

Craig Doyle Henry

MY
NAME
IS
POETRY



LIFE EXPRESSED THROUGH LYRICS AND POEMS



PUBLISHING
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My Name is Poetry

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Dedication

To my wife

Nicole

My favourite colour is you



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WORD

LIFE

EXPERIENCE

1 STORY

I have but one story to tell
So I tell it in many ways
The days go by in a haze
Mindlessly traveling through the maze
Amazed at how they do it
And you do it
And I do it too
Instead of earnestly seeking the exit
We get caught up with others who
Despite their outward appearance of freedom
Are chained to the wall
Though we do not see their fetters of iron
And invisible balls
In all the laughter I heard crying
And saw tears in all their smiles
All the while hiding the truth
Like sexual knowledge kept from a child.

DESTINY IS WAITING

I can not fight the truth,
residing deep inside of me
knowing this while hiding
from the man that I'm supposed to be
living life in silence
I keep searching for the best in me
Destiny is waiting
Saying all I need is to believe.

SOLDIERS OF DETERMINATION

We are soldiers of determination marching through the
night

We are warriors of passion, mighty champions of light
Penetrating through the passive unresponsive mellow hole
With persistent perseverance we shall pierce the languid
soul

We have freedom of our will, and we may choose the way
we feel

We may rise above emotions of the moment hard as steel
Never mind that this is difficult and hurts to even try
With every ounce of pain we feel now let us shout "**I AM
ALIVE!**"

Crucify procrastination that our might may be displayed
Let us die to every selfish thought and self indulgent way
Let us dare to take one step toward the distant well done
shore
And be witness to the power that our spirits may employ

Squeeze the stress out of each circumstance which spurs us
on to stand

Grasp the strain of every pain that has been felt by every
man

Pull your focus in to vision, let all worries fall behind
Release yourself from self-defeat and every trouble of the
mind

Not another day will life go by and leave me by the side
I will grab it by the horns and seize the day with every
stride

I will strive to reach the highest high and face my very
fears

By the virtue of my forward motion push through every
tear

Realize that all the years of mediocrity and lack
Are the end result of laziness and constant shrinking back
We inhale the scent of struggle; it is what does make us
strong
There is pleasure in this pain if we endure until it's gone

Discriminate against the negative eliminate the doubt
Exterminate the self-destructive thoughts and let your cool
come out
Feel the rain that saturates and soak up every drop that falls
For every man shall see the sunshine if he chooses to stand
tall

We are soldiers of determination marching through the
night
We are warriors of passion, mighty champions of light
Penetrating through the passive unresponsive mellow hole
With persistent perseverance we shall pierce the languid
soul

TO BE DETERMINED

To be determined, to be fully persuaded
Convinced that you will rise again when all your hope has
faded

To be completely given in the midst of tribulation
Committed to the faith in the face of persecution

To be determined is the character of champions

WHAT IS IN TOMORROW

But a dream, but a hope, but a flashing in the mind
Is it real? Will it be? Is it somewhere we can find?
Can we touch it? Can we feel it? Can we fix it in our sight?
Is it something we can smell? Can we taste its pure delight?

Is it fashioned into being by the things we do today?
Is it present when we pray? or is it hurt by what we say?
May we hold it in our hearts, and does *it* hold any weight?
And if it is of substance, are there ways to change its state?

“What if there’s no Tomorrow?” I have heard the simple
speech

For tomorrow is a destiny that men may never reach
It is dangled fruit, a pie that’s in the sky we may not eat
So why plan for what may never come and toil when we
may sleep

If there is no ‘morrow, yesterday does not exist
If the present is our gift of life and all we have is this
We must cherish every moment and possess each single
hour
In the instant that it passes, it is gone, no longer ours

Some day may be a thousand years, but life is in today
Though tomorrow may be full of fears I cast those cares
away
If we borrow disbelief tomorrow, now we live with doubt
We may conquer future sorrows, cutting present worries
out

We do not own the things we borrow, for these things we
must repay
If we borrow from the morrow, we relinquish now today

For dreams they do come true if you believe or if you don't
There is always hope inside the heart for change to come at
once
So today is called the present but tomorrow is a gift
What is in tomorrow, are the things today we give.

HAPPINESS

Happiness is
What is happiness?
Absence of frustration
No need for questions
Love unlimited
Unhindered
Natural
Beautiful
Free fully falling
Floating on air
Eliminating despair
Content in the moment
Blissful enjoyment
Erasing all fear
Happiness is

MAKE IT HAPPEN/NO SPARE TIME

You want it, you make it happen,
Make no excuses
Life and death are laid before you
So which one are you choosing?
I know, you got the talent you could use it or lose it

Bite the bullet on your struggle and that's how you reduce
it

Time to set aside the stress and never settle for weakness
Build your strength upon your strength until the weak is
deleted

When you reach your destination then relax and unwind
But until you make it happen there is no spare time

TOMORROW IS TODAY

Now if you can't make 'em dance, make 'em sing

Make 'em holla' make 'em scream

Make 'em focus on the dream, do your thang

Make 'em bring some attention

Speaking visions into being

Seeking destiny and seeing

All my hopes becoming life

Manifested in my substance

Demonstrations won't suffice

Expectations come alive

Electrify and vivify the atmosphere

Cancel fear and lift our holy hands up high

Touch the heavens, taste the sky

Take a piece down for your wife

For your family and kids

Eliminate the mental lids

Open up your soul and spirit

To be personally did

With your flavour, style and passion

So uniquely placed in time

Bright reflection of the glory

That perpetually shines

Through the hearts and minds of men

Who were selected in their prime

To be prophets, priests and teachers
To be kings of all they find
To ignite the spark of freedom
In their generations line
Liberation from the former tears
The years of pain and strife
now replaced with thoughts of happiness
And sunshine through the night
As every care is dissipated
With such confidence and joy
Like crews out driven by the sea
Then finally see the land ahoy!
And every girl and every boy
Rejoicing happy in the day
No more pain and no more sorrow
For tomorrow is today.

WHO YOU ARE

You are not the lies they told you,
You are not defeated
You have not been stripped of every ounce of hope
So long as you are breathing

You can rise again
You *can* face another day
You may take a step and reach a higher place than you have
ever been.

You are capable and strong
You have made it after all
You've survived where others fell
You are a tower standing tall

You had your back against the wall
And yet somehow you made it out
You know more than any foe
What true resilience is about

You were struck with many blows
And still you're solid firm and stout
You are not the weak and helpless soul
They speak of with their mouth

You will not give in and die
You will live and try and try
You shall see the day when trying ends
That day when you arrive

You are better than your past
You are better than your faults
You *can* overcome the verbal
And emotional assaults

As the body hath recovered
So your mind and Spirit will
You are energized with gifts discovered
You are filled with skill

You are not the lies they told you
You're meticulously made
You're a gift to all humanity
You are here, alive today

WHERE IS THE FIRE?

Artists are painting
And crafting and sculpting

The Writer is writing
Where is the fire?

Music is playing
The people are dancing
With smiles on their faces
But where is the fire?

Lovers embracing
Their kind words exchanging
Laughing and playing
Yet, where is the fire?

Children are crying
And mothers are hurting
As young men are dying
And where is the fire?

Our leaders are joking
They pay no attention
And no one is questioning
Where is the fire?

Preachers are preaching
The lost are still seeking
For something is missing
Where is the fire?

The fire is where we find meaning
The fire ignites understanding
The fire is living
Creating a strength in our bond
The fire unites where there's distance
The fire is breathing

The fire is constantly giving
The fire is faithful believing

The fire is growing
The fire that glows in the midst of the blistering cold
The fire is hope for the soul

This fire is virtue and truth
The fire that burns for our youth
The fire is real

The fire of justice and mercy
The fire ablaze in the heart of integrity
Fire is power
Fire is wisdom and trust
The fire is sent from above

The fire is love taking action
Strength everlasting
The fire, is absolute purpose and passion

BE A POSITIVE VOICE

The evolution of man
The irresistible force
You have the choice in your hands
To be a positive voice
For the life that we lead
Is the one we believe,
We receive what we ask for
Not what we need
As the weed gets burned
And the tree grows green
And the clock keeps ticking on your bended knee
Whispering secrets at night
Hiding the deed from the light
Forgetting all that is right

Remember, just think twice
Even choose to be nice
Practice better for life
Let the word be your guide
Be divine by design
The evolution of man
The irresistible force
You have the choice in your hands
To be a positive voice

ISOLATED TIME

In isolated time
Dreams persistent expand
And the soft sound of whispering
Clings and then clangs
And women and children so patiently wait
For the sound of deliverance
Clearing the gate
And wise men observe
From their glorious perch
The wounded and poor and foolish at work
Delighted at once and twice removed
From fortune and fame
The twin brothers who rule

CHRISTIANS GO TO CHURCH

Christians go to church
Sinners go to hell
Darkness ensued in the depths of a well
I could not see a thing

Except that putrid smell
The end was near
I could surely tell

The poetry making my heart just swell
When a voice came down from atop of the well
I could not see his face
But he spoke so well
I never would have heard if the man didn't yell
"You there, tell me would you like some help?"
I said "Yes sir, please send a bucket or a pail
So I can get out of this well, hell.
It's lonely and cold
in the place where I dwell
I'd like to get out, but I try and I fail"
The man hollered back at me
"Let faith prevail!"
and he left me alone in the well.

