

- Fighting emptiness -

When you have A emptiness ya'll tell many lies
Sometimes, it Becomes too much for the soul, When
you Rest your thoughts with things of the past or
which you Cannot control, you fight to move forward
With the things in life inwhich Define you in this
moment But, the past Continues to knock as if the
past inwhich seems to Haunt you as though you're able
to change a piece of your past. You ask yourself,
if what you Had is lost or isn't done, At times we
Become over stressed and feel as if nothing we try
to achieve is ever possible. Fighting these feelings or what
we Call Demons only Becomes stronger and worse on your
emotional state of mind. At times you Become over frustrated
at yourself at the thoughts and the sometimes over whelming
feelings that Continues to emerge from Deep within where
you find yourself fighting that Deep emptiness you try to
fill with something that'll allow you to forget for just
a moment the emptiness you continue to fight with in yourself.
So we fight and fight finding ourself jumping around some people
into the arms or Bed's of strangers, Hoping that some one or
something will Be the one to end the emotional war we
Silently fight, all the while not seeing we slowly turning
our once innocence into darkness all Because we don't
want to face the truth. .?.

- Nov. 3, 12 -

Hello - Well I guess again I'm a lost with word's
and I'm greatfull that you all who do read my stuff

Stands By me By Reading my thoughts, I guess when someone like myself is going through all this Mental pain And stress it can make you forget who you are and become lost in the pain and stress these places put on you emotionally. I try to continue to remember who I am and to always try and smile a little and remember that I am still Human. I can't really explain this place or how I feel cause, I guess I don't want to feel the hate, pain, stress, mental what's we go through. its like.... Wow! its like Being Dead But you alive cause, people comes to visit some of the people locked up just as they visit people A grave, the only difference is you can't bring flowers... what kills me the most is, I miss being loved or needed or in love. I have no support or help when I need it, its like I said, I'm Alive But, Dead to the rest of the world. I don't remember how to talk to someone on the phone or on a visit if I ever had one. I'm NOT trying to make anyone feel bad for me But, understand my feelings and thoughts on everything I express. I'm a good man, a really good man and its really sad for some one like me to be like this But, some say God has a plan and everything happens for a reason....

Listen: sorry for asking for help, cause, no one wants to here how someone in prison needs help I guess I'm sick of being on hard times and thought maybe some one out there that's reading this wouldn't mind helping me out a little sometimes. So again forgive me, okay!

Anyways, I'll write again soon thanks for the time.... Always Thomas - AKA-Shai