

BOOK SAMPLE

The Slow  
Destruction  
Of Life

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Also By Kelvin Rush

Psycho Sid

Fish - Operation Electric Man

Mr Clops & Mr Balls - Silverstone

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Crazy World

The Slow Destruction Of Man

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Henry Walker killed his wife  
He chose The Slow Destruction Of Life  
His fate was sealed on the 5<sup>th</sup> of May  
His soul was frozen for another day

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I would like to thank myself if I may  
For pursuing my dreams day after day  
Despite my self-doubt and my negative friend  
I managed to make it right to the end

My ego and I were constantly fighting  
A hostile battle at times it was frightening  
I was tormented and bullied and mentally attacked  
Terrified and worried my sanity was hijacked

I somehow pulled through and took back control  
I regained my strength my heart and my soul  
I'm so grateful to the ones who had faith in me  
They gave me courage and set me free

If a line or two in this book makes you smile  
All the pain and torture will have been worthwhile  
If a line or two in this book makes you think  
All the pain and torture will become extinct

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## 1. I Don't Feel Part Of This World Anymore

I don't feel part of this world anymore  
I want to go home where it's safe and secure  
I just don't fit in with the rest of the crowd  
I feel all alone floating around like a cloud

Family and friends that were once so kind  
Are all now strangers all the love has declined  
The pretence was all part of the cunning mind  
The smiling assassin taking aim shooting blind

Breaking apart the recurring dream  
Dead from the head down cold and obscene  
Shaking in a panic not knowing where to turn  
Violent and manic showing no concern

Walking around in a constant daze  
This way that way round and round the maze  
Total confusion no one has a clue  
All the self-delusion there's nothing I can do

Feeling sick again coughing up the blood  
Heartbeat speeding up crawling through the mud  
All alone no one home I cannot find my way  
Help refused self-abused another meaningless day

Waking up in the night wishing I was dead  
I lay there paralysed I can't get out of bed  
Destitute traumatised I wish I could forget  
Stop the mind suicide this never ending threat

Into darkness pain and fear I've been there many times  
I've longed to hide and disappear I've paid for all my crimes  
I curse the day that I was born and dropped onto this earth  
An act of cruelty left forlorn no meaning or self-worth

I don't feel part of this world anymore  
I want to go home I can't take anymore

## 2. You Owe Society Nothing

What would you like me to thank you for  
A state education that opened the door  
To a life of toil of struggle and pain  
Bribery and corruption a one-sided game

Hold up a mirror and don't run away  
Look at yourself in the cold light of day  
What do you see be honest and brave  
I see a manipulated contaminated slave

Go to your work and endure all the dross  
Who's the bigger jerk is it you or your boss  
You give back what you earn you have no choice  
Don't you ever learn you're a mouth with no voice

Everything you buy includes value added tax  
Even when you die you can never relax  
The state is on the prowl and it wants your soul  
Listen to it growl as it takes control

A state run education a so-called human right  
After fourteen years of schooling I couldn't read or write  
I was thrust into this hell-hole heading for the abyss  
The violence and abuse is not something I will miss

Dumping kids in day care so mum can work two jobs  
Barley surviving on welfare food banks odds and sods  
Selling children into slavery to pay for all the debt  
Trying your best to make ends meet desperate to forget

The stupid and the ignorant are always out in force  
Defending the abhorrent showing no remorse  
Acting like the good guys secretly planning fear  
A ticking time bomb red alert you'd better stay well clear

This cesspit called society is such an evil game  
It fills you with anxiety no hope depression and shame  
It builds you up knocks you down then hides as you give in  
Human filth religion and wealth endless immoral sin

So before you give your final breath  
And thanks for all the suffering  
Never forget you're not human debt  
You owe society nothing

### 3. My McKenzie Friend

Payment upfront  
No blame or redress  
Unqualified unlicensed  
Increase your distress

I've come here to help you  
To fix and to mend  
Your children are safe now  
I'm your McKenzie Friend

I gave him my money  
Five hundred in cash  
He seemed a bit funny  
He was arrogant and brash

