



Here Until I'm Gone: 40 Poems About Trauma, Illness, And The Inevitability Of Death

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(Rough Draft)

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Mio Angelo

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A Note From The Author

This is a poem book about some experiences I went through, at one time or another.

I hope you enjoy it!

And, thank you for your support!

—Mio Angelo

Dedication

This book is dedicated to my wife, whom I dearly love.

Chapter One

Insurance Questions

Why no insurance?

Are you lazy?

Isn't that illegal?

What about continuing your education?

Have you done that?

Why don't you get a better job?

Why haven't you...?

#

Moving On Takes Time

This is how it feels.

That's how it felt!

My experiences are real!

Everyone of them!

Or so it seems...

Wanting to return to normalcy,

But, there's only fright!

That's not how it's supposed to be!

Hoping someone,

Somewhere knows what they're doing!

#

Things Were Different

I don't want to leave!

I don't want to go!

How could you do that?

To me, to us?

It was a low blow.

Even for you!

Yes, I'm adjusting.

It isn't easy!

Thanks for nothing.

#

Something's Got To Give

You said you would do this,

And, you did that!

You did nothing that you said you would do!

You did everything different...

It's all in disarray!

Something's got to give!

Maybe one of us will get sick?

Maybe one of us will get worse?

I can't imagine life without you!

Maybe you feel the same?

#

It's Time

It's time.

Time to distance myself.

A little more each day.

I can do it!

It can be done!

Yes, I love you.

But, you can be difficult!

I know this is for the best.

Maybe not for you,

But, definitely for me!

Time will tell how you adjust.

I'll be fine...

You need help!

#

We All Die

Wouldn't it be great?

To not know death?

To only know life?

And, for life to be lasting?

For that to happen,

We would need better checks and balances!

Death doesn't just occur...

It requires the cooperation of life!

With life, we would need better technology!

We would need better this and better that.

We would need death!

#

While You're Here

Life can mean so much!

Fun, happiness, peace, love...

On the flip side, it's a mixed bag!

Sadness, boredom, the inevitability of death...

While you're here, try and find solace!

Try and find hope!

Try and find life!

#

Bullying Cries

As I recall, I was afraid almost every day.

I was anxious between bells, when I changed classrooms.

There was often a concern about being bullied in front of others,

Of being bullied at all!

I was also worried on the way to school and on the way home!

It was not a great school life...

Still, I did my best, which wasn't always good enough!

But, I tried...

And, I got through...

At one point, my family and I moved away.

Once gone, I thought I would escape my troubles and start anew.

But, my problems followed me!

As problems tend to...

Things would get better after graduation!

I would finally start to be free!

The bullying would finally come to a close...

It didn't follow me into the workforce or into college.

#

You Are Not The Problem

Narcissists know that you are right!

They want to see you go mad!

Narcissists are self-entitled assholes...

They're not to be pitied...

They are to be avoided!

At all costs...

Narcissists get nothing from me!

They are empty and are shells of human beings!

Narcissists are terrible people!

What more do you want to know?

Think "big gray rock."

#

Mental Illness And I

Mental illness and I...

Have it tough.

Mental illness and I...

Know your plight.

Mental illness and I...

Keep it compassionate.

Mental illness and I...

Will always try!

Mental illness and I...

Cannot give enough!

Mental illness and I...

Don't give up!

#

Being Chronically Ill

I do all I can every day.

I try my best at everything.

I adopt a schedule.

I adhere to a regimen.

I know it's disconcerting.

I feel it as harrowing.

I cry every once in awhile.

I sometimes shed a tear.

I want to feel better.

I hope to get better.

I am not my chronic illness.

#

My Poem Book

This is where the great happens.

This is where the amazing takes place.

The good, the bad, the everything...

From words and their meaning,

To ideas that make a difference!

I am my own muse.

I am my own muse!

I make the impossible happen.

I do that which needs to be done!

There is no other, I am the one!

Mentally ill in America?

That's just the way it is.

Mentally ill in America!

That's just the way it is.

#

Death, I Hope, Is Final

It's going to happen someday.

It will be the end of everything I know.

Death.

Death by design!

From where I sit, humanity was designed for death!

It's that in-between part that is supposed to be life!

But, how many people get to live it?

Life...

I feel that I had a glimpse of life at one time!

I was able to be functional long ago!

Maybe not the most effective, all those years ago,

But, functional nonetheless!

So, now I prepare...

I prepare for death!

Death, I hope, will be swift!

Death, I hope, will be final!

No simulations, please.

I don't have the stomach!

#

Wrong, Selfish, And Neglectful

Having kids and living life may be worth it,

Unless it's as the title describes.

It's terrible to think about their being neglect.

Not living?

Or, being put in a position of deep despair,

Of chronic illness?

Nothing can prepare the educated mind for a life of misery.

Nothing can make the person who just wants to live,

Do anything but!

It is profoundly sad!

And, life just drags on and on!

There is no legal remedy for my parent's decision to procreate.

But, worse, there is no legal recourse for my parent's neglect.

#

I'm Doing Better These Days

Yes, I am torn up about past traumas.

