

(LIFE LESSONS FROM THE BIRTH OF KING LEO)

This book contains everything any individual who seek an understanding of life lessons, regaining worth that has been striped from them, and much more from poems & quotes. I hope to all who get a chance to read this you find something you can use in your life.

Sometimes in life we find ourselves down, and lost giving up hope with the belief that nothing will ever get better for us, however sometimes we stumble across a JEWEL that brings light into our darkness, and now the light shines again...

For me that JEWEL that brought the light back into my life was "RED" or as she is known by Na'Keshia, and for this part only she will know i'm talking to her in hope that she see how serious i am in getting to know her as a woman, and queen who i believe should tip her crown as well.

We talk as much as we can yet we're still limited in time, and words so much of what i would love to say never gets the chance to enter your ears. I can see the pain behind that beautiful smile, i can't for the life of me figure out what has cause you pain, yet i kinda have an idea. However i'll wait until i gain your trust, and a path into your heart before i try to get into what has cause you pain. HOWEVER I CAN SAY THIS: TO SEEK AN EMOTIONAL CONNECTION YOU HAVE TO BE OPEN TO REMOVING YOUR DISCONNECTEDNESS SO THAT I CAN HAVE AN OPPORTUNITY TO SHARE YOUR BEAUTY THAT LIVES WITHIN YOU.

Who knows you may even find that we are more alike then you started off believing, and i may just bring that joy, light, worth, and love back into your life...

I ONLY ASK YOU GIVE ME A CHANCE IN YOUR LIFE BECAUSE I DO LIKE YOU, AND YOUR PERSONALITY SO WHAT YOU SAY NA'KESHIA...

REAL TALK ALWAYS
ANTHONY AKA KING LEO

Wrote 11.2.2020

MY DUO

Lights, Lights is all i see. No you, No me is this a dream or is this reality.

How can these lights blind me of everything i care for, my eyes are on fire like i've already enter hells door. Burning off flesh after flesh as my face deteriorates into skinless bones. My crys sounds like moans, as i wish to just be back home.

I blink, and everything is back to the way it belongs. A sigh of relief escapes my mouth that sounds like a moan. Lost, confused as i let my thoughts roam, roam, roam. Everything is dark, and i wish i could see more. Then a picture forms of the boy i once was before.

Weak by many standards, not worthy of self, a fatherless child with no value of self.

Fight after fight to prove my place on this earth.

Thinking this is the way to gain self worth.

Falsehood was easily accepted because i knew of nothing else to search for, which made me feel, and look low.

Until i found inside of myself the ability to expand my mind to form a knew understanding of self, and then came the birth of KING LEO.

By King Leo

" LIFE LESSONS "

Néver assume the uninsurable, for alotta things you see aren't real, and alotta things you hear aren't correct. The people in your life that smile in your face, and play the role of the friend who knows best for you, is really the one who wants what you got, and will stop at nothing to get it.

The power of "self awareness" is a must, but only the few have the ability to use it, and apply it to their daily life. The individual who lacks "self awareness" will find that they are more likely to be "victimized", and "used" through power control through out their life time.

Value self, and everything that goes along with "thy self." When you learn to challenge who you are, and push yourself to greater heights, you'll see that there is more to you than your last thought, and that it's okay to fight for you, because no one will fight harder for you, than you.

How about we stand firm with ourselves, and educate every part of our being, and then we can understand the tucked away meaning of these words. "Love thy self" as individuals we boost our knowledge about " thy brain ", and what we allow in it, or around it. Then maybe we can rule out this weakness inside.

A weak person will always follow a stronger person. This behavior will allow the weak person to feel powerful themselves. This type of person will only follow those who sound stronger than everybody else. Because of their "false beliefs " that following someone strong will some how make them strong. (FALSE). See those individuals without a " back bone " will put themselves in position to seem powerful to survive any situation. So i express this to you. "ONCE YOU LEARN YOUR NEIGHBORS TRICKS YOU CAN SIDE STEP THEM." Never try to fit in with anyone, because you were built to be leaders.

Always remember the person you are, should be reflected by the company you keep, and the actions of those close to you. For a failure of this is a blast to your character.

Stand firm on what you believe the most. For your opinions is of your belief. But beliefs aren't pure facts, or truth. Only mere thoughts of what you want to believe to be true. Your mind is a vesicle of many thoughts, and feelings, as well as opinions. Which gives you the ability to find out the "TRUTH". You the only one who can decide whats real, and whats fake. Whats true, and whats false. Whats an opinion, and whats fact. The key to understanding yourself is to understand your mind. For those who can't understand themselves will never master the ability to understand others. These type of individuals will never lead a group of their peers, or master their own mind.

To truly understand yourself you must overcome your own fears, and emotions. In order to do this you must learn the power of "YOUR MIND." To be able to control the mind, and your emotions that come with, is a skill that very few have, and will ever possess. Never allow anyone the power to control you, or your emotions. When you come of age you learn that emotions come, and go for many different reasons but you also learn how to control the emotions to best suit you. It seems like to me, that we choose to respond to our emotions the way we do because we were built to release, and react. To help you understand this you would have to understand the human body, and anatomy. For some people they don't know how to express what they feel. They shut down at any sight of emotional conflict. Because some aren't built mentally to withstand mental, and some emotional warfare.

Some situations in life take you down a bumpy road to see if you can stay afloat. It'll either take you (sidetoside), or

straight. That's why i'm a firm believer that everything is gone happen for a reason. You have to play the cards you're dealt. A life situation is put in your path of growth to see how strong you are. You can either let it define you, or you can let it build you.

Growth isn't something that comes over night. You have to set aside all your fears of being hurt, and disappointed. You gotta give yourself a fighting chance at a "REBIRTH."

Because the only person who can help you, is you. Others can guide you in a direction, and give you some options, but in the end it's up to you.

Never allow the next person to have power over you. You are who you are, be proud of that. If someone has a problem with the way you look, then maybe inside that person they don't like the way they look. People who go out their way to pick on someone else is a lost confuse individual who doesn't understand how to get over their own insecurities. To "LOVE YOURSELF" is the best form of medicine for anyone who feels insecure about themselves.

Through out your life you will meet people who will turn your understanding about people into a life lesson. The one you seem to be at odds with the most, can turn out to be your best friend. While the friend that's always in your face, agreeing with everything you say, and do is gone be the one who stabs you in the back. **BUT REMEMBER THIS ISN'T ALWAYS TRUE. BUT KEEP YOUR EYES OPEN.**

Your brain works in a way that allow's you to think before you act. But when you are angry that seems not to work for you, and you lessen the process of thinking, and quickens the process of reacting. The vast majority of people don't understand how to stop themselves in the process of a situation, and for that they just act out how they feel at the moment. This process as a whole is a dangerous one, because it can cause you to lose your life,

and in the process take someone elses life, all because you couldn't control your anger. These white people ain't gone care because you sorry, they still gone lock your black ass up.