He said don't you worry  
Everything will be alright  
He then left in a hurry  
Like a thief in the night

I never saw him again  
And my children were taken  
It was like living in hell  
My whole world had been shaken

I was a desperate fool  
That fell under his spell  
My McKenzie Friend  
You can go to hell

## 4. A Day Of Rage

A day of rage has been declared  
All tooled up ready and prepared  
God only knows if we'll survive  
There's no escape now it's do or die

Everyone obeys without a thought  
Presidents and Prime Ministers controlled and bought  
We're told not to question the higher command  
You must die for your country history is in your hand

We're looking for martyrs and suicide bombers  
The young and the foolish and the desperate among us  
We promise you heaven and eternal life  
You'll be a worldwide hero we'll look after your wife

We'll keep your family in food and clothes  
We'll make sure your fame and notoriety grows  
You'll be all over the news and on tv  
You'll be a famous star you wait and see

You'll be remembered for years to come  
The man who gambled with his life and won  
And when we look back we'll see your face  
With your body parts blown all over the place

We'll sing a song for peace and love  
We'll stand up strong rise high above  
We'll follow your path just like before  
A day of rage will be declared once more

## 5. Never Take On The World

Never take on the world for there is only one result  
You will suffer much pain you'll be riddled with guilt  
You'll be lost and confused you'll be cast well aside  
You'll be laughed at and abused ridiculed and chastised

When a challenge comes along do not hide or give in  
Take no interest in the outcome be it lose or win  
In the end all that counts is you did your best  
Put aside all your pride don't complain or protest

All the money and possessions and emotional ties  
All the heartache and shame all the cries and lies  
All the regrets and if onlys and the wasted years  
They attack all you lack and increase your fears

In your head where you live when it's cold and grey  
Through your eyes there is joy each and every day  
Open up to the world and remind yourself  
As your journey unfolds you increase your wealth

Don't pretend to be free when you bow and conform  
Turn your back on the helpless go along with the norm  
Bury your head in the sand until the pain goes away  
Hoping things will change when it's the same every day

In the depths of despair when you feel all is lost  
When you no longer care when you're counting the cost  
When you're lonely as hell and no one comes near  
Just remember to tell yourself why you're here



Jump on board don't be scared it's no more than a ride  
Ride the waves go ahead I'll be right by your side  
When you fall jump back on and we'll start once again  
We're together all the way through the joy and the pain

## 6. This Simple Man

This simple man who walks alone  
Desperately looking for light  
Closed and scared lost unprepared  
He knows something's not right

He continues to do the usual things  
Nothing interrupts his routine  
He's done the same job for twenty five years  
He's a well oiled predictable machine

He sleeps each night without concern  
He's consciously cold and uncaring  
He takes no interest in the outside world  
He doesn't do emotion or sharing

He lives alone has no family or friends  
With only himself to look after  
He doesn't believe in compassion or charity  
Religion humour or laughter

He saves his money in a cardboard box  
Terrified of what lies ahead  
All he sees is a future full of pain  
He can't get death out of his head

He sits on his sofa watching endless tv  
He's doing the best he can  
Who's to say how anyone should be  
I envy this simple man

## 7. I'd Rather Not Know

I'd rather not know if I'm about to die  
I'll ignore all the symptoms and live a lie  
The blood in my urine the lump in my breast  
The faints and the dizzy spells the pains in my chest

The suffering in silence I keep locked inside  
The nightmares and torment the fears that I hide  
I'm too scared to tell anyone I know what they'll say  
You must get it checked out go right away

So I carry on as normal as normal can be  
I pretend to be in control when it's controlling me  
It's always there pestering it won't leave me alone  
I know it's in there festering eating into my soul

As I lay here on my bed with no more tears to cry  
I wish I'd gone to see the doctor cos I don't want to die

## 8. The Meaning Of Life

You keep on asking as if we're blessed  
There are no answers for us to digest  
Man has no insight to the meaning of life  
It's futile and full of pain and strife

