Collecting Neld Thoughts Luke M. Arabjadegan

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## POETRY BOOK

Summary: Collecting One's Thoughts is a collection of poems that I have Written over the last 8 years. I finally felt that the public should see them. Perhaps they May sing to your heart...

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Luke M. Arabzadegan —2—

#### HOMAGE TO AUWSAT

Blessed Mother of time Defore Memory;

Sacred guide of the ancients;

Holy savior of eternal grace;

Esteemed provider for those seeking;

Everpresent ear;

Passionate teacher;

Kind disciplinarian;

Loving protector;

Toffer Homage to thee, Great Mother Auwsat!

#### HOMAGE TO RÉ

King of the Skies;

Bountiful provider;

Living testament of righteousness;

Amazing God;

Deserving of praise & glory;

Daily light of cleansing;

Calming parent;

Awesome creator;

Wielder of truth;

Sacred ruler;

T pay homage to thee, Great Father Ré!

#### HOMAGE TO ANGU

Guide to things forgotten;

Leader of paths unknown;

Guardian of sacred knowledge;

Esteemed protector;

Bearer of secrets;

Watchful Shadow;

I deliver Homage to thee, Great Lord Angu!

#### MORE THAN IHIS Daily there are things I miss; There's definitely more than this; Currently reading & writing by light through the cell door; No need to tell me, I know there's more; Born into a family that cared; If one of us needed & another had it, it was shared; What brought about this present state of being?; Unly the blind leading the blind, hence, lack of seeing; Should I count off items one-by-one?; Rather it'd just make me bitter when I'm done; I've had enough times of wallowing in self-pity; Heavens above know that Wasn't pretty; lime alone is when I shed some tears; Probably helped keep my sanity throughout these years; Memories of past lovers no longer seem real; Once enough time has passed, how did they feel?; Arguements, disrespect, various challenges, & strife; Gods' below, how much longer will this be my life?; Envisioning better times provides a Key; One that removes the depression attempting to shackle me; treedon shall come some how, some way, some day; Exactly when, who's to say?; Yet it's the knowledge that there's More; Keeping Me strong until they finally open that door. Luke M. Arabzadegan

#### THE FURY OF THE STORM

A hair's breadth away and my senses are overcome; So much going on that continuing forward is an error in sum; Disregarding the responsibility given would be punishment indeed; Eventual reprimand after reprimand I definitely don't need; Thus, through the threshold I go; An emotional overload in store I Know; Oh, Dut I had No real clue; Jensation after sensation assault Me anew; Your Satisfaction denied; You vent your frustration on me to the point I almost cried; Angry words cast widely like Nets; I work hard to overlook your disrespect, hatred, ramblings, and threats; Yet eventually I'm snared; Caught up in it all shows I cared; The Careless way you're speaking; Brings upon the vengeance Inow feel needs seeking; Insane rage has taken hold; Caution thrown to the 4 Winds Makes Me sold; Battered and druised from dealing with fury of the Storm; Where lies the way back to the Norm?; Realization comes as an epiphany; Best to collect myself and flee; Enduring this all turns a new pages For what has once been mastered no longer becomes a cage.

Luke M. Arabzadegan

#### THE ACHING HEART

Yain and longing have started; Knowing there was to be distance between us smarted; Watching you leave saps My Will; Upening a door that emits a deep chill; Burning cold radiates from an aching heart; An ever durrowing dart; No part of me eludes its touch; Heavens above, the agony is too Much!; Send Me a savior, I do gray; A merciful soul to take it all away; Restore the peace I once Knew; lo regain such a blessing what must Ido?; Minutes or hours upon end in a meditative state?; Terhaps various acts of genance would compensate?; Ancient and Knowing Spirits, Show me the way; Reunite Me with the light which brightens My day; Presences whom lie beneath, I do offer you a voice; Speak words of wisdom as I make my choice; Grant that My Mind and hands stay steady; Thus, when the moment arrives, I shall be ready; Show Me the path I must take; Steer Me away from all that is take; Please remove this sadness;

Luke M. Aradzadegan

### THE ACHING HEART (CONTINUED)

Guide Me through the Madness; Give My Sanity a chance; lime with the one sought for more than just a glance; This Separation; Causes such devastation; Out of necessity Itake in food; Anything to alter this dismal mood; Neither drink nor drug will remove your memories; Their sensations so real, I'm knocked to my knees; That which is above, or that which is below; I pray you find Me worthy to know;

Provide the Means to Make this torture end; May you find the pity to let this aching heart mend.