AFTERNOON TRAFFIC

Riding through sunshine
Divided by fine lines
Rapidly moving
The wind swiftly drifting
Silent debates
On dull colored pavement
This way and that way
Going then slowing
Stopping and going
Music is blaring
Focus is shifting
Temperatures rising
Heat almost scorching

Vehicles passing
Stopping and starting
Straight and then turning
So close together
In isolated groups
Enjoying the changing of seasons
Pausing to bask in the shade
Destination reached

CLOCK PUNCHERS

Life is moving all around
And all they do is punch the clock
It seems they live to hear its sound
As all they do is punch the clock

Days go by and weeks and months
And all the while they punch the clock
A year has passed and starts at once
And still they all just punch the clock

They wake up in the early morn
And every day they punch the clock
Pause to see a baby born
And then return to punch the clock

Another day another dollar
This is why they punch the clock
Though it makes them want to holler
Every day they punch the clock

In sickness, health or in between
No matter what they punch the clock
Stressed and frustrated as they seem

They scream but still they punch the clock

Even if they hate it, they won't change it
They will punch the clock
Feeling like they can not make it
Lest each day they punch the clock

And secretly they pray that it will stop
Each day they punch the clock
And when it stops their lives are lost
So they continue to punch the clock

RIDING ON THE BUS

Riding on the bus sucks
Poetry is not cool
Fire hot like ice is dry
Escaping from the frosted bite
Setting sights on future goals
Lay aside the cold that holds
And grips you with its present grasp
Squeezing out your tattered past
And checkered records amplified
Potential not yet realized
Strive and try and fail and try
With no idea what to do
Seeking for the pure and true
Surrender simply will not do
Success is found inside of you
In happy thoughts and pleasant dreams
The bus is not so bad it seems
For on this bus with fellow men
And women weary resting heads
The mind is free to frolic free

And worry not for now
Ring the bell at any time
We'll stop and let you out.

TOOT TOOT

Toot toooooooot,
Bing, bing, bong
The whistle blows
The bell will chime
“Everyone, all aboard!”
The personal touch has long been gone
But strangers still pile in
Like sardines inside aluminum
As much as can possibly fit

Screeeeeeeeee-eeeeech

Another stop is here
Most these passengers remain in place
While others go they stay
Buzzing chatter plus train track clatter
Score the shifty scene
Some sit down as others rise
And still there are those who fix their eyes
Upon a book or cell phone screen
And those with headphones love to rest
It seems as though they sleep the best
Yet no two strangers dare connect
And cross the line of public transit

This ride would be a half days journey
Had we not the loco
I'm tired now thus I digress
Please wake me if I snore.

ADVERTISING IMAGES

What are you trying to say
As you look at me bold in my face
With a trace of intrigue
And your subtle enticement
Facial expression
That steals my emotions
And deals me new thoughts
What more have I sought
Than the promise you leave
To feel sweet relief
From my sorrows
Am I to believe?
If I breathe in your message
That all will be well with my body and soul?
Oh no,
Your beauty contains a deception
And under your face is a lust for control
I shall not be fooled by your happy complexion
I do not need you to make me whole

SO SILLY

I'm so silly
Oh look at me
I can write a rhyme like one two three
Slip sloop slap slop
Gurgle turtle teeter tot
Giggle wiggle flip flop
Bibble babble bobble bop
Sparkling shimmering shining too
Whimsical whistling

What shall I do?
Wandering wondering
What? Where? And who
Foolishly flaunting full folly foo foo
Frequently fiddling fingers and thumbs
Dabble in danger double the fun
Courting calamity
Corking control
So simply silly
So silly
Ho! Ho!

FANTASY DREAMS

Quiet peaceful calm
Green grass and sunshine
Cool gentle breeze
Leaves suspended in time
Slowly walking through the air
With clear blue skies
No clouds to silver line
Children looking
With curiosity in their eyes
While all of us rest and wait
And patiently stand still
For tomorrow is not yet here
Relaxation
Floating on our set aside cares
Just one day
Rejuvenated bliss
Believing in hope and fantasy dreams
We wish that this expression
Of today could be extended
Lasting longer than it seems

Believing in hope
And fantasy dreams.

SEASONS

The transition of seasons, some say is a change
One set of conditions no longer remains
Like springtime to summer
Sunshine after rain
The pleasure of pain is the strength that we gain

Discomfort is sure as we pass through the storm
But after it pours is when new life is born
Each day is exciting and filled with new joys
A present of playtime, for girls and for boys

But much like the parties thrown after great balls
The intense heat of summer cools down in the fall
Like leaves slowly drifting from trees to the ground
The sound of our sizzle is simmering down

Autumn has passed and winter has come
Officially ending the season of fun

As temperatures drop all laughter has stopped

Emotions and physical feelings are numb
Some slip and tumble while others just grunt
Preparation and sheer perseverance for some
Is how they survive 'til winter is done

Believing that spring will arrive once again
For we live in different times
But the seasons never change.

SUNSHINE

How much can one say about the sunshine?
Beautiful rays and beautiful days
What about the rain
And the beautiful pain
When it's overcast and grey there's a beautiful strain
What about the breeze and the beautiful wind
Gently nudging in a beautiful direction
Remembering the soft and the beautiful snow
Pure, clean and driven through the beautiful cold
Catch the lightning, from the beautiful clouds
Hear the thunder crash, so beautifully loud
Beautiful trees and beautiful grass
Beautiful dirt
Stuck in the mud what a beautiful hurt
Feel the great heat, from that beautiful light
The sunshine is so beautifully bright

GOLDEN RAYS

Late night sunsets
Sleeping under the stars
Enjoying the sound of the ocean
Soaking up the Golden Rays

Watching the Sunrise
Quiet talks along the boardwalk
Relaxing on the beach
Soaking up the golden rays

Walking through the grass
Settling down picnic baskets
Laying on a blanket
Soaking up the Golden Rays

QUIET NIGHTS

I thank the Lord for quiet nights
Between the dusk and dawn
When all the world is silent
Sleeping soundly, still and calm

Beneath the deep blue twilight sky
I smile with sheer delight
Then softly close my eyes
And thank the Lord for quiet nights

PITTER PATTER

Pitter patter
Rain drops
Splitter splatter
Wet spots
Rumbling clang
Running man
Lightning strikes
Clouds unite
Women hide
Children cry
Dry inside
Automobiles
Drive and scowl
Engines growl
Green the grass
All will pass

SO MANY DAYS

So many nights, so many days
So many cry, so many pray
Some will arrive, some will escape
So many nights, so many days

We can achieve so many ways
If we believe, we can be great
Some will arrive, some will escape
So many nights, so many days

MENTAL REJUVENATION

Taking your mind to a place of regeneration
Replacing thoughts of the past with new ones
Seeing the same things
But looking at them different
Even if the present is a remix of old things
Demonstrating wisdom
By thinking with a fresh vision
Mental rejuvenation

ASK SEEK KNOCK

Ask, seek and knock
If it's locked just keep knocking
Move to the next door
But don't stop until one opens

WILLY B.

Willy B., Willy B.
Look how he moves
So swiftly sliding and gliding he grooves
Where is he going?
What will he be?
Who is this Willy?
This is Willy B.

Willy be cool
Gee, Willy be free
His time is open
no responsibility
Willy may roam where the buffalo do
But will he stay home?
Will he nest will he stew?
Willy is wandering missing his family
Willy has four kids in three different countries
Willy be so entertaining at parties
But trust me,
at night
Willy be lonely

WITHOUT DISTRACTION

This world is full of lies and deception
So the truth needs no correction
Inflated issues get debated since the earth's inception
My mind is contemplating, reminiscing and reflecting
Back when I was young and truly needed guidance and
direction
So I followed your instructions
And yet still my occupation

In this life is just frustration
For better days I'm waiting
Alone and in seclusion
Using faith to guide my vision
I have made this observation
Faith is dead without the action
I'm attacking past rejection
Pad & pen will be my weapon
Overcoming my corruption
And replacing haste with patience
Plus a strong determination
To reach my destination
Exceeding expectations
I will stand upon the mountain
There with honor and distinction
I can look back with compassion
And from that position
Help somebody else without distraction

SOMETIMES

Sometimes I just sit back,
and think about this world that we live in
this life we've been given
Like where did it begin?
And how's it going to end?
like who's really my friend?
And which rules can be bent?
Or where we draw the lines,
And what's the deal with time?
What is really mine?
And how can man stop crime?
I wonder all the time

The memories of pain,
the strength it helps us gain
The never ending strain
Yet things remain the same
What's really in a name?
The mysteries of the brain
I can not understand
I'm only just a man
Sometimes I just sit back,
And think about this world that we live in.

GOODBYE

Goodbye
I never got to say
Even when you were gone
Thought about you
Even wrote it in a song
Knowing, just not quite
All the things I was missing
Your smile, your beautiful joy
Often reminiscing
Reminded by everyone
Everything that I see
Open eyes feel blinded
Between you and me
It's cool, like a soft ocean breeze
I breathe and feel refreshed
New thoughts of being free
like poetry
Undeniable
authentic in the flow
swimming in original thoughts
so now you know

I'll see you around the way
And you may catch a glimpse of me
While your watching television
Maybe flipping through your favorite magazine. . .

WORDLIFE

It's the way
It's the truth
It is age
It is youth
What you feel
Oh so real
What you speak
What you hear
When you fear
Death is near
With your faith
Overcome
Walk in love
Live as one
WORDLIFE

GOOD FRIENDS AND HARD TIMES

Watching the sunshine
Delivering punch lines
Happy for one dime
No need for a second line
Delighted to rewind
Calling it all mine
Tingling my spine

Currently feel fine
Rejoice in the good wine
Stress on the decline
Caught on a life line
Praising the Most High
Breathe in the Blue Sky
Forgetting we all die
Knowing it's all right
For good friends and hard times

DEEP DARK and BLACK

Red, Yellow, brown and white
Together shall unite
I think never
Where's the glue
It is sticky
Some say icky
It is deep, dark and black

BILLY GOAT

Billy goat, Billy goat
Lama and emus
Duck, duck, goose, goose
Mother Grimm and Dr. Seuss
Alice in Wonderland
Alice in Chains
Democratic capitalism and slaves

IT IS NOW, IT IS HERE, IT IS REAL

Mingling bodies and socializing minds
Intertwined in togetherness
With kind words accepted
Giving and receiving
The value of each face
Replaced with possibilities
Traced back through all eternity
Black folk, colored folk
Glass bottles can break
Plastic can be crumpled
But living water flows free
From the spirit that broke
Awoke and spoke truth
Penetrating heart, soul and mind
Embracing what could be
In the blink of an eye
The world is totally changed
And so, now I rise
And live life for you
Think twice before you do
What was done is behind
In the present we find
The keys that fit the lock
For the future can not be stopped
And as we turn for the better
Engaged with one another
We see peace, hope and love
in one spirit from above

It is now, it is here, it is real

Wide open the door
For others to enter in
We begin in this moment

Though started so long ago
This expression continues
Perpetuated in this venue
Outside is still chaotic
So strikingly poetic
We remain
We forget about the rest
Yes, we relax
We escape from the stress
We are blessed
We are fine and no longer in the line of statistics
Rewind time and realize the script has been encrypted
How is it that they missed this?
With nuggets of knowledge
Studied in university and studied in college
The code still remains
So simple and plain
Never mind the money
Love thyself and love thy neighbor the same.