To strenthen your mind you need to strengthen the knowledge you intake. To over come the lack of control, and power you seem not to have, you must now build yourself up to a point where you can control your actions, to be able to control your reactions. Now doing this ain't gone be no walk thre~~w~~ the park, it's gone take time, patients, practice, and your willingness to build yourself to a point in your life where you don't let anger control your life.

Think of it like this.: YOU HAVE GREAT LEADERS OF NATIONS REACTING OUT OF ANGER, BLOWING EACH OTHER UP. So treat this like a addiction. It's a life long process that you gotta face (HEAD ON). No one can do this for you, only you, and it won't be easy. But if you care about your growth you will fight to strengthen your mind, and your character for the better.

Once your thought process turn's foolish, your mind follows along. If you DEMISE the thoughts you no longer want, you can REBIRTH the thoughts that were pushed aside.

So start today what you can start tomorrow. Why wait for anything, or anyone to live your life. For tomorrow may never come to some of us, and for a lot of us its going to be too late trying to ~~to~~ change old ways. Some take a life time to learn what some learn in a day.

(ON THIS NOTE I LEAVE THIS MESSAGE TO FAMILY)

I'm to tired to continue those games, of the back, and forth bull-shit that's going on between those in my life. Why can't there just be love, and loyalty amongst those i care for? We only have one family, and one life. So lets be the family who earn together, and builds together. Instead of the family who hates, and fights each other.

"HIDDEN ME"

Force to be shielded with these thoughts. Noone seems to listen to my cry for help. Everyone wants me to be the person i was before. But he seem to be caged, and lock into a coma lost to himself. My outter body is being control by the demon i locked away in the darkness i once had to live in.

Nothing to control my mind anymore, its free to rome wild, and revisit those push away fears, regrets, and guilt. Flooding my mind which makes me feel as if i was drowning. Force to fight my way from underneath, i'm no longer able to escape.

Blood fills my eyes as i picture my youth in Chicago with people dying on a daily all around me. As i think of all the people i've lost in a month.

) How much can one person lose before he is force to relive, and release the caged beast in which he has denounce for many years.

Afraid of nothing but myself, because i know when i'm lost, i'm no longer of this world. Instead i'm trap in a alter-verse where there is no pain, no death, no guilt, and no sin. So i ask this question to Big Heard who wins in the end?

By: King Leo

(CHANGE YOUR MIND NOT YOUR PERSON)

Trap in fear of being judge by everyone around has cause for you to give up on your quest to seek inner, and outter growth which you want most, and this fear has push you further back from the growth you did gain. Such fear has cause great individuals to stop far away from what they set out to achieve. "FEAR IS OUR GREATEST THREAT TO MANKIND", and this is one of the most dangerous thought processes that drive the youth of today to change their bodies to fit in with the "SO-CALL" norm of today, and in return for this change they get what "SO-CALL" friends who has bullied their way inside your life without having to change anything themselves to fit in with you, and personally these are the type of individuals who should never be allowed to embrace your surrounding. If you have to change your outter self to fit in with any group of individuals, and in return they don't have to change nothing about themselves to fit in with you, then this isn't the type of people you should want to be around. Truthfully in any partnership each individual changes something about themselves that strengthens the partnership for everyone, and thats a group you should seek out because fact is no one is made perfectly for anyone, we all have things that we need to work on or even change.

Now there is a point in life where you can change for the moment to obtain that social group of peers that maybe good for your future, and family. However you must remember that this form of change isn't physical but a mental change. So it's like this, some people are what us in the hood call "STREET SMART, and BOOK SMART" this allow those "STREET LEGENDS" to fit WITHIN the "SO-CALL" "HIGH SOCIETY" individuals who help advance their "STREET BUSINESS" into a "CORPORATE BUSINEE". Now remember this, those hood figures never renounce their streets or way of teaching yet instead added a new way of thinking to their minds allowing them the ability to blend in with both sides of the world. Learning this help these individuals who only knew one way of life get the knowledge of another way of life that they could past onto their youth in hopes to strengthen the next generation so that they can have other opportunities in life. So to change mentally for the betterment of you is something i believe that every individual on this earth should do, and by doing this both side will get the chance to under stand each other, and in return we learn as a whole how to live amongst each other in peace not fear. SO NEVER CHANGE YOUR LOOKS OR BELIEFS YET INSTEAD

CHANGE YOUR MIND, THOUGHTS, AND CHARACTER TO BECOME BOTH A STREET SMART, AND BOOK SMART INDIVIDUALS.

ANOTHER form of fear we face is the FEAR OF DISAPPOINTING, and for so many today this has cause them to isolate themselves from others putting them align in the back ground closing the door to others falling into a form of depression that can turn deadly for some. Now to try an understand why some individuals fall this far back you have to try too learn this persons life, and up bringing. I do believe that some ~~who have~~ ^{who have} been told their entire life that they are failures, and would never amount to any thing in life are more incline to fall into this form of depression if they fail at something because they never learnt how to pick themselves up because they never had anyone to show them how. These type of people are also easily influence causen them to become easy targets of peer pressure, and mental abuse from other. because they never learnt that it's okay to fail, they find themselves not able to face others because they believe they have let everyone down who look on them to succeed.

For these type of individuals i say this FAILURE SHOWS YOU WHO YOU ARE BECAUSE ONLY THOSE WHO HAVE FALLEN UNDERSTANDS HOW TO GET UP, AND NEVER FALL AGAIN THE SAME WAY. Once you believe in this you'll find that it has given you a new sense of belief about "FEAR OF DISAPPOINTING" those around you, and you'll see that everyone fails in life only to succeed at other things in the future. BELIEF is in my opinion 90% of our life, and that other 10% is us putting those belief to use. Remember that your beliefs are your, and no one can tell you what to believe or how to believe. You'll soon see that your not disappointing anyone, and hopefully this new sense of belief helps you move forward in life knowing that your worth fighting for, and that you do in fact belong right where you are with everyone else.

WHEN CHANGING YOUR THOUGHTS, AND NOT YOUR PERSON YOUR STAYING WHO YOU ARE ONLY ADDING KNOWLEDGE, AND WISDOM TO YOUR ALREADY BEAUTIFUL SELF. Now this will help you see that it's others who should try hard to be around you because you actually know who you are, and most likely their still trying to fit in, and figure themselves out. This is why so many who bully, and put others down find that in the future they have no one to depend on when their down, and that everyone will likely run, and hide if they find you unable to bully them any more. This type of person

only seems to have a large group of friends because all those around also
FEAR OF DISAPPOINTING others, and then you'll see that out of all those
who look down on you, you're the only one who truly knows who they are.

(REMEMBER YOU CAN ONLY TRULY DISAPPOINT YOURSELF)

(SELF REFLECTING)

In order to change who you are, and those around you, you must first "SELF REFLECT". This cause for you to really take a look into who you are, and what you want to be. Doing this will help you maintain a stable foundation in life, and will guide you into choosing a circle that will mirror your personality, and your person. Until you do this those around you will resemble what you aren't, and in return you'll be judge for that, and that alone.

