

The Slow
Destruction
Of Man

KELVIN RUSH

Also By Kelvin Rush

Psycho Sid

Fish - Operation Electric Man

Mr Clops & Mr Balls - Silverstone

A World Full Of Zombies

Sweat Bombs Charlie

Crazy World

The Slow Destruction Of Life

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Michael Scrivens killed his sister Anne
He chose The Slow Destruction Of Man
His fate was sealed on the 5th of May
His soul was frozen for another day

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Thank you for being my vehicle of light
Not really that interesting no magical insight
Creating the rhymes day after day
Some wonderful times some hard to convey

Alone with a mind conditioned from birth
Impossible to define real meaning or worth
Trying to control the internal chatter
Not brave enough for action
Not clever enough to matter

At least one can say the intent was there
It deepened the hunger to control the despair
No lack of temptation could ever fulfil
The unravelling desperation that's making me ill

I've looked through the eyes of the devil himself
An amazing insight full of awe and wealth
I confess right now I was taken in
Who knows what will happen let the battle begin

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1. Parlour Days

Calm and clean a magical scene
A scent of primrose pink and green
A warm and welcome tidy room
Net laced curtains silver spoon

A fresh baked loaf homemade jam
A buttered scone a slice of spam
A comfy chair a pot of tea
A loving stare from mum to me

A table set for king and queen
Cups and saucers sparkling clean
A tartan cloth with royal bond
A set of coasters a cheerful song

A worn out sideboard full of charm
A chest of drawers in willow dawn
A gramophone that never plays
A rare fruit bowl takes centre stage

Landscape art in a silver frame
A precious gift from an old school flame
A worn out tea towel still in use
A tin of shortbread freshly made juice

Matching lamps light up the room
Woodchip walls a wooden stool
A clash of turquoise blue and gray
A gentle squeeze on a summers day

Four champagne flutes still in the box
A pair of slippers rolled up socks
A sky blue cardie neatly placed
On top of a cushion beside the fire place

A mystery letter from world war two
Hides in the drawer well out of view
Forbidden love for no one's eyes
A cruel vendetta a web of lies

An antique chair in leather and oak
Sits by the window torn and broke
All alone no one goes near
That poor old chair so loving and dear

These precious memories will never fade
My beautiful magical parlour days

2. You Own My Life

You own my life from cradle to grave
I'm nothing more than a cash cow slave
You make me work until I drop
You torment and bully you never stop

You make the rules for me to obey
You punish me severely when I stray
You take my time my mind my money
You dictate and humiliate you think it's funny

I'm always swimming against the tide
With no chance of winning all hope is denied
It's not only me everyone is the same
Playing the age-old manipulated game

Your relentless force so brutal and savage
You feel no remorse for the people you damage
There is no shame in anything you do
You crush anyone who challenges you

But you don't bother me because I have a plan
Is this the face of a desperate man
I'll never conform I'm right on the brink
I'm far more intelligent than you think

Have you ever heard of a man called Bashar
He has all the answers he's a guiding star
He's from another dimension that you can't see
A loving intention setting everyone free

To release all the pain is a wonderful thing
Feel the love and compassion as you dance and sing
No more hatred or fear nothing more to acquire
Only life itself full of passion and desire

I will march on the parade with my fellow man
Your pathetic masquerade has gone as far as it can
When I see your face full of anger and hate
I will leap for joy as I close the gate

You once owned my life from cradle to grave
Never again will I be your cash cow slave

3. Suffer In Silence

We live in a world where it's cool to be led
Walking in line like the living dead
We shop all day long and watch endless tv
It's weak to be strong and wrong to be free

We suffer in silence we cannot digest
The love and the violence and the ones we detest
We're drugged up sucked up trodden down oppressed
We're sheep-like immoral heartbroken depressed

We hide around the corner where no one can see
So weak and so blinded by force and decree
We drown without trace controlled by the gun
It's an utter disgrace but nothing is done