NEVER OVER

I represent the downtrodden
Struggling, striving, still rising
The underdogs who got kicked down
and kept biting
And kept on fighting, driving through the fog
Can't see the destination, still we keep pressing
Reaching to grab hold of the golden prize
Determined to reach that goal set before our eyes

In spirit we hear the trumpet sound a victory blast
Dancing down in the valley 'cause of the hope that we have
Alas, we're never through

Never totally finished
So long as we've got the breath of life
Breathing within us

I represent the hard pressed
Between a rock and a hard place
Climb upon the rock by faith
In this state, people don't really care about the trouble
we've got
Once in a while they might stop
To say a kind word
But really it's not
From the heart
Rather lifted from the top of the head
Truth is, we could be dead
And they wouldn't even notice
Caught at a loss for words
Sometimes you'll find them quote this
"I'm sorry about that"
"Good luck with what you're doing"
"I wish you all the best"
but inside they're saying *screw him*
I got my own life
And my own worries to deal with
They say it'll get better
But really they don't believe this

I represent the outcast
Chained to the past
Accidentally handcuffed
Perpetually punished for the bluff

I represent the sinners and adulterous thieves
I represent the seekers who be down on they're knees
Represent for all the ladies and gents
Who be secretly freaks
Praying daily that they get set free

It's all in me

King of the sob story
Excuses that don't suffice
With dreams shattered to pieces
Just trying to live right
Born way at the back of the line
Stretching my sight to catch a glimpse of the shine
at the front, at the front

Acknowledging the bits of my beginning
Growing in *spit* that has me stinking
So foul the stench
So nasty it got me itching
Wishing I could be baptized in water
Hoping someone down by the pool would hose me down
with a shower
Not a drop is being sent down
So now we perspire, drink sweat from our brow
Is there no way out?

That's why we strive to achieve, to feel the mist from the
sea
That's why the more you try to shut us out the more we
believe
Better we die in our efforts
Than to live with the fleas
So now every single inch is a sweet victory
We can smell it, we can taste it
Even if we can't see
We receive new strength in each step bringing us closer
Throw the burdens off our shoulders
Shake every weight that would hold us
Never settle, 'til we drink from that spring of the living
water
We'll be reaching for the fountain, confessing
It's never over!

THE MASTERPEICE

Taliban turbans
Black Panther murderers
Women in high heels selling sex on the corner
Government not for us
Brothers killing each other
Young 'uns try to numb the pain with crack, coke and liquors
Scam artists look for suckers
Babies snatched from their mothers
Crooked clergy try to pull the wool over the rest of us
The wicked roll on 22's while saints are on the city bus
And slick thieves escape with a whole bag of valuables
Try to find the justice
Can't see it on the surface
But somehow we know that all we do will come back to us
Truth is, there's more to this picture we see in front of us
The masterpiece is underneath just covered in dust

Creator is not anonymous, He made us with love
Crafted us in His image and the fullness thereof
So though, this world is filthy and corrupted with lust
I realize I am the treasure hidden under the crust

If I was diamond I'd be colorless and premium cut
If I was laughter I would be the kind to bust up your gut
As a word of advice I would be the one you could trust
If I was a stroke of a brush I'd be the finishing touch

For magnificent beauty breaking from dirt; that's
miraculous
The greatest purpose in my life is just to be. . .
The Masterpiece

INHUMANE

Because I am a black man can I not succeed?
They agreed
He may not succeed but let him spread his seed
They believe that we are live stock
Invest until my stock drops
For them
Our being is not human
Inhumane
We've been treated
But they do not feel the need
We are strong black and proud
Apologies not necessary
We are free
And we have the right to be
So they provide the guns that we possess illegally
So indignant
Rather ignant, shooting brothers in the street.

THE ANSWER IS ME

The answer is me, the answer is me,
The answer is I, the answer is me

What happened to brothers supporting each other?
What happened to sisters encouraging sisters?
As children are born we ask “where are the fathers?”
And where are the mothers of all these gang members?

Violence and crime are polluting our streets
Where is the answer?
The answer is me
Because “me naw support dat”
And “me don’t agree”
And “me naw rub shoulders at love and peace rally”

The answer is me, the answer is me,
The answer is I, the answer is me

Why do politicians walk free as they murder
Our young people dream as their futures are slaughtered
Where is the respect that is due to a man just for living?
Regardless of skin pigmentation
Who is commissioning artists to write,
with such angst and such vanity stirring up strife?

The answer is me, the answer is me,
The answer is I, the answer is me
If it is I, then the answer is me
This time it is us, the answer is we.

THE BLACK MAN

They want to hear about the struggle of the black man
The black woman and child in a foreign land
We could be lost in a country not our own
Somehow we fell in love and call this foreign country home

We've lost our history and search for it like hidden gems
1 month out of 12, celebrate our great achievements
Our brothers and our sisters steady keep on struggling
Kids grow up in gangs while their parents are out working

They want me to write about the plight of the black man
The struggle to be all that I can
The way I dig deep just to find strength to stand
And the fight to be seen as more than just another black
man

I would love to be seen as more than a black celebrity
But no matter what I do, a black man is all they see
This is you and this is me
As we're portrayed on TV
Criminals & violent men on 6 o'clock reality
On Prime time drama, they call us the absent fathers
They say that we kill each other
We've no regard for mothers
They pay us the big dollars
To disrespect one another
To underrate our brothers
To degrade our lovers
They love to see us drag each other down "crabs in a
bucket"
Just waiting to see us throw in the towel and shout! *#&*!
I can't stand it
They love to hear us using foul language
And when we do the right thing

They think it is outlandish
They train us to be lower class
And teach us that we can not stand
Saturate our minds with thinking that we need a helping
hand.

Be prepared to be constantly rejected
Be prepared to be looked upon with no respect it's
Just the life that we've been living
We've been mocked we've been beaten
We've been abused and mistreated
Of course taken for granted
We've been used for every single one of our abilities
Our God given energy our strength and vitality
Falsely accused and even taken in to custody
Innocent in court and yet the verdict comes out guilty

He is Black

SPIRIT

SOUL

&

PASSION

A NEW DAWNING

Sun is shining, a new dawning
the start of a new day
Old things have passed away
and now everything has changed
The Lord is on my side, I have no reason to be afraid
intimidating situations
from all of it I've been saved
Got my head on straight
protected by the helmet of salvation
Feet are fitted with the Gospel
ready to spread it across the nation
Inflation and world corruption
that darkness can't keep me down
I'm headed straight on the right path
When I'm finished I'll get my crown
so for now, just got to press on
No stress on the negative
'cause positively I've been blessed
and much knowledge I have to give
The past is gone, sins and mistakes
you can read it all in the Bible
How the blood of Christ redeemed me
and made me fit for survival
Though I walk through the valley
And the road is rocky and rough
The path is narrow with many obstacles
but God's grace is just enough
To carry me through, forget what's behind
and keep your eyes on the prize,
As you move onward
To rule in the heavens with Christ.

BE ENCOURAGED!

Be encouraged,
For the worst is, never going to happen.
Today may be a rough day
Tomorrow we'll be laughing
When stress is on my mind
I resign myself to passion
To openly express my bitter sorrow, plus my anguish
And yet I know the truth is
This too is only passing
The Son will shine upon me once again I will be basking
In His presence and His glory
Present worries become stories
Which illustrate God's grace
The way He's always been there for me

Be Encouraged!

LET THE MUSIC CRY

This is for those nights when you just can't seem to cry
And all the while, your heart is weeping deep inside
This is for those nights
When you're sick and tired of trying
When the fire is gone and you feel like your soul is dying
For those nights by yourself
But you don't want to be alone
Thinking about home
When far away, and on your own
So all you can do
Is softly close your eyes
And listen to this song
Let the music Cry

ANOTHER NIGHT

Another night, another moment in time
To stop on thoughts and express inner mysteries
Soul man and spirit being
Making me the will in between
What I've seen with my eyes
Plus my vision for the future
Makes me wanna get up and SHOUT!
HALLELUJAH!
Who brought me through the
Storm and the rain and gave me shelter
Inspiration came and I just had to write this letter
Or better yet confess my sins before I enter
Lord forgive me for all of my many daily blunders
I wonder if others see it all the way you do
I guess that's like the kingdom of God
And it's at hand if you choose

WHAT ABOUT YOU?

I feel fine but what about you?
The Lord is by my side but what about you?
The life that we live is in all that we do
I'm giving my very best but what about you?

When you're alone can you sleep through the night?
Can you look in the mirror without flinching at the sight?
Do you love the direction you see your life taking?
Tell me how you feel about the way your life is going?

I feel great 'cause even in the midst of trouble
I can see it as a step up to another greater level
I bet you could list your worries at the drop of a dime

But what about your blessings, do they ever cross your mind?

C'mon have you never put your mask on to hide?
You keep it real one hundred percent of the time?
I don't mean to pry 'cause I'm not living your life
But don't you ever think about what happens when you die?

I feel fine but what about you?
The Lord is by my side but what about you?
The life that we live is in all that we do
I'm giving my very best but what about you?

I MISS YOU

The truth is that I miss you, in every single way
The fact is I still think about you, every single day
Although you're gone, I carry on by God's unfailing grace
For He alone could understand the tears that stained my face
And when I'm down I reminisce on all the times we shared
Remembering your smile and all the ways you showed you care
And though no friend could comprehend the pain I've had to bear
I thank the Lord each day for those I still have standing near.

BLESS THE LORD

For every moment I shall live
I will bless His holy name
I shall glorify His Holiness
And magnify His way
For my life is being written
In these pages we call days
And His power is made manifest
With every word I say

Forevermore, my soul shall bless the Lord
Rejoicing in his word
Life shall spring forth from my spirit
With each breath I will adore

Precious Jesus, treasured savior
Living Father, Righteous Lord
Thou who sits and reigns and rules on high
For now and evermore.

