around my neck pulling it in vain. Constantly hoping to die and end the relentless suffering. Be careful of your lows. They will end your life. I have lived through it and come out the other side. I love my life now.

Dance Of Humanity

I look into beaten sullen eyes
Transfixed on their earthly lies
Always searching for the sublime
Succumbing to the allure of the divine

Ritualistic dance to an altered beat
Unrelenting disorder kept nice and neat
Fools that think their shit doesn't stink
To their sacred cell phones their eyes sink

Over a beer they ponder life's complexities
They truly don't see life's necessities
They harbor resentment, fear and hate
Talk of chaos their conversations prate

Do we all continually wander aimlessly
Wanting to end our journeys famously
Striving to escape the daily rut
Not realizing to this mortality we are stuck

Wretched Beast

Glowing white embers
Cascade from my mind
Turning to ashes
Filling my soul
With despair
Heartless decay
overwhelms my feeble body
Blackness encompasses my being
Relentless misery consumes me whole
Her words have cut me remorselessly deep
A violent fury emanates from her soulless eyes
A demon has encroached her lucidity
No redeeming quality about her
Curse words flow from her like that of an
insidious demented schizophrenic
Hate, anger and resentment ooze from her every pore
Vicious are her reactions
An overwhelming current of negativity
courses through her veins
She wishes I were dead
All sense of love washed away on this
barren shore
Torment and suffering her only gifts
A stealth blade to the arm my only escape
In a corner I am boxed
Will these moments ever cease
Abundant is her vile unrelenting hatred
for a helpless victim that crosses her path
Her furious wrath will cause her own demise
That wretched beast dominates
what was once her

Simplicities

As simple as a child's laughter
As simple as a newborn's cry

As simple as a teenager's dream
As simple as a dying man's sigh

As simple as Mona Lisa's smile
As simple as Van Gogh's Sorrow

As simple as the rich man's success
As simple as the poor man's demise

As simple as your desire to rise
As simple as stumbling into failure

As simple as the rays of the sun
As simple as the desolation of darkness

All of us touching the extremities
The significance of simplicity

Frailties

Drinking too much
Smoking too much
Spending too much
Wasting resources too much
Worrying too much
Thinking too much
Losing my mind too much
Dreaming too much
Writing too much
Hating too much
Fearing too much
Arguing too much
Mistreating too much
Working too much
Sleeping too much
Running away too much
Wandering too much
Not loving too much
Not caring too much

Forgive me my frailties

Shine

Currents of time flow
Generations of souls soar
Eternal rays shine

Basal Ganglia

Every mind sparkling in its own fluidity
Patterns of light and dark emanate
The center and core of everyone
Light captivating
Dark languishing
A ball of energy swirling
Mystical yet simple
The light to be nourished
The dark to be suppressed
Energies transgruent
Accept the light which shines
Dismiss the dark which decays
This flow of one's self
Natural in disorder
Our futures constructed
By our inner beings
Gain power from the light
Gain suffering from the dark
Let the center of your brain be your guide
Accept the possibility of brilliance
Deny the possibility of defeat
Enter the center of your mind
Revel in the possibilities

Transcension

A brilliant star
Navigating its way through the universe
Brought to this earth from another realm
Each orb unto itself
Bouncing eternally
From existence to existence
Full of potential
Full of disarray
Generations connected by powers within
God's gift
A soul original
Beauty to be found in revelation
Love to be cherished
Hate, agony, resentment and confusion
To be dismissed
Find the power of the positive flow within you
Embrace the nature which succeeds
Rise above the torment that hinders your path
In everything there is a balance
Harmonious in its conduct
Deceiving in its chaos
Venture forth into the possibilities
Look to the stars for guidance
They are weathered and wise
Souls like yours traveling across time
Fed by the light
Starved by the dark
There is a strength in self awareness
Journey into your mind
Explore the ripples and waves
Do not let the tide falter your steps
For every storm there is a calm
Revel in the radiance of the sun

Understand the swirling clouds
Within each of us is the path
Of wondrous light
Of dismal dark
Choose your future
There is a balance which must be
Let others fall into the vacuum of decay
Let yourself rise into the glory of ascension
My best advice is
Love everything
Accept others frailties
You are also frail
Pray to God
Realize his blessings
Have determination
Go forth like a child
Learn to walk again
Enjoy life
There is beauty in everything
Wonderment to be had
Cry when things don't go your way
Laugh at silly things
Rejoice in a new day
Look to the sky with amazement
Do not deny your soul a life well lived
We are all capable of great things
Some fall into the pit of despair
They stumble in their weakness
Never realizing their true potential
It is your duty to yourself and God
To ride the waves of this life
Conquer your fears and self loathing
Find it in your spirit from the suns
The meaning of everything
All energy transforms into its own being
Transcend to the light of it All

Equality

Everything
Everyone
Equal in their own peculiar ways
Bound to transformations
From energies within
Harnessed from the stars
The nature of the universe
A systematic harmony
An equilateral formation beautiful
An equilibrium constant since creation
From the tiny ants navigating complexities
To the enormous whales seeking calm waters
The plants flourishing in spring
Falling into slumber in winter
Our minds in a continual upheaval
towards understanding
Never understanding the futility of thought
Never realizing the purity of feeling
Does the flower in its vanity feel its nature?
A flower unlike any other
Its petals unique due to immeasurable factors
The mountain carved unto itself
by millenniums of ever changing weather
You are the ant, the whale, the plant or flower and
mountain
Special and extraordinary due to God's
eternal graciousness
Everything His canvas
You are a masterpiece

Vast Ocean

Into your splendor I concede
Your tender lips deliver me
Beyond thought and reality
Let's scream out to the sea
Your silky walls send me into oblivion
A passion swirling towards heaven
Your eyes like the vast ocean
I lick your salty neck
I bite your pulsing ear
I stroke your cascading hair
I caress your sweating brow
Deeper I plunge into your womb
Closer and closer to pure ecstasy
Writhing in a fit towards divinity
Sensual is every movement
Blissful every moment
Together we ascend into orbit
All of our troubles washed away
I reach the highest of highs
To my lineage I arrive
Generations survive
Origin of our lives

The Lie

*Enchanting beauties covered with
fur, feathers and scales
Destined for our dinner plates
Delectable flesh for our palates
Lives entwined in time
the same as yours or mine
Look into their eyes and tell me
Why they must die
Is it because they are inferior
Is it because it's natural
Is it because of our teeth
Is it because of the protein and such
Is it because we do not see the lie
Animals were put here
for us to consume
What if beings more evolved
came from the stars and
put us on their dinner plates
Would you still enjoy your gluttony
Don't you see that it is murder
Animals have souls, thoughts,
feelings and families
This is not a lie
So tell me why
these glorious creatures must die*

Reset

Maybe this life is a perpetual loop
We are given the opportunity to correct our mistakes
Or to fall prey to their decrepitude
Maybe that is why there is de ja vu and premonitions
Are we on a path towards enlightenment
Or a path of descension
Is it a replay of our souls combined
A journey mystic but simple
Tied together at many levels
A gradual ascension
Or a gradual descent
The nature of it all
To rise or fall
The ladder to heaven
Or the staircase to hell
Is there a reset
To cure your ills
I only hope
We can travel to the light of it All

Kind Eyes

The year was 1943. We were Jewish in Hamburg. My father was a watchmaker. My mother a devoted wife. There were four children, two sisters, myself, and a baby brother. The Nazi regime was in full force. We knew if we were captured it would be the end. We tried to hide in vacant buildings, but the day came when the soldiers busted down the door. They raped my mother and two sisters, then put bullets into their heads. I became ill and cried out to God "Why!!". I watched as one threw my baby brother onto the floor. They proceeded to kick him around like a screaming rag doll. My sweet, innocent brother was gone.

My father and I were dragged away to an awaiting truck full of crying victims of this final solution. They took us to Auschwitz. I was put to work cleaning the cesspools of excrement. I did not see my father alive again.

The days passed and I saw many of us taken away to the showers. We knew it was the extermination of the "inferior". One by one I saw my friends go. I knew my day would come.

On a somber, stench filled day, I looked at the pile of rotting corpses they had not burned. I saw my father's withered body and his open, lifeless, kind eyes. I layed down in agony and wept. One of the goons gave me a swift kick and said "Get up you filthy Jew!" I was put into the long line to the showers. I knew what was to come. My only solace was the memory of my father's kind eyes.

Rise Above

*I do not believe in destiny
God has given you the tools
to change your future
God put the carrot in front of the horse
The horse strives to get it
Not knowing if he can
He keeps going
He gets it at the end of the journey
Be like the horse
Be determined
God will reward you
Your goal may seem impossible
If you give up
You will get nothing
God has a gift in store for you
You may falter, trip and fall
Get up
It is your duty to God
to live a life well lived
Why perpetuate your suffering
Every hurdle should make you stronger
Lose the negative
Strive for the positive
This life is yours
Rise Above*

All Is Well

*God is everything
Heaven and hell
Angels and demons
Good and evil
The stars above
The earth below
You are God
I am God
Every thought
Every emotion
We are divine
My words
Given to me by God
I have risen
I have fallen
My faith endures
I see my future
I remember my past
All is well*

Flow

*The undeniable flow of flow
The receding and crashing waves
The resounding sound of the ocean
The wind traveling across the plain
Soothing subtlety exhilarating intensity
The rain cleansing the vast earth
Nourishing life through serenity and violence
The stars splendid and spectacular
Powerful beyond comprehension
The moon reflecting intoxicating wonderment
Combined duality of light and dark
Mother Earth rapturous in her glory
Giving and taking in her nature
Our souls rejoicing in the beauty of it All
Perishing relentlessly succumbing to the truth
We are in the hands of God*

Bicycling With My Son

*The wind wisps through my hair
My blood courses in a chorus of fluidity
Beauteous is Mother Earth's glory
Crab apple trees in rapturous bloom
Green grass sprouting in a wondrous symphony
Flowers abound striving to reach the azure sky
Thickets of bushes all about singing to me
Olden trees whisper their wisdom
The sun nourishes all of life
dismissing all worries
Dare not look at the top of the hill
For your legs will surely ache
Enjoy the downgrade for your heart will surely race
Sprint to the finish
Raise your arms in victory
Bask in the thrill of it All*

The Choice Is Yours

*Bitterness rises out of your core
Hatred embodies your being
You've been brutally beaten
You've been torturously raped
You've been unloved by everyone
This life is agony
Your past is dismal
Why continue this wretchedness
You are gasping, hoping for death
There is no light at the end of it all
Decrepitude of the soul
I am here to tell you
I have suffered beyond compare
I have knocked on death's door many times
I had no desire to live
My life seemed hopeless and worthless
You must follow your own personal savior's
path
Things can change
There is no destiny
You create your own existence
Embrace the glorifying Light of it All
Wallow in the decaying Darkness of it All
The choice is yours*

The Gray

*Translucent souls carrying on
Ritualistic dance of the beaten
Endeavors to maintain a false reality
Caught in the middle of another day
School, work, retirement
A facade so gray
Aspiring for a release from normality
Trying to comprehend all the complexities
Day in day out it all seems the same
No vibrant colors to soothe the dismay
Wondering why things don't go their way
In their chairs they sit, watching the world go by
Complacency clouds their sight
The future never seems bright
The drum beats in a steady rhythm
Success and failure a repetitive reminder
In mediocrity they will stay
No hope, no glory to be attained
Each day hauntingly gray*

Searching

Searching for the Light
Only to be found in God
Revel in His Might

Tippi Dog

*I look into your lustrous hazelnut eyes
I see an immortal kindred spirit
A soul with translucent configurations
A life of gregariousness and kindness
I watch as your fanciful tufts of wiry blonde hair sway about
Your yodish pointed ears like deep stellar satellites
Listening for the faintest sounds of a light footed passerby
A humorous growl here and there
A reassurance that strangers dare not come near
My dear little Tippi dog
I do love you so*

The Origin

*Enter the transcendental
realm of your mind
The iridescent habitat beyond reality
The ethereal dimension of dreams
The incomprehensible
place of incandescence
A stellar existence light years away
Feel the reverberations of a Supernova
A distant, ancient orb titanically
exploding
Veracity too complex for
human understanding
A metamorphosis dictated by
evolution and gravity
Shock waves creating new
stars and planets
An audible hum resonating throughout
the universe
The sound of God creating life
The gathering of morphic entities
Seeds of all life planted deeply within
fertile cosmic anomalies
A coalescence pure in magnitude
The spirit of God abundant in us
Our souls encapsulated in the
basal ganglia
At its core, the absolute Love of God
The origin of everything*

Spring Snow

Snowflakes falling in Colorado
Nourishing this parched earth
Seemingly not causing sorrow
We gather around the hearth

Lilacs in splendid bloom
Optimism amongst us all
God's glory awaits us soon
Remembering the days of fall

Sloshy roads of melting snow
Swirling trying to get a grip
This weather, heavens know
Hopefully my tires won't slip

Sun peeks her rays from above
Clouds dissipate casting promise
In nature, I find true love
In this snow, I find solace

Ode To Beer

*Barley, hops, water and yeast
Make up this intoxicating beast*

*It lubes my creative abilities
It reveals my frailties*

*To the heavens I ascend
From this earth I transcend*

*Upon the bar I ponder
The years forlorn and yonder*

*Blonde, amber, red, brown, porter and stout
I enjoy every splendid route*

*I do enjoy a sacred Trappist ale
May my hoisting never fail*

*Dowse your fears
Wash away your tears*

*So do not despair
Raise a pint my friends
There's always another beer*

What Will Come

*I feel my life ending
Each day, death drawing closer
My morbidity well founded
My addictions taking their toll
My lungs blackened from smoking
My liver weakened from drinking
My heart failing from heredity
There is darkness in these days
When will my last gasp be?
I am comforted by my poems
From this mortal coil I shall rise
There is an eternal Light awaiting me
I have been loved and given love
I have lived a thousand lives
I have died a thousand deaths
I am not afraid of what will come*

Coffee And Me

Ahh.. that glorious arabica bean
Delightful like
Angels dancing on my tongue
Thank you
Ethiopian goat herder Kaldi
For tending
Goats that ate the precious bean
Scampering
Covertly, dancing and discovering
The bean that
Transformed our drowsy society
Awakened our minds
Inspired generations of intellectuals
As I roast
Grind to a perfection of granuals
Steep patiently
Await the splendiferous outcome
Pour sensually
Sip and anticipate the divine rejuvenation
Enjoy thoroughly
The capering effect of ethereal coffee

Amongst The Stars

*We are like raindrops
Each one suigeneris
Fallen angels evaporating
Mingled with the mist
Diffusing amongst the rays
Suffusing making colors
Vibrancy unprecedented
Lifespans unequivocal
One thing for certain
Our time here short lived
The raindrop ascends to the heavens
So to our existence will travel
Through the rivers of time
Our souls transpire
Recoiling in the presence of God
All mysteries unfold
The truth laid before us
Love genuinely understood
Our minds alive amongst the stars*

Oneness

One

Then Two

Minds and Souls

Hearts and Desires

Love Sensually Together

Wondrously Reaching Oneness

Life Is Good Now

My days became intolerable. The toxicity of lithium caused tremors unbearable. I could not write. I could not work. Forget about cell phone use. My mind became clouded, conversation dulled. This medicine was supposed to help me stabilize my moods, make me supposedly normal. I feared the worst, I would turn into my mother, uncontrollably shaking, dismally, utterly insane. I decided to take my life. A hose connected to the exhaust, pumping poison into my lungs. Like a broken frame from Werner Herzog's *Nostferatu* scene of the dancing dead, I awaited death. Gasping for life, a light surrounded me. I felt the love that conquers all. I had a choice to make. Death sweetly calling me, life adamantly telling me, it's not time. I chose life. I'm off of lithium, the tremors have stopped, I'm happier than I've ever been. It was not a "successful" suicide attempt. For those thinking of suicide as the answer, realize that you can change your life. I have done it. I am on the flip side of depression. Life is good now.

