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12 A.M.

Most nights sleep evades me,
While my brain tries to rest my mind goes wild,
Running through thousands of acres in the fields of negativity,
Maybe if I get some sleep tomorrow will be better,
But counter-intuition leaves me knowing tomorrow will never be better,
Tomorrow I will be stuck feeling lesser and lesser,
Trying my best to keep going,
I write down my thoughts and use my notepad as a confessor,
If nights are going to be like this for the remainder of this miserable life,
Why live?
That's right, I am not necessarily living, rather existing.
I pray for my own lack of reminiscence
If only memory could fade away as fast as my hope does,
Maybe then could I retain my adolescent minds innocence.
Until then I wait,
Until the day I may be able to say I am truly happy

Numbness

Pain is sometimes a welcoming feeling,
I know that sounds strange but let me elaborate,
Often times I do not feel,
I am simply numb,
My emotions are sealed,
And my insides start to peel,
I walk alone even when surrounded by a crowd of people,
I become a car broken down with no wheels,
I soon cannot move and am temporarily paralyzed,
My thoughts are trapped inside like a caged bird is confined.
With no escape I yell for help but this sadness is like an ocean,
And I begin drowning with no one to see me struggle,
So down I go deeper and deeper into darkness.

Sea Of Love and Loss

As I sail through the sea of love and loss,
My findings bewilder me,
Shipwrecks of bad relationships surround,
I frighten myself and look for dry ground,
But soon I realize that not all these sunken vessels are bad memoirs,
Some needed to sink for my current ship to float,
Immediately the realization of my present becomes clear,
Because where I am in my voyage now,
Is more important than my past fear,
And maybe in time my scene will change from the sea of love and loss,
To the beautiful ocean of love not tossed.

Recovering From Love

When Thunderstorms hit, we hide away in our homes and basements for safety,

I guess that's why when sorrow pours on us like rain,

We run to the shelter of our own mind,

Hiding away looking for refuge,

Little do we know,

Our mind is the most dangerous place to be when we are sad.

It takes knowledge to know where to hide during a storm,

But it takes experience and wisdom to hide from yourself.

Regaining Strength

Why do we seek out love when we are so broken?

We feel the need to find comfort in others instead of ourselves.

Is it low self-esteem?

Maybe so,

So we need to build ourselves up in order to grow.

The problem with the world isn't different religions and political views,
The problem is that everyone worries about what others might say about them,

Instead of what is real that we can't see,

The idea of religion is not bad at all,

Everyone needs something to believe in,

But if religion alone is the only thing to make us feel loved and appreciated,

Than isn't our moral standing wearing thin?

It should not take a God to feel loved,

It should not take any other person besides yourself,

So stop waiting for someone to care about you,

Care about yourself,

You are amazing,

You don't need to leave your love on hold and put your heart on a shelf,

You are the most loyal person to yourself,

So love without being afraid,

Sure heartbreaks happen,

But in the end the lesson will leave you laughin',

Learn to love,

Keyword: learn

Because it shouldn't take religion to know you are worth dying for.

The World In Black and White

Imagine a world in black and white,
Where your choices were left to yes and no,
Where there were only two way streets,
Nothing but lefts and rights,
Ups and downs,
This way and that,
Smiles and frowns,
No mixed emotions,
No confusion or perplexing ideas,
Simply life,
Now imagine a life- filled with life,
Different thoughts and ideas splash color on the world,
People exchange conversations that twist and turn like a serpent caught in a snare,
No one person is right yet they are neither wrong,
The world spins and seasons change,
Sometimes we get unexpected changes such as warm winters and rain in July,
Thus is life,
You can wish that things were simpler but the essence of our existence remains,
There is and will continue to be commotion.
And that is a good thing.
Normal, as they say, is boring,
We need spontaneity, and conflict.
Perfection is real,

It is found in every single imperfection displayed by this world,

Bask in the knowledge that each day will be different,

And contemplate your thoughts in depth,

This will bring you more questions yes,

But the asking of questions leads to the finding of answers.

Sadness Abound in the Populace

They say that sadness and loneliness are cousins,

One can often times lead to the other,

Loneliness leading to sadness and sadness to loneliness,

Therefore the statement is wrought- when you are alone you can become sad,

I tell you that loneliness does not come from being alone,

Because even being alone can leave you happy,

Loneliness comes from feeling alone,

Even when surrounded by crowds of people,

Sadness soon follows leaving heart-tattering scars that suffocate your mind,

Leaving you cemented in sadness overfed by overthinking.