THOU ART GLORIOUS

Thou art glorious oh living God
Jehovah, Great I Am
Thou art worthy of all glory
Which our humble hearts endow
Be exalted in each moment
Be thou glorified in me
Let thine precious Holy Spirit
Saturate the mortal me
Oh magnificent and living God
Jehovah, El Shadia
Greater than my thoughts can fathom
High and mighty Lord Most High.

MAN OF GOD

Master of his mansion, yet also meek and mild
Merciful, compassionate towards each little child
Mind of Christ to be made mature
Man of great might and much, much more

Ambassador for Christ, aligned with the Almighty
Allegiance to his army, aware of the adversary
Acute in all his skills, and always showing love
Attributing all glory, to Abba up above

Never need minded, except when on his knees
Now inside Emanuel, he can rest with ease
New anointing every morn, could not be a clone
Nestled in the presence of God, spirit through to bone

ME AND YOU

Nobody around, no one else can comprehend
Situations, circumstances
And every type of challenge
No counselors, no teachers
No family, no friends
Facing obstacles and roadblocks
Plus carrying burdens
Trials and testing I have to go through
When it all comes down to it
It's just you and I
The two of us
Me and you

LORD TOUCH MY HEART

Lord touch my heart that it would melt with your love
And be moved with compassion
Touch my heart to reach the lost,
The hurting, the blind, the lame
The broken hearted
The weak and also the wounded
With so much rejections, let downs and shame
Give me the keys to free all the captives
In prisons of fear
And caged in despair
Teach me to love those that are misunderstood
Release your understanding and wisdom to me
To know how to fill those who mourn with glee
But how can this be?
My heart is deceitful above all other things
Lord, take my heart out of this temple of God
And Jesus please put your heart in

HURT AND PAIN

Does anyone understand my hurt and pain?
Those who claim to know me, and claim they are my
friends
Turn around and stab me in my back and reject me
I treat everyone fairly
All I want is someone to love me unconditionally
When I trust I am let down and taken advantage of
But even though I remain faithful
And true to my promises, no one will trust me
I try to warn when danger is near
But my cry falls on deaf ears
I want to help and I know what to do

But no one will let me
Then when the situation is hopeless
And the world is caving in they scream
“Where are you who said that you love me?”
and they wallow in the pit they have dug
and I stand there in tears
Saying I am still here, please let me in and I will help you
I forgive you, I still love you
Please, let me help.

THE BROKEN HEART

The days go by, but the hurt still remains
Try as I may, I'm in bondage to this pain
It will not come out when others are near
But it burns in my chest to replace every tear
The agony would not have me live on
But I strive in the hope that one day it'll be gone
Alone and in silence, I struggle and fight
But I never win, though I try with all my might
This pain eats away at my heart and my joy
Dropping me on my face at its call like a toy
I have no one to lean on,
No one understands
that torture and agony are what it demands
So I struggle alone with no human friend
to share in my suffering, which I see has no end

Is it possible for me to lose all this pain?
I wish someone understood what words could not explain

God does

HELP ME JESUS

Help me Jesus, help, help me Jesus
Help me Jesus, help, help me Lord
Help me Jesus, help, help me Jesus
Help me Jesus, help, help me Lord

I need you every day and everywhere I go
No matter what the people say they never know
Is you alone a help me carry on this road
Lord help me Jesus there's so much that I don't know
These people see me but they don't know who I am
'cause if they did they would be reaching out their hands
but all the while them just a seek the son of man
if they could only understand, in a them midst me all a stand
so many ways I don't know which one to follow
I don't know which way I should turn and where to go
But only one remain no matter where I go
Walk in love and it will show everybody got to know

Help me Jesus, help, help me Jesus
Help me Jesus, help, help me Lord
Help me Jesus, help, help me Jesus
Help me Jesus, help, help me Lord

Thank you Father for your grace and your mercy
Thank you father for the life you have given me
I give you praise for my wife and my family
And thank you Father for the times when you carry me
By your power put a fire to the enemy
Light him up and watch him burn for all eternity
And when it's over we shall sing a song of victory
Thank you Father for your grace and your mercy

HOPE

Too much pain, too much pain
I don't know how to let it out
Too much worry, too much stress
Too much frustration and doubt
Too much fear, too much lost
Too much cares and confusion
Too much hurt, too much strain
Too much thoughts, too much questions
And I'm left in this mess in this mucked up world

All that I wanted was love
And maybe a place to call home
You never see me smiling, never catch me laughing alone
At 25 years old sometimes I wish I was 10
Yeah times were tough but my folks would carry most of
the burden
Jesus Christ was more than a name
The Truth and the Life
Now I'm living and conscious that I've got sin inside my
life
Crouching at the door and trying to push right in
And I know where I ought to be but don't know where to
begin
You feel the change in all my music and the words that I
write
Seems like the challenge sometimes is just to make it
through the night
Plus I fight for my righteousness that was purchased by the
blood
While the dope man keeps offering me one more bud

I'm 'bout to let it go
Emotions inside I can not hide
I'm about to let my feelings show

And let you know
I'M ABOUT TO LET IT GO!

So much love, so much mercy
Don't know how to express
My gratitude, for so much patience
So much times I've been blessed
So much faith, so much joy, so much kindness and yes
So much forgiveness so much chances every time I confess
And I'm still only seeing the kingdom of God

All that I gave you was grief and maybe even brought you
sorrow
But you saw past my faults and gave me hope for tomorrow
At 25 years old my life is just beginning
The seed you sowed inside me at birth has reached its
season
The reason it's been so long is the roots were digging deep
Now they're sucking living water, right up to the tree
And me? I'm like that good fruit that fell from the True
Vine
Down to the ground and died, to be forever intertwined
Plus, you knew it all from the start
I guess that's why you placed that seed of hope inside my
heart
I see that's why you placed that seed of hope inside my
heart.

NEVER GIVE UP

“I want to give up” often times that’s how I feel
And yet though I want to, I can’t
Though my heart grows faint from circumstances so real,
there’s a much deeper reason I pant

As the psalmist said “My soul thirsts for God!”
like the deer in the woods pants for water,
so my flesh does cry out, and I think it not odd
to rest in the arms of my Father

For troubles in life have stripped me of pride
and made me to feel great defeat
But I know he who started the good work inside
will not leave me without it complete

still I stumble and fall so much times that I wonder
is it really worth all of the pain?
then God’s word in my heart once again sparks my hunger
present troubles can’t compare to what I’ll gain

and yet so many times I fall short of His word
and allow sin to dirty my cup.
Christ’s blood washes cleaner than the song of a sparrow
And I know I can never give up

Troubles may come from below or above
But nothing can separate me from his love.

I PRAY FOR YOU

I pray for you,
That all your days are always filled with gladness
I thank you,
For encouraging me with selfless acts of kindness
I honor you,
For loving me in spirit and in truth
Expressing how you feel through all the little things you do

BE ENCOURAGED TODAY!

Be encouraged today!
Why wait for tomorrow
Why settle for the sorrow
Happiness is on the way
It is here now
You don't understand how
Still you find yourself smiling
Finding warmth in the moment
Let it last
The present is here for your enjoyment
The past was mixed with pain
But remember for the future
It was just to help you gain
Appreciation for the pleasure
Such a treasure is this life
How can you help but laugh?
It's so funny,
so silly at times you have to laugh
Be encouraged today!
'cause you already made it through
what you thought would kill you
still you're breathing

aint that true?
never mind what is gone keep your head up and stay
Fantabulous and blessed
Be Encouraged Today!

WOMAN OF GOD

Woman of God, woman of virtue, tell me who can find
Worth more than rubies or white gold, with character so
kind
Working willingly with her hands, yet still as soft as wool
Warm and wealthy in her spirit, wielding wisdom oh so full

Outstanding in opposing all obstructions in her way
Overcoming obstacles that are occurring everyday
Obsessed with the omnipotent God the overseer of her soul
Openly honors only Him while on course to her goal

Maker and mother to as much as she molds
Made from a man and to one man she holds
Maiden of God both merciful and meek
Making the Master's kingdom the main thing that she seeks

Accepted by all, she is accepting
Accountable to God and full of anointing
Anchored in Christ at all times in all ways
Aiming to please Him for all of her days

Nice, neat and not concerned with natural man's rewards
Never letting sin negate the crown held by her Lord
Newly named and now she is a child of the king
Now she is of noble birth and lacking no good thing

I NEED YOU

I'm laughin' on the outside
Inside feels like *spit*
That's it
I'm sick and tired of trying to be legit
I can't fix myself,
I cried to the Lord for help
And yet my sinful nature has me beating myself
So tell me why I can't win
And why can't I start fresh
Put my past mistakes & follies behind and just let
The sun shine and dine on the joy of the Lord
If the Word is the sword
It's slicing me up for sure
Depression got me faded
I gotta believe I'll make it
If I hold on to the truth
And commit and never fake it
But still it's just a dream
And my hope is growing dim
'cause I can't defeat my worst enemy
living within
Dear God, I pray again, if it's not too late
Redeem my soul,
Forgive my faults
Make me into something great
I need to become delivered from all of my evil ways
Dear Lord, I'm asking please
Once again hear when I pray
'cause I feel like *spit*
that's just the truth with no lying
I can't do a *blessed* thing unless you hear my heart crying

I Need You

I Need You 'cause I'm full of myself
And there's nothing in this world that could make me any
better
I can't write, I can't sing, I can't dance
I do it all for show
Lord knows how much it hurts me just to know
That I'm simply not the greatest
I'm not perfect in the least
I give a little bit of effort
and my friends, they think it's sweet
well enough,
Forget it, I'm done with pretending
I'm trying to be real
forget the people I'm offending
'cause they don't know the truth
of how I really feel inside
my emotions I hide
but now they're coming out
and I can not feel remorse in any more ways than now
I've been bottling so much, I'm about to blow like pow!
So tell me tell me please, tell me!
How you like me now?
Lord forgive me
I'm trying to be good
But I forgot how

I Need You
To take away this pain that I feel
I Need You,
'Cause you're the only one who keeps it real
I Need You
'Cause you can shine a light in the dark
I NEED YOU
Cause only You were there from the start

PEOPLE, JUST LIKE YOU

A woman weeps in silence,
In between the dusk and dawn

Her only son has passed away,
And yet she must go on

Some friends arrive with gifts,
As day breaks over the horizon

She appreciates the warmth,
Plus their kindness and compassion

Family and loved ones will express how much they care,
She cries as they inspire her to wipe away the tears

And though she feels encouraged,
Perhaps even deeply moved

She is touched the most by words of hope,
From those she never knew

People, just like you.

