

#1

Poem: The Asylum

I'll Never Be Able To Heal From The
Mental-Trauma/23-years Of Torture, And
Oppression, Constant-Drama/It's An
Undescribable-Transition/From A State Of
Independence, To A State-Prison/Keeping
One's Head "High", Requires Navigating
Tribulations, Turmoil, And "Turbulence"/
Consistently Reminders When I See
JAIL-WALLS, And That Bob-Wire-Fence/
During Any Prison-Stay/Trust No Man,
Always Remain Vigilant/It's A Difference
Between You And Me/Blue And Green, Their
Dull, Boring, And My Mentals Acuity/
Transcribe My Thoughts, Emotions, And
Actions/Construct Them Like An "Architect,"
"Building" Without Capping/Overseers Don't
Possess The Ability To Empathize/We're
All Monsters, Animals, And Insane
In-Their-Eyes/But They Wouldn't
Survive, 12-Hours In Our Shoes/Whites

#2 poem: The Asylum

Quick To Quote "Alexandre Dumas", Till
They Realize He Was "Black", Fools/
Consecrate your Souls, And Pray To The
Holy-Spirit / To protect you from Demons,
And The Evils, That Come With Making
~~to~~ Figures 0-Digits / Despite Past
Thoughts, And Apprehension / It's Our Will,
Drive, And Being Persistent / Refusing To
Give-Up, Give-In, And Being Consistent /
Not To Mention, Defying The Odds, To Be
The Voice Of Resistance / The 5:45 AM
Bells, Lock-Downs, Searches, Hourly Light
Flashes, All Play On Our Psyche / The
Fondling Of Family members During
Visits, Stolen Items From Packages, And
Mistreatment, Done precisely / To Torture,
Kill Our Vibracy, And Overly Oppress
Women & Guys / Two Strangers, Forcen To
House Together In SHU's, Done To
Institutionalize / Beating Inmates To Death,

#3 poem: The Asylum

In front of other inmates, to instill
fear, it's no disguise/for us to get
what we got, men in Attica, they
died/ right now, as I write-heads/
screaming & yelling, fighting & cutting
each other, with home-made knives-
dread/ we all suffering from P.T.S.D.,
some use drugs, & others take psych-
meds/corrections not correcting, their
making the bay worse, & the worse
just suppressing/built-up anger their
release when released, & society finds
it perplexing/it's not the people in "The
Asylum", it's the ones running it we
need to be addressing:

By: Desmen Best
Desmen Best