Happy Home

*Realize that you are deeply loved
Every day that you persevere
Sacrificing yourself for your family
Making wondrous meals that nourish
Giving love when times are difficult
Soothing our wounds gathered from life
You've always been there for us
At our lowest points you've cared
Brought us back to your loving arms
Without you this family would fall apart
Your strength is astounding
Without you my heart would be broken
Your compassion knows no bounds
Without you our children would not be here
Our splendid Ray From Above, Amelia
Our brilliant Little Prince, Nickolas
Hopefully you can see how special you are
You define what it is to be a mother
Caring, nurturing, lovely without compare
This Mother's Day I give to you this poem
With undying gratitude for the
gift you've given us
Your love that brought us all here
To a place of bliss and comfort
A place we call our happy home*

Perpetual Bliss

*Your eyes as deep as the indigo ocean
Limitless as the azure sky
Your curves calling to me like a
singing siren of twilight
Skin as soft as Persian silk
Tenderness as sweet as the delicate
sounds of a symphony
Your kisses overwhelming, sending me
into an ethereal trance
Your touch as delightful as an angel's caress
My lovely bride, you send me into
the transcendent realm of my mind
Our love ascends past
all the cruelty of this world
You and I sail to the heavens and a
seemingly endless euphoria
You have captured my soul and I yours
You have tamed my wild heart
We walk together in perpetual bliss*

"Love Everything"

*I am on a majestic mountaintop
Peerless columns of igneous granite
extending skyward
Drifts of forgotten snow vanishing
under the solar rays
An intoxicating breeze flows across my bare skin
The earth below me with all her mysteries
Desolate plains sprawled endlessly in the vastness
The curvature of the planet in the horizon
The cityscape so minuscule
Hordes of people going about their business
Lives tamed by their daily rituals
The collective spirit of humankind
searching for the answer
The answer is right here, right now
The voice of God here on this mountaintop
Telling me to "Love Everything"*

The Flowers Of My Soul

As an Iris I am hope

As an Anthurium I am desire

As a Daffodil I am love

As a Bird of Paradise I am joy

In flowers I find

beauty

In flowers I find

harmony

In flowers I find

light

In flowers I find

Myself

Meaning

The meaning of life

To give love and receive love

As simple as this

Transcending Into Madness

*Along the Boulder creekside
I raised my arms to heaven
I imagined a tiny bubble
floating up my spine
Gradually rising through my mind
I pushed upon the gravity
The bubble burst out of my being
Into the sky my soul soared
Reaching a feathered friend above
I flew through him in him
I saw all he saw
I felt what he felt
I looked upon a woman below
My soul descended into her
Her mind was my mind
I felt her fashionable shoes
rubbing unforgivingly
Her thoughts on an appointment
Late she was
A child awoke my latent body
In an instant I was back again
"Are you alright mister?"
I replied
"I've never been this alright"*

Gift Of Love

I believe in love

Our savior's gift to All

Fulfill this beauty

Entry Open For All

*Daily we experience
trials and tribulations
Stumble and fall
Recover and rise
All creatures of this reality
All prevail'ers of this life
Hardships to be overcome
Turbulence of the ocean
Tranquility of the pond
Heat of the desert
Cool of the forest
All to be vanquished
in our final breath
Heaven the final destination
There is not a hell
Heaven is a revolving realm
of all that exists
For all sinners will be saved
All decency to be rewarded
A gate awaits you
Its entry open for All*

Dreamscape

*You fell asleep in my arms last night
Our breaths in perfect synchronicity
A blissful peace conquered all my fears
A latent calmness encompassed my being
A tranquil serenity swirled through my mind
Together we traveled into the stratosphere
The world of dreams and wonderment
We stride hand in hand into the fields of fantasy
In union we dance and play
to the rhythm of our beating hearts
Heights rarely achieved by the conscious mind
Amongst the daffodils we lay
Dreaming of dreaming
Pinch me please
I dare not wake
For this must be real*

Realize That We Are One

We are all creatures of this earth
Mystical elegance of an Okapi
Courageous presence of a lion
Wisdom of an elephant
Rambunctiousness of a lemur
Playfulness of a gibbon
Intelligence of a dolphin
Freedom of an eagle
The diversity astounding
This land we share
Cultivated for our greed
Millions of acres decimated
So we can wipe our behinds
Build our homes
Burn our fires
Write silly words
Habitats destroyed
In our self involvement
We negate nature's beauty
Matter of factly think all is well
It is not
This earth is languishing
Cries of animals unheard
We are confined to a false reality
Technology subduing the masses
Narcissists running the governments
This planet poisoned by our consumption
3.0 gallons to flush our excrement
Fossil fuels polluting the environment
We must come to realize
That we are not alone
Kindred beings share this world
See through the eyes of an artiodactyl

The eyes of a feline

The eyes of an elephantidae

The eyes of a primate

The eyes of a mereswine

The eyes of an avian

Realize the desecration you cause

Conserve the resources that are so dear

Realize that we are One

Sounds Of Nature

The fiddles of crickets

Squeaks and chirps of chicks

Whisper of wind

Splash of waves

Resonation of sun rays

Stillness of mountaintop

Laughter of children

Buzz of mankind

Chorus of love

Symphony of exuberance

This life we cherish

Defined in the sounds of nature

I Don't Care

A rat's nest for hair
Holey underwear
Hungover red eyes
Slender milky thighs
My looks, I don't care

To Be A Poet

*To ponder the eloquence of existence is
the God given gift to the poet
Enlightenment the
consequence of brilliance
The poet's mind captivating for
those who seek truth in this complex maze
Underlying emotions to be explored
A hidden light at the core of the soul
To see the simplicity of a sun's ray
To see the overwhelming
delight of a rainbow
The exuberance of the waves
The depths of the dark
The heights of the light
The all encompassing importance of love
The tragic experience of loss
The possibilities of life
The mysteries of death
We venture forth in childlike awe
towards an understanding of
what is essential for the heart
It lays in the layers to be unfolded
The words to be written
with a pen of revelation
A comprehension of what it is
to be human*

Serendipity

Cruising along making every light
That is serendipity
Going through the stations of the radio
and coming across the song in your head
That is serendipity
Running out of gas at the gas station
That is serendipity
Finding the last six pack of your favorite beer
That is serendipity
Opening the dictionary to instantly find
the word that you are looking for
That is serendipity
Getting a bonus when it is most needed
That is serendipity
Having your phone die when it is least needed
That is serendipity
Dreaming about Kurt Cobain and finding
a documentary about him the next day
That is serendipity
Having someone call you the very instant
that you are thinking of them
That is serendipity
Finding this poetry site and all my friends
You guessed it, serendipity

The Dimension Of Madness

*My mind dwells on abstract configurations
No structure making sense to me
My faculties failing from confusion
I'm in a sweltering puzzle of perplexity
I'm in a mess of disorder
My thoughts questioning reality
Each moment seems to come from an
alternate universe
People I talk to, each word is predictable
as though it has been said before
Visions of the future come true
Incandescence running rampant
Iridescence is a kaleidoscope overwhelming
A dimension of fallacies creates a storm
Madness takes on a familiar form*

Words

Vain, vein, vane

To, too, two

Its (possessive) It's (it is, it has)

What's up with these?

Confusing, sewarntly!

The Voice Of The Mentally III

*This shell of mine
It has contained years of misery
Contained years of happiness
Seen the chaos of mankind
Seen the love we offer each other
Felt the extremes of emotions
Been through hardships and triumphs
A mind within a semi permeable cap
A mind that has been utterly insane
A mind that has been brilliantly lucid
A bipolar mystery
The cover of my book is transparent
I open my heart for all to see
Venture into my madness
Understand my illness
There is no ambiguity about who I am
I am the voice of the mentally ill
With a cumulative cry I say
We are not lesser humans
We are the children of extremities*

There Is Hope

There is a stigma attached to mental illness. Many think that you are weak, that you are inferior. Unfortunately I've come across that attitude too many times. "You just need to exercise more, have a healthy diet and you will be fine." "You've done too many drugs." I haven't, my brother didn't, my mother didn't, my grandfather didn't, along with countless others in my lineage. Mental illness is a disease without a cure, like Alzheimer's , Parkinson's, Autism and Epilepsy. It is an illness far too many people struggle with. Try walking in my shoes they say. No one can truly understand another's journey unless somehow they can be that person. I have talked to the homeless and will never truly understand their plight. I have talked to the delusional schizophrenics in the asylum and wondered if that is how I've seemed to people when I've been in such a state. No matter your place on this earth, there is always hope. One day there will be a cure for your ills. Look at how far we've come in the last 100, 50, 20, 10 years. The days of lobotomies, salt wraps, straight jackets and electric shock treatment will be things of the past. We will conquer the misfortune of our condition and rise into the possibilities of the future.

Once Again

I could feel my soul slowly being drawn from me as if by a dirty hypodermic needle
The vial once full to be tossed into a chasm without end
The gravity of my despair overwhelming me to the point of no return
I would awaken in my moist tear stained pillow
Day in day out knowing the gradual descent may take my life
I saw no beauty in anything
Only the sight of impending darkness
All I could smell was the stench of humanity
All I could hear was the beating of my dying heart
Sensing the oncoming misery of suffering
Thinking of how I could take my life
I daydreamed about a noose around my neck about a knife piercing my rotting flesh
Yearning for my last gasp
I would go about my day in a somber trance
Nothing could console me
I would look upon others as demons in this purgatory
There was no hope to be found
There was no love to be found
As I sobbed my way into slumber once again
I screamed out to God "Please, Please, Take My Wretched Life!"
Once again he did not

All Things Shall Survive

*The will to survive
In every living thing
The perennial back another year
The annual spreading seeds
The sparrow laying her eggs
The eagle nurturing her brood
The otter playing with her pups
The lynx protecting her kits
All these rejoicing in life given
Lessons learned through evolution
For one to survive
One must thrive and adapt
Adversities set into place
Tests that are natural
The storm that cripples the flower
The wind that hinders the bird
The intelligence that perplexes the mammal
All these trials to be overcome
All things to dance in the sun
In a pure revelation
All things shall survive
All energy shall never die*

Peace Of Heart

*A tranquility envelops my being
The love of others has saved my soul
I was to be abandoned to the streets
I was to be lost in misery
My dear wife took me back
My family understood my disease
A glorious thing happened to me
The world was magical again
At my lowest point I rose
I had fallen into a ditch
Somehow the hand of God pulled me out
An appreciation for life and beauty was back
My sense of exuberance had returned
A brightness pierced through the clouds
My days of depression vanquished
Rays of lucidity broke through the fog
My years of torment conquered
I am extremely fortunate
For every day I see those who are not
Please realize my friends
This life will transform into eternal Light*

Angel Fish

mi anjl fis iz swel
i wnt to giv him a bel

mi dad gav him to me
im az hape az can be

if i wr a fis
i wld wanto be tis

wen i di
wil tis fis cri

Deepest Love

I made elegant love to my beloved wife last night as if it would be the final time. Our souls had been captured by our embrace.

A stream of emotions flowed through us. Thoughts of losing her overwhelmed me. How could I possibly carry on without her. Tears cascaded down my cheeks. I pressed my forehead to hers, our chakras joined forming one being ascending towards heaven. Our fervor sent us into divine ecstasy. A passionate intensity set us free. Together we held each other and drifted off into the blissful realm of sleep.

Visions of angels visited me, a glorious light surrounding them. Sweet Jeannette and I walked towards them hand in hand. We began an ethereal waltz to the sweetest symphony I've ever heard. We whispered delicate words of love to each other.

A voice descended upon us. The voice of God telling us that it was not our time to be there. I awoke with Jeannette beside me. Her long intoxicating breaths soothing me eloquently. I rose to face another complicated day with the perspective, all that matters is love.