### MORE THAN IT MAY SEEM?

Amidst a pit of vipers do I dance; Caught in My Movements, they are lost in a trance; Every Moment allows another breath of life; Spinning, twirling, grooving, all another dodge of the Knife; Energy expended comes from no endless supply; toremost in My thoughts is, when will I die?; tangs with paralyzing venom are a part of my fate; Eager serpents ready to pierce my flesh, though unknowing of the date; Actors on Stage, we Move to our places; Worry heightens my awareness, now do I witness the desire in their faces; Who to gray to for hope?; Some god, goddess, or entity must be merciful enough to provide a rope; The music guiding my body isn't meant to last; Why does the urge to surrender take hold so fast?; taith is tested in times such as these; Nerves on edge, weak in the knees; So simple just to give in; Would it really hurt to let the predators win?; Dure the initial pricks would be painful; Yet the dissful numbness hardly disdainful; The desire to Keep breathing guides my body to twirling; All the while, my mind is whirling; Absorbed in woes, I miss the sight of the rope ladder descending; Luke M. Arabzadegan

## MORE THAN IT MAY IT SEEM? (CONTINUED)

Shouts from above bring home the reality my dire worries are on the verge of ending;

Weaving toward the greatest prize;

No comprehension dawns in their beady eyes;

A daring leap breaks the spell;

Scaled forms converge, as I fearfully yell;

Adrenaline pushes me guickly forward;

Each coiled lunge gains no reward;

Hands lift me from a treacherous end;

In a state of shock while body & mind begin to mend;

Hours, days, & weeks fly by;

Lost in an unknown high;

Times alone and in the dark;

Will the thought often spark;

With all that's remembered, along with all that it may seem;

Was it really more than just a bad dream?

#### SEPARATION

Come out with your hand's up," I see guns drawn;

My face pressed into a wall, a hand on the back of my neck, frisked for weapons;

Hands cuffed behind my back;

Guided into the backseat, the car door quintully gins my knee when slammed;

Thus begins my separation;

Eventually glaced in a cell; Sleep overtakes me;

Awake, I worry constantly;

Bitterly weeping;

Life so chaotic;

How to turn stack the clock?;

Thus degine my separation;

The sentence rendered;

I've fallen through a hole with no visible end;

Nothing to Stop this descent;

The gavel slams;

Enter the all too familiar smoldering rage;

Thus degins my separation;

Smiles shared initially;

Tears shed while visiting;

Luke M. Arabzadegan

-12-

## SEPARATION (CONTINUED)

Love expressed;
Strength shown;
Goodsbye's said;

Thus degins my sepavation;

Mail call; The good

The good and bad news given;

Letter's put to the side;

Plenty of time for reflection;

Perhaps while slumbering I'll dream of

Detter

days;

How to end this cursed

Separation?

Luke M. Arabzadegan

-13-

#### THE STRANGER

A Man in White; Covered with a Misted light; Appeared from Nowheres Wearing an expression Without care; The thought crossed my Mind; Is he troublesome, or perhaps kind; To My surprise, he read My thought; And replied, "I bring peace often sought;" Surprise and awe were exhibited on my face; I thought, "Could this deing return geace to its place?;" He stated, "I offer you tools to help become calm; Listen and learn to aguire this southing balm; Lessons followed as time moved on; Soon I wondered where the sorrow had gone; Love replaced hate; Stupidity absconded for an enlightened state; Depression held no appeal; Joy was all I cared to feel; All too soon his instructions did end; Yet thanks to his guidance, life had begun again; I spent some time thanking this being with all my heart; His wisdom and understanding made me smart; Before I went on with the rest of my days; Luke M. Aratzadegan

## THE STRANGER (CONTINUED)

He gave me one last task, pass on these ways;

No longer blind or lame;

I began this chore with no shame;

I never learned the Stranger's Name;

Though I amglad to have met him all the same.

