## Mary J. Blige, Forever No More

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 or selfless expression that only the guilty with 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 suff

No more - forever no more - because i've unshut my eyes and the and the difference betweens good Let me to never seek from man what God has chosen

Then the negative whispering subsided and the panicking ceased the undercurrent suppression of

A positive message of truth entered my ear

Now, across me face is a brand new smile With a newly revealed meaning of a "destined 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 a 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 And thank you God for giving me back me