This Love Of Everything (Refaire)

*An euphoria dissolved my disillusionment
An exuberance emanated from my spirit
An exultance conquered my sorrow
A peace which I misunderstood
became apparent to me
A passionate desire to survive consumed me
A perfection in nature was revealed to me
This realm of positivity and negativity
became transparent to me
The sun and its rays became more vivid to me
The moon and its luminescence
became more meaningful to me
The world and its possibilities
transformed my perspective
This consciousness became enlightenment
This love of everything
became my purpose to be here*

Misfortune to Fortune

*He was brought into this world with disabling partial limbs
He danced vivaciously with his wife in her times of need
He lost his life at the age of forty three very suddenly
He left behind a legacy of tenacity and resilience*

*She was spiraling helplessly into madness repeatedly
She had six compassionate children who supported her
She lost her life when she was eighty one with a tortured past
She was loved by many and remembered empathetically*

*I inherited my grandfather's, mother's and brother's mental illness
I have come to terms with it and now am a shining success story
I tried to selfishly kill myself six devastating times
I have been given graciously the determination to survive by God*

*She had married into my abysmal realm of pure relentless madness
She bore two ceaselessly amazing children that love her endlessly
She was going to divorce this pitiful mess of a human being
She took me back into her loving arms and our love has surpassed all earthly comprehension*

This Prairie

Crystal blue sky above
Bright sandy prairie all around
Lonesome youth walking through
Body and mind strong and intent
Yearning to be free from all within
Black coal cinders falling from the mind
Falling into the heart
Falling till they group together
Making one lump which can not be shed
The escape is not the long walk away
but the long walk within finding that lump
knowing it's a small part of you
which can destroy all of you
It can hold immense weight
being part of your soul
Walk towards freedom from the fear of falling
Deeper within never fearing the flight out
Just never lose your wings in this prairie
with the blue skies above

Enjoy the Ride

*I strip away my shards and barbs
My soul is here for all to see
My intentions are to help others
I sometimes falter at such endeavors
On this day I feel exuberant
Full of vigor and stamina
I stand against the wind
My feathers unfurled ready to take flight
My life is a swirling undulating ride
where my emotions can not hide
A vivacious intensity has captured me
My mind flows with blessed lucidity
Sweet mania has visited me again
The darkness is miles behind
Will there be an end to this emotional rapture?
Will I cross the threshold of madness again?
I believe not
Strap your seat belts on people
Enjoy the ride*

I Am Ill

**My mind is unleashed
So the demons shall feast
upon my madness
This distorted decay
I am in disarray
No answer to be found
I listen to the sound
of all that transpires
as my flesh slowly expires
This place of tranquility
faces the face of reality
I am ill
I am ill**

My Intrepid Voyage

*I have ridden forty foot waves
throughout my life
My ship is made of steel, grit and
determination
My bow has broken many times
I have drowned a hundred times
I have bounced off the peaks
into the stratosphere
I have been lost at sea repeatedly
Ravenous sharks and venomous jellyfish
all about
I have swum into the undertow and
scrambled for shore*

*This ferocious madness has taken me to
places where eagles dare and angels fall
I have witnessed the Milky Way in
its boundless glory
I have been sucked into black holes and
somehow came out alive*

*What I have found on my journeys is
the true purpose of my life
It is to give love and receive love
"Love Everything"
God told me as my spirit ascended to
heaven in a transcendental meditation
There are no maps for the
exploration of the Soul
There is no simple route on this
mysterious Voyage*

Vessel Of The Soul

*We are confined in our bodies
The indestructible flames of our souls
The innate ability to survive
The God given grace to love
The inevitable curse to hate
We can ride the waves of splendor
We can drown in the depths of murk
We can seek the starfish in the shallows
We can dive into the blackness of the abyss
There is a kingdom of peace to be found
There is a dungeon of torment with no escape
There is a swirling realm of all energy
residing at the gate
There is a rapturous place where
congruence coincides
This place captivating and spectacular
This place where the vessel of the soul shall go*

Essence

*I am a fresh newborn baby
I am a curious, stumbling fawn
The nature of the world has been
revealed to me
I try to hold my balance on these feeble legs
A sense of discovery overwhelms me
The sun feeds my sprouting mind
The moon grasps my mercurial soul
This blissful course of events has
opened my eyes
Once again the time has come to
nourish the fabric of possibilities
A limitless expanse lays before me
Uncharted waters to be explored
Once again a new adventure begins
There will be no end for
this essence to comprehend*

All That Matters

*There is a lustrous glowing glow that
emanates from our love
A vibrancy with an intensity that
can be felt for light years
You transport me to a
mystical wonderland
where magical pixies dance
The magnificence of our love
makes angels jealous*

*Your mind is as intricate and amazing as
a Stradivarius violin
Your curvaceous body beckons the
most frigid of men
Your spirit soars past the
boundaries of the stratosphere
The brilliance that exudes from
your being is captivating*

*All that matters into eternity is
the blessed love God has given
us All*

Spread Joy

*Her face tells a million intriguing stories.
Stories of love and happiness.
Stories of children she has and will have.
Stories of lost loved ones.
Stories of diseases conquered.
She has lived well and it shows.
A smile here and there reveals her true nature.
She is a good person overlooked.
I tell her a joke and she laughs.
She walks away, yet I'll never forget her face.*

*His face tells another myriad of stories.
Stories of discontent and misery.
Stories of lost and aborted children.
Stories of war and death.
Stories of his cancer consuming him.
He has lived a hard life and it shows.
A frown on his face reveals his true nature.
He is a good person overlooked.
I tell him a joke and he sighs.
He walks away, yet I'll never forget his face.*

*Hundreds of people I see each day.
Millions of stories to be told.
What I see in each one of them, is the basic need to be loved.
To aspire for happiness.
Try each day to spread joy and you will be loved and happy.*

Tamed Shores

*The sadistic shoolboy of my mind has kicked
my feeble legs from underneath me.
The towering house of cards that I have built
finally collapses.
The antecedent voyage has reached
barren shores.
My mind is tamed and perplexed at the sight of
this nothingness.
The sand oozes between my toes,
reminding me that I still walk this earth.
Lofty dreams tucked away in cosmic clouds
peak out at me; they say
"Over here. Over here!",
yet I must trudge forward in this
daily escapade, knowing this flesh shall
disappear into dust.
Old soul, only you know the answer to
this riddling life.
Tell me please before these eyes take
another blink.*

Shipwreck Savior

*In your mysterious eyes I ponder the
meaning of all that matters
Sunshiny days of the past,
many more to come
You have quelled all the storms
and taken me upon your breast
A nurturing spirit with an
ethereal abundance
You have worked "...in the service of
life and the living, in search of
the answers to questions unknown"
This song captures your true nature
Your love of all creatures is
continually spectacular
Your compassion and grace, this world is
blessed by your presence
Unfathomable depths reached by
this weary sailor
You saved me when my ship capsized and
I was drowning
For this I am eternally indebted to you
The journey back was fraught with
tumultuous waves
Upon the shores we made love
once again
Returning home we have found
peace, love, serenity and
the answers to questions unknown*

Who You Are Within

*Droplets of seething blood exude from
my aching heart
Why is there so much suffering?
The fate of humanity could be blown away by
a single breath of God
The corruption of society lays in natural decay
Detrimental is the path of self righteousness
Foretold lies and dismal views languish and
should be forgotten
Scholars and Prophets bow down to the truth
Corresponding energies exist in simplicity
Light and dark revealed to the naked mind
Love and hate swirling harmoniously
No more ambiguity in this continual journey
What lays before us resembles
stars spectacular and the void all around with
no resolve
Heartbeat pleads for mercy
No succumbing to the past
Chapters fold with disregard for the painful text
Rhythms of the mind succeed in
life's transparency
Do not question where you shall go, but
who you are within*

My Days In Asylums

*Screams and cries of despair fill the air.
Chaos and madness reign supreme.
Disillusioned, demented souls pace
back and forth.
Straightjacketed psychopaths hauled
in from the streets.
A padded cell for those out of control.
Schizophrenics talk about the
meaning of life.
Depressives sleep their days away.
Maniacs bounce off the walls.
A young woman tries to hang herself.
A beautiful model slashes her wrists.
Bitter pills passed out to a long line of
zombies.
Jailhouse like food laid out for us to
consume.
No semblance of happiness or sanity
to be found.
Therapists pass judgement on those
that need comfort.
Psychiatrists and psychologists spout
words from outdated texts.
My faith in humanity shattered by
doctors discourse.
Any reason to stay alive thrown onto
broken glass.
72 hour hold reached and they tell me
not to go.
"You will repeat your suicidal ways.",
they say.
"Anything but this will make me want
to live.", I say.*

Your Splendor

*Troubled soul
Why do you question so?
Why must you suffer so?
Don't you see that all of this world is
in the same calamity
For the saddest there is always
the happiest
For the poorest there is always
the richest
For war there is always peace
To come to terms with this is a noble cause
You were born, so too you shall die
Do not fret or have regret
Think of the good that you have
brought to this earth
Discount the days of misery and hurt
Rise in the delight that you have experienced
Know the path of
eternal happiness shall unfold
Realize that our paths are our own choice
To rise past the negativity
No matter what has happened to you
Sometimes the happiest people are
the poorest and diseased
There is a light that transforms
misfortune into fortune
Do not dwell in the shadows of the past or
what the future might be
Live this day with determination
This day is for you to behold your splendor*

The Final Glow

*As I was gasping
praying for death
a yellowish soothing glow surrounded me
I knew it was the end
Somehow I realized that it was not
my time to die
There was more to my life than this
The pain and inexcusable misery that
I would cause others
I realized how selfish I would be
remembered for
All this within a millisecond before
my final demise
There is a Light
Trust me
So in your final hours be comforted by that
yellowish soothing glow I saw*

Intrepid Ship

*You are a chrysanthemum
Petals in bloom throughout eternity
You do not realize your beauty
As special as a new day's sunrise
As glorious as a fading day's sunset
Your ship is sturdy and made for this journey
You have ridden the waves of complexity
You have set sail where others fail
You have a life well lived
Children endowed with your blessed lineage
You have nothing to regret
You have been an example for the living
Hope for the less fortunate
Your love has endured
You are loved by many
The years have passed
No need for despondency
In the nature of all things
your splendorous glory rises
This poet is humbled by your magnificence
Like the flower, sunrise, sunset and
the intrepid ship of your soul
All that exists shall never die
Your life shall never end
The light that exudes from you shall never expire*

Give

*Today in the eyes of a shattered homeless soul I saw...
Life's hardships weathering the beaten.
Insanity reeling in the devastation.
Addictions relentlessly taking hold.
Humanity being callous and unforgiving.
A life thrown into a ditch to be forgotten.
In her eyes of despair I saw myself.
Forever to be lost in madness.
No cure from society.
No one to love her.
No one to be kind.
In those moments,
I learned to love her,
I was kind to her,
I listened to her cries for help,
I believe that I did help her.
Take the time,
help one another,
give love and kindness.
It means more than money can buy.*

Children Of God

There is a continuum to our existence
We are creatures of the immortal Light
Spellbound by the glory of divinity
Transcending this earthly realm
Generations in the fore,
generations before
given the blessed gift of spirituality
Insight to universal laws
Comprehension at our fingertips
Gifted minds explore this reality
Thoughts and emotions swirling in purity
It is the dawn of resurrection
Christ will rise in all of us
The antichrist has been defeated
innumerable times
The spirit of exuberance conquers all
God's gift of pure love
supersedes all hate
Embrace the possibilities of the future
Do not dwell in the negativity of the past
For you are certainly children of God

Children Of The Sun (non-Christian interpretation)

There is a continuum to our existence
We are creatures of the immortal Light
Spellbound by the glory of the stars
Transcending this earthly realm
Generations in the fore,
generations before
Given the gift of spirituality
Insight to universal laws
Comprehension at our fingertips
Gifted minds explore this reality
Thoughts and emotions swirling in purity
It is the dawn of enlightenment
The sun will rise in all of us
The Hitlers of this world have been
defeated innumerable times
The spirit of exuberance conquers all
The gift of pure love supersedes all hate
Embrace the possibilities of the future
Do not dwell in the negativity of the past
For you are certainly children of the sun

Ode To Peter

*Mystical, enchanting words flow from
your brilliant mind
Meandering thoughts of relevance
with no compromise
True to your open heart
you wear no disguise
Impactful, powerful songs
complicated yet simple
Experimenting with a vast array of
forgotten instruments
Your voice textured with
unequivocal originality
Thirty nine years of
unprecedented wonderment
Bauhaus changed
the way I saw the world
Now you take me to dimensions
rarely exposed
The light pours out of you*

Hope To Die Alcoholic

*Another drink after another, another
The path I'm on consuming me whole
I stagger to my home, the dumpster
Head swirling as I try to fall asleep
I pray tonight to end this fight
Tomorrow will be another day of the same
I'll beg on the corner with a cardboard sign
I may turn a trick or two
I may steal some copper from a job site
I'll do anything for another drink
That life shattering brown elixir
That demon will not let me go
I will drown my sorrows tomorrow
For tomorrow the devil will visit me again
For tomorrow I'll wallow in my wretched life*

Divinity

Grasp the elusive light in eternity

Dive into the vast sea

See all there is to see

The spiraling reality of positivity

Relinquish your ties to negativity

All things bound by simplicity

All things endowed with divinity

Change The World

There are many pathways in this life, many with the torrent of a viscous storm, many with the splendor of a shining star. We will stumble and fall. We can rise and carry on. The threshold of enlightenment is upon us. The words of historians, philosophers and holy men are an electric pulse away. Open the pages of a new era. There are those without such luxury. We are the fortunate ones. We are the generation gaining the knowledge to change the world. It is not too late. All generations have feared the worst. It is our nature to be afraid of the future. Certainly we have the power to destroy, mostly we have the power to survive. Fear not the future, it will be what we make it. It starts with you, only you. Change yourself and you will change the world.

No Radiance

**There is an evil that lurks in my soul
A beast that I must face
A heartless creature of darkness
that I must come to terms with
Bitterness rises from the demon within
Hate and anger rear their ugly faces
Sun shiney days become gloomy
Night time becomes more horrific
Dreams turn into nightmares
Dawn breaks on another dismal day
The streets are laced with junkies, whores
and the homeless
Humanity disappoints
and everything continues to crumble
My disease dictates my every emotion
Conversations turn to ways of how
I can kill myself
The dark poems that I read hit home
This is part of all of us
No radiance to be found**

Damaged Soul?

