

NAME: Britney Gulley
TDC# 1601283

Title: CAPTIVE THOUGHTS
of book

book of Poems

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This book of poems was written by me during a time of depression I suffered, while serving time in prolonged solitary confinement for 3 1/2 years and counting. This book was established by the motivation of staying sane during a tough time. The inhumane, cruel and unusual punishment sustained by being in a cell 24 hours a day, 365 days a year; my thoughts along with my physical being was held captive. So I decided to write about what I felt.

Address: Britney Gulley 1601283
Lane Murrey Unit
1916 N. Hwy 36 Bypass
Gatesville, Tx 76596

"The Reality of Self"

Self-conscious of who we are and where we stand and what our purpose of life is. Self-conscious of how we look and why we look the way we look and how to change. Self-conscious of what lies ahead. So many insecurities.

Self-control, a trait many of us lack and covet. We need self-control to control our habits bad or good, to control our actions and thoughts, to control ourself. So many distractions.

Self-esteem is our downfall. Our ego, our pride, the vanity and conceit. Or it's a low self-esteem, our uncertainties/insecurities, our troubles, our worries, doubts and fears destroy us. So many emotions.

Self-restraint, an imperative characteristic to possess. We need it to sustain and maintain. Our endurance keeps us on track. Our patience keeps the faith alive. So many hindrances.

Self-evident is the obvious and visible sight of ourselves. What's plain to see the eye. The apparent evidence of self.

S - segregated,
E - expressions,
L - isolated, and
F - fallible.
The reality of "self".

"Retribution"

Swig to me. Pour out your heart, Tell me your secrets. Open up to me. I see through your eyes to your soul. I feel your heartbeat beat as mines. Your touch is painful. A love so serene it's a burning sensation.

I cry, you yell and scream. Your pain my joy. I lie, you lie. A shattered dream. A fair tale annihilated. You cry, I get mad. A love faded away. A thin line between love and hate.

Speculate the hearsay. Contemplate your actions. Regulate the people. Negotiate the scene. Investigate the evidence.

Trust no one. Live for yourself. Love yourself. Rely on yourself.

Sing to me. Infiltrate my thoughts. Penetrate my soul. Detain my heart. Witness the emotional rollercoaster. Feel the matrix of passion. Savor the affection. A love so composed it's a fiery sensation.

I cry, you laugh and smile. Your hurt, my happiness. My teeth, your teeth. A broken heart. Sad dreams. You cry, I get angry. A love so distant. A thin line between love and hate.

Obtain the reality. Absorb the fabrications. Contain the truth. Maintain the melody. Substain the mayhem.

Trust no one. Live for yourself. Love yourself. Rely on yourself.

"Concepts of Life"

What a beauty life can be without the obstacles.
How lovely living can feel without setbacks.
Why joy can't come from existing through setbacks.

Seeing how life affects our mental stability is perceptible.
Sometimes the days that pass feel like a fable.
But the ideas of life created make living fable.

Dreaming of the moments when we can become invincible.
Reoccurring dreams are never coincidental.

Living without goals and ambitions can be lethal.
Realizing all the mistakes and regrets turns around the hysterical.

Changing for the better should start from the internal.
Once that changes it has an effect on the external.

We receive the physical by what we see.
We misconstrue the truth by being naive.

It's difficult to give, but easy to receive.
It's a complex to let go of everything we believe.

How less miserable people would be ~~by~~ by saying 'thank you' and 'please'.

Manners make the days bearable.
Not being rude won't be disputable.

Success without failure makes life endurable.
This summarizes a life that's reputable.

All ~~the~~ the questions we ask 'why' in life.
How to turn all the wrongs into rights.

To look in the mirror and neglect our sight.
Wishing we could soar through the air with wind like a kite.

These are basically concepts of life.

"The Fundamental Ego"

Pride can be negative or positive. How its utilized from within dictates the characteristics of ones' personality.

