

# Mary J. Blige, Forever No More Poem

No more invisible speechless, deaf and blind child  
With neglected pleasures being addicted to denial  
Floating through time, gravitating towards a warm arm  
With an appetite for the emptiness that promises no harm

No more uncontrollable eruptions of emotional depression  
A primal S.O.S. from the barren prison of selfless expression  
that only the guilty with the innocent  
Souls-know buried in social scar tissue of defective ego

No more relentless sifting through bodies seeking self  
Settling through competitive combat for what's left on the shelf.  
A mad melee of supply and demand driven by gullible pride that  
leads to sedating the you that suffocates inside

No more - forever no more - because I've unshut my eyes  
And the differences between God's word and Man's Wills was realized  
Seeing opposing parallel lives some liquid, other frozen. Let me to never  
seek from man what God has chosen.

Then the negative whispering subsided and the panicking ceased  
the undercurrent suppression of pent-up terror was released as the  
mystery of the unknown manifested pristine clear A positive message  
of truth entered my ear

Now, across my face is a brand new smile  
With a newly revealed meaning of a "Destine Child"  
A message of hope is being released from my Heart  
And I am overwhelmed with dedication to do my part

All I ever wanted was to be as I once was - Unbounded  
Somehow it got all twisted and before long sounded  
As though life was continuous connive-thrive-drive  
Choking out the simple joy of just being alive

Now I am filled with love and I sing a love song  
A song for yesterday, today, tomorrow, and beyond  
My new prayer is - Thank You God for setting Me Free