For alot of people that grew up in the inner city's they find that because they didn't have a father to teach them how to be their own person, they fell to the mind games of the local "SHOT CALLERS" who used the fact that these individuals didn't have "FATHER FIGURERS" to lead them into the gang life, and street life. This was the beginning of you loosing your ability to think for yourself, and you became a slave to the "THUG PLANTATION" we call the streets. So you began to resemble those who were around you, and in return you were judge just the same as them in everyway possible. Now you do as someone else please, never once being able to choose for yourself because to "DISOBEY IS TO BETRAY" in your new control mind. This way of thinking is how you became control by those who show you a "SENSE OF LOYALTY" or what you were made to believe was what they call "LOYALTY".

When in fact you were being groom to be the fall guy for those who were in charge of those streets. Due to their **false loyalty** shown to you, you were subjected to prison, and for some death. Sadly to say for alot of us we took being the **fall guy** as pride, and we love how loyal we were to our new family. Yet what we thought was **LOYALTY** was just true stupidity, and falsehood. So now we have a prison system full of slaves from the "THUG PLANTATIONS". In my opinion they have been used in life, and in the **COURT SYSTEM** because everyone knows that if the police can't get the big dogs they arrest, and pressure those **UNDERLINGS** to risk there life to **SNITCH** on there old **SLAVE MASTERS**. So now those who were finally taken away from their **slave masters** are now force back into that life in the **THUG PLANTATION**, and them who were weak, and chose to do so is now slave to the **LAW ENFORCEMENT PLANTATION**. So those victims are again used for someone elses gain, and beliefs that they didn't get to choose for themselves. The only true way to end this is **SELF REFLECTION**.

Now this **SELF REFLECTION** must start with you learning your worth as a human being, and to do this you must first believe that your worth fighting

for within. You have to learn that you indeed have the power to chose your next steps in life, and if you don't want to do something you don't have to. This will help you see that what those SHOT CALLERS in those THUG PLANTATIONS you just survived said about you not having choices was false. You have to be able to look in the mirror, and accept that good & bad^{That} comes with who you are, and you can change to become a better version of yourself. The key word in this change is SELF this has to be something you want to do for you, and not for anyone else to please them. You have to be willing to endure the long wait because when rebuilding something that has been broken the new details, and additions can take time to fit this new person. In SELF REFLECTING you have to believe that going through struggles only allow you to see how strong you are, and this will help you see that a scar is something given not accepted. Understand that when you've been through the worst the only thing left is growth, and moving up in life.

This is why those who come to prison for a long term seem to be able too find within that hidden knowledge that has been stored unable to be used because they had no voice. This form of SELF REFLECTION is indeed force upon these individuals, however it was their choice to accept the change, and allow the change to take place. They've come to believe in themselves first to allow them to SELF REFLECT on everything that has happen in their life. You have to understand that when you SELF REFLECT there is a few different stages you'll go through, and within those stages you'll be force to re-live all those years force into the SLAVE PLANTATIONS called streets. In re-living this you'll find that it'll be hard to accept the things you've done in your weakness, however it's that weakness that has made you strong. Accept your past as well as the guilt, and shame you've endured going through your SELF REFLECTION. Remember that everything you learn will guide you into your new life, and help you to guide others from those type of situations, and PLANTATIONS that are learning new ways to kidnap the weak to do their darkness. You are worthy , and in believing this you've become the new form of UNDER GROUND RAIL ROAD to free those stuck in THUG PLANTATIONS.

(IF YOU SELF REFLECT IT'S FOR ONE'S SELF, AND ONES BELIEF)

BLINDED

Lost so she is blinded by love
To young so she's weak minded to the thugs
-Smooth talking-
His words enters her heart, and soul
Penetrating her pours
Coming at her hard like bombs, and bullets
-From the Iraq war-
His words so finess she staggers
Stubbling welcomen something new
But not knowing them before
-She doesn't know there not true-
Hypnotize by his every word
When his mouth open, she is memerize by the thoughts
-Of what may come out-
Before she know it, its to late
She already took the bate
Now he got her taking leaps
-She's in too deep-
And the water is no logic, its shallow
Because she's blinded by tomorrow

BY: KING LEO

BROKEN
BY: KING LEO

TORN BETWEEN WHAT I FEEL, AND WHAT I KNOW TO BE RIGHT,
BROKEN YET STILL PUTTING UP A FIGHT.....
UNABLE TO HAVE YOU COMPLETELY, AND SHARING YOU WITH
ANOTHER IS KILLING ME.....
ARE YOU THAT BLIND YOU DON'T SEE THE PAIN I'M IN WHEN
IT COMES TO YOU.....
TO LOVE SOMEONE MORE THEN THEY COULD EVER LOVE YOU
TO FEEL LOST BECAUSE FOR THE FIRST TIME IN MY LIFE
I UNDERSTAND THE WORD "LOVE".....
YET "LOVE" HURTS, AND DAILY I'M IN PAIN BECAUSE YOUR LOVE,
AND MY LOVE AREN'T THE SAME.....
BROKEN YET AMENDABLE TO THE IDEA THAT AS LONG AS YOUR IN MY
LIFE APART OF ME IS COMPLETE.....
STEADY BEING TORN DOWN, AND BEATEN WHEN IT COMES TO YOU,
HOWEVER I REFUSE TO ADMIT DEFEAT.....
DAILY I SPEAK WORDS TO UP LIFT THE BROKEN, AND
STRENGTHEN THE WEAK.....
YET FOR ME DEFEAT SEEMS TO BE A DAILY ONGOING WORD THAT IS
BEING PLAYED INSIDE MY MIND ON REPEAT.....
WHY CAN'T FOR THE FIRST TIME IN MY LIFE SOMEONE I LOVE,
JUST WANT TO LOVE ME EQUALLY.....
AM I THAT BROKEN THAT THE IDEA OF LOVING ME IS TO MUCH FOR
YOU OR ARE YOU THAT ABUSED THAT THE IDEA OF ME LOVING YOU IS
TO MUCH FOR YOU TO BELIEVE TRUE.....
BROKEN WHEN I SEE YOU FALL FOR THE SAME DECEPTION THAT ABUSED
YOUR MIND IN THE FIRST PLACE.....
WANTING NOTHING MORE THEN TO SWEEP YOU OFF YOUR FEET, AND
REMOVE YOU FROM THIS PLACE THEN CLAIM YOUR HEART, AND
END THIS DAILY CHASE.....
BROKEN BECAUSE I CAN'T ERASE YOUR PAST, CHANGE THE PRESENT
OR REMOVE THE PAIN, AND SORROW THAT SHOWS ON YOUR FACE.....
BROKEN TORN DOWN, USED, AND ABUSED YET TO ME
YOU CAN'T BE REPLACED.....

WROTE AUGUST 23, 2020 at 7:45pm

TO THE QUEENS IN MY LIFE I ASK YOU TO OPEN YOUR
EYES, EARS, AND MIND TO THESE JEWELS I'M DELIVERING
TO YOUR INNER SELF.

