As i look up to the sky To a place so very high Let me tell you what i see a blue sky staren down on me Most times i see a mirror of the boy i use to be But lately i've seen the man Inside of me The past is poison So the future is are cure Even when i'm doing wrong Inside it seems so pure Right before i make that decision My mind is never sure How can i love you When i don't love myself This duo inside of me Is pleading for your help Change come everyday But it's harder to do We all need a friend to talk to Trust stands in the way It's a on going issue Maybe are problem are of those we lost It hurts cause we never had a chance To say i miss you But only weakness will come If you don't seek comfort Only you can sale your life short But don't give up on thy Cause as the poem say It's inside of me... BY: Anthony P. Heard Jr#487345 Columbia Correctional Institution P.O. BOX 900 Portage, Wisconsin 53901-0900