Appearance can be an overdose of confidence, thus its portrayed rules an individual's ~~position~~ position.

I've learned to be humble in every circumstance. Spiritually speaking we must obtain peace from within before we can be at peace with our peers.

I've learned to accept the situation no matter the outcome. Realistically speaking, we can't change the past.

I've learned to let go of the hurts and anger. Physically speaking, its bad on our health.

I've learned to be careful of whom we trust. Truthfully speaking, snakes come in all sizes and colors no matter the atmosphere.

Justice is something we earn. Reputation is something we build.

Respect is something we need. Power is something we want.

Fame and glory is something we crave. Riches is something we covet.

We can't gain something unless we lose something.

Goals and ambitions are needed in life whether we believe it or not.

A life with no dream is a nightmare.

Incorporated, Refinement, Nostalgia, Salvation.

What are the basics? Where is the structure?

Concited, Punctious, Bossful, Pompous, Vanity, Proud, Self centered?

The Fundamental Ego.

"Cherish"

Journey through the midst of love. Cherish.

Take an excursion through a labyrinth of affection. Cherish.

Travel around the passions of devotion. Cherish.

Take a trip and tour the rapture of emotions. Cherish.

Prize that valuable heart of gold. Cherish.

Treasure the same heartbeat. Cherish.

Adore the precious moments. Cherish.

Such in fatution beyond esteem. Cherish.

Sweet kisses and warm hugs. Cherish.

Admire the trust and loyalty shared. Cherish.

How attractive and beautiful is captivation. Cherish.

Cherish me and I'll cherish you.

Cliches; Heavenly; Exuberant; Resilient; INVIGORATING; Sacrifice; Homage.

"Split Personality"

My Paramour. How sweet and fulfilling you are. Kill me with love. Stab my heart with trust. Blind me with lust.

Sweetheart. Why are you so enchanting? You please me with your anger. Beat me until I bleed with desire. Cut me with your appetite. Strangle me with your frustrations sexually.

My darling. Please me with your hatred. A magnetic force drives your madness into my sweetness. We blend like fruit.

Regards to you, for my farewell is due. I depart from you with many memories. Goodbye to you, my friend. I long to see you again.

An alter ego that's only effectual when in no longer in control of my thoughts. Anger: He is my other half. MY SPLIT PERSONALITY.

Bathney Gully #1601283

"Redemption's Insignia"

A badge of rebirth.

The rank of reformation.

A symbol of salvation.

Liberate the emblem.

Face me. Let me fly. My wings soar like a falcon.

A badge of atonement.

The rank of compensation.

A symbol of deliverance.

Extricate the ensign.

Save me. Leave me wounded. Broken wings injured from a fall.

As I sit and ponder upon the ingenious of mankind.

I'm compelled from the influence of injustice.

I'm motivated from the inhumane tyranny.

I'm convinced of the wickedness of the world.

Is there a savior? Can we be redeemed?

Is there an afterlife? Does reincarnation exist?

I need a sign I have a chance. I need assurance.

What is redemption's insignia?

"Empty"

ITS RAINING OUTSIDE, THUNDERING, FLASHES OF LIGHTNING, THE SKY IS DARKENED.

NO RAINDROPS / JUST TEARS, DRIFTING DOWN MY FACE IN SILENCE, SADNESS, LIFE IS EMBARKED.

AN ECLIPSE OF ANGUISH, A SHADOW OF BETRAYAL, THE HAUNTING OF UNFORGIVENESS, RAIN.

PAST TENSE OF SORROW / OPEN WOUNDS NEVER HEALING, BITTERNESS, SUCCOMBING THE CRUDE, INSANE

EYES OPEN BUT CAN'T SEE, EARS HEARING NO SOUNDS, SKIN CAN'T FEEL NO TOUCH, NUMB.

LETTING DOWN THE GUARDS YOUR HEART IN VAIN, TO BE LIED TO AGAIN, ABANDONED AGAIN! DUMB.