To many of our women tend to go off of emotions when they deal with the man in their life, and heart. But just because he seems to be in your heart, doesn't mean he's in your life. See alot times you tend to try to force a relationship that isn't there. You try to cover feeling with hope. But all your doing is causing yourself futher pain. Because a wondering mind leads to a wondering soul. Which mere physical cheating. You wouldn't allow that so why allow him to wonder emotionally to another? At the end of the day its time to free yourself from that prison of pain, and sorrow, and get back to your self worth. Trust me, you would rather be alone loving yourself, than to be trap in a lost relationship that isn't working. You deserve more than that, because you are worth more than that.

FREE YOUR MIND, AND MEMMORIES TO START NEW!

Sometimes we stay locked in a cage of our own memories, that we can't accept the thought of getting out. Its to the point now where its controlling your daily life. Being caged at the mind into believing that what you feel, and want for yourself isn't true. (THIS IS CALLED SELF SLAVERY). When we allow our selves to be confined at the mind, we become the sort of (SLAVE MASTER) to ourselves.

**SO FREE YOUR MIND TO THIS SECTION ON A WOMANS
WORTH, AND YOU WILL SEE THAT YOU MEAN MORE TO
THIS EARTH THAN YOU NOW BELIEVE.**

LOVE IS JUST A WORD UNTIL SOMEONE GIVES IT MEANING.

So complicated people has made this four letter word seem. Its been held at the highest form of respect, and has been use to unite people, and to seperate people for ever. But these days this word "LOVE" has been taken out of content by so many everyday. Now this word LOVE is being use to gain entrance into the beds of so many every single day. Only to find out that you were used for sex, and he/she don't care about you. Another good thing turned into a weapon to control others emotional tick, and using the word LOVE without true meaning. It won't be until some one who truly means to LOVE display his actions of his meaning of LOVE to his special person. THIS IS WHEN, AND ONLY WHEN YOU'LL UNDERSTAND THE MEANING OF LOVE.

Love is express in many forms. But in the end, its still going to have the same meaning: To adore, cherish, admire, and have affections for, while devoting your life to your QUEEN, and making sure she is safe, and well cared for. So continue to express your love in your own way, as long as you remember the KEY PRINCIPLES of the word LOVE.

BY: KING LEO

(HER WORTH)

Your beauty to the lost eye. Comes from your outter attractiveness which is god sent for men to respect, understand, and cherish. For any man to understand your beauty, they'll have to shift their arousal to the beauty that's lost to the naked eye. Use your beauty to push men into being interested in learning your mind, before they learn your body.

The magnificent beauty you have on the inside which is full of knowledge, wisdom, and life lessons, will always over power the beauty you have on the outside. In order for a man to understand what's inside of a woman. He must first manifest the existence, and presence of a woman's perception of life.

See men seem to only periodically accept that women are men's equal. Leaving to much room for women to perish in thought, as well as understanding.

(Perfection) so often men seek in a woman. Not her inner perfection, but her outta performance. Which not only limites the man's persistence, it also perpetuates the womans existence as life door's into this world. To ignore them, beat them, and degrad women is a pernicious outcome on mankind, and our nation. To persevere our women threw thick, and thin is the way men are suppose to be. To respect the perspicuous persona of women, we are not only empowering her, but the nation as well. A women's loyalty should be to her self first. Then to the man who is going to apply lubricants to your mind, and give knowledge, wisdom, and understanding to you, to feed your open mind. Your loyalty should also go to that man who feeds you jewels to lubricate your low mindedness, and low self worth. He'll inevitably empower you into a impressive component to him. So find a man who'll glorify your inner strength, and beauty. Allow yourself the opportunity to cherish yourself, so that the man you choose will cherish you also.

Remember, every life that enters this world must come threw you. You are amass, and the one through whom life passes threw to gain entrance into this world. You are a channel, and expression of blessing. You are put threw struggles in your life so (GOD) can accomplish things in your character, and in your spirit. Because you now posses the knowledge of what it took to overcome those stumbles, and struggles. You were made of the same material as men but better. " IT'S LIKE PLACEN A PRODUCT IN A ATTRACTIVE CONTAINER. THE CONTAINER MAY GET THE COMSUMER TO TRY IT. BUT ONLY THE PRODUCT WILL KEEP THE CONSUMER COMING BACK FOR MORE." So it's like this. Your outter beauty is what draw men to you. While your inner beauty keeps men coming back for more.

Your body was built by design to be cherish, caressed, loved, and handled gentally by your special some one, while your mind was strengthen to deliver that unspoken knowledge, and wisdom of life to all around you. Your thoughts were given so you can express your powerful, and much needed presence on this earth. You deserve better in your life because you are better. You were built uniquely to be idols to all. So use your gifts from god, and be wise, and aware of your surrounding, and stop allowing lust, and childish attractions to over rule your judgement. Empower yourself, love yourself, and seek love from, or threw no one but you.

Listen my Queens, don't allow another person to cause you to play a role in life that isn't really who you are. Women tend to be vocal, while men tend to be physical. So always remember this if you don't remember anything. A EDUCATED WOMEN, EDUCATES A NATION.

YOU ARE A SURVIVOR!

You once asked the question, why did he beat you? Honestly, noone can tell you why, but the coward who beat you. I can tell you it wasn't your fault, but its still your history, and yet doesn't have to be your prison. say something, anything to release your hidden pain that sits stored in your heart, causing you to cloak yourself from others. You hold on to shame, guilt, and regret as if its your security. You have nothing to be ashamed of, and need no security from feelings. feel, and let yourself release. It was your beauty that got strip away from your face after every blow, and your dignity that he claimed for his own. Who cares if noone hears your crys, and understand your struggles. As long as you can reach one person who shares your situation, and has found comfort themselves after the abuse, you have to allow yourself to open up. Because help isn't going to just come to you if you don't seek. So if you open your ears you'll hear someone who'll deliver unspoken JEWELS to you. JEWELS ARE PRECIOUS TREASURES THAT ARE GIVEN TO ANOTHER. IT'S SUPPOSE TO HELP STRENGTHEN THE CHARACTER, AND WORTH OF THE PERSON WHOM IS RECIEVING. IF ACCEPTED, AND UTILIZE DAILY THE PERSON WHOM IS USING CAN BECOME A FORCE OF POWER. WHICH CAN BE USED TO EMPOWER YOUR MIND, AND OTHERS.

What ever made you hate yourself was "TRAUMATIC". Those events trap you in its theory, and time. You might appear to have moved on from the abuse, and you may even try to act as if it didn't exist. By hating yourself, and things that he didn't like about you, you're saying to yourself he was right, and you're staying stuck in the past. You remain to some extent, through no fascination of your own, frozen at the time you were when you started hating yourself. REMEMBER THIS: JUST BECAUSE YOU HAVE ENDURED SUCH PAIN, AND ABUSE DOESN'T MEAN YOUR DAMAGED GOODS. IF YOUR READING THIS IT MEAN YOU HAVE MENDED YOUR FALSE BELIEFS, AND PLACED UPON YOURSELF A KNEW TRUER BELIEF.

