

1) Sometimes a shadow  
 Of hope, of love  
 Is all you need  
 When armored glass  
 Cuts off contact  
 When staff's lies  
 Keep you buried alive  
 When scared-straight slaves  
 Derail your train  
 Sometimes a shadow's  
 All you can keep

2) Sometimes a shadow  
 Keeps you warm  
 When blankets are torn  
 'N' the concrete's cold  
 But your memories burn  
 Of the love you've known  
 In only rare forms  
 Sometimes a shadow's  
 All you've ever had

3) Sometimes a shadow  
 Keeps you alive  
 In a land filled with hate  
 Where those who slam  
 Hypocritical gates  
 Do worse, ten times, daily  
 Sometimes a shadow's  
 Your best friend  
 Who tells you lies  
 Again and again.

Note: As you can see,  
 I prefer rhymed verse.  
 You can see a collection  
 of my best verse & lyrics,  
 titled EM DAEB, on  
[www.PrisonsFoundation.org](http://www.PrisonsFoundation.org)