We squirm like an animal caught in the trap
An innocent victim a heartless attack
Screaming in pain hoping someone will hear
Too weak to complain swimming in fear

Our minds are diseased after all the abuse
We try to appease all the hell we produce
We know something's wrong but we still carry on
We bury our heads and sing the same old song

We go round and round with no end in sight
Bound and gagged full of hatred and spite
Looking for guidance to heal our soul
Enraged full of violence out of control

We're riddled with pain asthmatic obese
We can't explain why cancer is on the increase
The toxic air pollution that's killing everyone
Premature deaths it's only just begun

Wealth distribution to keep us all down
Isolate the solution act like a clown
Pretend you're the cure then unleash all the violence
All we can do is suffer in silence

4. I've Heard It All Before

I know all about your septic foot
Your daughter's wedding your cookery book
Your controlling wife and her seventies look
Your football team and all of their bad luck

I know all about your hairy back
Your grandma's will her heart attack
Your sister Jill and her Siamese cat
Your nosy neighbour and Pat the Rat

I know all about your teenage days
The drugs and booze the games you played
The slags and slappers the waifs and strays
The cool mad hatters all the girls you laid

I know all about your dodgy knee
Your friends in high places your OBE
Your panic attacks your leather settee
The way you relax and your business degree

I know all about the poems you write
Why they don't make sense your jealousy and spite
The way your mother calls you each night
Your alcoholic brother your wedding invite

I know all about Mrs Walker's advance
What you would do given half the chance
Your three failed marriages your lack of romance
The day out at Claridge's and how you can't dance

I know all about your sordid affairs
Your animal instincts your receding hair
Your political views how you hate Tony Blair
How you love to make porridge why life is so unfair

I know all about your previous jobs
How you're over skilled the teenage yobs
The spiders you've killed the garden frogs
Why you're unfulfilled the barking dogs

I know all about your two crowned teeth
Your weekly shop your best mate Keith
Your stocks and shares the estate you bequeath
How the anger and pain is bubbling underneath

I know all about your funeral plans
Your mystical insights your arthritic hands
Your bed wetting sessions your hospital scans
Your pathetic impressions your summer at Grans

Unfortunately Jim I've had enough
I'm no longer interested in your stuff
It's time to stop I can take no more
For the final time I've heard it all before!

5. Rosa Parks

I think you'll find you're in my seat
You belong at the back get to your feet
Stand up at once you should know your place
Remember you belong to an inferior race

My dear white friend you seem to forget
You've no power over me I'm no one's pet
I'm flesh and blood with heart and soul
You have no authority to take control

I'm one of many billions just passing through
If you cut me I will bleed just like you
No one is superior not you or any other
We are all one being you are my brother

I can only assume your poisoned mind
Has possessed your soul and rendered you blind
I know in your heart you have compassion and love
Don't be angry my friend let me give you a hug

The white man felt ashamed and didn't know what to say
They hugged for a while then he quietly walked away
Never again did he make racist remarks
He'll never forget the day he met Rosa Parks

6. My Dad

My dad was laid in bed unwell
But this time it looked quite serious
It seemed my dad was always ill
Sweating and coughing delirious

My dad was cold and could hardly breathe
I prayed he'd make it through
He looked at me and asked for help
But I didn't know what to do

My mum had left us years ago
With dad's best friend Ray
It broke dad's heart it was a horrible time
I still feel the pain to this day

The ambulance arrived at 1.00am
The paramedics took dad away
Despite our prayers and desperate cries
He died at 3.00pm the next day

I love my dad with all my heart
I still feel I could have done more
This life can be savage and cruel at times
It makes you wonder what it's all for

7. Yours And Mine

Yours is the light that always shines
Mine is the darkness eternally blind
Yours is the love that radiates joy
Mine is self-loathing the little lost boy

Yours is contentment gratitude and grace
Mine is resentment of the human race
Yours is the dream that never fades away
Mine is the scream I hear every day