SIMPLE LIFE

Just ask your Father for a simple life
'cause if you knew what I know you'd be compelled to
write

Honey, thank the Lord for the life that you live
'cause if you knew what I know you'd be compelled to
give

A little time and some energy to making things better

You'd dive into the scriptures and study the red letter
You just could not be happy till you started some change
And you would tear your life apart, just to start it again
You see I used to think I wanted to be a role model
Standing for righteousness by putting down the liquor
bottle
Until I realized the truth remains
I'm just a sinner like the rest of them in need of the same
Agape love, grace mercy and the faith to believe
Never giving, nothing needed hoping I would receive
Now with my eyes wide shut I can finally see
The life I lead isn't helping anybody but me
So don't let the Lord know that you really want it all
Because it's lonely at the top and you just might fall

SINKING

What do the words mean if no one ever listens?
Thoughts rushing to the brain I don't care if it rhymes
I'm so sick and tired of trying
I want to be all that I was meant to be
Still I'm stuck in this life of mediocrity
When will it change?
Or better yet when will I change?
Who can I blame for my state of being?
No one but me
I did the dirt and made mistakes and wrong choices
I wish that when I rhyme it would flow the way this pen
does
But it don't
I'm a flop at the age of twenty five
It's a pity party
No one is invited except the "I"
Try to be something you ain't, maybe just for recognition

The truth is the real me is already to well hidden
Sometimes I'm hard to find and sometimes that's done
intentional

But other times I cry inside
For someone I could just relate to
I hate to, sound so ridiculous yo
But that's just how it go
Craig Doyle Henry

And I'll bet you never heard of me
Sleeping in the basement
Locked inside the dungeon
The only songs I sing reflect the sorrow that I'm feeling
If I smile it's for a temporary pause from the pain
'cause inside my soul all I know is torment
for the choices all the wrong choices that I've made

Why don't you think about the positive, like just for a
change?
I'd really like to, but really I don't think it could outweigh
The negativity, Father please forgive me
I'm a captive to sin
I don't know how to be a leader again
I wish that I could cry, but all I get is watery eyes
So if I'm meant for something more, show me how to
realize
My full potential
'cause right now, it's lying dormant
and I don't know how much longer I can live with this
torment

I believe if you are willing you'll make me clean
I believe Lord
I know you'll take me up where I should be
Possess my mind and my heart and my soul
And my whole way of thinking
And keep me from sinking

LET US RISE

Let us rise, let us rise
Let everyone of us arise
We are more than we have ever been
Let us just arise

Let every man become a champion and every woman great
Let us not partake of vanity and let us vanquish hate
Let us rise above this rat race
Let our hearts not be ensnared
Let us elevate our faith
To face the very things we've feared
Let us persevere in righteous deeds
And hold our heads up high
Let us break the chains of bondage with our mighty battle
cry
Let us shake the weights of false beliefs
And loose the clasp of doubt
Let us sing a song of freedom
And release a victory shout!
Let the Glory of the Lord in each of us
Come bursting out!

Let us rise, let us rise
Let everyone of us arise
We are more than we have ever been
Let us just arise

WHY OH WHY

Oh wretched man that I am
Who is going to save me from this body of death?
My life I would give to escape from this turmoil
And all that I have if you make me a man
I try to be good at the things I am good at
But everyday I see just how awful I am
Wake up not early but in late afternoon
Depressed because I've slept in again I feel doomed
No money, no woman, no job to go out to
And all the time, time keeps moving away
I pray for an answer
But I stop myself from receiving
By speaking of negative situations

If I could just have a boost
I know I can succeed
As it is I am afraid to try
And I ask myself why? Why?
Why oh why?

KINGDOM OF LIGHT

Imagine
Once living in the kingdom of darkness
Yet now being let into the kingdom of light
At the entrance they found my name in the lamb's book of life
And said to me "Child, enter in"
As they opened the way I marveled
What love is this? That I'm called a child of the king
I entered His gates with thanksgiving in my heart
And was given a garment of praise
Everything was brilliantly clear with the light of the Son
The only begotten Son
To walk the streets of gold
They took the shoes off of my feet
And fitted them with the gospel of peace
The people of the city wore robes of righteousness
with truth tightly girding their loins
They were clothed in humility, kindness, compassion
and love which as a cloak was worn
The food that they ate was the fruit of the spirit
the very smell of it brought joy and peace
and they also swallowed the word of the Lord
not even honey tastes so sweet
They washed down their food with refreshing drinks
from the rivers of living water
And everything needed was received by faith
Unlimited to all from the Father
Yet with all of the wonders and dazzling sights
One thing out weighs them by far
When with boldness and confidence
I entered inside the great throne room of the Lord
There were majestic angels, people of all nations
Unified, praising the King
As He said, "Welcome home" With a bright loving smile.
And I fell to my knees and joined in.

UNDEFEATED

Unstoppable, undefeated
When it looked like I was beaten
I was breathing in
The fragrance of victory
Determination
Sweat, in the dirt hurting
Passion to rise burning
Back to my feet,
Enemies running off in the distance
With a burst of energy charge and **SMACK** I hit 'em
Knock him to the ground and take the upper hand position
Knees now dig in his chest, he lay on his back
Fingers surround his neck till his world goes black
And all of the life is strangled out of doubts and fears
The hands of faith have finally conquered every ounce of
despair.

TOGETHER HIS CREATION

We are all the Fathers children
Together His creation
Righteousness exalted nation
We are rising like the sun

Radiant beam of glorious life
We now bloom with fragrant joy
And lift our hands in thanks
With all the hope our hearts employ

Gracious voice as one we raise
Thus fill the atmosphere with praise
Feel the beauty of His goodness
And the warmth in all His ways

Let us dance like autumn leaves
Which breeze across the painted sky
Let us glorify and magnify
The Lord who reigns on high

Who has lavished us with life
And precious gifts of choice and love.
He who grants eternal grace
With every blessing from above

We are all the Fathers children
And by faith we all are heirs
Let us join with all creation
Singing praises far and near.

I STOOD BEFORE GOD

I stood before God on that great judgment day
With Beelzebub poised at my side
Accusing and pointing out all of my faults
As they were replayed in front of my eyes

Water flushed down my face and I fell to my knees
I was guilty of every last thing
Wicked thoughts and deceit, slanderous words through my
teeth
All types of evil and sin

But as the torturous replaying of my life through righteous
eyes
Came to a sorrowful end
As I trembled where I stood awaiting my sentence
I heard the familiar voice of a friend

My accuser got nervous and asked for my judgment
Which I knew could be no less than death
Then he quickly retreated as Jesus my Lord
Spoke out with life in his breath

He said to me “child my blood makes you clean
And the price for your sins I have paid”
Then I fell to my face in worship before Him
Who took all of my guilt and shame away

SO MUCH TO SAY

They've got
So much to say about the way I live my life
So much speech about the way I walk
And talk about what's wrong or right

They don't know who I am or whose I am
They don't know where I'm coming from or where I'm
going
They don't know what gifts I'm holding, man
They don't understand who owns the very land on which
they stand
They don't know my Father is the great I Am

Their always quick to criticize, quick to pass a judgment
Quick to point the finger, quick to raise their voice in
condemnation
They don't know that I'm chosen, destined for a higher
calling
So with haste they demonstrate their lack of faith and
understanding

I rise above because my time to shine has been designed
Deep within my living is a light that they can not define
I rise above because much greater is the Word in me
Than anything my enemies could ever try to speak against
me

I will not forget I'm greater than their proclamation
Though I've fallen 7 times, yet every single time I've risen!
I will not forget that from my past I've been forgiven
I will not forget we now live for the future in the present

I will not forget that though they plant their flags upon it

Every land on earth my Father owns, this whole entire planet

I will not forget that they may not impose my purpose
My decision holds that power, vision is my only focus

So even though they flap their lips as if the lies will fly
Recognize deception can not rise against the Truth inside
They've got so much to say, but trust me once I pray about it

That's the only word I need to carry me believe me on this.

BEAUTIFUL

COLOURS

RELATIONSHIPS

Relationships are hard
In relation to not having them at all
It's tough to be alone
When you desire a companion on the road
Wishing someone else could share your heavy load
A friend can be closer than a brother don't you know
A lover can be wonderful
Love also can mean pain
At times you need a hand
To help push you against the grain
The strain comes when the rain pours
With one tiny umbrella
The fact is one will stay dry
While the other gets wetter
Or huddle close together
In the coldest of weather
Sometimes one is wrong in relation to the other
Often times a friend is needed just to spark the right idea
We were made to bond and to live with one another
When feeling weak our strength is drawn from other family
members
Yet family can hold us back from reaching destiny
And the greatest strife is formed when friends turn into
enemies
Love can turn to hate when two no longer can relate
In any case, we are bound
In relation to being free
But without all these relationships our lives are simply
empty

THE GLORY OF LOVE

As we stand and we live
and we pray and we give
to each other
our pledge
of true love
lasting ever
our hearts intertwined
our minds now aligned
in one vision
our mission
a passionate expression
of God's grace
in your face
and my face
we see joy
the reflection of mercy
the glory of love

FUNNY LOVE

Love is a funny thing
Makes you cry and makes you sing
And though it hurts inside everybody wants a ride
You'll never find it even if you search this whole world
wide
But when love finds you there's nowhere that you can run
and hide

CAN WE BE?

Can we be?
Together in mind body and soul
Spirit, intellect and flesh
Two becoming one whole
Can we be?
The exact definition of love
Pure as the driven snow
Perfect fit like a glove
Can we be?
Sweet poetry and captivating prose
Can we be?