Think about anything that comes in your head  
Then never forget one day you'll be dead  
It's hardly surprising that no one is sane  
The drugs and the booze the lies and the pain

The reason for living is not found in a book  
It's like having a dream but you never wake up  
It can't be explained by sight or sound  
It's magnificent and godlike immense and profound

It's short and sweet it's bitter and pure  
It offers you thrills but gives you no cure  
It's bloody and quaint it's violent and cruel  
It pretends to be saint but acts like a fool

It rises in many and renders you weak  
It causes such heartache it's coy and discrete  
It knows you will suffer before you give in  
It's cunning and stunning and determined to win

It shines like an angel it oozes with joy  
It's willing and able to kill and destroy  
It moves off in silence then strikes like a snake  
God help all the ones who lie in its wake

It's confusing and baron and incredibly wise  
It's intrusive and Aaron it laughs and it cries  
It pretends to be clean when in fact it infects  
It's rude and obscene and hard to detect

It always reacts and never forgets  
It retains all its strength from the ones it protects  
It creates then dictates then destroys all that's good  
It debates and dilates and feeds off your blood

It's rigid and torrid corrupt and insane  
It thrives on emotion like anger and pain  
It lurks like a virus it's patient and calm  
It's willing and able with swagger and charm

It comes out of nowhere with fire and gust  
It's heartless and cold it's bold and robust  
Nothing on earth can stand in its way  
It flatters and shatters and batters its prey

So before you ask what's the meaning of life  
Just remember my friend we're dumb and so blind  
We're specs on this earth of no consequence  
We're meaningless parasites an insignificance

## 9. I'm A Slave To The System

I'm a slave to the system that's what I am  
I struggle every day though I do what I can  
I revel in the drama the pain and the crime  
I'm a state owned fear droned waste of time

I get up in the morning I go to my job  
A meaningless existence a tiresome slog  
I'm ridiculed radicated told what to do  
I can't think for myself I don't know how to

I walk in the darkness I'm all on my own  
Downbeat trodden meat a vacuous hole  
I don't understand what the hell is going on  
Police state jail bait agenda 21

I gave up the dog fight a long time ago  
I don't see the point in postponing the show  
I realise the game now is all but lost  
The elite run fascist hun holocaust

Poisonous minds and giant tv's  
Chemical addictions celebrities  
Main stream media out of control  
Brain-dead nothing said heartless soul

The royals and the masons the damned and the pure  
The bloodline pantomime satanical whore  
The rise and fall of the reich elite  
Terrorism Communism no free speech

I fall to my knees in a desperate rage  
I'm begging you for mercy help me change  
The shame and torment is tearing me apart  
A selfish death wish a brand new start

The state is the master the cause and the cure  
The fatal disaster the blind and the poor  
The way they control is an evil game  
They show no remorse no mercy no shame

Political asylum for those who grieve  
Sexual blackmail born to deceive  
The money and the titles the lies they debate  
The innocent children the hell they create

The rich and the greedy and the homeless plight  
The game is survival starve or fight  
Work all your life and then drop down dead  
Enjoy the ride suicide bullet to the head

The secret courts and the desperate plea  
Get down on your bended knees beg for mercy  
The innocent victims who have no voice  
Hell on earth right from birth no real choice

The fatal blow and the final cry  
The piercing light and the magical high  
The endless joy and the peaceful soul  
I'm on my way I'm going back home

## 10. Bow To The Royals

Bow to your masters sell your soul  
You're food for the wicked who love to control  
You fall to your knees like a weak scared child  
Pathological slave debunked and beguiled

You believe in the state and the criminal crown  
You wriggle like bait then obey and lie down  
You scream like a baby and wave your flags  
You give them your money and dress in your rags

The pomp and the glory the incredible lies  
The vacuous story the unscrupulous ties  
The con and the gory the shame and the cries  
The cruel and the phony and the evil disguise

A German reminder Berlin the Third Reich  
A benevolent myth a deceitful contrite  
A wreck from the past full of darkness and spite  
Abused and confused and detained from the light