Yours is the faith the trust the belief
Mine is the cynical pessimistic thief
Yours is compassion beauty and charm
Mine is confusion anger and self-harm

Yours is the miracle the wonder of life
Mine is the torture the pain and the strife
Yours is the journey not a means to an end
Mine is unworthy unable to mend

Yours is alignment with nature and God
Mine is destruction an arrogant sod
Yours is the blessing the whole the divine
Mine is depressing the fat greedy swine

Yours is all death the end of the line
Mine is all death what's yours is mine

8. Light Years Away

We're light years away from paradise
Stuck in this hellhole with the rats and lice
Dreading the night when the darkness appears
Anxious and uptight can't escape from the fears

The maniac inside takes full control
He spreads his bitterness contaminates your soul
It's a slow painful death a horrible ride
As he drags you kicking to the other side

You know what's coming you prepare for the worst
Once it starts it can never be reversed
A few seconds more then the torture begins
You collapse to the floor and emit your sins

You scream so loud to block out the pain
It's lethal and proud it's crass and insane
Your body shuts down that's all it can do
If you pass out now you'll never make it through

In the end all that's left is a fragile shell
No life form inside no story to tell
When will it all end no one can say
One thing's for sure we're light years away

9. I'm The Fiddler On The Dole

I'm the fiddler on the dole working two days a week
I sign on every fortnight just to make ends meet
I've got to watch the pennies bills are on the way
I'm struggling like the many living from day to day

I buy the cheapest food frozen chips and bread
I look for past the sell-by date soggy fruit and veg
Forget about nutrition health is no concern
I can't escape attrition point of no return

I go to payday lenders I lie to get some cash
One thousand percent APR it's a right old little bash
I'm not worried about repayments
That's the last thing on my mind
My only concern is the present crisis
And how I can survive

These godforsaken thoughts I cannot stop the flow
My head explodes I've no control I want to end the show
When I visit friends and family the same questions arise
Are you working yet what do you do all day
How on earth do you survive

I'm off to see my supplier a pound coin for fifty pee
Fake goods and tobacco a contraband cd
A little skunk from Fatso then off to watch tv
Off my head and wacko there's nothing in for tea

My life has been a struggle a never ending drama
It makes no difference what I do
I cannot change the karma
I must be suffering someone's pain
A punishment from the past
If things don't change I'll go insane
How long will this hell last

I must go to the food bank I haven't eaten for days
I always wear a big hat it covers my desperate face
They're always warm and friendly
Non-judgemental and kind
I don't know what I'd do without them
Probably curl up and die

I'm the fiddler on the dole working two days a week
What's the point of living when life is so cold and bleak

10. Pat The Rat

Pat the Rat was a heartless brat
She would fight and spit bloody swear and attack
She had whopping great balls and the strength of an ox
She had charm and the brains of a cardboard box

She was crazy and mean she was cold and obscene
She would often dilate ooze sweat and turn green
She would string you along like a love sick boy
Then squeeze your arm until it broke like a toy

She was a bully at school she was heartless and cruel
She wore tight jeans and Dr. Martens boots
She was slim of mixed race with a worn pretty face
Short blonde hair going dark at the roots

She would drink and take drugs and behave like a thug
She would pass out and wake up in tears
She was lonely as hell though no one could tell
She could never escape from her fears

She had deep-seated pain that she couldn't explain
She would self-harm and never think twice
She was hard to protect an emotional wreck
She was stubborn and would never take advice

She was horrible and violent she would render you silent
She would erupt at the blink of an eye
She was hard to predict full of guile and conflict
She was a menace and a thorn in your side

She was bitter and twisted she stole from her sisters
She was a loser with no purpose in life
She was adopted at five after her mother died
And was riddled with turmoil and strife

On the 15th of May after drinking all day
She was seen on the Rockingham bridge
She jumped to her death and cried out one last time
Pat the Rat who no one will miss

11. What's It Got To Do With You

What's it got to do with you
The things I say and what I do
So what about the way I look
Who cares if you think I'm stuck up