IS IT SAFE TO SAY I HATE YOU? GOOD FORGIVE ME... I JUST CAN'T SEEM TO LET IT GO.

HOLDING ON TO THE HEART, CONTEMPLATING REVENGE, VENGEANCE IS MINE, WE REAP WHAT WE SOW.

AS WE AGE, WE LEARN, WE GROW, WE GAIN WISDOM, WE GET KNOWLEDGE, WE LEARN LESSONS.

WHEN WE FELLOWSHIP WITH THE LORD, WE FIND PEACE, GET ~~HEALING~~ HEALING, PEACE AND RECEIVE BLESSINGS.

THE WIND IS BLOWING, NO SOUNDS BUT THE THUNDER.

MY HEART IS BEATING, NO ~~HEART~~ LIFE INSIDE I WONDER.

LUNGS CAN'T BREATHE, WHY IS THE OXYGEN ASUNDER?

NO APPELITE, BUT THE STOMACH HUNTERS.

LIFE GOES ON, NEVER DWELL THE SMALL STUFF, A MINOR SETBACK FOR A MAJOR COMEBACK.

WHAT GOES AROUND, COME AROUND, LAUGH NOW, CRY LATER! FROM NOW ON IMMEDIATELY CEASE LIKE A CADILLAC.

TO BE A FOOL AFTER WARNINGS MYSELF OF THE CONSEQUENCES OF FALLING IN LOVE.

ONE TIME, NEVER AGAIN WILL I FALL TO SUCH LOW STANDARDS ABOVE.

CURD DOESN'T EXIST, I DON'T WANT A HEART, I LIKE BEING COLD AND MEAN.

NO KINDNESS OR COMPASSION, NO SECOND CHANCES, NO SORRY, NO APOLOGIES, PLACID AND SERENE.

FORGOT ABOUT AND DISMISSED WITH A SIGHT OUTTA MIND.

RASHED ASIDE AND REPLACED / ON TO THE NEXT FIND.

ALL YOU DO IS LIE, ITS TIME TO SAY GOODBYE.

IM MOVING ON. THIS HOUSE IS NOT A HOME.

YES I MISS YOU AND WILL ALWAYS LOVE YOU. I WISH YOU THE BEST IN WHATEVER YOU DO.

ALL THE FIGHTS WE FOUGHT, THESE ARE MY EMPTY THOUGHTS.

"Failure"

Quitting is failure. A bankruptcy of life.

Giving up is failure. A downfall of consciousness.

Not giving your all is failure. An underachiever of spirit.

To fail is the epitome of being a sore loser.

A loser who doesn't try. Trying without putting your heart in it.

Quitting is failure. A dropout of intelligence.

Giving up is failure. A breakdown of wisdom.

Not giving your all is failure. A collapse of understanding.

To fail is the summary of incompetence.

Only a fool is incompetent. A fool who doesn't have the insight to put forth effort.

Quitting is failure. Giving up is failure. Not giving your all is failure.

Failure is... not following your dreams. Failure is... not having any goals.

Failure is... having no ambitions. Failure is... being dishonest with self.

Failure is... not believing in self. Failure is... not having faith.

Failure is... holding on to the past. Failure is... unforgiveness.

Failure is... holding grudges. Failure is... bitterness.

Failure is... not seeking knowledge. Failure is... not learning from your mistakes.

Failure is... not letting your mistakes be a lesson. Failure is... heartache.

Heartache from the pain of failing. Failing by letting the enemy win.

Letting the enemy win by letting failure conquer you.

"Don't Judge Me"

I am forgiven for my iniquities.

I am repentant for my transgressions.

I am remorseful for my sins.

I am pardoned for my trespasses.

Don't judge me.

I am exonerated from my fears.

I am acquitted from my doubts.

I am relieved from my sorries.

I am no longer condemned from my guides.

Don't judge me.

You hate me but you don't know me

You slander my name without cause.