Damaged Soul friend? foe?

I will never truly know

Let his false soul go

Fix

*I feel that life sucking demon dancing in my head again
The only relief is a quick razor blade slicing lengthwise into a main vein
How could hell be any worse?
Death is a fix that I look forward to*

Life On Earth

Burned buildings billowing black smoke.
Pock marked fields as far as the eye can see.
Bodies strewn across a barren wasteland.
Innocent children's corpses piled in heaps.
Mindless pilots have completed their mission.
The only reality remaining is death.
The tragedies of a false war continue.
Who is right and who is wrong?
Satan sits in his lofty chair and laughs.
Religious leaders bare their rotting teeth with self righteous grins.
World leaders bicker back and forth with stale breath.
This dismal realm of hate and violence will certainly end all of our lives.
See the future for what it really is.
This world is part of God's master plan.
Life on this earth will end.

Choke

Ocean temperatures rising at an alarming rate.

Ice caps melting and crashing into the sea.

Earthquakes, tsunamis and wild fires devastating beyond belief.

Politicians lying through their teeth.

Mother Nature is going to kick our sorry asses to the curb.

No hope for the human race.

Go out and choke on the death spewing fumes of your convenient automobiles.

Go out and feast on the chemicals in everything that you eat.

Go out and burn in the record heat.

What you will see beyond your mind altering technology is the reality.

We are slicing our own throats.

Glorious Life

*I'm alive, I breathe, I thrive
I feel the vibrance in nature
I feel the kindness of others
I feel a glow forming within
A chorale of the sweetest sounds
enraptures me
My mind is untethered and set free
My body dances in a beautiful waltz
My soul sings the most ethereal hymn
There is nothing restraining me
from a glorious life*

Loctaine The Vampyre

Loctaine arose from his insidious tomb. A spectyre of the night. He grooms himself for another venture of deception.

The black prince enters the misty haze of twilight, bound for the downtown nightclubs full of unknowing maidens. He creeps about in the shadows of alleys, like a ravenous beast in search of prey. A young devotchka lingers, smoking a cigarette, humming a pop tune. He approaches her with a smooth stride. "Can I offer you another cigarette, my dear?", he enticingly says. "Why sure mister, you are so kind.", she says. He engages in a seductive, alluring discourse.

After a captivating conversation, he invites her to his flat nearby. With jovial acceptance she is snared into his trap. Upon entering his gothic realm, she is overwhelmed with lust. She looks into his sapphire eyes and feels her blood boil. With reckless desire, she kisses him; it would be her final kiss.

He unsheaths his implement of devastation; a small razor drawn from his necklace. With a swift slice, the ruby pulsing life cascades from her veins. In a rapturous scream, she succumbs to his unearthly passion. As he draws her blood into his eternal corpse, her soul nourishes the hunger of his wretched existence. He pulls away to make the final conquest. He slices his tongue to shed his own decaying blood and transfuses the lineage of vampyres before him. Her eyes turn a mystifying opal green and eternal doom is laid before her.

Jane The Cannibal

Jane lived in a dense forest amongst the majestic Rocky Mountains.

Her rustic cabin was situated atop a formidable bluff. She was an unassuming retired Catholic school teacher with a demeanor of true kindness.

Soft spoken and gentle seemed to be her manner. Jane had a problem you see, she had a taste for human flesh, especially the youthful variety. She would travel to the small, peaceful towns that catered to skiers and the adventurous sort.

Her facade was very effective. A stray, innocent child playing joyfully, unattended was the perfect victim. One such lass named Mary would fall prey to Jane's insatiable hunger. Mary was all of seven years old and as sweet as a lamb; a perfect treat for Jane's dinner plate.

"Come with me, I'll show you the puppies that I have.", was Jane's wicked ruse. The child was happy and excited to go along with Jane to see such a splendid site. "I live a couple miles down the road, too far to walk, let's take my car, it's well worth the drive.", Jane said.

A few miles down the road they went. Mary became suspicious of her new friend.

"Maybe you should call my parents and let them know where we are going.", was Mary's plea. Jane reassured her that all would be fine. "I'm a friend of your mother and she trusts me."

Higher and higher they went on a treacherous, bouldered dirt road. At Jane's cabin they walked hand in hand. The gentle young girl was about to experience the end of her blessed life.

"Where are the puppies?", Mary emphatically questioned. Jane spun around with a freshly sharpened axe in her hands and chopped off the young girl's head. "No puppies for you my delectable meal." Jane carves the fanciful flesh and with a sadistic grin yells, "I am the most powerful disciple of my Lord, Satan!"

With that the treachery of cannibal Jane will never be exposed.

All Aboard! The Black Train

The sounds of her ginormous steely wheels go...

Chatta Chat,

Chatta Chat, Chatta Chat.

Southward bound for the daily commuters.

Unsuspecting, lethargic souls standing in line.

Dismal is their perspective on another sad day.

Chatta Chat,

Chatta Chat, Chatta Chat.

Here she comes boys and girls, enjoy the ride.

"All Aboard", the train conductor yells.

They all board the foreboding steel beast.

Chatta Chat,

Chatta Chat, Chatta Chat.

She goes down the line with intrepid fury.

The big city will not be her final destination.

Into a collapsed, dark, endless tunnel she goes.

Chatta Chat,

Chatta Chat, Chatta Chat!

Awaiting

*Let the bubble burst and a revelation
shall occur*

The vapors are transparent

Negativity falls

Positivity rises

The nature of all things

Feel your soul

Feel energies flow

Within us all are love and hate

The truth of everything

The sun and void

Choose wisely

Eternity awaits

I Am

I am my own soul

I am living my own life

I am my own truth

Transcension

*There is an equilibrium that is eternal
Energies stabilizing each other to form
One entity
Yin and Yang of Taiji wisdom
Comprehended in many dimensions
Yoga chakras put to the test
Significance found in emotions
Transcension found through the mind's eye
Peace and divinity found in love
Ascension found in letting the body go
and letting the soul travel amongst the stars
Death is inconsequential to the soul's journey
Transcension is the achievement of spirituality
Beauty found where hate lays inanimate
Let your heart guide you to find happiness
Thoughts in clouds where truth is revealed
Dreams have doors with hidden keys
Each one is a gateway to life's mysteries
The doors of transcendence will be opened
for those who seek them*

My First Poem

WWWAAHHH !!!

WWWAAHHH !!!

WWWAAHHH !!!

As I was brought down from the stars to this cold, cold, cold earth.

Flight

*I have resilient feathers
The rain is repelled during flight
Only on land does it soak in
I ruffle and squawk
I dip my beak for a drink
A juicy worm for a treat
A visit to my mate and brood
A loving nest filled with delight
Off again I go into the sky
Wings unfurled and strong
No weather can curtail my flight*

Suicide Attempt VI

I looked into my soon to be lifeless eyes. My reflection turned into a shadow.

I walked around the foreboding, dark rooms of my unaffordable house. All I could see was the darkness that would consume me. Every movement I made drew me closer to my demise.

I went into the garage to unveil my hidden instruments of a planned suicide, a dryer duct and duct tape. I attached the spiraling, ominous devise to the car's exhaust. I cracked the car's window just enough so my implements of destruction could be taped shut.

I sat in my final seat and turned on the motor and began to wait for a much needed relief.

I thought back over my life and the previous five attempts and four hospitalizations. I knew for sure this one would be the most effective; I researched it. My thoughts recounted my years of misery, my mother's battle with our disease, my abusive, much older brothers, the continual, frequent bouts of depression, the hardships that I put my wife and family through. Mostly the utter pain that has tormented me for this half century of my miserable life.

The fumes became thicker and thicker to where I could hardly see. My head nodded as I went in and out of consciousness. "Finally, finally I'm going to end this fucking life!!!", I screamed. I was within a breath of certain death, but here I sit and write. My survival is another story.

Choose Wisely

I'd rather die a poor man with love, than a rich man without love.

Into The Sun

*The sun burns yet it is soothing
The pain is coexistent with the pleasure
The mind exists in the cohesion
of two elements interwoven
At its core is a reality
Everything is governed by simplicity*

Sickness

My mind tastes like vomit.
The vomit of our society.
The bile of misery.
Chunks like our president's lies,
splattering on the walls of this decay.
Puddles like our poisoned oceans.
Stench like our polluted skies.
The only relief is bullets into our heads,
blasting our sickness away.

Chemical Man

There's chemicals in the fluids I drink.

There's chemicals in the food I eat.

There's chemicals in the air I breathe.

Chemicals, Chemicals, Chemicals

Everywhere

I am a dying Chemical Man.

3x6=?

Abiogenesis

Overpoulation

Antepenultimate

Note: 3 lines of six syllable words

Rise Above II

*Rise to a new blessed day
Fresh eyes from dreamland
Look upon what lays ahead
Your time on earth should be well spent
Give love to the ones who love you
Give love to the ones who don't
Shed God's Grace on everything around you
Help others see the possibilities
There will be many trials on this quest
There will be others drowning in misery
Everyone has the spirit of divinity
within them
The spirit of happiness
The spirit of God's Pure Love
Find it in yourselves to rise above*

Mother and Father

*Mother Earth and Father of All as One.
The rays of the sun cast life upon the
fertile land.
The genesis of the living.
Nature's wealth is revealed.
Humankind sprouts from the seed of the
Father and the womb of the Mother.
The will to survive and adapt is given to
all living things by the Holy Spirit.
Souls of all creatures are eternal, brought to
this earth by the Heavenly Father.
Souls given the gift of love and the
agony of suffering.
Experiences testing all life to rise or fall, to
rise to the heavens, or fall and disappear.
We have been given the power of God, the
One, to create and destroy.
As humans we have the duty to protect
our Mother and respect our Father.
We are mere children of the One.*

The Wind of Revelation

Quietly I sat, pondering all things.
Quiet was the wind around me.
Thoughts wandered upon my beliefs.
Thoughts dwelled on Jesus Christ.
Doubts of how this man could exist.
Doubts of how any miracles could happen.
The wind grew into violent intensity.
The trees twisted and bent.
This was certainly the end of the world.
This day before the eclipse.
I knew that I must believe in him.
I felt his presence overwhelmingly.
True acceptance touched my soul.
True love of everything was shown to me.
The wind abruptly subsided.
The wind had shown me the truth.

(Haiku)

Inner Peace Attained

The Power Of Christ Revealed

Love Of This Life Felt

Embrace Love

*Love is in the heart and soul
Love is a gift not to be forgotten
Love is all that matters*

*The days will pass too quickly
The years will seem to slip away
The life you have together will blossom*

*Do not let the flower go unnourished
Do not let your love fade away
Do not let this life change what you feel*

*You have the most important thing in the world
You have the God given blessing from above
You have the ability to embrace love*

The Nature Of Things

The birds fly

The fish swim

The ants crawl

The snakes slide

The plants go green

The humans take it all

for granted

This is

the nature of things

Like Honey

*We talked for hours about everything that matters.
We teased each other with erotic innuendos.
I sat next to you so I could feel your heat.
The love in your eyes would have made
a cruel man cry.
I swiped the bangs from your forehead,
feeling the silk of your hair.
We kissed each other with soulful depth.
I carried you to our palace of splendor.
I tore off your clothes with lustful intentions.
I wanted to explore every inch of your body.
With great desire I wanted to feel you.
Your flower smelled and tasted like honey.
I mounted you as if it would be the last time.
We made love with the intensity of a wildfire.
I guided you into pure ecstasy.
With the fury of a Supernova I climaxed.
Afterwards we tenderly caressed each other and
cooed into dreamland.*

Perplexities

Confused

Perplexed

Unenthused

Demoralized

(Haiku)

Fall is whispering

"Come hither my sleepy one"

Gently she soothes me

(Limerick)

*There's a man who seems to be damned.
His words come from a far off land.
Dark songs are his game.
We love him all the same.
Hopefully he doesn't cut off his hand!!*

Nature

*The day drifts eloquently into the night
The night flows casually into the day*

*The sky brightly shines above the clouds
The clouds darken appropriately below the sky*

*The deer leaps excitedly over the binturong
The binturong sleeps soundly under the deer*

*The lion eats what is needed from the buffalo
The buffalo dies accordingly for the lion*

*We humans fight wrongly against nature
We humans have much to learn from nature*

The Wrath

*Self righteous nations of the world
will violently clash.
The false god of technology
will be ripped from the skies.
Moral decay and self involvement
will strip away the Holy Spirit.
The skies will darken and the moon
will appear to be blood red.
Great trials and misery
will test the compassion of humanity.
Massive earthquakes and tumultuous seas
will transpire across the world.
The wrath of God
will not compromise.
Your beliefs
will lead you into eternity.
Look to nature and you
will see the truth of your existence.*

My Friend Jesus

God created all.
His son won't let us fall.
Heaven is where the good go.
Don't you all know?
Hell is a place for the bad.
Isn't it really sad?
All I know is that Jesus is my friend.
He will be my friend past the end!

Perpetual Droop

*You walk along the city streets.
Head bowed before your false god.
Crosswalk up ahead, watch out!
You trip and fall over a pothole.
Splat, snap you just broke your arm.
You stupid fool!
Your beloved phone gets run over.
You cry as if you've lost your best friend.
What are you gonna do now silly boy?
Momma will buy you a new one, right?
At least you've got your sacred tablet.
Head down you go playing that game.
Arm in severe pain.
Another crosswalk, oh no!
You walk out against the flow.
This time a car hits your sorry ass.
Pow, crack you're dead at last.
What are you gonna do now silly boy?
Momma ain't gonna buy you a new toy.
In Hell!!!*

My Last Day

*The day has come
where everything turns black*

*The day has come
where I hope everything turns bright*

*This day will pass
This day will be my last*

*The journey here is ending
The journey there is beginning*

*My last gasp is drawing near
My last gasp I have nothing to fear*

Advice

If it's bad

Let it go

It will pass

If it's good

Embrace it

It will save you

The Path

The day will come when you will be grasping, gasping for life and the only path that will remain is how you lived your life.

How you treated others and nature.