Your royal your highness my master I crave  
Your guidance and approval I yearn to be saved  
I worship your greatness your bloodline so pure  
I kneel at your feet I beg for your cure

They say you are godlike with mystical charm  
Blessed by the angels sworn and re-born  
Will you ever engage a mere mortal like me  
I'm nothing I'm worthless not fit to be free



Your palaces burst with incredible art  
You're skilled and well-versed so clever and smart  
You travel around in your golden coach  
Impressing your slaves immune from reproach

The land and wealth and the power you hold  
You took from the workers you bullied and controlled  
Your army of loyal soldiers in red and black  
Will no longer be willing to defend your back

The revolution is near there is no doubt  
The people will revolt you'd better watch out  
You've been here too long like a clinging virus  
You can fool us no more your royal highness

## 11. The Magnificent Magpie

The magnificent magpie confident and strong  
Watching from the highest point casually in song  
Eyes like telescopes in and out for food  
At times superstitious sometimes misconstrued

On the go spread-eagled gliding at ease  
Following on instinct at one with the breeze  
Prominent and purposeful as cool as you like  
Sometimes cruel and violent but always a delight

Some say you are intelligent but always bring bad luck  
Associated with witchcraft a thief and a crook  
A sly and menace character a pirate of the skies  
But all I see is reflection in me beauty through your eyes

The magnificent magpie cocky and sure  
Never one to mess with alert and secure  
Standing tall and proud peacock-like and calm  
Fly away magnificent magpie go and spread your charm

## 12. How Beautiful My Snowflake

Hundreds of Thousands of snowflakes descend  
They fall without menace never questioning the end  
So pure and so virgin never touched or controlled  
How beautiful my snowflake so warm yet so cold

I stand there in silence so peaceful and calm  
They land on my body full of character and charm  
Everyone is unique so precious and dear  
In a world that's so bleak it's a blessing to be here

I hold out my hand I'm as light as the air  
A snowflake appears not a thought or a care  
For just a few seconds I feel the divine  
How beautiful my snowflake I'll see you next time

### 13. What Do You Think Happened

What do you think happened to Mr Blyth  
Who lost control after his mother died  
What do you think happened to Mrs Penn  
Who had an affair and was never seen again

What do you think happened to Jimmy Cope  
Who lived on credit never worked and smoked dope  
What do you think happened to dear old Kitty  
Who was bullied at school for being too pretty

What do you think happened to Jack The Lad  
Who broke into cars and stole from his dad  
What do you think happened to Sally Stone  
Who was terminally ill and left all alone

What do you think happened to Del Boy Green  
Who crashed into a bus stop and fled the scene  
What do you think happened to Dr Robb  
Who drank too much and lost his job

What do you think happened to Sergeant Hubbad  
Who had a stroke and never recovered  
What do you think happened to Reverend Grimes  
Who stole from the church and fell on hard times

What do you think happened to Kelly Long  
Who had a facelift that went horribly wrong  
What do you think happened to Steven Grey  
Who came out at fourteen and revealed he was gay

What do you think happened to Billy White  
Who was traumatised after losing his sight  
What do you think happened to Grandma Mills  
Who lived a life of booze and pills

What do you think happened to Chinese Jim  
Who was sick of the torment and finally gave in  
Last but not least there was Michael Brown  
Who was made bankrupt and had a nervous breakdown

All these people who laughed and cried  
Who suffered much pain and got off the ride  
They missed the boat how hard they tried  
They all committed suicide

## 14. The Golden Flower

Take a taste from the golden flower  
Succulent nectar superpower  
Safe and warm back to the womb  
Magical content beautiful bloom

Rest in peace with no more pain  
Nothing to defend feel no shame  
Death is constant floating around  
Relying on nothing no scent or sound

Struggle through life it's your choice  
No one is a victim use your voice  
Don't back down retreat or delay  
Choose your path start right away

Do not seek any admiration  
Inside yourself find inspiration  
The flower is there whenever you need  
Don't be discouraged you will succeed