You intend to harm me yet your motives are transparent.

You lie and start rumors but of your jealousy and envy.

Don't judge me.

My enemies are my fans. My haters are my admirers.

I smile upon the malicious. I laugh upon the evil.

You try to knock me down but I won't fall.

You try to overpower my positivity but in too strong.

Don't judge me.

People that are hurting tend to hurt other people, whether its intentional or not. We lose ourselves within our own insecurities. We're loveless to self. Hated and bitterness succumbs the heart. The past holds us hostage in our own soul. Anger is our subterfuge.

Don't judge me.

"The Luminescence of Poetic Justice"

My viewpoint...

My thoughts...

My perspective...

The radiance of philosophy,

The fire of knowledge,

The light of wisdom,

The fluorescence of imagination,

The aura of rhythm,

The pastiche of lyrics,

The glows of romance,

The shine of poetry,

Poetic Justice, the theory of reason.

Poetic Justice, the basis of rationalism.

Poetic Justice, the reflections of intellect.

Poetic Justice, the conception of sanity.

Poetic Justice, the truth of revolution.

The luminescence of Poetic Justice

"Objectives of Idealism"

A visionary of a goal to retrieve.

The principles of a destination to be mediated.
Ethics that are aimed towards the prototype.
Impersonal consciences targeted against.

What is the objective?

A model that is impartial to philosophy.

The concepts of a mission to be completed.
Paragons that are directed with a conscience.

Objectives of Idealism.

A doctrine that motivated by a goal of ones' visionary.

The beliefs of self targeted by self protest.

Prototypes aimed with a theory of observance.

Objectives of Idealism.

Who we are is dictated by our character. Our character is based on our

characteristics. The pros and cons, the flaws, the talents, the gifts and beauty from within, the attitude and disposition, mental stability and emotional state. Who we are is who we are. "Choice, not chance, determines destiny." Objectives of Idealism.

"Self Domestic"

The yelling, the screaming, the banging. Cries from within.
The frustrations, the irritations, the reservations. Grief from internal.
The laughter, the joy, the smiles. Happiness from heart.
The weeping, the sorrow, the cries. A cry for help.
The anger, the violence, the pain. Depression from within.
The sadness, the hurt, the low self-esteem. Anguish from internal.
The confusion, the lost thoughts, the questions. Troubled from heart.
The mistrust, the suspicion, the skepticism. A summons for love.
The doubt, the worries, the fears. Reality from within.
A new beginning starts from the inside out. Inhibitions establish by not
putting forth effort towards positivity. What is better than the average. Starting
over. Starting fresh. A makeover for life. Being domestic with self.

"Elements of a Remonition"

Substances prevailing the truth.

Portions revolted and annulled.

Components instigated by a warning.

Mirrors of the soul, our eyes, tell all.

Particles exemplified through a sign.

Details neglected yet foreboding.

Parts from an imaginary prophecy.

Mirrors of the soul, our heart, feels all

Elements of a Remonition?

Nothing is as it seems and there are two sides to everything, whether its visible or not. Do not judge, do not assume and do not presume. The Past is a Phantom, the future is a mirage and the present is what matters.

Elements of a Remonition?

The violence that destroys.

"Forbidden Love"

Lust prohibited.

Sex opposed.

Kisses inhibited.

Love opposed.

A ban on infatuation.

An outlaw of admiration.

Obstructed idolization.

Excluded from the capture.

Love captured.

Restrained attachment cherished.

A debar on a treasure.

A bar preventing the prize.

Love disallowed through the eyes.

Distance in the wind.

Love notes on paper written with pen.

Love so deep it causes the heart to sin.

A love so strong never losing the win.

Forbidden Love.

"Music of the Mind"

A ballad written with the blood from the heart.

Lyrics crafted with much emotion that tears the soul apart.

A song so eminent the melancholy ends from the start.

Tunes melted with ignominy of passion.