You're afraid of opening up to people, because you no longer believe that you deserve love, and that anybody would want you for you. In the back of your mind everytime you meet a man you force yourself to believe that he'S going to be just like the rest. So its hard to move on, and succeed at knew things when you always quit before you start, and when you always expect to be hurt, and abused, these thoughts cause you to lose out on true love. But i personally understand the struggle with quitting at something before you start. Because i've been that person who didn't want to be hurt, and didn't want to let others down. So it's easier to just quit. See quitting is just another "COPING MECHANISM" to deflect the pain of hating yourself, and having that hatred validated, mandated, by calculable loss.

YOUR BELIEF OF FALSE LOYALTY

You shielded him by allowing yourself to take the blame for his misdeeds. You did this by obeying his implicit, and explicit orders. Starving, slashing, drug use, and denying yourself because he said you were to ugly, unworthy, and must prove your love. Or maybe you somehow think this comforts him. So you form the belief TO DISOBEY IS TO BETRAY. I understand this process of thinking because it happens in life in many different situations, so you're not alone.

YOUR DOUBT!

Having no confidence. Believing your unworthy, incompetent, and inferior to all around you. How can you stop hating yourself when you think hatred towards you is justified. How can you free yourself if you think you don't belong free, and desrve captivity. How can you allow someone to help you when you think you don't deserve help. So the trouble with self-loathing is that it feels real. It makes you believe you are stupid, worthless, ugly, evil, and other wise just a bad person, thus meriting all your punishments. Doubt afflicts you with belief that you can't proceed because you lack the knowledge, beauty, skills, will, courage,

and character. Your low self-esteem feels like resignation, because you question whether anything will help. By you accepting, and thinking not only you can't, but also noone else can. You form a belief that noone can understand you, or love you, or want to be with you for you, or encourage you, so they should just stop. But you don't really want them to stop, you just don't know how to ask for help. you must not mistake your doubt for CERTAINTY, or read your doubt as PERMISSION SLIPS TO QUIT. Rather you must accept the very existence of i can't mandates the presence of its opposite, the magnetic pole of i can.

HATING YOURSELF WITH CRITICISM FROM SELF!

You believe sticks, and stones can break your bones. Well words said to yourself from the depths of hatred hurts you too. Self hate scripts he maddeningly beat into your memory, and made you memorize daily. You now recite as if they were your own, spontaneous, and true. Negative self talk is addictive. Like other addictions, it can start small, and soothes, at least at first. Cruel words were the words you always knew best to refer to yourself. Repeating, and reciting them was hypnotically comforting. Because like lullabies they were familiar, inadvertent, nonchalant, and perfunctory. But to you they were true. Negative self talk is like puncturing yourself with pins, or tripping yourself, again, and again. You are now puncturer, and punctured, tripped, and tripper, unable to out smart, or escape yourself. You are determine to attack the easiest of targets "YOU". So stop putting yourself down. You must change the way you talk to yourself, if you want to change the way think about yourself. Because until you accept it, and unsought yourself hatred towards your self, you will become your own JAILER, and WORST ENEMY.

You hate yourself, and have no idea what you want. You can't choose, because you don't know. Sometime ago you wanted something, and knew you wanted it. However, he told you what you thought you wanted you didn't need it, and you didn't deserve it either. This is how you lost touch with your wants, and came to think you had known. This is why you stay compliant, and obedient, tractable, and

acquiescent. This why you do things you think will please others, and delay punishment. You long for acceptance, being considered attractive, interesting, and worth while. The more you come to hate yourself, the more you deny your own desires. You do understand when you hate yourself, you also hate everything you love. Thus you deny your desires partly to protect them. You deny your derail desires to keep them pure, and to keep them yours. **EVEN IF THAT MEAN NEVER FEELING THEM AGAIN.** So how can you finally attain what you seek, with no capacity to seek it? You afraid to want. But to want is your choice, and yours alone. The only wrong answer is i don't know.

SO WHO ARE YOU?

It sounds like a trick question, because how can you know who you are, when "HE" told you, you were nothing, and he can make you into anyone he wants. That how you look, and feel was insignificant, or unacceptable. How can you know who you are when you've dissolved your life into pleasing others. So how can you really know who you are if you've tried so hard to silence yourself, starve yourself, slash yourself, skin yourself, and seperate yourself from yourself. How often now this body you wear. This body with all its capacities, seemed nothing-nothing at all. You had the oddest sense of being yourself invisible, unseen, unknown. So do understand your self esteem first requires a sense of self. You feel unreal, not just unacceptable, but invisible. Not just inadequate, but nonexistent. Your surface self has always mainly mirror'd the likes of those you obeyed. So to escape low self esteem you must create a new identity from scratch. Because in order to **LOVE, LIKE, OR ACCEPT** yourself, you must have a self to love, like, and accept. I understand if you shed your false self, you fear of having nothing left at all. Instead of joy at the prospect of freedom, you dread your impending nonexistence. Thus you flee into the comfort of familiar misery. But even your false self can split into two. Into the loather, and loathed. You know both very well.

The loather relentlessly, mercilessly, devastates the loathed, which is a frozen, beaten you, playing dead. In real life your true self saved itself by slipping into hiding. You believe the loather, and the loathed is you. So how can you become your better self when you regret having not been yourself for so long.

UNDERSTANDING YOUR SELF WHILE BEING TRAP

You were a prisoner in someone else's world. In someone else's fear. In someone else's madness. In someone else's self-loathing. Yourself-loathing ain't even your. You were condemned, confined, and incarcerated in his misery, and thus you have incarcerated me in your story, and in you. I was sentenced to you, and being a part of your life is my cell. Your guard is gone away. How long have you been sitting here obediently, voluntarily, in an unguarded, unlocked cell. You cannot bear to count how many years you spent inside his prison, which might as well been of your devising, and for what? The world isn't a better place thanks to your false imprisonment. You know prison life resembles low self-esteem. Both are constant, and relentless. Both condition their "INMATES" to feel that they belong there. Years pass, and this prison your in, simply because the place where you live. The punishment aspect fades away. You become accustomed to your environment, your world, and you even become comfortable. So much so, that you loathed the prospect of impending freedom from his frighten ways, and from him. Because starting over can be harder than it sound. Low self-esteem is your prison, and because you hate yourself you have come accustom to the sensation of this form of incarceration.

ADOPTING YOURSELF

You can offer compassion to your present-day self. But your past self needs compassion to. Trap in, and terrified of not-knowing. If you combine self-compassion with your past abuse, you get self adoption. You give yourself compassion not for the sheer purpose of making yourself feel better-not as a desperate attempt to resist,

avoid, get rid of, or reject some aspect of yourself, or some situation in which you find yourself in. But rather to acknowledge that you feel bad, and to mindfully accept what is. **"SO YOU OFFER YOURSELF ENCOURAGEMENT, AND SUPPORT."** When your brain can't go straight to compassion, because your brain is still full of story-lines, and judgment. your body can lead the way into a comfort zone. I understand you fear compassion. A lot of people with low self-esteem are afraid of receiving compassion from others. If you've felt so unworthy, so unlovable, so alone for so long, than to realize that maybe you can feel a different way about yourself actually makes you afraid. It feels like coming home, but coming home can unleash a great deal of sorrow.