#### BRANDI, DEAR

Brandi, dear, I'm so far away from you; I miss you like crazy, it's true; From the moment we first met; Our destinies were sees You May Not have Known; But I claimed you as my own; Though we may be apart; You're always in my heart; Know that you stay on my mind; As you're one of a Kind; My sister was wrong to leave; When I learned everything, did I ever grieve; for the way things went; Uh honey, but you in diagers was heaven-sentl; lo know & raise you is a gift; A child such as you gives one's spirit a lift; Why, you're a lady of the 1st order; You're Kindness Knows No border; Continue to grow and love life; May you never be a victim of pain & strife; Although despite all my well wishes; Life serves up some hard dishes; So I promise to you that I'll never waiver or stray; Luke M. Arabzadegan

## BRANDI, DEAR (CONTINUED)

To help you, I won't delay;
I adore you, and pray you always Keep me Near;
Brandi, My pretty Dady, My love, My dear.

Luke M. Arabzadegan

#### A POEM OF THE MIXED VARIETY

Mother dearest, I ofter you a poem of the Mixed variety; To pay tribute for the times of gladness, sadness, love, & anxiety; Going back to the earliest of years; When you changed my diapers & calmed my fears; ON to the Deginning of School; Where you made sure I learned the "Golden Rule;" Time passes and the little boy learns scholastic success; Through your intellectual guidance he overcame all tests; As life goes on he's now a little man; Thanks to stories read by you he understands, "I think I can!;" Some hard years go by; But he learns when you're with family it's okay to cyy; By embracing your strength it becomes a brighter dawn; For once again, "life goes on;" A young man is on the scene; Swears to know it all, but is Nontheless very green; Your steady discipline Kept him in class; Various tools of the trade made clear there would be no free pass; From there the days of the adolescent; Became evanescent; Then there were times of addity; Filled with despair & Madness, sadly; Despite how stress grew quicker; Luke M. Arabzadegan

## A POEM OF THE MIXED VARIETY (CONTINUED)

Our bond of love grew thicker;

Were it not for you, I'd have gone insane;

Because of your influence does a grown man remain;

With joy & propiety;

Do I present this poem of the Mixed variety!

#### THE ONE IN THE MIRROR

Where does one hide; When pain reverborates inside?; My State of being seems pulled in different directions; Although this is Not a by-product of my heart's reflections; Locked inside a ragged cage; Each day that passes turns another page; I Spend time reviewing my mental diary of affliction; Yet understanding the cause remains outside of my jurisdiction; Lost in this realm of hunt; Interaction With others is curt; Better to keep it simple, be Kind; Instead of giving others a peak at what they could find; Jodging inquiries of concern isnot hard; Just smile and give them their card; It's only the one in the mirror; Whom is always near; With him there's Nowhere to run; Keeping things cloudy, when you really need the sun; I hough despite my troubles, and the adversity; I'll overcome everything, just you watch and see; Because what he doesnot know is that it's already done; When it comes to this fight Detween us, I've won; Steady Kept down, but Never out;

Luke M. Arabzadegan

## THE ONE IN THE MIRROR (CONTINUED)

For victory is Mine, without a doubt!

#### WHAT ROLE WILL I PLAY NOW?

(For the Dook, Clash Of Civilizations Over AN Elevator In Piazza Vittorio, by Amara Lakhous - Written from the perspective of "Amedeo," Defore & after his accident)

Coming to the land of Italy; I remade Myself into the Man I am presently; Someone patient, loving, and Kind; Most different from the old me others would find; I married and made love to a woman who now haunts my dreams; How I miss her smiling face it seems...; People around me have considerable woes; Yet I do all I can to ease how it goes; Those in power are sometimes swayed; With words of reason & peace, their harsh judgements can be stayed; Why am I now the victim of change?; Couldn't a more dastandly soul have been within range?; Since the accident, I vaguely remember my Name; Who is it that decides the rules of this game?; How is it  $\mathcal{I}$  don't know the woman claiming to be my current wife?; .Where did the Fates get such a cruel Knife?; Nonetheless, this lovely lady has my vow; So I've been asking myself, what role will I play now?