I can't believe you spend your time
Wallowing in gossip and all the grime
Take a look in the mirror and see
There's no real difference in you or me

You must be a really sad old wife
With a boring husband and no sex life
Stupid and smelly and overweight
Lost and lonely sad and irate

Constantly nagging no sense of humour
Spreading gossip and the evil rumour
A nasty piece of broken art
Angry and shallow a soulless heart

If all you can do is pull people down
With your insults jibes and annoying frown
You may as well hibernate for everyone's sake
Go and lie down give the rest of us a break

I bet it was you who stuck a note
On my car windscreen that said and I quote
'Do you know your road tax is out of date
Get it sorted now before it's too late'

I know it was you who stole my bin
And complained to the council about uncle Jim
And you also scratched my neighbours car
And threw the brick through my front door

Do you think I'm bothered when I see you stare
I don't really know you so why should I care
All I know is whatever I do
It's got nothing at all to do with you

12. Everything Comes And Goes

Everything comes and goes that's all you need to know
Objects relationships fear and pain
Uncontrolled anger jealousy and shame
Wealth and property celebrity and fame
The poor and the needy the mad and insane

Everything comes and goes that's all you need to know
A lifelong friend a cunning scheme
An amazing sunrise a beautiful dream
An emotional trauma a nightmare scream
A birthday surprise when you're eighteen

Everything comes and goes that's all you need to know
Plants and trees flowers in bloom
The birds and the bees harvest moon
Autumn leaves a washed out June
Summer breeze doom and gloom

Everything comes and goes that's all you need to know
A distressing call in the middle of the night
An angry neighbour who wants to fight
A worthless cause a hopeless plight
A bedtime story a horrible sight

Everything comes and goes that's all you need to know
Blame and sadness hate and aggression
Mundane jobs a worldwide recession
A mountain of debt house repossession
Mental illness anxiety depression

Everything comes and goes that's all you need to know
The royals and dictators all evil man
The kings and queens the historical plan
The presidents and prime ministers the ku klux klan
The pope and church sinister's the paedophile scam
The lies and the cover-ups desperate dan

Everything comes and goes that's all you need to know
No one cares what lies ahead
No magical insight in our head
Dumb and dumber born and bred
In any case we'll all be dead

Everything comes and goes that's all you need to know

13. Our Nanny State

Our Nanny State you are so great
What would we do without ya
You steal our kids you take our money
You think for us and we thank ya
You tell us when to work and play
You tell us what to do and say
You make the rules and we obey
You punish us severely if we betray
You teach us manners and how to pray
You ban our banners we have no say
Our Nanny State you are so great
What would we do without ya

You cheat our kids in state run schools
Enforcing discipline and immoral rules
Taught by incompetent frivolous fools
Where society jokes and ridicules
Brainwashed tarnished docile mules
Our Nanny State you are so great
What would we do without ya

You're always there come rain or shine
We dare not stray or step out of line
Our health and freedom is in decline
A new world order by design
You plan your tyranny then drink your wine
An unscrupulous torturous unpleasant swine
Our Nanny State you are so great
What would we do without ya

You spy on us daily wherever we go
Setting the agenda controlling the show
No one is allowed the freedom to grow
Dismantling communities blow by blow
But your days are numbered this much I know
I can't wait for the revolution and overthrow
We'll fight to the death toe-to-toe
And relish in the glory and the afterglow
Our nanny state you're not so great
We'll be just fine without ya

14. Getting Nowhere Fast

Rushing round and round like a mouse on a wheel
The treadmill of life so confusing and surreal
The never ending drama the toil and stress
The pain and the illness the people we detest

All the family rows and repetitive thoughts
All the pointless vows and the useless boughts
Filling in the days with meaningless tasks
Rotting in the maze whilst living in the past

Protecting your possessions is such a pointless game
All of your confessions are beginning to sound the same
The fake and false illusions tampered with and cursed
All the wasted years that can never be reversed