Yourself loathing transformed you into a compliant, damaged half-self who avoids eye contact, and cannot say what you want to say. **THIS FORM OF MIND CONTROL** he used such as criticism, threats, blame, abuse, humiliation, and punishment made you feel incompetent, inadequate, and worthless except in his role as devotee. You've dismiss, disown, and denied your true self. You were told that no one outside of him will ever love you, or want you. Some say freedom of abuse is easy, **BUT WHO EVER SAID THAT IS FREE ALREADY.** **"EACH OF US HAS A UNIQUE SKILL SET."** No matter how much you hate yourself, you have to admit that you're better at some things than others. Maybe even moderately gifted at a few. The road to happiness, and out of low self-esteem starts when you begin to recognize those skills, and practice using them as much as possible, and become a self **"MASTER CRAFTPERSON"** crafting your own life. **"GIVE UP THE NOTION THAT LIFE IS ABOUT CORRECTING YOUR WEAKNESSES."** You'll find in yourself that you have certain strengths. You name them, and you learn to run with them, and to use them to buffer yourself against the vicissitude that comes your way. **"SIGNATURE STRENGTHS"** are mainly aspects of your character, kindness, humor, diligence, honesty, creativity, courage, playfulness, fairness, and the capacity for love.

You even notice you apologize to much, too often even when your not wrong. Because you hate yourself you feel like your always wrong. You feel this right away, because the sooner you show your sorry, the quicker you recieve mercy. That if you walk right in with your head hung low, you might get punished less. I notice praises frightens you. You cannot bear the notion which amounts to revolution of accepting that it might be even just a little true. Because you hate yourself you assume that what ever goes wrong in relationships is your fault. You assume that what ever goes wrong anywhere, with anything involving you is your fault. "NOT TRUE" The blame game is a two way game. Each person is to own their own blame. YOUR DREAD OF REJECTION TRIGGERS REJECTION. YOUR FEAR OF DRIVING AWAY YOUR LOVER, DRIVES AWAY YOUR LOVER. Low self-esteem is just that powerful.

I NEED YOU TO UNDERSTAND THAT I UNDERSTAND YOUR PAIN, AND SORROW. THAT I ALSO UNDERSTAND YOUR STRUGGLES. I'M WILLING TO GO THREW THIS PART OF YOUR LIFE WITH YOU IF YOU ALLOW ME TO. I ASK THAT YOU OPEN YOUR HEART TO ME, AND LET ME FEED IT WITH THE JEWELS IT NEED TO GROW STRONGER, AND POWERFUL.

Never assume that your not worthy of true love, and happiness. Because you deserve to be cherish in everyway imaginable. You should've never been strip of your sense of self. Because its so much you can offer if handle gently, and with extreme stimulating knowledge. Truth is, THE ONLY WAY TO RELEASE YOURSELF FROM HIS PRISON OF DETERIORATION OF YOUR WHOLE BEING, IS TO FIND SOMEONE WHO CAN ENHANCE YOU, AND IMPROVE YOUR SENSE OF LOVING YOURSELF, AND YOUR WORTH. If you let your fears of rejection, abandonment, and failure control your choices, you'll be stuck alone, or using your self loathing to destroy whats left of you. What your doing is allowing the person who abused you to win. Because that person still controls your mind, and everyday life. So your really still stuck in his mental prison.

FINDING WITHIN YOU YOUR TRUE SELF WORTH

In order for you to seek comfort of another you must first comfort yourself. Because when your comfortable with who you are, you'll be comfortable displaying just that to whom ever you chose to be in your life. Before you can seek love from someone else, you must first love yourself. To love yourself is to love everything about who you are. For some they can only love the good that they display. But those bad quillities are deserving of love also. See without going threw bad situations, you'll never have a chance to truly understand who you are as a person. Its those times of struggle that produce unique individuals. However, if you try not to acknowledge those struggles in your life, then your choosing to deny a part of who you are. So how can you love yourself, when you hide parts of who you are. See those who hide behind a mask, tend to seek out others who also shield their true self. No matter what you do to comfort not loving your entire being, you will never love another until you love who you are.

In order for you to cherish your worth as a woman, you must first believe you have worth to cherish. Your worth comes from noone but you. Its believing that you have a true meaning on this earth. Its believing that no matter how many times you fall, when you get up again you'll have learnt something knew about who you are. Its believing that your beauty isn't define by a mans perception, but by you being perceptive ~~to~~ to your worth. Once you come to understand that your beauty to the lost eye (YOUR INNER BEAUTY) is what you want other to cherish, you'll begin to learn who will lubricate your mind with jewels that'll transform your disbelief of your worth, into a performance of belief beyond your wildest dreams. However, for one person, or another if you don't believe you deserve to be cherish, and is worthy of worth then you'll never understand your worth as a woman on this earth.

Never be ashamed of seeking help from others. Because reaching out can be a life saving choice for some. Yet to allow fear of being hurt, disappointed, damage, and being use again to control your choice to find peace within your self could cost you more pain then who ever hurt you in the past. Because now that person lives inside your head, and is controlling your mind, thoughts, and choices to stand up for yourself. That person is still forcen upon your mind those perception that you don't deserve to be happy. Now you must release those memories of the abuse, and pain that was force upon you, so that you can form new memories, and begin to rebuild who you are, and your worth as a queen.

BY: KING LEO

QUOTES BY: KING LEO

You have to destroy your inner monsters to apprehend your despised demons. You have to derelict what you thought was righteous, to critique within yourself. So that you can cumulatively focus on your future.

To prosper you have to overcome your deepest fear. To overcome your deepest fears you have to let go of your weaknesses. Weakness is failure. Failure is less about who you are, and more about who you are scared to become.

In order for you to have structure in your life, you have to structure your heart, and mind.

The prowess within occupies your inner notorious parts of your brain. Your lack of nutrients to knowledge, allows you to accept the mutation of nefarious. By you neglecting your inner prowess, you become acceptable to all the obsured pussance.

Misery is lost without the invitation of company. But taking away it's appetite isn't easy. Yet by doing this you weakens the axis anxiously awaiting evil. You apprise yourself of the approaching disaster trying to feed off of your fragile lacking fortitude. You then stimulate your strategy to take control of your own mind, and surroundings.

Wisdom is not given freely, its sought after. Without the dedication, and determination to seize, and capitalize from the desired prudence, you lose your chance at lifes knowledge in front of you. Steadfast of your nebulous, and fit it with the necessary understanding of life purposes.

I WROTE THESE QUOTES TO SHOW THE NEXT GENERATION OF MY FAMILY THAT EVEN IN A BAD SITUATION IF YOU WANT TO MAKE SOMETHING OUT OF IT YOU CAN. THE SITUATION DON'T DEFINE WHO YOU ARE, ONLY YOU CAN DECIDE THAT. IF YOU PUT YOUR MIND AT ANYTHING YOU WANT TO DO YOU CAN DO IT. When your down to nothing remember to get on some thing better. People will always remember your faults if you don't give them nothing else to remember.