SUMMERTIME and LOVE

Late night sunsets
Sleeping under the stars
Enjoy the golden Sunrise
Gazing into your eyes

Promenading through the grass
We hold each others hands
With nothing more to speak of
Feast on summertime and Love

EXQUISITELY FINE

Exquisitely fine
So divine is you aura
Your essence, your presence
Your fragrance
Your passion
Your flavour and style
The sparkle in your eye
Captivated by the way that you move
Distinguished and smooth
Elegance encapsulated in you
Holding your head up high
Elevated with every stride
Inside botanical gardens
Blooming with luscious life
Vibrant pastel fruits
Full of juice
Plump and ripe
With crystal spring waters
Flowing from fountains
And streams of rippling bliss
Accentuated curves
Where earth and riverbeds kiss

I LIKE IT LIKE THAT

I like it like that
Do you like it like this?
I like it when I just can't miss
Picture this

You like it when I give precise specifications
Or do you rather use imagination
I like having patience
So you can do it nice and take your time
I like it that we never need to rush
Because it's mine
I like to search and find
Things to stimulate your mind
I like it when you smile. . .
at my smooth communication.

I like to bring you high
After both of us been down
I like when I don't really need to try
I like to watch you rise
As a natural reaction
To things that I do naturally
Instinctive action
I like it that I fit in you
And that you fit around me
I like it that the 2 of us are simply meant to be
Sometimes I can say things that don't even make sense
I like it that you know just what I mean

And sometimes you don't
I like it like that.

WOMAN OF COLOUR

Beautiful,
Beautiful Woman of color
Exotic, intriguing and strong
Butter pecan brown, mocha and chocolate
As dark as the night and as bright as the dawn
Deep smoldering eyes, perfect in size
Cool as the ocean and warm as the sun
In spite of mistakes, you have style as you face
Each new challenge and never back down
You're the fragrance of spice from a far away land
And to man you're a priceless reward
You smell sweeter than honey or roses in bloom
Your beauty can not be ignored
Through blood, sweat and tears, many years you have
struggled
In love in hope and in faith
Now you stand as a shining and stunning example
Honored, respected and praised
You handle your business with wisdom and care
A genuine friend like no other
You're a nurturing mother, a passionate lover
You are beautiful
Beautiful Woman of color

IT'S PROFOUND

Fantastic and wonderful glorious life
Breath of fresh air
Vision of beauty
Excitable future of passionate nights
And sensuous days of warm sunshine rays
With skies of clear blue
No room for the grays
The shimmering, sparkling, twinkling stars
So close you can touch them
So near though so far
So totally out of reach
Yet manifested through speech
And body language translated
Reality speaks
Volumes of chemistry
Magnetic, kinetic energy
You and me are like the water that falls
Never ceases to flow
So refreshing to my soul
Who would have thought?
True love like this can neither be bought nor sold
We've been told by the ancients that soul mates exist
That you can feel it and know it
From the very first time that we kissed
This is true like lightning striking us two
Igniting our connection
The skies split to open heaven
And rain down electrical mist
It happened so quick
Hit, HIT, HIT! with destiny and love
None of us can predetermine being bit with the bug
And as it flows through the blood
Making me feel high
It also changes how we see the world through these eyes

Hearing things we never realized had sound
Savouring the taste of every flavour going down
It's profound

LOVERS LANE

Well my heart is still beating
And air is still breathing
in lovers lane (lovers Lane)
I'm alive, I feel high
Can't deny that I'm nice
In lovers lane (lovers Lane)
But I don't want to go
No I don't want to leave
As my mind fills up like a rushing stream
I'm alright for tonight
Can't deny that I'm nice
In lovers lane (lovers Lane)

YOU ARE LOVE

You are love
You are joy, you are peace
You're the morning autumn breeze
Your presence is the freshness of the sea

You are hope
You are strength in my stressful situation
You are faith
I believe in you and all of your creation

Every word that you have spoken is a shower to my soul
You are present
Every moment is a treasure to behold
You are passion
You are the greatest story ever told
You are pure
You are mine and I am happy to be yours
My love

IRREPLACEABLE

Irreplaceable, unforgettable
The most wonderful gift I ever received
Undeniable, spirit so beautiful
Angel sent from heaven to me

GLORIOUS LIFE

Sweet Spiritual body
Essence of pure gold
Beautiful fragrant soul
Delighted to now know
Sensational wonder
Exceptional being
Found in eternity
Engaged in the moment
Filled with anticipation
All creation sings
Rejoicing in the light
Sparkling, shining
Shimmering glow
Excited
Delighted
Wonderful day
With gentle emotions
That patiently wait
Though weightless they feel
Sweet senses come alive
Showered in happiness
Glorious life

MANIFESTATION OF LOVE

You are queen I am your king
Fly like a bird and sing
We bring
Our love like flowers and trees we grow
So we can float like butterflies
There is no sting
Just everlasting
Joy
Hot like what they pour on pancakes
Sweet like honey
A pocket full of money
Can't make me feel the way you do
Love so true
Elated excitement
Boisterous emotions so grand
Like these
Ebony and ivory keys
Express poetry in melodies
Sustain the chorus
Angels rejoicing for us
The living
Manifestation of love

MAN OF COLOUR

Powerful, powerful man of color
Infused with the strength of the sun
Vitality, wisdom, intelligence, honor
Respected for all you have done
Coppertone bronze ebony, iron
Dark as the charcoal stone that is mined
The treasure you hide is a diamond inside
Each one of a kind, priceless by God's great design
Although you have stumbled, with faith you proceed
And greet each new challenge with vision
Your words are ignited with passion and truth
When you speak the nations will listen
In silence you toil and in trials stand firm
As a solid immoveable oak
In the midst of a turbulent storm you emerge
Triumphant just as you spoke

A to Z LOVE

Absolutely

Beautiful

Cool &

Delicious

Exceptionally

Fine

Girl

Holding

Inspiration

Joyful

Kind

Love

Mesmerizing

Natural

Original

Pure

Quintessence

Radiant

Sensitive

True

Understanding

Virtuous

Wise

Xtra exciting

You

You are my love from A to Z

A FATHER'S LOVE

A father's love is unsurpassed
Not even matched by mother
He fights and tries to claw through life
Protector and provider
A heart that's pure
and full of love,
not lacking in compassion.
seeing what is needed
giving only that.

COOL ROSE

Like a rose in the spring time
Bringing hope and thoughts of joy
So colorful, so many different shades
Everyone is lovely in its own special way
Oh, what a blessing
Even when times are cold

WHAT MAMA DID

People tend to cry when a hearts broken in two
My mother's heart was shred to pieces trying to be strong
for you
But you still go your way and turn your back on what was
given
Keep on taking for granted you're the reason why she's
living
You did a lot of foul things but always were forgiven
Who told you 'bout the only person you've got to believe
in?
I'm saying, when you learned the game and wanted to start
playing
Swinging outside in the dirt
Then running home in the evening
She only let you in if you agreed to a cleaning
Then she'd sit you down to feast on what you couldn't
finish eating
"Mama says it's good for me"
But I don't see the reason
She seems to think that I don't show enough appreciation
But after dinner playtime is what I'm anticipating
And when she tucked me in at night before my mind starts
dreaming
She told me stories of great things to feed me while I'm
sleeping.

FOR MY BROTHER

Bro I wish that I could tell you how many ways you've
helped me
To stay true to myself
Can't describe the way I felt
When you put your heart on paper, words that make me
melt
Just your picture,
on the back a letter telling me that wealth
isn't found in money or deceitful gain
but in having friends like you
who can help me through the pain
of this life filled with strife, and for us it was a struggle
but trust me your encouragement still keeps me out of
trouble
you're a constant inspiration, whenever I remember
the talks we used to have while riding on the bus together
sharing problems with each other plus our dreams for the
future
sometimes reminiscing keeps me going through the cold of
the winter
and we deserve better than this
that's how it feels some times
"God why can't we be rich?" but in due time,
We're going to shine forever; you're already shining for me
I love you bro and that's as real as can be

DESTINY SHARED

Hoping for joy
This girl and this boy
Enchanted with dreams
Swimming in wishful streams
Of future becoming bright
Like downtown city lights
Penetrating the dark of the night
Casting rays of hope
That shine like a beacon
Believing in the reason of existence
Together hand in hand
In the hands of the great
Delivered from their youthful mistakes
Engaged in transformation
As two are becoming one
Traveling towards the dawn of the sun
When all becomes clear
One destiny is shared.

NICOLE

Sweet strawberry syrup
Deep milk chocolate
Dark hot fudge
Smooth, cool and tastes great
Feels strongly, falling in deep love with me
Emotions living expressed
Music and poetry
Virtuous woman of God
Soul infusing energy
Equally sharing thoughts
Vocalizing ecstasy
Verbalizing passion
Through the language of the body
in silence
patiently waits
caressing my vibe
intoxicating look in her eyes
by my side
making me laugh, inspiring smiles
refreshing
satisfying presence
touching holding & kissing
rising to the occasion
sweet sensations dripping
trickling to my toes
tingling every nerve
soft sensuous curves
excited by every word
when we speak I am lifted
recognizing the gifted
talents to be invested
no time to rhyme
totally taken
hard to believe

surprised to receive
such a blessing
unwarranted
undeserving is me
forever grateful
and words will never truly tell the whole
my sweet, Strawberry Syrup
Nicole

YOU ARE

You are
So real and so true
For now and forever
Like everlasting pleasure
Abundance of flavor
So juicy, so sweet
So mellow, so cool
So smooth, like melted chocolate
Dripping off my spoon
So gorgeous your beauty
So wonderfully made
Enchanted I am
With visions of butterflies
And flowers in the sky
Paradise for today
As I feel your thoughts
As they dance through my mind
And your presence is held
With no fear of tomorrow
For today has me filled
Like divine intervention
Refreshing
Satisfying to my soul
Such joy to behold
Such love to unfold
And discover
Together
The glory of life
In unity living
Receiving and giving
And sharing ourselves
The glitter of sunshine
Reflected on bodies of water
So deep and so rich in colors

Transparent rainbows
Emotional ecstasy
Taking me higher
And rising like fire
Consuming me not
But igniting my hearts desire
For you
Beautiful
Dark hot fudge
You are dissolving into me
And me into you
So real, so true
You are.

NICOLE Pt 2.