You're always looking forward planning for tomorrow
Happiness never sticks around can't suppress the sorrow
Following the main stream news reading endless books
Wondering why we're all aligned with parasites and crooks

You decide to join the left but nothing seems to change
You're clueless lost bereft feeling rather strange
A chronic set of views that no one can understand
As more confusion looms you feed the upper hand

You look around for guidance but nothing makes sense
All you find is violence no redress or recompense
You even turn to God in a desperate final call
You hit a dead end once again and jump before you fall

You come to the sane conclusion
That nothing in life will last
You no longer question the oppression or guilt
We're all getting nowhere fast

15. Flat Pack Money Back

Flat pack money back
Missing parts and screws
Same old frustrations
Never ending blues

Easy to assemble
It says that on tv
Flat pack money back
You're not screwing me

Three doors two handles
Six wall plugs and five screws
I should have known
The box had been opened
And stuck back down with glue

Now I can't build my wardrobe
TV stand or drawers
Flat pack I want my money back
Never again up yours

16. Sitting On My Toilet

Sitting on my toilet
Is the best part of the day
Letting all my problems
Slowly ebb away

Once my mind stops thinking
It's amazing how I feel
No bad backs or panic attacks
Just peace it's quite surreal

Sitting on my toilet
Relieving all the stress
Waving goodbye to my nagging thoughts
I get it all off my chest

I sit there calm and silent
There's no need to pretend
My toilet seat where we meet and greet
Is my loyal reliable friend

17. I Killed My Friend Henry

Dear old Henry what have I done
We were such good friends we had so much fun
I would stroke you gently and give you food
You would make me laugh you were quiet and subdued

We would meet each night on my kitchen floor
You would start your journey from my cupboard door
It would take you an hour to reach my fridge
Gliding on your slime balancing on the ridge

I would see your little tentacles appear from within
Moving like radars taking it all in
Sniffing out danger hoping to be fed
Wondering who this stranger was stroking your head

I even met your children two tiny little things
Side by side hitching a free ride seeing what daddy brings
Learning all the pitfalls in the fragile life of a slug
Clinging on tight an amazing sight feeling warm and snug

But joy soon turned to disaster
On a cold November night
I entered the kitchen at the usual time
But I couldn't turn on the light
I made my way to the fuse box
To see why the power had blown
On my way there I fell over the chair
And heard a disheartening groan

I had stood on dear old Henry
Who was now at the bottom of my foot
Squashed like a soggy tomato
I could hardly bear to look
I gently removed his body
He never moved or made a sound
I said a little prayer wrapped him in a paper towel
And buried him carefully in the ground

18. Same Old Busy People

Same old busy people standing in a line
Wait your turn now one at a time
Shuffling forward inch by inch
Silently waiting trying not to flinch

All shapes and sizes many disguises
Sheep-like bound in a pen
Calmly waiting internally frustrating
Bite your lip and count from one to ten

Head full of worry mind in a hurry
All the things I need to do today
Planning for Sunday work on Monday
Depression that won't go away

Carpet needs cleaning paint the ceiling
Give the dog a wash and brush
Birthday for daughter days are getting shorter
Panic-stricken always in a rush

Rain on a wash day all the bills I need to pay
The market shuts at three
Hose down the patio forgot to close the window
Chicken chips and salad for tea

Can't pay the car tax there's no time to relax
Sandra needs a dress for the do
Credit card overdraft in the red you've got to laugh
Time for a drink or two

Hoover up feed the cat see the neighbour chit chat
Sister's coming round for a drink
Odd socks botox nephew's ill with chickenpox
Internet is always on the blink

Cut the lawn feed the fish rise at dawn make a wish
I can't remember who to ring tonight
More frustration constipation loss of will no inspiration
Have a soothing bath by candlelight

Husband's in a bad mood always tired need more food
Can't escape from all the endless grief
Order pizza chill the wine back to work no overtime
Lack of business skills no self-belief