LOVE YOU GUYS YOUR UNCLE,CUSION,SON,AND BROTHER.

BY:KING LEO

QUOTES BY: KING LEO

1. Every struggle creates a unique individual. For without struggles, you'll never know how strong you are.
2. Loosing at something doesn't define the man you'll become in life. Its what you do next that defines your entire character.
3. Blood is thicker than water. However, water flows better. So i ask you this: Blood or water? Remember blood is just DNA if not loyal. Yet water flows the same daily.(LOYAL)
4. Standing out from others only show that your character is that of a leader, and not a follower.
5. You always fear what you don't understand. Because you won't take the time to understand what you fear.
6. Stop forced thoughts trying to barge its way into your mind leaving posion in your heart. Stand firm against false beliefs about yourself, and live life as you are. Because the only change you need to make is to change who you were yesterday.
7. A true leader is a leader that takes other followers, and make them leaders in your foot steps.
8. The fake will insert themselves into the circle to obtain information, and recognition. This is why we have to close the circle, and allow noone else in.
9. When you begin to realize that your past does not necessarily dictate the out come of your future. Because its impossible to inhale new air until you exhale the old air.
10. Inside you live a unique beauty that if explored freely you'll release a beauty that is far more powerful than the outter attractiveness that sits misunderstood by all those around, you.
11. If you believe it to be possible than you can make it just that possible. For a belief is something you believe, and noone can tell you not to believe in your beliefs.
12. To fight your way out of a raw deal, means you have to be willing to accept some of the pain, and hardship that comes with ~~xxxxxxx~~ the struggle. Because those who have been down understands that in order for you to get up you have to sometimes fall.

Focus more on what is, and let go of what ain't so you can grow within. For your heart is the key to your belief of you. The growth you strive for should come from a place that's pure, and the purest place on a human is their heart.

What you say out your mouth should be what you do, and anything less of that is a blast to you as a individual. Loyalty is not that of what you say, but of the actions you show behind what you say.

Loyalty isn't the person who stand by your side when your on top, and disappear when your down to nothing. Instead loyalty should be lifting someone higher when he's on top, and giving love, advice, and options when he's on a downward slop.

Belief in oneself should come from within that person. For without a sense of self you'll allow what others say, and do to hold power over you. The power to love yourself, believe in yourself, and cherish your self comes from noone else but you.

Because you fail at one thing in life doesn't mean your a failure. It means that you can grow, and learn something about yourself you didn't know before you fail. Failure is only able to win if you give into the belief that your a failure. For life was created so you can fall, and pick yourself back up.

QUOTES BY: KING LEO

- (1) The day has come to stand firm against the continued unrighteousness these individuals continue to display. To allow them to stand within our inner circle, and act as if they are one of us, is disrespectful to the righteous. Infiltrated daily by actors who've train themselves to mimic the behavior of the real. We the righteous has to utilize awareness so that we can take back our circle from the unwanted.
- (2) To allow life to interfere with your dreams, is a assault to your character. For failure to strive for greatness is less about dreams, and more about being afraid of failing.
- (3) For some, understanding who they our is their greatest weakness. Because learning that you have wasted your life believing what others has said about you. Forcing you to retrieve into believe that your worth nothing. To define your character means to understand your abilities, and what makes you unique. Believing in yourself is all that matters, because only you can determine the out come of your life. Who you are is define on how you deal with lifes struggles.
- (4) If you don't utilize your abilities now, whats the point in having abilities at all. For any ability you have was given to you to use it. Time will not wait for you, and soon it'll be to late to show case those abilities you have.
- (5) In order for you to seek comfort of another you must first comfort yourself. Because when your comfortable with who you are, you'll be comfortable displaying just that to whom ever you choose to be with. Before you can seek love from someone else, you must first love yourself. To love yourself is to love everything about who you are. For some, they can only love the good that they display. But those bad quilities are deserving of love to. See without going threw a bad situation, you'll never understand who you are. Its those times of struggle, that produce unique people. But if you try not to love your bad self, then you won't be able to fully love your entire being. Which means you won't be able to love another. Those who hide behind mask, tend to seek others who also shield their true self.

BORN TO CHICAGO

I open my eyes to,
gangs, and violence amongst me.
Even tho big, and tall
inside i felt lost, and small like Mugsie. ~~Rede~~.
Dad murdered tryna hang,
mom imprisoned tryna slang.
I'm destined to be the same,
this is a vision of me
the product of the Windy City.

Emotionally i feel nothing,
hatred i feel often.
Born a African savage,
that vulture life i embrace it.
Born to Chicago,
that! i can't erase it.

The cops harrassing,
spots they crashing.
Groups of blacks arrested,
still politically funded.
IT'S TIME TO GO
families looking for a blessing,
hoping the next generation
won't be born to Chicago.

BY: KING LEO

(YOUR TRUST)

The words you speak brings value
never doubt your loyalty

I have no reason to distrust you.

When you talk i hang onto every word
as they settle in my mind nested like a bird.

Attach to your mind
which is design to put me into a master mind.

Your trust is easy to accept

no reason to charm me

because you as a whole has already won me.

Your words flow threw my mind like ocean waves
that glide inside me every day.

I'm mesmerized when your mouth opens its a must
hoping for rainbow dreams of lust, and trust.

You've planted your trust like a flower
the seed is in place, and you water it daily
waiting for it to bloom inside of me.

Your trust has knock down my many walls
of security which was in play to stop the pain
and sorrow so i won't fall.

your trust so near to me

your trust so dear to me.

Your trust i will never disbelieve
because inside, and out your trust is completely with me.

BY: KING LEO

(ON GOING ISSUES)

Stuck in this cage,
full of on-going rage.
Sick of the acts from these dudes fake face,
this has to be staged.

Why me?

Why not someone else?

So long i've been lost to the streets,
lost into beef,

this can't be the life that was set up for me.
As a seed i know they hope for great things outta me,
which slowly faded as that seed turned into me.

Was it my father death that i saw,
or was it my ambitious little soul
that wanted to be different.

Is that what cause me to disrupt the streets,
in addition, sale crack, and heroin to my own kind?

Was i that far gone, and intertwined?
that i allowed myself to get that low.

Was it all for show?
or was that really me?

BY: KING LEO

(STRUGGLES OF LIFE)

Daily confused as i look out into this world
where life doesn't make since,
Continuously dodging the winds of society
as i close my eyes so i don't wince.
Life seems to throw me curve balls,
but a 108 years later that ball i hit
to win the likes of my city again.
Back from no where, with no return
what once left me to dry, and burn
has help me understand how to feel concern.
The struggles of my life has made me a better man
it has taken me through life changes
however, it help me live again.
The best part of going through struggles
is that you have the choice of what comes next
noone can control what you don't let.
We are force to deal with the next elect
yet we don't have to hate, or disrespect.
Its alot we don't understand
however, to deal with the hate
we must show peace, and love to the next man.
You are the product of your own mind
its your choice to be the best, and shine.
Your mind is the key to your success
you survived the urban life because your bless.
Knowledge sits locked away
so you can fit in with the in crowd
however, your crys for help screams out loud.
Daily you fight to release
what makes you, YOU.