It's not your path to walk on water  
Become a saint find the devil's daughter  
Know your part and then begin  
The sooner you start the sooner you win

Don't imagine what life will bring  
One step at a time just do your thing  
Never be scared when the going gets tough  
Believe your best will be good enough

Forget the past that's dead and gone  
It serves no purpose you must move on  
And when the time comes you'll shine so bright  
Like the golden flower an incredible sight

When you face your death like we all must do  
And you don't understand what you're going through  
Pick up the flower and feel peace once more  
Take it with you through the golden door

## 15. My Uncle James

I came across a photo  
At my mother's house today  
My blood turned icy cold  
As I remembered that fatal day

It was a photo of my family  
At a birthday celebration  
But that all changed when my uncle died  
Then came the revelation

He'd been abusing my little sister  
When she was only six  
She'd kept it hidden for all these years  
It made us all feel sick

It all came out when she broke down  
And finally released the spell  
My Uncle James with his evil games  
Is now hopefully rotting in hell



## 16. Still No Wiser

Just when you think you finally know  
Something comes along and spoils the show  
The never ending cycle you're up then down  
One minute you're a hero the next a clown

You spend all your time trying to work it out  
On Monday you're enlightened on Tuesday in doubt  
Then Wednesday reveals even more confusion  
Thursday and Friday turns to disillusion

You take a break from the Saturday blues  
By Sunday lunchtime you're back on the booze  
Before you know it you're back to square one  
Still no wiser wondering where the week has gone

## 17. Cast Your Net

Convince the people they are helpless  
Then you hold the reins  
Choose your path of fear and resentment  
Inflict the aches and pains

Condemn the ones with all the wealth  
The driven and the clever  
Are they the reason for your pain  
And not your lack of endeavour

Tax and debt slaves march in line  
Towards the burning fire  
The red flag fades into the night  
Then seeps into the mire

Denigrate the poor and homeless  
Never feel guilt or shame  
Feed yourself until you burst  
Then play the victim game

Be controlled if you wish  
But don't expect the change  
Hoping someone else will rise  
Is not a fair exchange

Take responsibility for yourself  
That's what we all must do  
Be the change you want to see  
And let the light shine through

Faith is the key to unlock your dreams  
A simple life of learning  
Resist the toil and endless stress  
The jealousy and the yearning

Blessings come in so many ways  
Trust and you shall receive  
Pay no attention to futile days  
Gossip or make believe

Cast your net into the sea  
And wish for no return  
Do not deal in fantasy  
Reward is not your concern

Go with the flow for if you fight  
You'll suffer like the rest  
Walk on your own towards the light  
Don't challenge or protest

Cast your net into the sea  
Then turn and walk away  
Don't look back or hesitate  
Embrace the brand new day

## 18. Another Depressing Visiting Day

I'm off to the hospital to see my dad  
He's on B ward second floor  
He has dementia he thinks he's at home  
He talks endlessly about the war

All I can do is be there for him  
And offer my love and affection  
I get very upset when he starts to cry  
I can't give him much help or protection

I see in his eyes he's lost and alone  
Unable to regain his sanity  
He sits there confused scratched and bruised  
Unaware of the unravelling calamity

He's fading away there's nothing more to say  
Disappearing in the blink of an eye  
Clinging on to hope unable to cope  
A prisoner while life flashes by

Even humour disappears that once controlled the fears  
All that's left is an empty fragile shell  
As nature takes control to receive another soul  
At least he'll be released from this hell

I look around the ward and see the same discord  
Families going through the same routine  
Nothing much to say another depressing visiting day  
We all exchange pleasantries and vacate the scene

## 19. Angry Dad

Angry dad is extremely mad  
He can no longer see his children  
The secret courts have made sure of that  
He's treated like a common criminal

He loves his kids with all his heart  
But that seems to count for nothing  
He's seen as a threat with his political views  
Both he and his children are suffering

Simon six Emily three  
Cry every night at home  
They don't understand why daddy has gone  
And left them all alone