How you treated yourself and love.

Quote

Everyday do not count your miseries, count your blessings.

Blue Day

The rain falls from heaven once again.
My ever changing moods turn blue.
O! Sol is hiding above.
No gorgeous sunset today.
A brisk chill makes me shiver.
A few leaves are changing color.
Fall's glory is around the corner.
Today could've been like yesterday.
The sun was brightly shining.
My mood was high and wonderful.
Have patience little boy.
The sun will once again come.
The colorful leaves will be bright.
Your heart will be light.
Have strength little boy.
Your life is going to be all right.

To Spread Beauty

Light of all light.

I bow to your glory.

How can I not love you?

Wondrous God of all love.

Humbled am I by your power.

Your magnificence conquers all.

No hate, no fear is your blessing.

My heart is your eternal heart.

I will not languish in my misery.

You have given me all that I need.

The ability to share your message.

To rise past all of these complexities.

To shine brightly and spread your beauty.

Gravity

Gravity holding me down!,
 holding me down!

You won't let me go.

Trees rise,
yet fall.

Birds fly,
yet drop.

Gravity holding me down!,
 holding me down!

You won't let me go.

Rise Above III

*There are two paths in this life.
We are in the middle ground.
We can rise to the sun.
We can fall to the night.
The energy that we feel.
Two connected parts.
Surviving together forever.
Paths struggling with the other.
One is weak at times.
One is strong at times.
Our journey can go either way.
One path will drag you down for eternity.
The other will raise you up for eternity.
Embrace the positive.
Embrace the negative.
Those that flounder will be stuck here.
A constant test of the soul.
All suffering has joy.
All joy has suffering.
Surpass the suffering.
All that will remain is joy.*

The Struggle

*We live our lives in a constant struggle.
To see what is right and what is wrong.
The pursuit of enlightenment.
The realization of who we are.
Realizing the consequences of our actions.
To have compassion and love is the mission.
To be respectful to all of nature.
Through proper living our souls will rise.
All answers to questions will be revealed.
All mysteries will be dissolved.
The final door will be opened.
A glorious Light will lift us away.
Our spirits will be at the final destination.
A place of peace and tranquility.
A place where all past lives come together.
The struggle will be finally over.*

Lament

*There are blue skies above the clouds.
If only I had wings to fly there.
Sorrow has swallowed my soul.
No words from others can help me.
These feelings I can not shed.
The rain is relentless.
It has taken me prisoner.
My moods take me further down.
Down into a hole without a bottom.
Lament over the harm I've done.
The pain I've caused others.
If only I could take it all back.
I must give myself time to recover.
As long as it takes, I must endure.
I've been down this road too many times.
I know there will be better days.
I know I have it in me to survive.
Give it time, give it time, give it time!*

Despondency

*The mind slows.
Words become distant.
The body aches.
Every step is a struggle.
Troubled feelings dominate.
Hoping for no feelings.
Hoping for it all to end.
There is no light,
only grey.
Shattered emotions cast into flames.
Heart stomped into the ashes.
Will this agony ever end?
Take it from me, it will.
I've been to this place many times.
Reach out to others.
They really do care about you.
These days will pass.
This despondency will not last.*

Alcohol

you make me numb
you make me succumb
to feelings so deep
you make me weep
your precious gold
makes me unfold
to the harsh reality
this life is complexity
you make me fall
yet I heed your call
I am in denial
that you are vile
I am an alcoholic
I am an alcoholic!

10/2/17

Hate once again
reigns supreme
Devastation engorged
Evil is nourished
Death toll rises
Thousands suffer
Loved ones dead
Society continues
Stock Market rises
Trump emotionless
N.R.A. self righteous
These are the days
of moral decay

Change

Cigarettes

I crave you

Alcohol

I crave you

Death

I crave you

Myself

I hate you

My life

I will change you

The Exit Door

Writhing, weeping and screaming
on the blood stained floor.
Countless victims of depression
have bled millions of droplets here.
Tears garnered from pure emotions
of raw desolation pour freely.
The Reaper looms overhead
with the key to the exit door.
Razor blades, nooses and pills
are strewn all about.
All that you have to do is beg him.
"Please, please make this suffering stop!"
He will not have mercy.
He will welcome you heartily.
He will end your fucking life.
Whatever you do, don't let him.
Don't give him the gratification
of victory over your soul.
You can get through this.
Do not take your own life.
The path you are on
will last for eternity.
Do you want to suffer forever?
There is a way out.
You **MUST** find it!!

The Other Side

Each breath is smooth and easy
Lung pain is astonishingly gone
More energy carries me
to the other side

The hazy clouds have cleared
My mind is back on track
Thoughts lead me
to the other side

Cigarettes and booze
I no longer need you
You've done your damage
I'm now on the other side

Freedom

*Wandering through existence
Choosing each direction we go
Creating the path we are on
Following the nature of our souls
Searching for the answers
Finding what really matters
Understanding what life is
Having compassion for others
Seeing the beauty in everything
Embracing love that is essential
Feeling your essence
It takes many lives to realize
the way to complete happiness
To shed the tears and pain
To find peace within
To purify your soul
To attain freedom*

We All Die

We all die

Birth to death we suffer

Life has no point

We all die

The fury of hate rules

Why live at all

There is no god

There is no afterlife

When you're done you're done

We all die

Cradle to grave we go

Existence ends

We all die

The fire takes control

Finally dead

There is no god

There is no afterlife

When you're done you're done

Autumn Bicycling

*Tires spinning swiftly over pavement
Smooth revolutions of energized legs
Breathing in ripe autumn air
My pleasantly comfortable position recalled
Old velocipede still a perfect fit
Sonny boy by my side smiling ear to ear
His sparkling copper colored Raleigh humming
My big red touring Koga whirring
Leaves swirling upon a gentle breeze
Striking, vibrant colors causing awe
Sunlight spritely dancing through the trees
Glorious nature exposes her delight
Miles roll away without effort
The day's splendor cannot be grander
My son and I bicycling together brings tears
of happiness to this aging, weathered soul*

Stagnant

*Cogs no longer lubed by booze
Sparks no longer ignited by cigs
Hibernation seems so attractive
Long sleep filled days pass
Sluggish movement while awake
I am so very tired all the time
Sadness creeps into every moment
Hoping to sleep the days away
Having a hard time thinking
Having a hard time talking
I have gone stagnant*

Junk Shack

Cool smack daddy shelling out juice
Pad full of crazy freaks jonesin hard
Amphibeans with milky white pustules
Young derelict men lick for kicks
A better fix than California Sunshine
Smelly old winos slurping Mad Dog
Hellbent passion for liquid delirium
Kid with a new dope toy on the floor
Junkie priest with a switchblade fetish
carving his name into an alter boy
Princesses slobbering candy foam
Tar laden rejects drooping in corners
Hipster wanna-bes from the suburbs
doling out their weekly allowances
Emo chicks with pop-riveted track marks
Crackhead whores trying to read minds
Granddaddy master blowing a haze
seeing bubbling broken film glances
taste buds raw from newfound junk
beaming bulbous eyes pounding
blood thick with goeey syrup traces
Everybody in the joint doin it up proper

Hostage

*She knows my illness
She has felt my suffering
She has seen my madness
She is my victim*

*I have drawn her in
I have held her captive
I have created her prison
I am her tormentor*

*Depression causes misery between us
Depression destroys the love we have
Depression is an unforgiving master
Depression holds us hostage*

Hell Bent

They let a mentally ill man buy a gun
A double barreled shotgun to be exact
He had many a fight with his wife
All he wanted was to end her life
He hated his own and wanted the same
All he could feel was absolute misery
A piss ant job, a life of torment
He was a constant disappointment
Depression and self loathing was his curse
He did not care about anyone else
His children meant nothing to him
The fate of his family was grim
He entered his bedroom drunk one night
His wife peacefully laying asleep
With great malice and hostility
He carried out the atrocity
Shotgun laid between her legs
A blast to make her suffer slowly
To the children's room he went
This man was surely hell bent
With a grimace and an evil stare
He decimated the rest of his family
One last shell he faced his demise
The devil the only one to hear his cries

Coming Dawn

*Upon the murky stream of Manitou
The Wiccans dance about the bonfire
Calan Gaeaf, Samhain is underway
The festival of the Dead
A spiritual new beginning
End of the long harvest*

*Julia spins aloft the swirling smoke
A wondrous trance she has found
Her lost loved ones join in the dance
All of nature sings to their celebration
Visions of the new year are revealed
She is in tune with all there is*

*Jacob sets the table for the feast
A place for his long lost mother
Remembrance of all those who have
come and gone
A new year to be undertaken
He sets stage for the coming dawn*

Loctaine The Vampyre

Loctaine arises from his insidious tomb. A spectyre of the night. He grooms himself for another venture of deception.

The black prince enters the misty haze of twilight, bound for the downtown nightclubs full of unknowing maidens.

He creeps about in the shadows of alleys, like a ravenous beast in search of its prey.

A young devotchka lingers, smoking a cigarette and humming a pop tune. He approaches her with a smooth stride. "Can I offer you another cigarette, my dear?", he enticingly says. "Why sure mister, you are so kind.", she says.

He engages her in a seductive and alluring discourse. After a captivating conversation, he invites her to his nearby flat. With jovial acceptance she is snared into his trap.

Upon entering his gothic realm, she is overwhelmed with lust. She looks into his sapphire eyes and feels her blood boil. With reckless desire she kisses him; it would be her final kiss.

He unsheaths his implement of devastation; a small razor drawn from his necklace. With a swift slice, the ruby pulsing life cascades from her veins. In a rapturous scream she succumbs to his unearthly passion.

As he draws her blood into his eternal corpse, her soul nourishes the hunger of his wretched existence. He pulls away to make the final conquest. He slices his tongue to shed his own decaying blood, and transfers the lineage of vampyres before him.

Her eyes turn a mystifying opal green and eternal doom is laid before her.

Bipolar

Spirituality gone amuck
Hallucinations vividly seen
Apocalyptic predictions revealed
Clairvoyance encountered
Sexual appetite insatiable
Energy of a hundred men

Sadness consuming every moment
Reality tragically realized
Suicidal feelings felt
Mind slows to a halt
Sex drive nonexistent
Energy of half a man

Finding

Turbulent, undulating state of being
Buoyed through life by intangible thoughts
Reality swirling and heaving with spirit
Thinking, feeling full of hope and tragedy
Lost, sinking, floating, found

White Trash Blues

Vile curse words spewed
Bigoted mind w/o a clue

Dim-witted, irrelevant view
Lost in entertainment news

Lousy job making you a slob
Looking for new places to rob

Children neglected and abused
Wife unloved, miserable and used

Down in despair you will go
Worthless life only thing to show

Psychosis

Hear That!

Hear That!

There's A Riot!

I hear nothing.

See That!

See That!

The floor is moving!

I see nothing.

Feel That!

Feel That!

Everyone Is Watching!

I feel nothing.

GET ME OUTTA HERE!

Here is your cell.

My Flower

*My flower
So sweet and tender
Soft and wonderful
Riddled with thorns
and so complex
My dear
see your beauty
and bloom
You are spectacular
in so many ways
Shed the barbs
causing snags
Rise to the sun
and cherish
what is before you*

Mental Parade

Doctors pompous and conceited
Therapists self indulgent
Hospitals a fucking joke
Pocketing the riches
Laughing at our pain
Pumping out the meds
Zombifying our spirits
Our emotions squelched
Having a subhuman life
Society oblivious
All are welcome to the
Mental Parade!

Dancing at Dawn

Love lies deep
Layered into the soul
Blessed by beauty
Flowing through time
with sparrow's wings
aloft on waves of serenity
We live these days
together
bound in consequence
Free in emotion
Loving and feeling truly
on a path eternal
Spirits interwoven
Dangling on strings so fragile
Rising through the mist
Hearts on fire
Souls strong and vital
Dancing at dawn together
forever

Cancer Stick

Vile cancer stick
You make me sick
I know your disease
Take my life please
I want to finally die
I won't even try to cry
Pickin up used cigs off the ground
Been on this treadmill goin round
Bought a pack today
Don't care what they'll say
Long term suicide plan
It's just the way I am
Quit a thousand times
Take me before my time

ENERGY

Positivity breeds Positivity

Negativity breeds Negativity

Light thrives with Light

Dark thrives with Dark

Forever the Balance

Forever Life

Life There

Pain lingers in our souls
Suffering gone untold
Searching for death's leniency
To cure the despondency
Resurrection from the ashes
To rise above the masses
Unfurled wings to fly
To eternity we'll glide
No discrepancy in our purity
No dependency to our reality
Life here will end
Life there to comprehend

Drowning

Here the waves come again. This body weary from trying to swim. Each wave more extreme than the last. Each one taller and stronger. No sight of shore, no relief. I am very weak now, so tired. Why is this happening to me? Why must I drown? It's all become very heavy. I'm letting go. My body, my mind has drowned.

She

With no remorse, she murders.
With heartbreaking words, she cuts,
cuts deeper and deeper,
spilling blood from my open heart,
spewing her bile upon my wounds.
Acidic rage, poisoning hate.
I languish, crippled by the pain.
Memories of near death reappear,
looking for an escape, any escape
from this world without compassion.
My fate written in stone.
The cold rock of her soul.
With one swift slice,
she has taken my life.