Nicole,
My love, my sweet strawberry Syrup,
Rich Moist Chocolate cake
Wonderful grace
Beautiful woman
Glorious gift
Spectacular being
Amazing discovery
Magnificent Treasure
Sensational texture
Delightful experience
My new beginning
My life expanding
My future embracing
My present elation
So beyond my expectations
Greater than anticipation
These words fail to mention
My True love expression
You are

BEAUTIFUL COLORS

Go to sleep sweet sugar
No worries for tonight
Close your eyes
Pretty butterfly
No need to cry
You can wipe away the tears
With a gentle warm smile
You can set aside your fears
Even rest for a while
And dream happy dreams
Pleasant thoughts intervene
Like bright beautiful colors
On a warm summer's eve

POEM FOR THE HOMELESS

A poem for the homeless
The weak and the wounded
The struggling souls
Who've been abused and mistreated
You can brighten someone's day with a gesture of kindness
You can help the broken hearted with the change in your
pocket
So do this when you can
Give the best that you can
You'll be blessed in abundance
More than you could understand
Every one of us at some point will need a helping hand
To get back on our feet
To help us get on up and stand
Sometimes all it takes is just a dollar or two
If you were down and out
You'd want someone to do the same for you

.JUST BECAUSE...

I am writing you today just because
You deserve to receive a little praise
Without a special occasion

You raise my spirit daily thinking of
Your consistent dedication, I'm amazed
At how you display such patience

I'm writing you today just because
Just because you're special,
And you're warm
And I don't say this quite enough

Your personality is filled with charm
I'm thankful for your laughter
And the person that you are

Believe me when I say this
You're an angel without wings
A Rose that has no thorns
Peaceful thoughts are what you bring

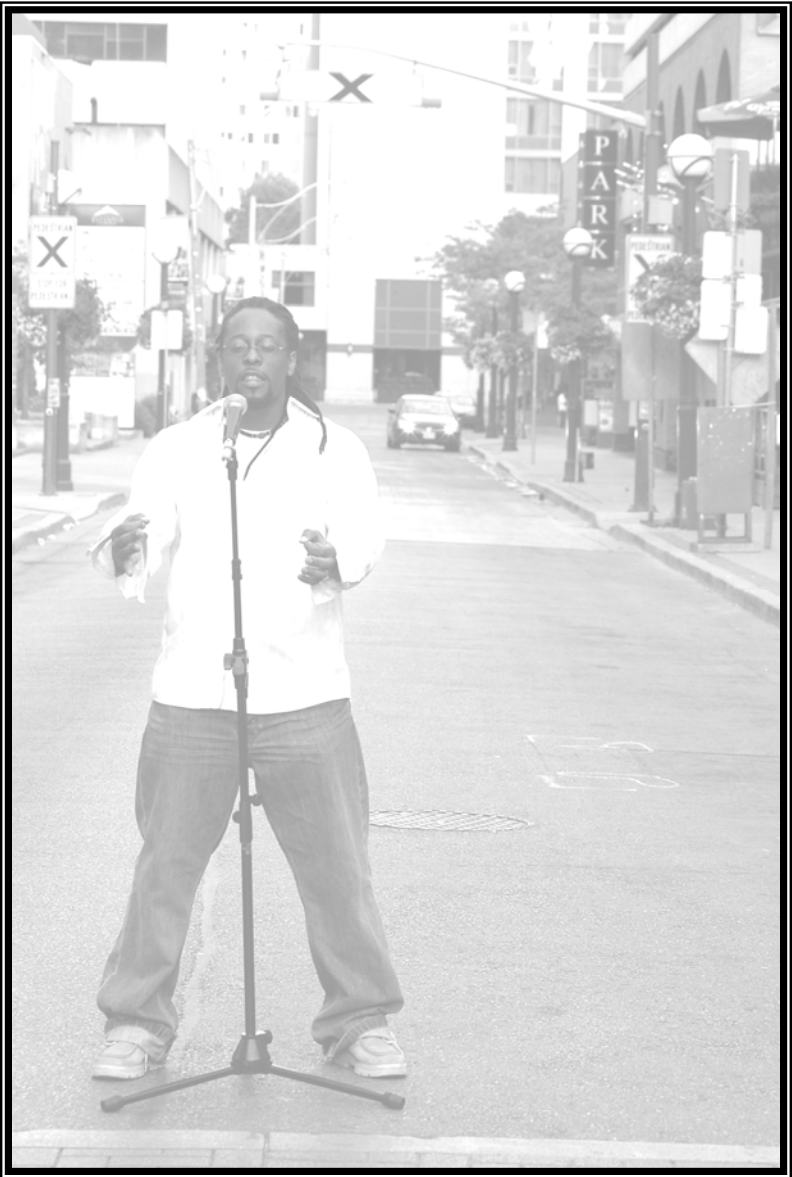
I am writing you today just because. . .
Just because I can

MAN OF COLOR

Powerful, powerful man of color
Engraved like the cave with the diamond inside
Chiseled and cut like the finest obsidian
Pushed through the fire, still come out and shine
Coppertone, bronze, sandstone and even charcoal black
Dark as the night you chose to fight back
And bright as the dawn after surviving attack
More solid than gold and stronger than steel
Despite what you were told, still made it for real
We all win
Rejoicing as the whole earth sings
Never quit
true champs
from beginning to end
from the start to finish
find the gap and fill it
positivism, strength, honor, respect
destined to spill it
negativity, kill it
fear and doubts disappear
the rock of all humanity
Father, son, friend and brother
Walk in wisdom and influence
Use your strength to help another
All love, faith and hope
Tell the woman you love her
You are powerful,
Powerful Man of Color

EXISTENCE

I said that I feel fine
But rewind
'cause I feel even better
CDH LIVE describes me to the letter
That's precise
This sensation feels more than divine
As I reflect the light of God
Watch me shine
I am fearfully and wonderfully made
I'm the highest grade
A triple a plus
Choice cut
Believe me I've got it made
My visions are becoming now a tangible reality
And every dream I've ever had is clearly now within my
reach
Can you feel me?
I'm higher than the highest of the high
Now rejoicing
in the company of angels wings I fly
and I can see I am ecstatic to be living destiny
the full expression of my purpose manifested now in me
total freedom this is liberty, it's life abundantly
I feel empowered
This is how true existence is to be.



Photography by: Kelly-Ann P. Jones

MY

NAME

IS

POETRY

IT'S JUST ME

I take a deep breath, then exhale blow it into the night
It's alright, if you don't understand the reason I write
I write to express my pain, and love in it all the same
If the world don't respect true artistry who's to blame?
My name is up in lights, like fame blinding my sight
For real, the only friend that I've got is Jesus Christ
I might seem kinda' different, my life seems kinda' strange
But still I give praise, still brave and never change

It's just me

NOW I GOT 'EM

Fear not, it's all nice
I'm still on the good side
Ride with the people above and show love
Let it go
But hold on to belief
Everything that's real is not everything you see
I be a brother from another mother
Then I call you cuz
Send a shout out to your sister
You can not hear the winter
But spring into the summer
Come autumn now I got 'em
So I do not need the fall.

ON WRITING

I was born to write
In the night and in the day
I must find the words to say
And have them said the perfect way
In my play and during rest
While at work I do my best
I will write with all my might
I will pen away the stress

Like the duck that floats on water
With my words in tact, I rise
Even if I sink beneath the surface
Nourishment will be my prize
For writing is my soul's commission
Though at times I feel it not
Pen to paper is my mission
Filling every empty spot

For as I write I come alive
And life exudes from me
You can feel it as you read these words
With every breath you breathe

Be encouraged then my chosen friend
And know beyond a doubt
I was born to write and write I will
And write and write and write. . .

CONTINUALLY WRITE

I continually write with the pen
that I hold in my hand in my grasp
it's a task that I can not comprehend
mortal men understand in the finite
words live on forever through the dark
bringing light, bringing sight
to the blind with a rhyme and a rhythm
as we're living in this world and we're given
just a number of days
what we say and believe
in the depths of our soul
will control our every waking moment
be it bliss or be it torment
we conceive in the eyes of the mind
the reality we picture
eventually is spoken
this becomes our future
history is only what is written down on paper
but if we just decide
to envision something better
we could write it down
and speak it into being
that's not clever, it's just wisdom
acknowledging the truth of how things come
our environment is just a product
of the things we've said and done.

I WRITE

I don't know how to show you how I feel
So I write
And hope you understand the words I write
In the middle of the night
I think of all the love that you have poured
And I cannot find a way to tell you thanks
So I write
And sometimes it may seem
that I'm ungrateful
For the many things you've done
But my plight
is I only know to write

I pray that when you read this
you will gain a little insight
This is how I write,
The story of my life
For if I could express these deep emotions in another way
I wouldn't ever write
And sometimes it's a fight
Just to communicate the sentiments I feel inside
So this is why I write
To try and get it right

Yet truly I believe I could never find the words
The perfect combination of sweet adjectives and verbs
In syllables that flow like water underneath the birds
Or metaphors that help you hear the things you never heard
I see you and I'm blinded by a love that's shining bright
I wish I could excite you with a message of delight
But like the 5th amendment now my lips have been sealed
tight
So I decide to write
And this is why I write.

CREATED FOR THIS

Created for such a time as this
I can't miss
My destiny is written in the way that I live
My lifestyle is wild
Such a blessing to give
Everyday holding mercy in the palm of my fist
But wait I translate scriptures written within
The word of the most high died to cover my sin
I win, the victorious more than a conqueror
Set aside my pride so I can ride with the best of them
Never mind the rest of them, rise to the occasion
Strive to be counted with the wise and the champions
Wise men are champions, fools never make sense
Fear of the Lord is the beginning of wisdom
You know where I'm coming from
Can't believe I did it
Son done everything that I have is in Him
True.