Mummy has told them daddy's been naughty  
And he won't be coming back  
Using kids like pawns in a chess game  
A ruthless and heartless attack

There's so much anger hurt and pain  
In this crazy world today  
The way we treat each other like dirt  
We'll do anything to get our own way

Our children grow up alone and lost  
Abused confused distressed  
Angry dad inconsolable it's so sad  
Left on the scrap heap like all the rest

## 20. Problem Reaction Solution

Step by step they dismantle freedom  
Rehearsing the terror after dark  
When everyone believes the story told  
And questions nothing it's a walk in the park

Problem Reaction Solution  
As easy as one two three  
Watch the drama unfold  
See your lives controlled  
On your fifty inch colour tv

It's like turkeys voting for Christmas  
That's how docile man has become  
Football and beer a youtube career  
Celebrity the fake and the dumb

The state will own your children  
Keep your mouth shut and do as you're told  
Send them to school get them used to the rule  
Systematically brainwashed and sold

Living in a cashless society  
Your credit turned off anytime  
Like a prisoner in hell with nothing to sell  
Communities in total decline

At least you'll still have your shopping  
All the make-up clothes and shoes  
No fight or resistance a pathetic existence  
With no real opinions or views

I'm sure one day when you look back  
You'll regret the sale of your soul  
CCTV ID cards  
Police State and global control

When you finally wake up to reality  
And come out from behind your door  
It will be too late to change the fascist state  
You will suffer like the many gone before

## 21. Little Old Me

Little old me who has no power  
No freedom no wealth no plans or desire  
Little old me so full of pretence  
A lack of wisdom a weak defence

Little old me bullied at school  
Tormented fragmented a fragile fool  
Little old me lost and alone  
No one to turn to no way home

Little old me always left out  
No real friends full of self-doubt  
Little old me mental torture  
Ravaged and savaged a lamb to the slaughter

Little old me full of anger and fear  
Negative self-destructive no one comes near  
Little old me battered and bruised  
No self-respect destroyed and abused

Little old me terrified of life  
Believing the news in constant strife  
Little old me owned by the state  
Always conforms no need to debate

Little old me bigot and fraud  
Always playing the victim card  
Little old me confused and weak  
Destitute an outcast cold and bleak



Little old me coward and snake  
Secretly laughing cunning and fake  
Little old me I can't think for myself  
Stumped by philosophy left on the shelf

Little old me Little old me  
Always after sympathy

## 22. Non Of Reality Is

Non of reality is  
It's all a misconception  
Meanings don't exist  
Just a cruel and clever deception

The matrix lies within  
Is that not clear to see  
Don't impose limitations on yourself  
Your experience is the key

The journey of impermanence  
Of suffering and confusion  
Is no more than a fleeting glance  
Of irrelevance and delusion

A futile game we all must play  
Before it's all made clear  
The realisation then comes through  
To quickly disappear

The truth is never what you think  
A cunning contradiction  
A hybrid construct on the brink  
Of madness and extinction

The childhood dream that fades away  
Was never really there  
Hold your breath until you faint  
And cease to even care

If you take away all you have  
You're left with life itself  
An amazing insight a magical dream  
A peaceful inner wealth

You'll soon discover the joy of being  
Your natural karmic state  
An inspiration is in place  
It's there for your own sake

Don't be afraid or lose your way  
There's nothing it can't do  
It's there to heal so you can feel  
True life inside of you

Don't get caught up in words and mind  
Embrace the new dawn  
As energy flows intelligence grows  
And a new earth is born

Non of reality is  
It's all man-made inventions  
Don't be fooled tricked or ruled  
Follow your own intentions

## 23. Rats In The Garden

Rats in the garden rummaging around  
Watching from the window don't make a sound  
Ravaging the dustbins in amongst the grass  
Quick as lightening horrible and crass

Always in numbers defence from the foe  
Rotting shit and fungus swallow as you go  
Breeding amongst us no one needs to know  
Leave the food and run fast before the fatal blow