A harmony embraced with distorted fashion.

Music of the mind.

Press Play / no rewind.

Time lost, to find.

Music to my soul be so kind.

Music to the heavens I bind.

Music of the mind, left behind.

A melody full of tunes that mellow.

The ~~atmosphere~~ air strained of sating hollow.

Strings caroused from a cello.

Music of the mind, holy and divine.

Music of the mind, majestic time.

Music of the mind, a mastermind.

Music of the mind, A society of mankind.

Music of the mind, A thought sublime.

"Glory"

I want to win. I want to survive. I want to succeed. I want prosperity. I want success. I want riches. I want the power. I want the respect. I want to be loved. I want to be feared. I want the fame. I want prestige. I want diplomacy. I want wisdom. I want knowledge. I want divinity. I want preeminence. I want dominion. I want blessings. I want freedom. I want to be adored. I want to be appreciated. I want to be treasured. I want to be revered. I want to be understood. I want intelligence. I want to be beautiful. I want to be sagacious. I want victory. I want to be sophisticated. I want royalty. I want to be honored. I want to be admired. I want to be redeemed. I want to be proficient. I want to be efficient. I want justice. I want peace. I want joy. I want happiness. Glory.

The grandeur of life itself. The majesty of life within. The beauty of Gods' love. The richness of life in general. The triumph over life. I want to be free.

"If Heaven Knows"

Why so much hatred in the world?
Why so much violence? - why so much death?

If Heaven Knows...
Why so much war?

Why are women women and children abused?
Why are women overpopulated?
Why are mothers bruised and battered?

If Heaven Knows...
Why are fathers unanswered?

Why so much world disaster? So much catastrophe?
Why so much calamity in the world? So much misery?

If Heaven Knows...
Why must we struggle? Why must we stress?
Why must we cry? Why must we fight?
Why must we be depressed?

If Heaven Knows...
Why so much racial perversion? So much racial hatred murder?
Why are we segregated by color lines?
Why are we judged by the skin and not the heart?

If Heavens Knows...
Why are hearts broken? dreams shattered?
Why is trust broken? loyalty shattered?

If Heaven Knows...
Why are lives ruined?
Why so much deceit? So much treachery? So much evil? So much malice?

If Heaven Knows...
Why are hearts damaged and wounds incurable? Why are we haunted by the past? Why so many grudges? Why can't we forgive?

If Heaven Knows...
Why so much bitterness? Resentment? Animosity? Anger? Disrespect? Gluttony? Envy? Jealousy? Why so much contempt? Why so much disbelief?
If Heaven Knows...

"Crying out to me"

I hear your temper, crying out to me.

I feel your embrace, crying out to me.

I hear your hugs, crying out to me.

I feel your kisses, crying out to me.

I hear your affection, crying out to me.

I feel your love, crying out to me.

How can I hear your temper? through your eyes.

How can I feel your embrace? through your emotion.

How can I hear your hugs? through your touch.

How can I feel your kisses? through your lips.

How can I hear your affection? through your voice.

How can I feel your love? through your soul.

The flame to my fire. The smoke from the flames, of the fire, you are to me.
The wind that blows, the sun that shines, I hear you crying out to me.
I hear your tears, crying out to me, through your sobs.
I hear your sorrow, crying out to me, through your whails.

"Sick and Tired"

I'm so sick and tired...
I'm sick and tired of the same old stuff,
Sick and tired of a miserable life,
Sick and tired of stressing,
Sick and tired of struggling,
Sick and tired of being angry,
Sick and tired of the headaches,
Sick and tired of being frustrated,
Sick and tired of being lied on,
Sick and tired of being Rescued,
Sick and tired of the evil,
Sick and tired of being sick and tired.
I'm so sick and tired...
Sick and tired of the misery,
Sick and tired of nobody caring,
Sick and tired of ~~and~~ hurting,
Sick and tired of the pain,
Sick and tired of not knowing what lies ahead,
Sick and tired of being cheated in,
Sick and tired of being discouraged,
Sick and tired of unanswered prayers,
I'm so sick and tired.