B.D.S.M. (co-write by Lawless & Hood)

Dear Mistress of Torment

Please teach us well

Show us your hell

We want you to hurt us; make us feel pain

Inflict all your hurt onto us

Let this agony become our joy

Use us & abuse us like an unwanted toy

Dear Master of Suffering

Give us your angst

Your pain is our pain

We need you to hurt us; make us scream out

Focus all your hurt into us

Let this torture become our desire

Use us & abuse us; harder & faster

Bondage & discipline

Make me sore; break me in

Dominance & Submission

Every fetish; every sin

Sadism & Masochism

Make me bleed; break my skin

Dear Master of Agony

Relish in our fear

Scar our very souls

We want you to hurt us; make us scream out

Direct all your hurt into us

Let this discomfort become our love

Use us & abuse us until you've had enough

*Dear Sister of Darkness
Bring us close to death
Let this pain be our final breath*

We need you to hurt us; make us feel pain
Impose all your hurt into us
Let this torment become our delight
Use us & abuse us with malice & spite

***Your sweaty patent leather smells like misery
Your whips, cuffs & chains feel like razor blades
Take your knife & cut us; the blood will be lubrication
Have no mercy; we know you have none
Let our pain last forever...***

Medication Daze

Moods swinging from dark to light
Chaos and disorder rule each day

Suicidal thoughts come and go
Crying spells; feeling like hell

Excitable, talkative, feeling manic
Racing mind; going insane

Searching for some kind of answer
Buddha, Jesus and Mohammed are not

The grace of medication steps in
Seroquel XR calms my tortured mind

A tranquility and peace is obtained
Hopefully this state will be sustained

Sucked In

We sit in front of our duh-vices
Addicted to their information
Consumed by their importance
Billions of provoking possibilities
Games, media, history & mysteries
All just a fingertip away
We unlock the door to cyberspace
Generations of knowledge exposed
We are lost in humanity's room
A room with no windows
A room of false reality
There is the earth to walk
There is nature that emotes
There are people to talk to
People that love you
There is a world around you

Glistening

*Azure skies encompassed my vision
Lustrous sun encapsulated my soul
Without any logic, something transpired
The frantic masses hurried about
Last minute, totally unaware
A glorious gift was given
Tiny ice crystals appeared
Flickering, sparkling, without a care
Where did they come from?
How was this miracle possible?
My mind went at ease
I knew then, God was real*

The Balance

As there is night for day
There is light for dark
As there is a frown of sadness
There is a smile of happiness
Each life of nature thrives
Each life eventually dies
Some things are as brilliant as the sun
The sun eventually will be extinguished
Some things are as dark as the void
The void eventually will be forgotten
The soul you have is eternal
The fabric of who you are evolves
With each breath you go forward
Into the endless possibilities
Who you are will continue
Your sadness and happiness
Evolving to a final destination
Where the truth of balance is seen

Mind of a Poet

The mind of a poet
drifts valiantly
Valiantly through the mist
of life's complexities
Trying to make sense
of the human condition
Trying to feel the feelings
at humanity's core
Words of soulful revelance
Words that make a difference
Filled with complex thoughts
Filled with wild emotions
Contemplating life
Contemplating death
Mysteries of the universe
to be examined
Answers to the questions
to be unraveled
The mind of a poet
speaks for those who seek

Going Where

*Smoking, drinking, thinking
Why is this world stinking*

*Hoping, praying, saying
Stop this world's decaying*

*Living, seeing, feeling
Where is this world going*

Belief

You can say I'm wrong
You can say I'm going to hell
Whatever you say won't change me
I think for myself
Myself only
Millions of words written and said
I do not know them all
I know what I know now
Tomorrow I will know more
Lessons I've been taught
Experiences I've lived
Love given and received
Hate given and forgiven
I'm living my own life
I judge myself
Please don't judge me
I am just a human being
Being who I want to be

Choke a Smoke

4,000 ingredients in the beast
More & more ways to hook you
Yes it will kill your sorry ass
Do they know?
Do they see?
Of course they do
Line 'em up
Fuel the economy
Billions to be made
Doctors to be paid
Cancer sticks
Society's fix

Caroline

*Oh most beloved Carol
I miss your beneficent essence
With the purist, kindest nature you
thrived
With a shimmering glow you
traversed this world
Bright, vibrant eyes
that revealed a life of splendor
Enchanting, glorious mind
that nourished mine
The strength of your convictions
were ever present
The allure of your light
was irrepressible
Your soul's beauty
defied earth's restraints
Your tender embrace
filled me with joy
Your soothing voice
quelled my anguish
Only the ethereal glances of angels
saw our radiance
Nothing but absolute love
was our romance
There was no lust or physical illusion
to our affair
Two spirits engaged
in the most essential of things
To love each other genuinely*

Flesh & Spirit

Flesh is fragile
Sensitive petals to the touch
Sundrenched and rained upon
Perennial strength that endures
Each year passes by
Each year, tests of time
Flesh loses its vigor
Winter reveals its strength
Holds captive the yearning
Seeks out the final bloom
Great resilience survives
Year into year
Hardship into triumph
Youth into age
The blossoms continue
Hoping Spring is always near

Six Feet Down

Six feet down, I have met my maker
Six feet down, I will see you later

Going to the highway in the sky
Giving no one a reason to cry

Searching for that final release
Hoping for an eternal peace

Peace from my sadness
Peace from my madness

A lifetime of sins forgiven
Leaving this land of the living

Heaven or hell
No one can tell

Someplace in between
Where visions are seen

Visions of the nature of things
Visions of what love truly brings

A place where all is revealed
Where nothing shall be concealed

Six feet down, I have met my body's end
Six feet down, I have much to
comprehend

The Road (That has no end)

See the road ahead
Pavement rippled
Worn and wise
Many travelers
Lives begun and exhausted
Love and hate mixed together
The road has felt it
It wears its face
like any other
Torn and beaten
Sincere and beautiful
Each crease connected
Existing on a road
that has no end

Virus

Stars strewn across the endless sky
burning towards a certain demise
The darkness consuming their flames
An irrepressible truth of all things

Snowflakes of immeasurable diversity
falling from the waning clouds
The decomposing earth awaits their fate
slowly melting away their vibrancy

Vegetation of symbiotic relations
growing in the depleting fertility of soil
The futile life that was given, strains
dying an insidious death, its nature

Humanity of a cursed existence
creates a virus across their precious land
The attempt to survive reaches finality
An entropic reality that happens
repeatedly

Glorious Coffee

*Fresh green beans from New Guinea
Old school roaster ready to go
Stirring slowly then faster
Faster listening for cracks
Smoke billows filling the room
Perfect timing and cooling
Eight hours to de-gas
A proper burr mill ready to go
Grind set for my Aeropress
A few minutes drag by
First sip is a knockout
Second is a silken delight
Third, fourth, fifth, heaven
Why does it have to end?
The glory of coffee realized!*

Longing

The longing to live
The longing to love
The longing to survive

Each day we reach
Each day we seek
Each day we find

Everything to be explored
Everything to be experienced
Everything to be found

Seeker

To seek in the shallows
one finds what is common
To seek in the depths
one finds what is uncommon

The mysteries on the surface
are apparent to others
The mysteries sunken deep
are significant to oneself

One's perception of what is real
is visible to the eye
One's perception of what is unreal
is felt yet never seen

Shattered

Hierarchy based on pretenses
Horrific actions accepted
Violence becomes the norm
All in the name of God and Country

Countless people die
Egotism creates monsters
Belligerent nations of corruption
Pompous arrogance rules

Dogmatic stipulations are followed
Weapons given to children
Hypocrisy reigns supreme
Countries left shattered

(haiku)

I took a big dump
It was really hard to flush
So I chopped it up

(limerick)

There was a boy named Roy
He discovered a new toy
A rise in his Levi's
A delight to his eyes
A boy who found a great joy

Listening

Blissful tranquility
of a blue mountain lake
Azure skies
of blessed purity
High above it all
My mind is clear
Peaceful meanderings
caught in the current
of a trickling stream
Exultant emotions
carrying away my discontent
Vibrations of the earth
felt through my being
Mother of all of nature
swaddles me in her luster
Society's illusions
have been forgotten
An eternal voice can be heard
"Be forever kind
Be forever grateful
Be the love which you seek"
A serenity is reached
My spirit becomes aloft
free from gravity
All tensions of the mind
relieved
I know now
how to live my life

FLESH

FLESH=WOMB, SEED, BIRTH,
DEATH

Puppets of Humanity

Sinuous flesh an adornment
given to the ravenous masses
Media blatantly disguising beauty
The prize of perfection intoxicating
Sculpted bodies, adulterated souls
Judgemental fiends
laughing to the bank
People tortured by idealism
Pin-up girls, glamour queens
A shallow man's dream
Bulging biceps and a six pack
Ignorant girls on their backs
Identities lost in magazines
Actors playing parts in the scheme
Hollywood making the dream
Cut your face, suck that fat
You too can be like me
A superficial puppet of humanity

Wind of the End

There is no light to be found
when it all goes down

Rhetoric of the scholars
when the Reaper howlers

No difference in these matters
when the shutter chatters

The final wind will blow
Away the ashes will go

Tech Addicts

I sit tapping away on this device
I fall deeper and deeper into its glow
I lose touch with my surroundings
I become immersed in its seduction

He walks with his head down
He is consumed by the almighty cell
He has relinquished his motivation
He has lost his ability to strive

She should be working
She is stuck in a cubicle
She can't stop surfing the web
She doesn't care about anything else

We are dependent on electricity
We are dependent on technology
We are dependent on fantasy
We no longer depend on reality

Dance of the Beaten

Frenzied, frantic dance
Ritual of the daily commute
Auto choke machines
We all gasp
Pursuit of the next fix
Daydreaming of glory
Bursting bubbles of the day
Burying ourselves
in gluttony
Wanting this, that and more
Never gonna be good enough
because I hate myself
Forgot how to enjoy breathing
Let's all join in the suffocating
Dance of the Beaten

Hollow Fields

Alone in my grave I await
Await a new journey
Amongst these hollow fields
Corpses transform into dust
The silence beckons
The past and future negated
Corruption of humanity atoned
Silken lies of irrelevancy
Anger and hate lost to the wind
Peaceful is the placid sea of death
Deep water of all mysteries
The shackles of the mind dismissed
The fury of the flesh quelled
I am witness to my freedom
All barriers disintegrated
All ties to suffering abolished
Aboritions of life forgotten
The emptiness captivates

Suicide Attempt #7

Gonna pack my sack with bottles of booze
Don't you know I have nothing to lose
A life of torment and misery to be left behind
A life of destroyed dreams and a sick mind
Gonna hike up that mountain and set a fire
Gonna sit and watch that fire expire
Chugging that whiskey till it's poison
Ain't gonna see the sun on the horizon
Seeing this place as a cruel joke
Taking my last drag, choking a smoke
It will be my final day
Away from this wretched decay
I don't care what they'll say
Leaving this place of dismay

Growth

*Tender are the leaves of Springtime
Tender as a newborn baby
Growing amongst the wonders of life
Weathering the storms
Illuminated by the sun
Captivated by God's glory*

*Seasons pass in succession
Tribulations endured
Blessings garnered
The passing of time irrelevant
The potential irrepressible
The possibilities boundless*

*Resonance of the universe felt
Brilliance of everlasting light seen
Nature's masterful symphony heard
The magnificence of life continues*

Why This? (co-write by yellowrose & Lawless)

sometimes the pain consumes me
the tidal waves are too many
sadness fills the very depths of my soul
sometimes being swallowed up by the sea
alone and in the undertow
noise distortions and switching
sometimes my inner world hurts
too much
and this makes my outer world
feel alien, even painful
i'm a fragile butterfly
living in the wrong habitat

I am a lost, crippled bird
caught in turbulent winds
Broken bones and raw flesh
from plummeting into the waves
Continual agony from the injuries
I have flown beyond the stars
Gone higher than the constraints
of the mind
The descent inevitable
From the heights I always fall
Streaking across the sky
I have chaos flowing through me

Two kindred, tortured creatures
given lives not asked for
Two fragile, lost souls
asking the unanswerable
cast into the stormy seas of life
trying to survive amongst
the crashing waves

Inebriation

*Alcohol fueled soothing bliss
Numbing all the pain
Calming the nerves
Firing my brain*

*Intoxicating gift from God
No reason to complain
Liver screaming "Abuse!"
Am I insane?*

*Blurred vision, faltering steps
I have nothing to gain
Emotions gone amok
Heredity to blame*

*Drinking like there's no tomorrow
My brain's gone lame
No care in the world
I'm happy all the same*

Temporary

*You make the same mistakes repeatedly
You feel the same way continually
You think it's all falling apart
You have no hope for the future*

It is temporary

*The life you've been unjustly given
The relentless misery seems unending
There seems to be no God
What is the point of living?*

It is temporary

*Vibrations flowing through the universe
Seek the transcendence to guide you
The eternal resonance of everything
The energy of your soul*

is not temporary

Pessimism

When it all goes down

boys and girls

Run for the hills

Run for the hills!

War in My Head

Words are so easily written
Words are so easily spoken
What lies within me is torn
Few realize the torment
or if they do, it is hidden
My mind breaks into pieces
I dare not put the misery on others
I wish I could be happy
I should make my own happiness
I should do a lot of things
but here I am
I love my family
but they do not understand
My mind is my worst enemy
I wish it would stop
All I want is peace to end
this war in my head

Yours

*So, so many words contemplated,
my dear lover.
You wonder why you are confused.
You do not understand
this mystery.
What matters most
is the orb
that circles your soul.
Shining
are the stars.
Eternal
are the sparks
that flow within.
Neverending,
my love and yours.
My wonderful jewel,
enjoy this journey,
it is yours.*

(haiku)

Poetry of thought

Surging of complexity

Simplicity sought

Goodbye

Got my place in the sky

Got no reason to cry

Got to say goodbye

Demon

Top of your lungs,
you demon!

Top of your lungs
you scream at me.

With a screeching vengeance
you are there,
there in my head.

No compassion.

No forgiveness.

Why won't you leave?

My whole life
you have tormented me;
tearing me to shreds;
devouring my soul.

You will not win.

I am human,
you are not!

M.I.N.D.

My

Inferno

Never

Dies

Ascension's Door

Take a ride with me
No bus pass required
Let's fly above the sky
Interstellar vibrations to be felt
Freest of the free you'll be
Clear your mind
I know you can
With absolute lucidity
you shall see
Life's Transparency
Magnetic Fields
Cosmic Rays
Currents of
Slendid
Magnitude
Touch and feel it
Hear the whisper of
Nature's Beckoning Call
Relinquish all your ties to
Humanity's Lies
The key to transcension is
within your grasp
Endless Dimensions await at
Ascension's Door

Illumination

Buddha, Jesus, Muhammad
Tripitaka, New Testament, Quran.
Teachings of great significance.
Wisdom of the enlightened ones.
Humanity's deciphering of God.
The one true essence, mysterious.