Same old busy people standing in a line
What a load of nonsense such a waste of time

19. The Silent Observer

Always watching never saying a word
The silent observer free as a bird
So calm and peaceful nothing to hide
Never deceitful always by your side

Loving and caring and endlessly real
Stunning and sharing a magical appeal
Blissful enchanting never looking back
Living in the moment no thought attack

Life has no meaning until you let go
The silent observer will help you to grow
It needs no explanation it's as natural as air
Breathing effortlessly looking after your welfare

No need to worry trust is the key
Don't be in such a hurry you'll get there you'll see
Sit back and relax enjoy your stay
Get ready for the climax it's coming your way

Don't make a fuss you're not unique
It's there for everyone there's no need to compete
No envy or greed can survive for long
Stay happy and healthy respectful and strong

In every waking moment you'll feel alive
A heavenly sense of peace a magical ride
On the road to freedom no need to make a fuss
Gracious and contented no confusion to discuss

Back to the womb where it's safe and warm
The ego is not needed you don't have to perform
We all go back home to reproduce and to mend
The silent observer is with you right until the end

20. I'm Just Doing The Best I Can

A virus with no resistance
A mind game full of deceit
A clever man offered assistance
Then came crashing down at my feet

I was adopted that's what they tell me
My mother she gave me away
I felt a deep-seated sadness
I still feel the pain to this day

I spent a few days with Tommy
He brought me back down to earth
He told me that life is a journey
And I must never doubt my self-worth

He said I was mentally shattered
On the verge of losing my mind
If I didn't change I'd be facing the devil
I must leave all the nonsense behind

I was left feeling quite sad and lonely
Exhausted with nowhere to go
Tormented by I wish and if only
Black thoughts that continued to grow

I drifted from one place to another
I was violent destructive unclean
I carried the shame like a dead weight for years
I was dirty disgusting obscene

I walked in the room like a lion
Determined to avenge my loss
I screamed so loud I stood cocky and proud
But no one in the room gave a toss

I feel like I've now come full circle
I'm back to where it all began
I'm still so confused uncertain
I'm just doing the best I can

21. The State Owns You

Born to the state that's what you are
There's no debate you know the score
As soon as you arrive they take control
They want your blood your heart your soul

Register your name date and time
Enter the game you can't decline
If you try to escape you'll be in trouble
They'll knock you down and burst your bubble

They'll fill your mind with nonsense past
Your independence will not last
A brainwashed child without a hope
Abused unloved too weak to cope

They'll keep you under lock and key
They'll own your life you'll never be free
You'll be confused lost and alone
No real purpose just skin and bone

They'll pretend to act on your behalf
Then wrap you in the Nationalist scarf
Create the problems then offer the solution
Then march you into the state institution

You'll live a life of drama and stress
On medication isolated depressed
Pushed around like docile cattle
Unstable unable to fight your battle

You'll run so fast but never get far
One step away from the abattoir
You'll never know who you really are
Born to the state that's what you are

22. Today I Die

I've sorted out the money the pain and the worry
The heartache and all the goodbyes
I've spoken to the angels and cleansed my mind
I've laughed joked and cried

I've flown like a bird and crashed down to earth
I've cherished all the warmth and love
I've walked for many miles and seen such joy
I've been blessed by the stars above

I've polished my medals made peace with the devils
Released all the fear and shame
I've been violently sick lost my hair ended conflict
Kissed my mum and ran naked in the rain

I've seen most of my dreams ripped apart at the seams
I've faced ridicule and lost all control
I've been cruel and unkind felt deaf dumb and blind
Disenchanted and at war with my soul

I've embraced all the sadness the hatred the madness
The violent the wild and insane
I've witnessed the sorrow the hopeless tomorrow
The boring the dull and mundane

I've wrestled with guilt destroyed all I built
Examined the meaning of life
I've educated myself gave away all my wealth
Walked away from my children and wife

I've been part of a story the loss and the glory
The suffering that's innate in us all
It's been a magnificent ride with God on my side
And now I must answer my call

