

**My Favorite Song – The Sky’s the Limit  
By Carl Walden**

Too many jealous people – it’s a waste  
Young people losing their lives  
Hypnotized by the media and its lies  
People talk lyrics but not lyricists  
Jealous and they envious  
Sometimes I wonder could my faith just plunder  
In a city in the water where it’s lost under  
Did life come before death?  
Did ignorance come before stress?  
I see why everybody lies half the time  
Families at war within their own  
People are too stuck in the same zone  
Ignorant on their own  
But can’t see cuz they’re blinded by stupidity  
This is why the world is stuck where it be  
Black Lives Matter but it’s a joke  
Cuz our own people selling ourselves coke  
But we complain about the man feeding us dope  
The verse that I spit became versatile  
Nephilim walk the world - it’s wild  
Eve had two kids named Cain and Abel  
One was born pure while hatred was enabled  
Cain seen things that we could never see  
But Abel was covered by god’s serenity  
This is why Cain killed Abel out of jealousy  
But it’s the same every day  
Black on black killing each other in the same way  
They be killing us since the start of time  
Police shooting us every day for fake crimes  
The man’s son shot up Columbine in ’99  
MJ was sending subliminals in ‘85  
In ’97 B.I.G. said “reach for the sky”  
When I was 9 guns flashed in my eyes  
Hospitalized at the same time  
All the meds they tried couldn’t hinder minds  
Disabilities don’t stop the rhymes  
Friend died in the same bed of mine’s  
But I survived during hard times  
Homeless and I still strive  
This is why the sky’s the limit all the time

***NAMI NJ Expressive Arts - Poetry Showcase - December 2018***

**My song asking for freedom**

**By Elisa Rendon**

I wasn't born to be a slave. To walk through the streets of squalor and hear people call me deranged. My lips open in prayer and songs of liberty. Those who don't love me won't accept a crazy woman teaching lessons about freedom, relief from derision, my acceptance of who I am and who I came to be. I was raised from the streets of rejection, having had the love of a mother who loved me fiercely, and taught me I had a right to be loved. Her spirit edges me to go on and defy stereo-types. Show the world the essence of my freedom and the value of my thoughts. Singing about beauty and truth. Living with the strength the Good Lord gave me, to show the world I am not a lunatic, or a demented soul. That my soul feeds from love and acceptance and that I won't bow my head in despair because I am flawed. Those are my intrinsic value, my bounty, my pot of gold. They are there to remind me the only way is forward and the way to move is to go on.

**Repose in Rhyme**

**By Maryann Martin**

My song's a Lament – sad but true  
I sing it in my House of Blues  
A mournful score in minor key  
In Troubled Times, I'll Let It Be  
All By Myself I sit and think –  
How did I end up on the brink?

Bittersweet Symphony – in surround sound  
Is my sad plight – Send in the Clowns  
The minor blues – I'll Paint them Black!  
My Ebony & Ivories lack...  
a happy note or upward turn  
The plodding dirge is all I've learned

On Mr. Lonely's moonlight binge  
of pills and booze - The Reaper grins!  
He's waiting for my Requiem...

I need to change my station quick  
But the frequency is stuck on this  
No hope for Heartbreak in this Hotel  
And Gideon claims I'll go to hell...

So, when's my choir chorus due?  
With Angels singing light and truth  
Apparently, it won't be found  
Upon my journey Homeward Bound

I pen these notes to leave with you  
My toneless tune – with lyric truth  
All Things Must Pass I've heard them say  
My soul will rest by light of day

Composed my very final lines  
Repose in rhyme - I'm Out of Time.

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**Untitled**

**By Melanie Aaron Pappas**

Fling open the doors wide  
I stand by your side  
Pummeling winds of language that hurts  
Abusers and persecutors to convert  
Ignorant comments to overcome  
Striving towards a better outcome  
Fueled by past despair and shame  
A better life you're looking to reclaim  
Unfurl your inner strength for all to behold  
Let loose – rather than scold, be bold!  
Refuse to settle for lesser than  
In the end, it's you who's won  
Chase away the shadows of the past  
Craft the message you want to broadcast  
Shake off the darkness in your soul  
Raise with joy your personal flagpole  
Getting here was a long battle  
Along the way, some cages you've had to rattle  
To change the tune of those who doubt  
All the progress you made, you've had to point out  
Though the taste has at times been bitter  
You've proven you are not a quitter!  
Now step across the threshold, resolute  
Take on the cynics who would dispute  
Your innate light shines so bright  
You've created dialogue about the plight  
Observations from the outside traditionally judgmental  
Complex issues understood now as developmental  
Society is taking a different view  
What a significant, remarkable breakthrough!  
You've set the path that others will follow  
Rather than their falling tears swallow  
The case has been made for thinking outside the box  
And reaching inside for other tools in the toolbox  
Today's the day you take a forward stride  
Fear set aside, beaming with pride  
Free to be whoever you envision  
Overcoming all indecision  
Put words to song  
Show that you're strong!