Feelings of love, kindness and
compassion flowing through our
benevolent nature.
Feelings of hate, spite and animosity
dictating our malevolent nature.
What is the meaning of it all?
A balance which must be?
The law of life?

Words of scholars and philosophers
thought.
Aspects of consciousness
explored.
The purity of nature
felt.
Transcendence of perception
illuminating.

Love's Sensation

That which can be heard yet has no sound. That which can be seen yet is invisible. Love encompasses all senses.

Quote

*Weakness should be overlooked
Strength should be the course
to be took*

Trapped

Mortgage is due
Utilities are due
Car payment is due
Credit cards are due
Cable payment is due
Internet & phone bills are due
Grocery abundance to be paid

Do you need that fancy car?
Do you need that big house?
Do you need all those channels?
Do you need those plastic cards?
Do you need to waste resources?
Do you need that decadent food?
Do you need those hi-tech devices?
Do you need the key to cyberspace?
Do you really need these trappings?

What you need and what you want
are very different things
Things to be truly valued
are the easiest to ignore

The Lord of Technology

*Don't sweat it
boys & girls
All creatures small & tall
Bow down to that blessed device
A.I. is here to rescue us
A cure to all ills
Pumpin' serotonin & dopamine
with a beautiful gleam
The Lord of Technology to be seen*

*Lookin' for love?
Lookin for peace?
Rewirin' your head
these machines are comin'
Relax and take it in
Bible Thumpers call it a sin
I call it
This existence without an end*

Death for the Dollar

Slaving away,
I've got bills to pay.

I'm a sorry sap
praying for a heart attack.

Earning money already spent,
can't afford to pay the rent.

On a treadmill,
desperately ill.

Money is tight,
don't know what's right.

Mouths to feed
in this land of greed.

Hoping for better days
to get me outta this haze.

Dying for the dollar,
living a life in squalor.

Untold

Heavenly light
Tell me what's right

In my sleep
I dream and weep

Unkempt is my soul
Murkiness thick as coal

Happiness does unfold
Glorious possibilities untold

Tell me my future is bright
Dear mysterious heavenly light

Cig Fiend

I am an ashtray
A pile of butts
Burned cinders
Stained fingers
Black lungs
Cancer ridden
Nicotine junkie
An atrocity
Chemical laden
A fucking addict
Sick waiting for death
Yearning for my final breath

Suicide (an Acrostic)

Sick obsession with death
Unfortunate view of life
Intolerable suffering
Complete breakdown
Insecurities overpowering
Denial of consequences
Ending it all tragically

Bipolar Biopsy

Colossal waves of emotions.
Brutal insanity of extremes.
A war waged in this shell.
Mania and misery
existing unharmoniously.
Devastating effects of
misfiring neurons.
Clinical depression.
Manic psychosis.
Blood burning in a fury.
Mind catapulted into
heights and depths.
Chaos the only reality.
Relationships based on
confusion.
Love and hate entwined.
Opposite feelings tumultuous.
Sheer madness riddles my soul.
These bipolar samples of who I am.

Quote

***Being kind, compassionate and loving
will eliminate our suffering.***

The Castaway (written by my son Nick)

His eyes turned blue by the sea
drifting endlessly
rocked by the ebb and flow of the tide
companionship came to him in the
form of a fish
It followed the castaway
never leaving his side
But, hunger grew in him day by day
The fish could be a nice meal
He asked himself repeatedly
"Is starvation worse than loneliness?"
Certainly the castaway could never
know

AT THE PUB WITH MY LOVE

There is a brewpub down the road
a bit that my beautiful bride
and I frequent.
A very special place for the two of us.
A place she took me after
a mental hospital stay.
A place where the lights make her
diamond ring glisten like a dewdrop.
A place that feels like home.
Matt pulls the tap handle
and has the glass
at the perfect angle
for the perfect head.
Julia is jovial as always
and has the sweetest smile.
Dan the brewmaster samples
his efforts
a few stools down.
Lost Mitten IPA our favorite.
Hops are in the cannabis family
don't ya know?
Smiles and laughter abound.
How 'bout another round?
She has two; I have three.
Our inhibitions set free.
At the pub with my love.
A true blessing from above.

Quote

Life is a test. There are no failing grades, just a passage.

Stoned

here i sit
with weed in me
cigs & beer

looked at my beer
and thought

*damn i've been drinking
that for 2 hours*

looked at my cig
and thought

*jeeppers i've been smoking
that for an hour*

please ask me
should you go home?

Death Answer Me

The day will come
life as you know it
will be done

On that final day here
you'll ask yourself
what do I fear

Is it pain you fear
Is it your thoughts you fear
Is it suffering you fear

Is there an afterlife
Is there a God or a Devil
Is there relief from this strife

Do not fear what must be
A path awaits you
Your soul will be set free

Everything you've been taught
will lead you astray
Leave life here with one thought

Please dear Death answer me

Course of Nature

Mighty is the course of nature.
Cycles of evolution happening.
A perpetual repetition.
Resetting our reality.

Creatures fallen and gone;
are we any different?
Are we more significant?
Nature will expose the answers.

Shed your thoughts.
Travel where you belong.
You will eventually get there.

Day and Night

Two energies
to our existence
A swirling symbiosis
Love/Hate
Sources of what is eternal
Two paths
One unity
The day will always rise
The night will always fall

Distortion of Reality

**Hate, self righteousness, unforgiveness,
raging across this troubled land.
Children taught indignancies.
Adults wallowing in lies.**

**Corruption reigns in the hearts of the dominant.
The downtrodden kicked in the rear.
Compassion lost to our greed.**

**A real darkness comes from beyond the clouds.
Tortuous are these times.
Brutal is our distortion of reality.**

Untitled poem by my son Nick

The luminous star
beaming true inspiration
obstructed by our haze

Seed

A sapling growing towards the sun
Every branch connected to roots
The branches become weary
The roots weaken

A new seed yearns in the soil
Seeks its place in it
Struggles and settles
Living harmoniously with it

Like water
Into air
All with earth
All with sun
Beginning to end
Never truly ending

River and earth
Sun and moon
Revolving together
Constant and pure
Rising and fading

Seed planted
Seed grown
Connected to the past
Reaching into the future

Simple as a seed
In Mother Earth
On the flow of time
Eternal

Our Madness

There is a consistency amongst us.
We want to go as high as we can go.
Beyond the stratosphere.
Beyond the grip of humanity.
Into a place eagles will not go.
Into the irresistible
Stardust.

There is a consequence amongst us.
We fear the depths we must face.
Beyond the the ocean's floor.
Beyond the help of others.
Into a place dolphins will not go.
Into the irrepressible
Abyss.

Immortal Hate

It is made of rotting flesh
The decay of endless years
A putrid sight of volatility
A vessel of pure evil
Hate immortalized in human form
A phantom without a soul
A creature without a heart
Walking this earth
Waiting to destroy
Eyes of blackened bitterness
Breath of sharpened knives
Fierceness of a viper
Remorseless as a vulture
It epitomizes vengeance
Fury is its nature
This thing that was never born
This thing that will never die

Meaning of Love

*Luster
of
vibrant
emotion.*

Preacher's Skull

This man knew a lot of things.
Things people wanted to know.
He questioned other's morality.
Morality he thought was wrong.
Wrong and right from a bible.
Bible that made it all clear to him.

Preacher man with a mighty right hand.

He spread the word of God.
God was all that mattered to him.
Humanity was a disappointment.
Disappointment to his beliefs.
He led those who would follow.
Follow what he believed.

Preacher man with a mighty right hand.

Spreading words relevant to him.
Spreading words to save souls.
Holding a book in his right hand.
Holding a book he thought was true.
Seeking out some sort of answer.
Seeking out some sort of peace.

Preacher man with a mighty right hand.

His final day did come.
His final day was done.
All alone in the world.
All alone with nothing.
Just a pile of bones.

Just an empty skull.

Preacher man with no mighty right hand.

Untitled

There is no sight in insanity
The brutality falters
and comes back again
Fever of living becomes opaque
Stirrings in our beings percolate
The beauty of our nature transparent
Our essence is not chaos
but simply a wondrous journey

Religious Quilt

*Assembled together
Words from minds
Sewn together
Numerous ideals
Colorful they are
Intricate and complex
Beautiful to the heart
Comforting to the soul
This patchwork of mysticism
Swirling thread of concepts
Carrying us away
Filling us with faith
Helping us feel
what we hope to feel
A blanket to keep us warm*

Son and Father

A hue of blue
our eyes are
Blondish brown
hair we share
Blotchy skin
Bodies so thin
You and I
Son and father
Minds tangled
in this mess
We want out
so we shout
No more!
No more!
Why these brains?
Why the pain?
Make it stop!
Make it stop!
Mental anguish
how we languish
You and I
Son and father
Minds and bodies
Hearts and souls
so much alike

Love for each other
Together we go
fighting against
tortured minds
We will not lose
We will not surrender

Son and father
So similar
together

Climbing

Pedaling along,
Sonny Boy
by my side.
Talking & laughing,
spinning, feeling good.
Life at that moment
sublime.

Steep grade
a coming,
we knew it would.
Life is
that way.
Climbs must
be taken,
it's not easy.

Shifting gears,
grinding away,
lungs burning,
legs fatigued.
More & more
difficult.
More & more
discouraging.

'We can do it son,
we can do it.'

Cresting the top,
we did succeed.
Challenge taken,
challenge overcome.

Pedaling along
on our bicycles,
son & dad,
teammates in life.
Mountains to ride,
none of them
too large.

Swallow

Darkest hour
we meet

Countless
years of misery

Unrestrained
suffering

Boundless
torture

Bitterness
reigns

Decrepitude
your nature

Come...
swallow me

Beatniks Ruled

Tearing thru a true gone book
Kerouac ripping out the lines
That way gone daddy from
ancient times

Bunch of crazy fuckers
Neil, Bill, Allen & Jack

Jack Kerouac
What a name, right?
Drunk ass son a bitch
Died at 47, don't ya know?

Cassidy
Manic, totally insane
Drove that bus
Rode the snake

Burroughs
Junky mystic
Walking ghost
Murderer

Ginsburg
Madman poet
Philosopher
Gay rights activist

All of 'em On the Road
The road of America
Writings that changed us
Writings that mattered
No wimpy ass bullshit

Raw and untamed

Step up fools

Make a difference

Beatniks ruled

Falling Down Drunk

One after the other
Pounding the pints
Blurriness kicking in

Stumbling
Drunk old fool

Liver screaming
Belly about to burst
Speech slurring

Stumbling
Drunk old fool

Eyes bleeding
Breath on fire
Mind erased

Falling down
Falling down
Forever down

Stumbling
Drunk old fool

Bones

This flesh adorns our bodies
This flesh so similar to others
We carry it throughout our lives
We carry it generation to generation

Flesh, blood, bones

Our blood flows within us
Our blood is the river of life
We are living in its fluidity
We are living in its vibrancy

Flesh, blood, bones

These bones are at our core
These bones eventually without flesh
We will be dry of blood
We will be dry of life

Flesh is temporary
Blood is temporary
Bones will turn to dust

Gun Metal

Walking by the gun case
at the store for years,
thinking of a quick death,
wanting to end this life finally.

This day has come.
This day I got it,
got the gun to get it done,
to leave everyone.

With the taste of gun metal
in my quivering mouth,
finger on the trigger,
my mind travels a lifetime.

Years of depression.
Years of madness.
Years of failure.
Years of wanting to die.

This is finally it!
I'm going to quit!
Who gives a shit?!
Certainly not I!

In my trembling hand
the final escape is here.
My mind racing
about what I'm facing.

Is this going to happen?
Is this where I'm going?
Ending it this way.

Leaving this way.

With fear of the unknown,
I see a glimmer,
a glimmer of hope,
I see better days.

Days of feeling love.
Days of happiness.
Days that were enjoyed
when life was easier.

I realize
I had lived those days.
In the past there was hope,
hope for better days.

I must ask myself.

Has my life been completely bad?
Have I been completely depressed?
Can this moment pass?
Will these feelings always last?

No, not completely bad.
No, not completely depressed.
Yes, this moment will pass.
These feelings will not last.

I must give myself
time to heal.
Time to feel good again.
Time to live well again.

Tomorrow is another day.
After that another day.

After that another day.

After that and after that...

I know from the past there will be
days worth living again and again.

Saint Nick's Trick

**There was an old creep named Nick,
Whose cheery nature made me sick.
He always wore red;
Silly cap on his head.
His fat ass in a chimney was his trick!**

A Hookeypookey

Energy Changing

Nature Balances It Out

Time For A Reset

Hookeypookey Too

Dreams of success fade

Life keeps going without you

Sunshine ain't the same

LIFA (LIVE)

"I sing my sword song for you
The lullaby of obliteration
So I can wake up with a smile
And bliss in my heart"

Kai-Uwe Faust

Sun the Giver

We are not supreme
We are less than grains of sand
In the vastness of time & space
We live our lives for an essential reason
The giver of life is the sun

The enormity of its strength
Can be felt across the earth
Creatures, plant life, landscapes
Brought about by luminosity
An intrinsic necessity
The source of our existence

Thought of as a God
Worshipped throughout time
Felt by every single human being
By everything on the face of the earth

Give praise to the most needed
Give thanks to the giver
Sun the giver of life

Limerick

He and I did have some fun.
Our friendship is now done.
We became assholes.
It finally took its toll.
Let's forget it and drink some Rum!

Jimmy's Christmas

Jimmy had a problem you see
A hardcore dependency
Meth to be exact
Cranking since sixteen
Made it to twenty two
He died without a clue
Strewn out in a puddle of puke
Squatting in a tore up shack
Mainlining 150 MGs
Heavy addition to please
Twas Christmas Day
His heart was racing
Body covered with bloody sores
Hot sweat coming out his pores
Didn't know it was Christmas
Didn't know his own name
Jimmy finally checked out
To be forgotten no doubt

The Path of Jesus

There was a man
An enlightened man
A simple man
Brought into this world
Given as a gift to us
He showed us a path
A path to be followed
A path of kindness
A path of compassion
A path of sympathy
A path of forgiveness
Forgiveness for humanity
Our weaknesses
Our faults
He saw our possibilities
He saw our salvation
Humanity's path
A path of light

Quote

The Earth does not revolve around us.
We revolve with It.