As I walk to the light and drift out of sight
I feel blissful as I turn to stone
Into heaven at last no future no past
I've finally made it back home

23. Bankruptcy

My assets were sold
I was stripped naked and bare
They found all the gold
It was a callous affair

My home has now gone
My reputation in tatters
At least I'm still alive
That's all that matters

They took all my money
My possessions my debts
They'll be no more legal action
No phone calls no threats

In a year from now
I become debt free
Thank you to my creditors
For my Bankruptcy

24. My Cousin Sid

No one really cared about my Cousin Sid
He'd been causing lots of trouble
Ever since he was a kid

People only remembered
All the bad things that he'd done
No one gave him a chance
He was always on the run

Sid was found by a local man
In the woods near his home
He'd hung himself out of desperation
Tired of being all alone

He left a note a humble cry
Explaining how he felt
Sid took his life because no one cared
No one offered to help

25. The Law Of Life

Immoral codes and commandments
Unconscious laws that kill
Meaningless words disenchantments
The conflicts that break your will

When you see everyone as an enemy
When you no longer feel safe with yourself
It's time to get out of this world for good
You can't live your life by stealth

Poor vision and discord is rife
It's with us every single day
You can't take the place of an angel in a whim
You must be willing to fight all the way

When you take real true action
When you break with the old for good
When you stop deceiving yourself and mankind
You'll find things evolve as they should

Don't be scared of the rapid intrusion
Let go and for once give your trust
Release the fight feel the love see the light
You can always return if you must

Achieving nothing is always an option
Recognition is only relative for a while
Everything that comes will eventually disappear
You'll find most things intrusive and futile

Don't try to impress or please anyone
Don't manipulate blame or accuse
Find peace and space follow wisdom and grace
It's a blessing you can never lose

Don't relish the pain and the torture
Free your mind and carry no hate
Yield only to love feel the divine from above
Act now before it's too late

Don't listen to those who doubt you
Never forget that dreams do come true
Be at peace with the world it's easier than you think
The law of life will always be there for you

26. I Finally Got A Job

I finally got a job
My dad said I should be happy
I'm on minimum wages I'm bored to tears
I'm not a happy chappy

I stand there all day long
Sorting the frozen chips
Picking out the ones that don't look right
Removing the unwanted bits

I do a ten hour shift
My head is in disarray
I go home eat my tea
Have a shower watch tv
It's the same routine every day

By the time I get my wages
There's more going out than coming in
I hate my job I feel like a complete knob
I think I'm gonna pack it in

27. Lesbian Liberace

Lesbian Liberace
My beautiful soul
I hang on your every breath
You have total control

It's hard to explain in words
Just what you mean to me
Lesbian Liberace
The one who set me free

When I look into your eyes
Your wisdom is quite immense
The way you generate so much love
With no wanting or pretence

Your kindness truth and generosity
The way you respect all life
Lesbian Liberace
I'm so blessed to be your wife

28. I Am No Name

I am no name I have no home
I hold no pain I'm free to roam
My life is a dream of magnificence and mystery
I have nothing to sell no possessions no history

I have no interest in gossip or sport
I defend no views there's nothing to report
I've never felt violence hate or crime
I've never been silenced or the victim of time

My mind is free from future and past
Only truth and the divine can ever last
The use of memory is not something I do
My life is neither empty or a challenge to pursue

There are no stories for me to tell
I understand no concept of heaven and hell
I feel as blessed as any man can be
Learning observing incredible things to see

Emotions and feelings that signal pain
Do arise in my dreamings but I don't play the game
I react to no judgement it's a futile idea
The cause and effect makes it perfectly clear

Society is doomed by retribution
The attacks and resistance is no solution
A prisoner of mind that can never escape
Is destined to experience torture and rape

Billions of people lost and confused
Blinded by ego disturbed and abused
When you are no name you cannot conform
You are nothing in the end until you are reborn

END OF BOOK SAMPLE