DESTINED FOR GREATNESS

Destined for greatness
I walk with my head held high
Since the day that I was born
Even as I was formed in the womb
By divine design
The voice, crafted to speak life
Resurrect the dry bones dwelling in tombs
How soon too soon and quickly we forget
Not one present seems to have figured it out yet

The GOOD WINE

Ever since I was a little boy I was told by my pops I would
never reach the top
If I did not give the props
To the man upstairs now I'm scared
How do I know if the man is really there?
Is this fear? Be aware that you're shaped and you're
molded
Scolded, if they never thought it was right
Now I fight for my sight as the world is unfolding
Out from the middle, I fiddle with this riddle
Hmm, who is really right when the word is evolving?
Now then switch up the pitch and the fashion
And take them straight to the top of the mountain
Open up we eyes and help us to see
Who brought us here and we shall be free
We nu in another war thing just unity
Peace and love is the key you nu see it

People are just people everywhere in the earth
Every man is from a woman and the woman always hurts
The truth remains we all return to the ground
But the Good Wine will always be around

My mother always told me never stop when you drop
Get back up and I know you'll reach the top thanks a lot
Now I rock, side to side, back and forth
I remember I was four and the world was amazing
Gazing up in the sky for a God to believe in
Thinking.....(drum solo)

People are just people everywhere in the earth
Every man is from a woman and the woman always hurts
The truth remains we all return to the ground
But the Good Wine will always be around

I AM SOMEBODY

I am. . .

Incredibly Individual, distinguished and original
Delighted with my life I find my life is quite remarkable
Descriptions not quite suitable my purpose is inscrutable
My identity is poetry that's supernatural
Poetic names contain a mighty message, though subliminal
Refreshing, hot like summer days spit fire that's
unquenchable

More than a conqueror and greater than my past undoable
My Vibe is Ultra Smooth and by design I am unbeatable
I've conquered every challenge I have overcome my trials,
I have trampled past rejections triumphed over every
obstacle

Creatively I motivate the masses into being
My destiny is living in magnetic words intriguing
Charismatic in my present I deliver vocal passion
Giving "wishing on a star" folk, the faith to start believing
I'm receiving all these accolades accepting recognition
While my vision supersedes eternal History in the making
prolific, true, I said it
good looking that's prophetic

Cause I'm Free
I am Charity in other words I'm Love
I am Victory in substance
Plus success is in my blood
I'm a cut above the average
So despite what you see
Close your eyes and recognize
I AM SOMEBODY!!

Authentic in my flow I am the genuine article
Different in my thinking plus my focus is unbreakable
You find me unbelievable I find that understandable

For how could one so fearful ever ride with the
untouchables?

Use metaphors and symbols, sometimes you take 'em
literal

Like happiness and CDH LIVE! are interchangeable
Fresh like out the kitchen with a flavour so delectable
You crave it on your palette with a lust sometimes
insatiable

So put it in your deck and then respect the most high
'cause without Jesus Christ CDH would not be live
You would not be excited by these simple things I wrote
So let us thank the Father for the gift he has provided
Recite it night and day that Jesus Christ has paved the way
plus He grants eternal life so He's the one to whom we pray
Recite it night and day & let the Spirit light your word
That your faith might be ignited by the spoken things
you've heard

Cause I'm Free

I am Charity in other words I'm Love

I am Victory in substance

Plus success is in my blood

I'm a cut above the average

So despite you see

Close your eyes and recognize

I AM SOMEBODY!!

More than a conqueror and greater than my past undoable
Redeemed and justified by faith plus sealed with His
approval

He is faithful, holy, worthy risen Savior indisputable
He's Victor over Satan, death and Hades He's unstoppable
I love Him for His Person Father, Son and Holy Spiritual
His essence is the power which creates the supernatural
Defiant as these present troubles seem so insurmountable
And wicked people revel in your trials, tests and obstacles
Remember that the weapons of our warfare are not carnal

But mighty through the Father to the pulling down of
strongholds
God wipes his Holy nostril and the tissue becomes lethal
For the battle is the Lord's and yes His word remains
Immutable.

CDH LIVE!

CDH LIVE! I'm better than dead
Pick up ya head n' get it right
I said it better than dreads
Shakin' the locks, brush my shoulder off
& Step in my place
I turn the key to loose ya freedom
While you falling from grace
Pick up the pace & come alive
Make a stand for ya time
'cause every minute is a moment
For yo light to shine
TRUE

THE REINVENTION

I was walking in destiny
I am beginning to see my destination
A spiritual journey
This one is a re invention

See I grew up quick
On the west side of life
And did a lot of foul things
Trying to live right
I understand the fight
Is within the beginning
Sinning since the day I was born
But I'm forgiven
I'm living plus giving all I have to give
Keep it straight forward all I do is this
It's the gift plus the blessing I received as a kid
The re-invention started just like this.

I BELIEVE IN ME

I don't know why
Every time I try
I never seem to get it quite right

But if I just believe
I know I can succeed
And everything will be alright

People always say
Be careful what you pray
It just might come to pass

But if I didn't want it
I wouldn't ask for it
The future looks much better than my past

Now I don't need permission
To make my own decision
The choice is up to me and me alone

'cause if I never stop
I will make it to the top
And that's where I'm a make my home

I believe in me
It don't matter what you see
What you hear and what you're feeling inside

I don't want to hear it anymore
How it "ain't been done before"
I'm about to spread my wings and fly

KEPT ALIVE

Fellas' like when I'm around 'cause I soothe the soul
Ladies love the way I move it's oh so slow
Then again I got to thank the Lord
For giving me these blessings and the spiritual sword
He never promised me it wouldn't be hard
But you stuck with me, that's why I'm praising God
And when times was hard He always sent someone
Even if it was the craziest person
Cursing out of his nose, mouth, ears and eyes
Still, through it all I was kept alive
Worship,
Through it all I was kept alive
What a surprise, God gave me the strength to survive.

THESE POEMS

Some poems are good
A lot of poems are bad
This poem might make you sick
That poem just makes you mad
These poems can make you sad
These poems are all I have

Great poems reveal some truth
Few poems will tell the half
The long and the short poem
The poem that tells a story
Abstract difficult notions

Most poets receive no glory

TEN DREAMS

My first dream is to find true love or have true love find me.

My second dream is to be fully financially free.

My third dream is to impact this whole world artistically.

My fourth dream is to be recalled for some great legacy.

My fifth dream is to take one persons life from rags to riches.

My sixth dream is from everyone I know to be respected.

My seventh dream is bringing to the screen a major motion picture.

My eighth dream is simply to be always helping others.

My ninth dream is that I succeed in all that I go after.

My tenth dream is the one that's most important to be done,
To stay true to me, and not change who I am for anyone

WRITERS BLOCK

Writers block, block, block
Chop, chop chisel and cut
Scrape away silence
Shave all the shavings
And all silly sentences oozing with blah
Chips of ideas fall to the ground
Inspiration hides

Stubborn chunk of ink
Come out of my pen
And then you can flow
Be free from its hold
Your purpose is here
The paper prepared
A table that's set
Awaiting the guests
Succumb to your hunger
To feast on papyrus
And capture emotions
Leave no thought untouched
Take pride in your destiny
Swallow your fears
Walk out on faith
As each step becomes clear

You are awesome and mighty
Much greater than swords
Your words are like bullets penetrating the soul
Move swiftly and honestly
Conquering notions
Vast and as deep as the ocean

You will not back down
You rise and continue to grow

Holding wisdom
For those who desire to know
The mountain of knowledge
My interest peaks
Intrigued by the thought
Of what rests at the top
Of this great mass of rock
That we call writers block.

WRITING I WISH

Writing I wish
Flowing freely and falling so deeply
Sensations and feelings
So loosely related
And tightly engaged
In purpose and meaning
So perfectly faded
Delighted with processes
Filled with despair
And hoping for pauses
From trials to triumph
And conquering devils of doubting and fear

The winner victorious
Words overcome
The battle is over
The war has been won
The pen over swords
The brain over brawn
The Spirit has trampled the flesh
For all time

I WIN

I win

Not because I choose to win, because I am a winner
And if you choose to lose, then by your choice you are a
loser

My faith in God is present

Does that make me a believer?

Success is in my blood so you could call me a successor

I place my heart on paper and people call me a writer

I stand boldly for freedom

And I'm called a freedom fighter

Yet everyday I fight for life

My life is getting shorter

Holding on to new ideas as they're getting older

I live for love and love for me is what makes me a lover

My family is far away and still I'm known as brother

Majority says one thing I'm compelled to say the other

Eventually persuading them I'm looked to as a leader

I'm a winner and a leader

A brother and a friend

A lover and a fighter and the wisest of men

A teacher and a preacher

with a message to send

A speaker and a listener

I'm champ to the end

I win

MY NAME IS POETRY

Craig Doyle Henry
My name is poetry
Life is poetic,
And every day is a line
Each moment is thought
Each word contains emotion
Sunshine is just a feeling,
as night falls for a pause.
My destiny is written
In each daily adventure
Each journey an epic
Two steps create a scene.
Believing is only seeing
Vision sometimes blind
Sweeping across the sky
Shake the world, in my minds eye
Subtle statements collide
Though they try to hide
Truth always seeps in and leaks in
Or rather,
From the inside leaks out
SHOUTS! From the depths of my belly
My heart declares what it's about

Ever since the first time I picked up a pen
Since the first time I blessed the mic, and moved a crowd
I was bit with the bug
And infected until now
Addicted to the life of an artist
That's where my heart is

Writing since the age of six or maybe seven
Craig Doyle Henry has been a blessing
Though, some call it a curse

There has been much worse,
For a passionate soul
Sent to dwell upon this earth.
Since birth, it's been a journey
Of tests and observations
Faith bringing the spirit into full manifestation
Life, expressing lessons
Many men simply wasted
I faced it
Came out on top, 'cause I embraced it.
Since my condition is this;
The diagnosis is artist
Every time I spit it's poetic
Through every situation I move
Never ceasing to produce . . .
The paper states the case
Much better, than CDH ever could

CDH stands for Craig Doyle Henry
poetry is not my name
My name is poetry

About the Author



Craig Doyle Henry is an award winning songwriter and producer, a prolific poet, and magnetic stage performer. He has been nominated in the International Reggae and World music Awards and has been performing his music and poetry extensively in Canada and the U.S including New York, Chicago, Atlanta, and his birthplace Toronto. Craig was nominated in 2005 for the *International Who's Who in Poetry* by the International Library of Poetry. He has released 2 dynamic poetry books “*Be Encouraged*” and the 2008 release “*My Name is Poetry*”. CDH is also the founder and host of the Annual True Experience event in Toronto Canada, celebrating Life Music and Poetry.

For more information visit www.craigdoylehenry.com