BY: KING LEO

(GONE BUT NOT LOST)

Lost in thought, afraid of change again,
no more stress, no more pain.

Not ready to go, comfort has me stuck,
i just want to lay here tucked.

Noone understands my mind,
everyone thinks i'm okay, and fine.
My thoughts are on-going like waves,
that splash against the rocks thats nested to stop the over flow of water.

So many look at me everyday not seeing any of the strain,
that lives inside my brick house brain.

However, all they see are smiles, and laughs

But not the hidden pain.

Daily living with stress,

Yet we learn courage is best when your at your less.

Being aware of you will allow you to strive higher, and overcome,
the mountain of problems that is at surface.

If you made it to this place,
that mean your strong enough to want something new.

However, it has to be for you,
not for the who.

BY: KING LEO

MY OUT LOOK OF MY IN LOOK

Sick ill stated force throw up as i think of my past trash.
Out goes the garbage into the trash, and my past thoughts
are mashed.

My crys flow like ocean waves lost deep in my past of
painful days.

Wishing that life wasn't the same, a scared little boy
hoping life would change.

Nestled in a spider web stuck in hell, sharp pain in my
heart now i'm ready to bail.

Not good with that emotional stuff, Anthony into King Leo
is how i bluff.

Huffs, and puffs the big bad wolf so he must be tuff. I'm
judge by the color of my face, the look in my eyes. This
monologue of me i've had enough.

Sick of being lost, and stuck in this beef in these
streets. With force bad blood threw my unharm virgin veins.
Born into a city with heartship, drugs, imprison parent,
and street gangs.

I just seek to hope for better days, and for my city to
change, and those push away thoughts to be rearranged into
positive life exchange.

BY: KING LEO

" SOCIETY "

Society is left of me, because right of me
is another black man shot to his knees.
Society is only a vision of your dreams, *WHY?*because everyday another (brutha) is choosen to die.
Hands up don't shoot is what we scream,
stop resisting, he charging me, he won't stop
is what they make it seem,
thank "GOD" for the phone screen.
Why, should i be afraid to walk down the street peacefully
being judge on a daily, while i wear my "THUGGISH" wear
worried that the police might shoot us in pairs.
My skin is black "BEAUTIFUL", don't be afraid of what
you don't understand.
I can't change my color, but i can show you
i'm a peaceful man.
How can i teach my child that they can trust the police,
when you slaughter them,
plain as day for all to see.
MURDER IS MURDER-SLAUGHTER IS SLAUGHTER-PEACE IS PEACE
HANDS UP, DON'T SHOOT-BLACK LIVE MATTER.
IS WHAT I PREACH TO SOCIETY.

BY: KING LEO

(STUCK WITHOUT CONTROL)

As i walk the lonely roads
that leads to no where, with no end
i find myself stuck without control.

As i swim the lake with promising strokes
hit by vigilance waves targeting to revise my character
i find myself stuck without control.

As i sit, and visialize the world threw my potentially
restrain eyes. My sight lands quandary to a nation
with no hope for resurgent
i find myself stuck without control.

Long nights on the grind, blisters that bleed from the
miles i've walked on my deliaquent feet,
Lubricated by lucrative thoughts of my mind
i find myself stuck without control.

THE STRUGGLE WAS DELT TO MANY SOLDIERS, OUT OF THOSE ONLY
THE WORRIOR'S CAME OUT ON TOP. ONLY THOSE WHO SAW A
GREATER VISION SURVIVED THE STEADY FLOW OF URBAN LIFE.
THEY FOUND THEMSELVES BACK IN CONTROL.....

BY: KING LEO

(HOW DO ONE DEFINE HIMSELF)

How do one define himself,
when he don't even know himself?
How can i say i love someone,
when i don't love myself?
The challenge is tryna find inside myself,
something of value to like, and cherish.
Yet i find pain, and hate,
everything else has perish.
How can i forgive you,
when i don't forgive myself?
Who am i?
Who am i to be?
I don't like the way i look,
my self-esteem is shot,
i've always been someone i'm not.
Even when i stand tall,
its not long before i fall.
People laugh in my face,
so often i feel like a disgrace.
Behind my back some call me names,
but who am i to blame?
Who feels sorry for me,
but me?
So its time to stop feeling ashamed,
and step up my game,
Loving Me!

BY: KING LEO

(ITS INSIDE OF ME)

As i look up to the sky,
to a place so very high.
Let me tell you what i see,
a blue sky staring down on me.
Most times i see a mirror,
of the boy i used 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 seem so pure.
Right before i make that decision,
my mind is never sure.
How can i love you,
when i don't know what love is myself.
This duo inside of me,
is pleading for my help.
Change come everyday,
but its harder to do.
We all need a friend to talk to,
trust stands in the way.
Its a on going issue,
maybe are problems 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.
Because as the poem say,
its inside of me.....

BY: KING LEO

(LOOSE LINES)

Lost between words,
confused on a steady flow.

Chained at the mind,
glued to the cold floor.

As i sit back, and focus on these false lines in my crimes,
waiting for these bars to rewind.

Lost with a lock soul,
passion of a free man.
With time of a old Joe,
steady fighting within.

To stuck in the past,
to allow a future.

Therefore, i cross out the new,
and stay bound to the old glow.

Young with a old heart,
too stubborn for a new start.

Knowledge off the charts,
pride slows me down,
with more excuses in life, i frown.

More, and more i fail,
falling closer, and closer to hell.

Being lock up while locked up,
in this lonely cell.

Thoughts of my past comes rushing back,
fact after fact i could never give in.

For righteous i stand,
from now until the end.

BY: KING LEO

(ON GOING ISSUES)

I was raised in the ghetto,
slums of Chicago.

Loud noises
i thought was natural,
didn't understand how dangerous it was
when those bullets came out the barrel.

Dreams of Africa,
Kings, and Pharaohs.
It wasn't the same,
because when i woke up there were gangs.

Never was taught
how to be a man right,
Only taught
how to take a mans life.
Never was taught
how to use pen, and pencil,
Only taught
how to use guns, and knives.

Is that my fault
because i wasn't taught?
Or is that my excuse
to continue to abuse, use, and stay confuse
with these on-going issues?

BY: KING LEO

(MYSTERY WOMAN)

With eyes so bright,
they hypnotize my soul.
A smile so beautiful,
my heart unfolds.
Stride of a walk that mesmerize,
as your hips sway side to side.
Thats your outter beauty,
i'm ready to enter inside.
Your mind seems willing,
but close at the same time.
The question i continue to ask,
is it possible your mind is connected to mine?
Wisdom your open to,
so knowledge, and smarts is fully you.
How far does this go?
And where to?
Don't be afraid to appear,
its just me, and you here.
On looker's may look, and hate,
but they'll just speculate.
Because my mystery woman bares no face,
cause she is in every place.
You're the treasure,
this mystery i'm going to find.
However, until then my love,
out of sight, out of mind.

BY: KING LEO

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