Black Rats Brown Rats always on the run  
Hopping around your garden having lots of fun  
King Rats Monster Rats killing innocent frogs  
Hunting in large packs avoiding cats and dogs

What an awesome creature see those jet black eyes  
Fury warm and screecher they take you by surprise  
Chewing through your cables with their claw-like teeth  
Up the chairs and tables causing endless grief

Grab him by the tail you must avoid the bite  
Confuse him and derail blind him with the light  
Dull the noise of screaming don't embrace the thrill  
Stop the flow of bleeding there is no need to kill

Rats in the garden furrowing down  
Well away from danger always safe and sound

## 24. Sitting On A Chair

Sitting on a chair in the middle of the road  
No one has a clue how I got here  
I don't have a worry or a care in the world  
All the noise around me seems to disappear

It's all quite surreal like nothing exists  
I don't feel emotion anymore  
I look up at the sky as the birds fly by  
I feel peaceful safe and secure

It's a quaint little chair I think one of a pair  
A high carved back with two wooden arms  
It's finished in red silk very sturdy and well built  
Comfortable full of character and charm

There's panic all around I don't make a sound  
People are angry and enraged  
I know they can't get passed they abuse me so I laugh  
I can't respond right now I'm disengaged

The police soon arrive at which point I decide  
To stretch my legs and attempt to run away  
I'm detained and then arrested  
My innocence vehemently protested  
But I'm taken down to the station  
And charged with affray

## 25. Release What You Hide

All the oppression the fanatical obsession  
Keeping depression at bay  
All the dark moods the constant broods  
The fools that won't go away

Black clouds looming the wants and the grooming  
The sexual fantasies subside  
You try to pull through but all you can do  
Is scream out and hang on to the ride

You wallow in sadness the mundane the madness  
The hollow the vile and the sick  
The homeless and hunger the poor torn asunder  
The magnificent the cruel and the thick

You're too scared to sleep the scars run too deep  
It's a struggle to get out of your bed  
It's a game you can't win so you cheat or give in  
There is turmoil invading your head

You vomit each day you curse and pray  
You desperately try to survive  
You turn to your faith it's all you have left  
Only God can keep you alive

You can dream all you like it will do you no good  
You can never control what happens  
You can fight until the end and fiercely defend  
But you'll experience the same old patterns

All the times you've cheated the way you mistreated  
Your parents your friends and your wife  
All the drugs and the booze all the people you abused  
The deception the false promises and lies

When you finally decide to release what you hide  
Like the torment anger and shame  
The unbearable stress the emotional mess  
The regrets that drive you insane

When you finally decide to release what you hide  
There'll be no more pain only peace inside

## 26. You Docile Little Slave

Billions of entities mulling all around  
Grunting like gorillas trying to make a sound  
Lacking in nobility selfish to a tee  
Heartless unforgettable get a load of me

Ignorant unconscious follow the latest craze  
Violent and malicious can't escape the maze  
Greedy and ridiculous always on the make  
Needy and contemptuous gutless drab and fake

No interest in the world there's only time for I  
Cunning and absurd quit before you die  
Frothing at the mouth smelling like a pig  
Doting to the hierarchy dance your little jig

Thinking you're important when really no one cares  
Miniscule and dormant meaningless affairs  
Full of self-delusion grandeur is the name  
Creating more confusion before you pass the blame

Rant and rave in sequence you sound just like the rest  
Internal hate and grievance a reptile to detest  
Opulence and credence while playing the victim card  
Off your head on heroin monkey-like retard

You reek of self-delusion compassionless and cold  
You fight for mass intrusion and believe what you are told  
Confusing your existence with importance and desire  
You offer no resistance and end up in the mire



Feed off ancient teachings mass murder and fear  
Brutal satanical beatings make your message sincere  
Mind manipulation as easy as one two three  
Crucify every nation Democide is the key

Smell the blood and torture take a front row seat  
Prepare yourself for slaughter bow to your elite  
Sickness lies in waiting eager to destroy  
Evil cunning seductive it plays you like a toy