Luke M. Arabzadegan

### ADDICTED TO YOU

What in the world am I to do?; This feeling is something New; It durns, yet I want more; Chills that permeate my inner core; A love so powerful it freezes my drain; Joy so intense, I'm driven insane; Every aspect of you I see; Is the true meaning of beauty; Substances I've used have gotten me high; But the level of affection I get from you makes me wonder why?; However we interact, I feel complete; Nothing from you involves deceit; When we touch, I feel the level of power; Jensations so strong they last over an hour; Don't get me started on the love that's madel; So much pleasure, it never seems to fade; Uh baby, it's true through and through; 12m addicted you.

Luke M. Arabzadegan

-23-

### THE WAYS YOU HELP ME

There are simple ways you help me; One's that eases my mind, you see; It's Nothing exotic; Or even exotic;

for Starters, you take the time to write; And for someone doing time you are a light; A Deam of warmth and sincerity; That envelops and relaxes, thus, bringing me glee; Then there's how you give me a geak into your life; A much different & welcome outlook from this Strife;

One's own thoughts begin to suffocate;

Thank you for the fresh air, it's great!; Intelligence in here is not a common trait;

Yet With your wit we can relate; Doth of us have health issues;

Dut joyful words expressed Keep us from tissues; The cute stationary makes meglad;

Helping me overlook fools that make me sad;

Before I got your letter today, I was mad;

Now, thanks to your positive attitude I feel rad;

From the bottom of My heart I express My gratitude;

You positively change my mood; Making montony flee;

Is one More Special way that you help me.

Luke M. Arabzadegan

#### PAIN

Distance from each other is for the dest; Discord amongst one another goes with all the rest; There's longing and sadness; No form of gladness; A perpetual State of Monotony; Seems to have affixed itself to me; Colors, sights, sounds, & tastes hold no appeal; Existence is moment by moment, but it feels unital; Drifting is the current Mental State; Lest I acknowledge my heart's fate; Your heart belonged to another from the Start; Guarding myself would've been smart; I thought I was ready; That I'd accepted there was no going steady; Learning New levels of anguish from the Fate's apothe cary; Has been a difficult load to carry; Thoughts of you bring tears to my eyes; This only acknowledges what others did realize; Through enough time I became that fool whom was captured; Sold to do your Bidding yet Nonetheless en raptured; torsaking all thoughts of reason, just to see your smile; Generally clueless, and in denial; Though it could be said I'm a victim of love's game; Luke M. Arabzadegan

## PAIN (CONTINUED)

You were upfront & forthcoming, therefore it's not you I blame;
My thanks to you for these lessons earned;
Misery and despair have now been learned;
One day of happiness is all I've sought;
Preferrably before becoming distraught;
Comfort May eventually come through another's embrace;
Yet I do not eagerly seek a new face;
For now, gain & I are the best of friends;
Continually sharing each other's dividends.

#### UNCLE TED

My Uncle on my mother's side; Is an individual in whom I have pride; His Friendship I hold dear; His words of comfort help me overcome fear; He's tall & stout; His wisdom will lead you on the correct route; His attitude is Kind; And he holds an old world courtesy you don't often find; Even When giving convection; He proceeds in a calm direction; His Drain remains in charge; Yet he uses his heart at large; In his company I find no Wrong; Much joy & laughter is shared all visit long; I thank you for being around; With you I'm safe and sound.

#### THE JOY YOU GIVE ME

The joy you give me when you write; Gives Me Much More throughout the Night; The presence of your letter makes me smile; Not just because we haven't talked for awhile; When I hear from you I know I'm in for a treat; Good or bad News, it can't be beat; You offer Kind words and your love; Both gifts from above; You understand my rage & main; With sympathy, you bathe me in a southing main; What did I do to deserve a Woman of your worth?; You're an angel that walks the earth; You've been My friend again & again; And I hope our friendship lasts otil the end; Pictures of you are a window to Deauty; Yes indeed, you are a cutie; The time you spend in each letter you write; Is never in vain, for it drings me a warm light; Your words of comfort remove despair; Know that if you ever need a shoulder to cry on, I'll always be there; I'm in your debt, don't you see? for one way or another, I must repay the joy you've given me.