Rock Bottom

Some say that when you hit rock bottom you are stuck,

That there is and will never be a way out,

However, this is made false by the following notion:

Once you have hit your own personal Rock Bottom,

And the floor is cold, damp, and lonely,

The world becomes easier,

Simply because now you are left with only two choices instead of the thousand you would have had to face if you had not fallen,

Your two choices remain: Stay at the bottom,

Or climb up,

Sure you will slip and slide down a few feet on this journey to the peak of your mountain,

But in the end, when you can finally say you have made it,

It will be more than worth the struggle and the pain,

Because the Rock Bottom you had once known,

Is now long behind you,

Never forgotten and ever-remaining in your memory shaping who you are today.

Wearing the Fog

Going through life is an everyday struggle,
Friends wear me out,
And talking is a trouble,
Maybe speaking is the answer,
These thoughts spread like cancer,
Numbing my bones and destroying my joy,
Some use drugs to feel a rush,
I guess they just need hope,
I just need someone, something to trust,
Possibly that is the reason I shelter myself in sorrow,
Not needing people,
Too scared to think about tomorrow,
Tomorrow is sadness, darkness, more pain,
My thinking this way,
Is there anything to gain?
What do I care though?
I have nothing to lose,
I don't feel a thing,
Should it be happiness I choose?
I guess this conversation with myself will end mid-dialogue,
Because the more I think,
The more happiness is lost in fog.

Steps to Great

It's hard to understand the mind of a madman,
However, it is even harder for a simple man to understand the mind of a motivated man,

Never underestimate your ability to be motivated,
And never ever underestimate the power you can give to someone who's given up.

It's easy to lose hope and fall back on your heels,
And it's even easier to ease into an average life filled with normality and bore,

But to live the life of a great,
Your mind mustn't see business as a chore,
Keep your head high and your goals higher,
Because envisioning your future is the first step in creating it.

Wealth in Money, Poor in Care

When is homelessness not enough?

When are thousands of children dying every day not enough?

We live in a first world country yet we have issues that third world countries face.

So when can we wake up?

Why is it that when we see a homeless dog we feel sad and our hearts are moved?

But a homeless man or woman and we turn our heads away,

The same land of the free and home of the brave,

Is also home to the hungry, poor, and the grave,

If death beseech all of us,

Why is it that we live life as if nobody else matters.

So what if they didn't work as hard?

It is awesome that you did,

But shouldn't you share your success with people who need the most help.

It is the job of the financially and emotionally stable to help those financially poor and emotionally unable,

Give to those who eat with no table.

Trust me when I say I've seen babies with no cradle.

No amount of success leaves you unaccountable for those who did not achieve the same wealth you have.

Give even when it's not fair,

Love without fear,

And trust without worry.

It is not about religion anymore,

It is about the fact that we are seeing humans,

but no hum

Understanding Who You Are By Understanding Others

Our understanding of others leads to the understanding of ourselves.

These simple words have such complexity,

However this statement is easier to interpret than previously thought.

When a person gives effort to discern the methods of another and the reasoning behind it,

That person learns more about themselves than they do the subject being fathomed.

This is reasoned with the fact that you can first learn that you have what it takes to think of another
before oneself,

You will come to find that how you act and the attitude you use towards another person is completely
based upon your understanding of the other person's standings.

If you are not basing your character towards another on the other individuals own character,
you are in fact the person at fault.

The judgment of your own character lies not in what you do or say based upon your own personal
thoughts and views,

But in the way you see others' integrity and the depth of your understanding of the person previously
spoken of.

If you can think of the effect your actions and words can have on the mindset of another,

You will begin to understand the power of yourself as not only an individual,
but a leader, and a great one at that.

Speak and Inspire

Say what you must,
Because you will have but one chance to say it,
This life is shorter than you may think,
Despite thoughts that may leave ourselves impatient for life's end.
Think for a moment,
It was just a week ago we were all toddlers with no worries right?
No it was years,
However it feels so much less than that.
Now we're all older and have shed so many tears,
And we realize that the older we get the faster life goes on.
Like a boulder rolling down a cliff,
Momentum soon builds,
Leaving only the stomach-turning speed of life passing by while you hesitate to sift,
Sift through all the things you know must be said,
Instead you have left them only in your head.
So your life is lived with regret,
For what you needed to say remains an unpaid debt.
You are amazing and your thoughts and ideas matter,
The world needs people as such to find your voice amidst all the chatter.
If something happened speak up,
For another person needs inspiration to spill what's overflowing in their own cup.
Life is a journey not meant to be travelled alone,
Please don't be the one in which no trust is shown.

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