Waiting for the Door

Looking for a resolution
Mystics, philosophers and poets
Ponder our perplexities
Searching through the possibilities
For a key to the unanswerable
For a concept to give clarity
Something to give comfort
Something to resolve this mystery

Our lives run a mercurial path
Our souls swirl in ripples of time
Everything on Earth flowing
Flowing with the course of nature
Bound by fundamental principles
Guided by governing properties
The intrinsic foundation of life

The ember glows and dissipates
Light gradually transforms
Stillness and dark prevail
Cold and silence remain
Dust blows away
The door opens
The answer
Is clear

Colorado Springs

Rolling hills and vast plains.
Invigorating mountain air.
Mighty Pikes Peak towering above.
Gentle streams and swift rivers.
All making a nestled paradise.
This place that is my home.

A vibrant and healthy community.
Good natured people abound.
Nostalgic Old West vibes.
Downtown glows with prosperity.
Old Town and Manitou thrive.
This place of my pleasant dreams.

Luscious, captivating scenery.
Spectacularly magnificent vistas.
Stunning crystal blue skies.
Minimal overcast, gloomy days.
Phenomenal natural splendor.
This place I forever love.

Quote

BITTERNESS BLEEDS FROM THE WOUNDS OF THE SELF-RIGHTEOUS.

Plea for Justice (report hotidris)

The anti-Semite has shown his evil for all to see.
His depths of hatred have been revealed.
Religion and race causing segregation once again.

Hypocrisy manifests itself in the nature of human ignorance.
It breeds like a parasite in a vulnerable host.
Hypocrisy inundates the mind distorting logic & time.

The misinformed blindly hate.

Number Three

*Dawn to day to dusk
Repetition of our reality
Three's symphony*

*Birth to growth to death
All life held to these
Three's simplicity*

*Strange number three
Is it divinity?
Perhaps just three*

Quote

The key to happiness is not happiness, it is the acceptance of life.

Mother

*Here we are in our glass bubbles of
Homes and automobiles
Disconnected from our mother
Mother Earth
Inebriated by contentment
Ensnared by the pursuit of money
Forgetting our fellow creatures
Forsaking our vanquished planet*

*The Okapi forages in the once
Abundant forest
The Binturong clings to the branch of
A dying tree
The Manatee is morbidly wounded by
A fisherman's boat
The Vaquita is washed up on
A polluted shore*

Your tender Mother is weeping

'96 Corolla

She ain't pretty;
A little rusty,
My '96 Corolla.
Two hundred seventy six
Thousand miles.
Oh baby, don't die on me yet!

Trips to Vegas &
Sweet Ol' Ohio,
To spectacular Bishop's Castle,
To magical Mesa Verde,
To mystical New Mexico,
To awe-striking Utah,
To James Dean's hometown,
I remember them well.
Oh baby don't die on me yet!

Now you're stuck in 2nd gear.
Just give me another year.
Your top speed is only 35,
That's alright babe
I'm slowin' down too.
I don't rightly remember
Your last tune.
A few parts here & there;
Just a minimum of repair.
Oh baby, don't die on me yet!

My dependable ol' girl,
My '96 Toyota Corolla.

Seeking Searcher

All the knowledge

All the wisdom

All the world

Within your grasp

To see the unseen

To think the unthinkable

To feel the unfelt

Within your essence

The seeker seeks what is sought

The searcher searches the searched

The seeking searcher finds

that which is within

Notice of Absence

"Life is like riding a bicycle. To keep your balance you must keep moving."

Albert Einstein

GOD

God is not in the howl of man. God can be found in the howl of the wind.

The Road

The heart beats.
The blood flows.
Do we know?
Do we know
where
the
road
goes?

Dude & His Dog

A young man
Name unnecessary
Had a bit of a fetish
He did love his dog
Love like no other
A lick there
Was not enough
He wanted more
Much more
He aroused his pup
Bent himself over
and took it in the rump
Stroked himself off
Then his dog
You may call it sick
He called it
Puppy Love

Seroquel

This pill I take
Peace for me
A heavy dose
Quelling my mind
Relieving insanity
Washing away
years of misery
years of perplexity
I don't care what you say
It is a cure to my
Dismay

Live By What Is Given

The cactus grows roots
Roots as deep to reach water
Nourished by what is found
Living by what is given

The whale swims freely
Freely amongst the waves
Peacefully with the currents
Living by what is given

To seek what is necessary
To see what is unnecessary
One finds a balance
given by nature

Sand

A speck of sand flows with the river
Settles upon a rock for a while
The current increases its intensity
The speck of sand goes with it
Swirling along it goes
The river seems to never end
Once again it settles
Once again there is peace
A great storm arrives
The current is stronger than ever
The speck of sand is dislodged
The speck of sand is lost in the rapids
Amongst billions of other specks
Into the ocean it is lost
Many years there
Tumultuous waves come and go
The ebb and flow controls
Upon a shore it arrives
Dried out for endless years
Great winds come & go
The speck of sand travels with them
Settling in the desert this time
Mighty winds prevail
The speck is lost once again
A different place it seems
Inevitably the same
The speck arrives again at a river
Destined to make the same journey
A different river this time
A different ocean this time
A different desert this time
Journey after journey
Until the speck is no longer here

The speck is nothing
The speck of sand has arrived
To the place it belongs

Haiku

Snow fell merciless

Earth continued undaunted

Sun shines merciful

Where Tranquility Resides

*You can find us in the mountains
if you look on up high
soaring with the birds
flowing with the streams
glowing with the sun*

*My beloved son by my side
into the sky we ride
amongst nature we thrive
no fear of what comes our way
no worries of what we left behind*

*You can find us in the mountains
if you follow the road we've chosen
with the universe we are one*

*Together we ride
where tranquility resides*

To Live

My son asks me
Why did you bring me
into this world
My answer
is
to live

The Way

The way
is not all positive things
at all
The way is acceptance
of all things
and who you are

One

there is no
good or bad
heaven or hell
life or death
there is only
one
the one
of all things
leading us to
silence

29

*Through howling winds
and mighty storms,
we have been together.*

*Through sun drenched days
and subtle nights,
we have been together.*

*Beautiful is our love,
now and forever.*

Quote

Wisdom comes from silence,
and listening to it.

Time Clock

The skin gone wrinkly.

The eyes nearly blind.

The joints all creaky.

The mind heading south.

The time clock is ticking.

Time to make the final punch.

Our Disease I

?

?

Shitdontstinkitis!!!

Our Disease II

Assholism!!!

Our Disease III

Fuckedosis!!!

IOU

i owe you my son
i owe you
for saving my life
i was attempting suicide
an overdose
they say i might have
not died
certainly my body
would've been damaged
for the rest of my life

i owe you my son
i owe you
for loving me
for being my best friend
for being with me
seeing who i am
they say i'm not
a good father
believe me my son
they do not know us

i am here for you
you have taken
a wrong turn
suicide is not a solution
misery is not your life
it does not define you
don't let it consume you
it will try to destroy you
life is many things
misery comes and goes

i owe you my son
i owe you
the happiness
you will find
the life
you will live
please let me
save it
i owe you
for saving mine

Forest of Thorns

The Okapi strays
Enters a forest of thorns
Cut deeply
Weeps
Then stands
For another day

A Question

Do you want to find answers to the problems, or do you want to dwell in the problems?

Boxes

Looking at this box, I write.
My mind contained in its walls.
My body rotting from stagnation.
Peering at its straight lines.
I live within its prison cell.

Boxes & boxes of devices.
Boxes & boxes of homes.
Boxes & boxes of cities.
Boxes & boxes of countries.

Escape this wretched reality.
Escape your suffocation.
A world of invigoration awaits.
A world of infinite adventures.
Live vibrantly free from your box.

Stillness by Robert Goslin

Tormented friend, why do you still enquirer
And thirst to know the sum of things entire?
The more you strive, the less you will succeed;
The mind cannot fulfill the spirit's need.
Striving too hard begets a troubled mind
And those who strive will always stay confined.
For you are not the body, not the mind
But LIGHT IMMORTAL, mortally enshrined.

So live in bliss - enjoy the simple task;
Seek not to know, and do not dare to ask
Why you are here, or what your fate will be.
Be still and listen to the symphony
Which your surroundings play in unity.
The part cannot exist without the whole;
The whole cannot exist without the part;
And reason has no place in cosmic art.

When stillness reigns, you are the sum of things;
The Nothing and the All that Oneness brings.
When stillness reigns, you are Infinity
And sense the nearness of Divinity.
Just as the pigeon navigates in flight
And homeward speeds before a hint of night;
So too, the soul, will homeward soar one day
Without a mind to guide it on its way.

Blue

?

Blue, I?m soaring into you.

Losing my mind in you.

Reaching to the sky for you.

I see past your color.

Past the atmosphere.

Past the stars up there.

I?m almost there.

Shedding this life for you.

I have the ticket now.

Riding the bus to you.

Going home to you.

No thoughts left to think.

No emotions left to feel.

I?m stripped down and bare.

Blue, I?m going to you.

Leaving it all for you.

Finding my way to you.

Nick?s Quote

Life is easy to throw away if you haven't lived it.

Intestinal Repulsion

It was a splendid day in the captivatingly gorgeous Rocky Mountains. A bicycle ride with my boy up the arduous climb of Mount Herman. The air was intoxicating, invigorating, mostly purifying. After suffering properly, we decided to turn around.

We narrowly survived the treacherous, snow cursed descent into downtown Monument.

Perusing the cafes that were open during a Christian town's Sunday, we came across a quaint little hole in the wall. Little did I know it would be the beginning of my belly's dysfunction.

Looking at the overpriced, tourist aimed menu, I saw it. A bowl of green chili at a reasonable price. Nick being the wise one, went with a huge portion of waffles, eggs, and some quality coffee.

With the endorphins (my daughter's word) still pleasantly flowing, I began to chow down on the delectable New Mexican treat. Enjoying it thoroughly, I began to realize an odd texture and unpleasant flavors. It was chewy and bland, with a hint of what seemed like poison. The natural high I was on disintegrated. In horror, the ingredient became clear. Swine, putrid pork!

Me being a vegetarian for many years, nearly fainted. In my post physical exertion bliss, I inadvertently ordered a dish with meat.

Facing what seemed to be a certain death from consuming animal flesh, we hurried home.

In a dizzying few hours, I began to feel the impending fate of my bowels. That shit fed beast was about to be blown out of me.

I sat there on my throne of torture for 'round 'bout an hour. Blast after intensifying blast, that filthy critter was evacuated from my fragile, plant eater body.

The moral of this story is, look before you eat. There might be an evil presence in your dish that will cause your intestines to fire off poop rockets!

Suppression Leads to Obsession

If you wanna love, love
If you wanna hate, hate
If you wanna fuck, fuck

Don't hold it in
Let it out
Fear it not

If you wanna laugh, laugh
If you wanna cry, cry
If you wanna scream, scream

Don't hold back
Let it free
Suppress it not

If you keep it in
It'll be your obsession

Here

Perfection
Will never happen
It's a glitch
in our system
Heaven ain't there
Hell ain't either
We are here
See it
Be it

Humanity

Nothing wrong with fucking. That's what humanity does best.

Bitter End

Lined up bumper to bumper
American society
Heading to the slaughter
Choking on its own vomit
Debts that'll never be paid
Gluttonous beasts
Wallowing in decay
Anxiety ridden
Pill-popping fools
Suffering everyday
False paradises
Man-made hells
Disillusioned dreams
Self-inflicted nightmares
Bowing down to corruption
On their knees worshipping...
The vacuum of technology
Plagued by consumption
Praying for redemption
This society will meet...
Its bitter end

Silly Love

*Smoking my pipe
From gorgeous Italia
Sipping a cappuccino
From beans of Ethiopia
I'm thinking of you Michelle
My love from long ago
Your cool punk hairdo
Your surly attitude
Our youth burning brightly
Our lustful escapade
What a wild woman you were
Hopping in the sack
With my best friend
Trashing my heart
Without a care
Now the tobacco
Has run out
Now the coffee
Has grown cold
Now I know how silly
Love was
Long ago*

TP Blues

I wandered around Wally World
A peculiar scent was in the air
A scent all too familiar
The scent of derrières

Frowning and humiliated shoppers
Heads hung low as they searched
Searched for the elusive toilet paper
There it was guarded by the coppers

Long was the line for the blessed paper
Pushing and shoving did break out
Breaking out with the vigor of a dog pack
I stepped back and witnessed the caper

"One per customer" the cop did say
Much hostility was on display
The stinky ones stuck at the back
Soon to be wiping with grocery sacks

Virus

Did you think
we were getting away with it?
Did you think
everything was going to be fine?
Did you think
there'd be no payment for our crimes?

Well it is time.
Time to pay.
Time for many to die.

Vulgar self-obsessed society
consumed by greed.
Neglecting what their
planet needs.

Religions turned meaningless.
Politics a pathetic farce.
Misery from decadence.
Denial the standard.

Unfathomable destruction
on its way.
The human race
suffering from decay.

Did you ever think
about what we've become?
Did you ever think...
We are the virus?

7 Syllables

Thank you God for our Blessings.

PAINFULNESS

Hiding the rope he chose
to hang himself with.

Hiding the pills he chose
to overdose with.

Hiding the emotions overwhelming
our lives through this mess.

He has inherited the pain of
mental illness.

The pain of a tortured mind.

Unbearable this life has become
for my son.

Can we save him from the
painfulness we have given him?

32 Years

32 years together
32 years wasted
She has shit down my throat
In my times of need
She has torn me apart
2 days ago I almost died
My heart had failed
Now all she cares about is money
The fucking hospital bill!
A pathetic creature
No compassion
No love
I know now
I am inevitably alone