Luke M. Arabzadegan

**-28-**

#### LITTLE KNOWN GOOD FRIEND OF MINE

There's a little known good friend of mine; Quiet in stature, yet her presence does shine; A conversation by phone or pen; tills me with laughter again & again; Always bubbly and full of life; She's the cure for boredom and strife; When you're sad or in pain; Her happiness washes over you like rain; Definitely a good listener & very smart; Thirty Minutes tops, and she's in your heart; Considerate and Kind; I tell you I'm fortunate, for she's a ware find; How to repay a love such as this? Is an answer I often miss; What's grand, you see; Is that she's family; As close as a Sister and Brother can be; Is how it is between her and Me.

## ANOTHER DAY

loday has gone by fast; Them 24 hours sure didn't last; Sometimes the days drag by slow; 1+25 these days you pray would go; Uccasionally it is a great day I don't want to end; But before I know it, it's gone like the wind; Then there's the days that make my heart break; These tend to take forever, as I ask what will cure the ache?; Some days are utterly boring; When they occur, I'm tempted to do some snoring; On days of envy I do realize; With bad decisions come a sad surprise; Last but Not least, are days of hatred and rage; Both by products of living in a cage; All move in their own way; Incarcenated or free, its just another day;

## LOSS AND DEVOTION

With the Sad News of your loss; I'm sure your heart & Mind are Nailed to a cross; In this time of Separation and pain; It seems everythings been taken from you, Nothing left to gain; Gone are all thoughts of pleasure; lears fall from your eyes without measure; Sorrow and rage cloud your mind; Where is the peace you seek to find?; Sadness has left you in doubt; All is swirling inside Making you want to scream and shout; What to do?; Who to run to?; Before your thread of sanity snaps; Look No further for someone in whose arms to collapse; I will hold you in your time of need; Do all that I can with speech and deed; Not just during this time of heartache; But also times that are undearable to take; More than a lover, I am your friend; Unlike the Many, I'm here 'til the end.

Luke M. Arabzadegan

**-31**-

#### TIME WELL SPENT

Could time well spent be a passionate embrace?;

Or hanging out at your favorite place?;

Maybe a letter written in haste?;

Perhaps the love of a food's taste?;

The caressing of your body;

Discussions with someone naughty;

Watching something good on T.V.?;

How about seeing a Movie?;

Singing alone in the car?;

Time on the phone?;

Being alone?;

Many other things you may see as time well spent;

When all is said and done it leaves you wondering where the time went?

#### WINDOW

Inside My Mind, there is a Window; It's a lovely place to go; Ihrough it I see different places; Sometimes there's faces; Where will I focus my attention to?; Past, present, or future could do; Should I view someone I know?; Maybe somewhere I want to go?; This glass can show things from different goints-of-view; Another perspective Makes things new; Kevelations follow, if you choose to see; As to what was, what is, and what could be; The imagination's a powerful tool; But don't let it hule; Live, love, everyday de cool; Show them all your No fool; Viewing that which goes past; Occasionally the images do last; Use the sights for reflections All the better to bring on correction; What does your window show?; Whatever it May be, guide it, that positivity May grow.

Luke M. Arabzadegan

-33-

# DARK NIGHT OF THE SOUL

Agenizing torment;
Undervable weight, stealing life's dreath;
Panic claws at my mind;
Madness whispers seductive promises;
Grief Steals warmth;
Utter anguish, is your end in sight?;
An epiphany dawns;
Comprehension decomes a southing dalm;
The Dark Night wanes in the light of the New era.

## BEAUTIFUL BASY

Bothered;
Burdened;
Bewildered;
Bored;
Broken;

Brought by Baby;
Bravery;
Broadening;
Beatific;
Broadcasting;
Beauty;

Beloved;
Blessed;
Bubbly;
Best;
Beautiful Baby!

## ≈ CONFUSION €

The day began; All needed for work at hand; Sustenance acquired; I Shake off being tired; Time to take the usual route; It's a short commute; Usually little stands in My way; Minor hassles, but that's okay; Arriving at the usual doors; Heading down the same floors; Dut today the voutine did changes Leaving Me to feel a little Strange; I was told, "I was Not Needed;" lo Which, a small part of me felt cheated; A Message was gassed, but not received; Another day off, yet I was not relieved; I his slight is an intrusion; The certainty of day-to-day replaced by confusion!