"The World is Mines"

I am Me!

A compass points in my direction. My thoughts navigate justice. The amplitude of freedom. The world is mines. My peripheral vision sees the invisible. An image of restitution. The keystone of righteousness. The world is mines.

I am Me!

A wound never healed deep inside the soul. The bandit of love never captured. To collide with hatred. The world is mines.

Outlaws of peace from a heaven unseen. An eruption of the forbidden. The prohibition of color lines. The world is mines.

I am Me!

To be so close but yet so far. To yearn for affection but fear the cause and effect. The aspect of unforfeitness. The world is mines.

A masquerade. A performance. An impersonation. The battle. A war not won. Searching for the unknown. A hypothesis. The protagonist non-existent. No clarification. The world is mines.

I am Me!

Antagonizing thoughts. The intensity of being lost. A mind in a labyrinth. A maze of confusion. Am I anonymous? The world is mines.

Profuse depression. Such absolute barricading disparity. To be mute. I speak in silence. No words spoken. The world is mines.

I am Me!

To be misunderstood. To be judged to be labeled. To be resuscitated from being silent. From a damaged balance of sensitivity paradoxically speaking. The world is mines. The oxymoron of misjudgment. To learn from mistakes. Gaining knowledge by wisdom of life's trials we endure. Beauty from within. The world is mines.

I am Me!

No sense in attempting to understand. For understanding these words come from a depth of being real. A psychological connection between those who still have a heart. For the world has destroyed the truth. The authentic has become extinct. A summary of the counterfeit. The world is mines.

I am Me! Who are you?

"Dilemma"

Problems I face day to day take a toll on my mental state. I am depressed. I am hurting inside. I'm tired of the rain.

Problems I face every second take a toll on my emotional state. I cry but no tears fall. I whine and sob but no noises sound. I'm tired of the sorrows.

Problems I face week after week take a toll on my physical state. My body aches, I need fresh air, I need to move around. I can't feel my legs.

Problems I face are an enigma. Problems I face are an obstacle. Problems I face are a quandary.

- I am a hostage in my own proximity.
- I am a prisoner in my own privacy.
- I am a captive in my own seclusion.
- I am a detainee in my own solitude.
- I am a convict in my own concealment.

Dilemma

"Voyage to I RONY"

I sit in darkness. The sarcasm haunts me. I hear their taunts. They laugh at me.
I sit in darkness. They ridicule me with this isolation. They make me feel stupid.
I sit in darkness. The mockery hits like ice water in the winter. They scorn me.
I sit in darkness. The derision offends me. It's a slap in the face everyday.
The darkness consumes the night. The night is consumed by darkness.

I sit in darkness. I see no light.
I sit in darkness. I see no flame.
I sit in darkness. I see no sparks.
I sit in darkness. I see no color.

The darkness consumes my sanity. My sanity is consumed by the darkness.

The irony of a voyage I travel through the misery of being lost in a
A maze of discomfort and abuse. I cry for help.

"Mercy, Mercy, Mercy"

I can't cry no more. I don't know why im mad. I think this is all funny now.
Mercy, Mercy, Mercy.
I can't smile at all. I don't know what happiness is anymore. I think depression is
the only emotion I feel.
Mercy, mercy, mercy.
Save me. Heal me. Rescue me, I cry to the Lord.
Why have you forgotten about me, I ask the Lord.
Mercy, mercy, mercy.

Hope, faith, love and no mercy?

Life is meaningless, I know now.
I can't feel. I can't see. I can't hear.

Mercy, mercy, mercy.

No one cares. Suicide is my only friend.
I can't eat. I can't sleep. I can't think.

Mercy, mercy, mercy.