Choose the colour purple cook the national dish  
Sit cross-legged in the circle make your menial wish  
Contemplate disaster hold on to your dream  
The calling of your master will be your final scene

Let go of your sanity for it will not survive  
Freedom is a fallacy a lifelong compromise  
Read your final chapter as you walk towards your grave  
Another life of nothingness you docile little slave

## 27. You Can

You can hoard all you like be attached to your things  
You can fight for your ego and the nonsense it brings  
You can think you're immune from the devil and death  
Write your own obituary fight your final breath

You can swing from the trees and pretend you are sane  
You can go down on your knees and embrace all the pain  
You can suffer like the many and relive your past  
Give away your final penny hope that peace will last

You can wallow in sorrow and debate who knows best  
You can plan for tomorrow you can hate and detest  
You can wriggle like a worm on the end of a hook  
Reinvent yourself become a leech and a crook

You can fall on your sword be adored like a queen  
You can rise like a lord get redressed become clean  
You can come into this world with excitement and desire  
Feel the sorrow of another while you wallow in the mire

You can strut around the streets in the latest fashion  
You can challenge and compete with love and compassion  
You can sit in the park in the dark all alone  
Let your world fall apart never go back home

You can tell yourself you have God on your side  
You can hide all your wealth knowing others can't survive  
You can pretend all is good in the world today  
Bury your head in the sand hope the pain will go away

You can scream and shout until you're blue in the face  
You can cry in self-pity and get out of the race  
You can shine like a beacon jump as high as the sky  
Hold on tight as you weaken while your life flashes by

You can do all these things and admire all you've gained  
But in the end you will lose everything you have attained

## 28. I'm Off To Dignitas Next Week

I'm off to Dignitas next week  
I'm going to put myself to sleep  
I've finally found my peace at last  
This crazy world can kiss my ass

I never thought this day would come  
I've been through hell and back and some  
I lost my wife and all my money  
It made me angry and sent me funny

I can't begin to explain the pain  
The depth of hell the guilt and shame  
The torn apart the quest for blame  
The broken heart the evil game

The sleepless nights and all the thinking  
The panic attacks the endless drinking  
The don't give a damn unwashed and stinking  
The big I am that's finally sinking

The constant hatred that lies within  
The cursed and fated in search of sin  
The lost and sedated who just give in  
The tossed and berated who never win

The common man who stands no chance  
The beautiful world a fleeting glance  
The loneliness the solitary dance  
The constant torment the crave romance

The victim mentality the split personality  
The suffering and insanity the plight of humanity  
The cause and effect the failure to protect  
The lives we infect dictate and dissect

The ever illusive answer the ravaging devouring cancer  
The cruel heartless chancer the take control romancer  
The final curtain appears and suddenly it's all made clear  
No more worry or fear as the end of life draws near

Me like a billion others friends sisters and brothers  
Uncles fathers and mothers husbands wives and lovers  
We all have one thing in common  
Our bodies will soon be rotten  
In God we love and trust as our journey turns to dust

I'm closing now for the final time  
Who knows what lies ahead  
I'd love to come back to tell you all  
What it's really like to be dead

Goodbye my wife goodbye my life  
Goodbye to all my friends  
Love and peace to you all  
I hope we meet again

## 29. The Tide Of Death

Bodies washed up on a northern shore  
Missing shoes and clothes no one knows who they are  
Someone back home will be worried and concerned  
Did their loved ones make it will the bodies be returned

Lying on the rocks with the face of pain  
Passers-by are shocked it's horrific inhumane  
It's hard to comprehend the devastation it will bring  
They were fleeing for a better life is that such a bad thing

There's a passport and a letter in the stream nearby  
You can just about make out a verse a chilling lullaby  
I wonder if the writer was a sister or brother  
A wife son or daughter a father or mother

People are throwing flowers in heartfelt desperations  
The bodies are showered in lilies begonias and carnations  
A communal prayer is spoken a plea to the heavens above  
Everyone holds hands a vigil on the sands  
The Tide Of Death God Bless Peace And Love

END OF BOOK SAMPLE