

## ILLNESS OVERCOME... & Then Some (WRITTEN JAN. 2021)

IN SOME FORM OR FASHION,

EVERYONE NEEDS A LITTLE COMPASSION  
ARRESTED DEVELOPMENT & TRAUMA LEADS TO THE LOSS OF YOUR EMOTIONAL CORE  
WALLS ARE PUT UP, THEN YOU'RE LOCKED BEHIND MENTAL BARS & A STEEL DOOR  
BECAUSE MOST CHASE MOMENTARY, INSTANT GRATIFICATION  
AS THEIR ONLY CONCERN IS THE ONE AND ONLY #1

EVERYONE STAYS TOO BUSY TO STOP, LOOK & LISTEN

SUDDENLY IT'S YOU COVERED IN SWEAT WITH A BODY CHILLS KINDA CONDITION  
WHAT'S THE MATTER? DOES THE COVID CAT GOT YOUR TONGUE?

IT DEVOURS YOUR EACH BREATH & INFLAMES EVERY LUNG  
THIS ILLNESS AINT NO JOKE! YOU BETTER MASK IT!

CAUSE IT'S KILLED MORE IN THE U.S. THAN WW II, 425,000 IN A CASKET.

VACCINES - MODERNA, PFIZER OR J & J - IT DON'T MATTER WHAT KIND

GET IN WHERE YOU FIT IN, CAUSE THIS SHOT IS HARD TO FIND!

I KNOW CAUSE I'VE BEEN THERE & DONE THAT

AFTER COVID-19 CAME & LEFT ME, I WAS NO LONGER FAT!

THE VOMITING AINT NO SIMPLE HANGOVER, I WENT 6 HOURS STRAIGHT - FOR HELLA LONG  
COULDN'T EVEN HOLD DOWN LIQUID PEDIALITE, IT CAME OUT ALL WRONG

THE DR. BROUGHT ME A PEN & A PAPER, SO I SIGNED AWAY MY LIFE AND LET IT BE  
AS I WONDERED WHEN WILL I BE FREE, IN WENT THE I.V.

I LOOKED UP & SAW WIRES, A MACHINE & A NURSE

AND A BAG FULL OF LIQUID THAT LOOKED LIKE A SEE THROUGH PURSE

THE CURRENCY IT CARRIED IS CALLED BAMLANINIVAB

AFTER THE 3-TUBE TRANSFUSION & 2 DAYS OF NON-STOP SLEEP, I FELT FAB!

NO ONE IS TOO BIG OR TOUGH TO AVOID GETTING THIS ILLNESS INOCULATED

NOT EVEN NOSTRADAMUS COULD'VE FORSEEN OR HAVE CALCULATED

SO, YOU BETTER BEWARE OF HOW YOU TREAT OTHERS & ACT

WITH THE NEIGHBORS YOU DESPISE, YOU BETTER MAKE A PACT

CAUSE YOU NEVER KNOW (WHEN &) WHOSE HELP YOU'LL TRULY NEED

MAKE EVERYDAY A RANDOM ACT OF KINDNESS & DO A GOOD DEED

CAUSE IT AINT OVER, EVEN AFTER YOU THINK YOU ARE FINE

WHEN YOU TRY & TAKE A DEEP BREATH, YOU'LL HEAR A WHEEZING WHINE

ALSO COMES THE FATIGUE & BRAIN FOG, LIKE A VICIOUS MENTAL STORM

YOU'VE GOTTA WAIT FOR MUCH LONGER UNTIL YOU CAN FEEL LIKE YOU'RE BACK TO NORMAL

HEALING & RECOVERY IS LIKE UNLOCKING THAT STEEL, HEAVY DOOR

LIKE TO UNBUILD MOUNTAINS & UNLEARN RACISM IS A NEVER-ENDING CHORE

WHETHER YOU'RE IN OR OUT OF A REAL OR 'SELF-MADE' PRISON CELL

LONELINESS, FORCED SOLITUDE & ILLNESS IS THE WORST KIND OF HELL!

WHEN YOU DECIDE TO FIGHT & FINALLY TEST YOUR BEST-SELF & ALL THE MORE

ONLY WITH GENUINE INTENT & FOCUSED DRIVE CAN YOU SUCCEED, BREAKING OBSTACLES

& PUSHING THROUGH THAT DOOR!

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