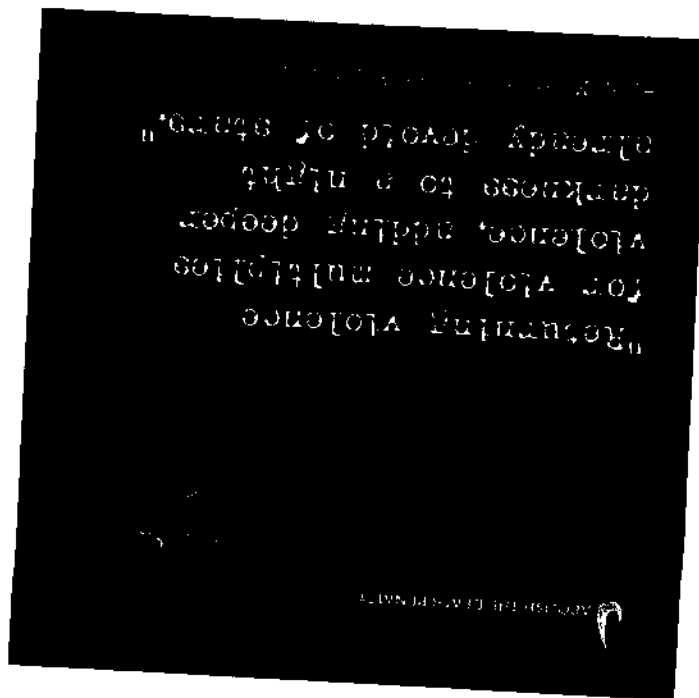
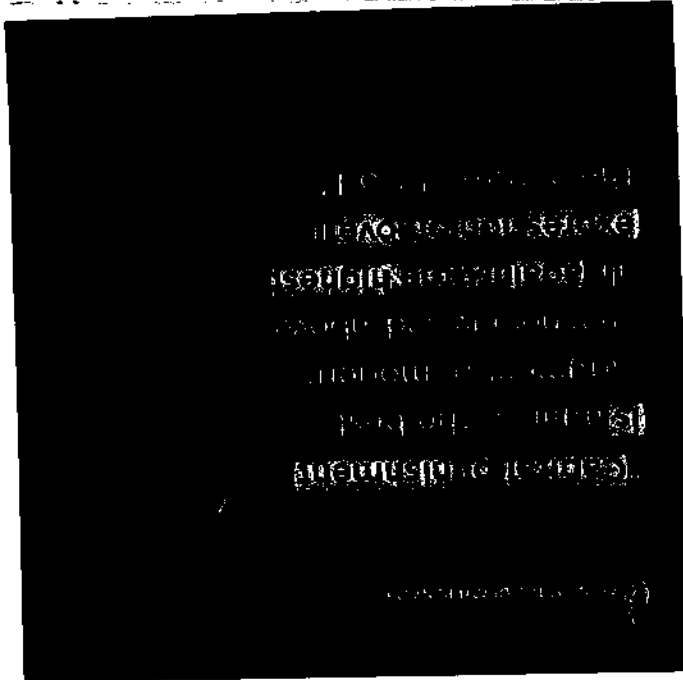
My life is ruined. My life is patronized by these evil people.
I want revenge. I want vengeance. Its mines...

Mercy, mercy, mercy.

My beliefs are not believable. Music hurts my ears.
Everything is pointless. I need mercy.

"Death Penalty"

A world far away. I am confined to punishment.
Ad-see bound and penalized for being alive.
I'm dying slowly. A quiet death.
No discipline. Level and unusual punishment I suffer from.
A cell. Castigated. I am confined to death.
Ad-see bound and penalized for living.
I'm dying quietly. A silent death.
No violence. Abuse I suffer from.
Ad-see bound and penalized with the death penalty.



I stand firmly and unequivocally
opposed to the death penalty for
those convicted of capital offenses...
Morality is never upheld by a
legalized murder.
- Coretta Scott King



ABOLISH THE DEATH PENALTY