Yes, I am healing those situations, one by one.

No, it is not easy.

Yes, I have seen great toxicity in others.

Yes, I have worked to eradicate toxicity in myself.

No, it is not as difficult as it once was.

Yes, narcissistic individuals care only about themselves.

Yes, a narcissist's bad behavior is a choice.

#

#Truth

It won't be as difficult as I think it to be.

No matter when or how it happens,

There'll be professionals to assist with matters.

I am not alone, nor will I ever be.

I will always have someone who cares, who is there.

#

I Am Proud

I stand and have stood for what's right.

And, I do it again and again.

There is only that which makes sense.

I am proud!

#

This World

When in the right frame of mind, I like this world.

When things are going well, I am drawn to this world.

This world can be amazing!

Though I am careful in my analysis of matters.

This world is also cruel, to me, and to several others!

To that end, this world is a crapshoot.

#

When People Talk

When people talk,

Crap often comes out of their mouths.

I aim to see the best in others!

But, there's so much crap to sift through!

It does get easier though,

To find my way out of that mess.

This all happens, when people talk!

#

The Schizophrenia Blues

Once there was this man.

He had quite a way about himself.

He had these experiences.

They were quite phenomenal!

He was quite phenomenal!

But, why was life so challenging for him?

Probably because he had schizophrenia.

#

What Progress Means To Me

There is nothing as important as progress.

When I am faced with a decision to make,

Progress helps me to make sense of everything.

Progress makes the world a better place.

It makes me a better person.

Without progress in my life and in the world at large,

I'd feel a lot more alone.

I am grateful for progress!

#

Living Dismally

Why do so many Americans lead such dismal lives?

Do you think it has anything to do with our corrupt, capitalist society?

Or, are you joyfully participating in all of this?

The madness, the non-sensical, the terrifying, the pointless ways of being...

I, for one, have thought about these things!

And, I do not believe life will get better until we make some hard decisions...

Who are we and what have we become?

We should take a closer look at how and why America is the way that it is!

1. Incorporate a flat tax on all Americans and all businesses.
2. Overhaul law enforcement as it is known.
3. Get rid of the political parties.

These are just a few changes that I would like to see made!

#

Democrats And Republicans

Why are you a Democrat?

Because I am a progressive. Bottom line.

I believe in moving society forward, and I am doing that with the causes I choose to support!

All it takes is one or two people to start a movement!

Why are you a Republican?

If you get the warm fuzzies by attending church, you're probably a Republican.

If you think the Christian Bible is the only book worth reading, you're probably a Republican.

News Flash: There are over one million new book titles released annually, and next to none of them are bibles!

Get to reading!

#

When I Mourn

When I mourn,

There is something healthy about it.

There is something freeing about it.

And, there is something I wouldn't wish on others regarding it.

Sadness.

Complete and utter sadness.

I don't want to mourn like that again.

But, I know I will.

All of us will!

#

My Best Friend

My best friend lives within.

Within me, within my home, within my life.

My best friend is me!

How did this come to be?

A best friend that is "me?"

Time, experience, and patience!

That's how I became my own best friend.

And, everyone else?

They are a bonus!

#

My Perspective

I used to think I had all the answers.
That was some time ago!
I no longer “know it all,” as I once did.
That was a disease in and of itself.
The propensity to know everything...
I am grateful that I grew out of that!

#

The Poet Who Didn't Know It

I've been fleshing things out for years!
I didn't realize I was in command of so much!
Words. Words. Words.
I know it now and I enjoy sharing of what I'm about...
There's nothing like the feeling I get,
As I write a poem, a post, or a book(let)!
I can do all of these things!
I am capable of all of these things!

#

The Current Pandemic

It's not nice.
It's not easy.

The situation...

It sucks!

People are dying.

Right and left in some cases.

So many becoming ill!

So little we can do about it right now!

America should have known!

In the sense that it was coming.

Sooner or later, a pandemic would be here!

To be prepared for this was once a priority!

But then, it became a situation where preparation was no longer important...

What happened to caring about human life?

#

Only Time Would Tell

There was something about them, something that made me question things.

It wasn't anything that I, myself hadn't already thought of in the past.

But, it was something that I felt I could benefit from in the present.

Stability!

And, quite a level of such...

In fact, it was the kind of "evenness," that I'd imagine in someone twice their age!

What a find... no?

And, could any of it rub off on me?

Only time would tell,
But, would I have the time to tell?
Only time would tell!

#

Searching For The Truth

We're all going to die... right?
But, will all of us have lived?
I mean, truly lived?
Because right now, the way I feel,
I don't think I will die smiling!
Does anyone ever die smiling, though?
Maybe some people do,
But, I haven't heard of anyone personally.

#

The Exhibit

There is something about her.
The way she shines and glows.
She shines and glows!
Isn't that something?
I've never seen anything like that before,
Except my wife, of course!
She shines and glows...

But, I have to say that...

Otherwise she'd be mad I didn't mention her!

#

Letters

Pieces of me, pieces of you.

All trying to get to a good place!

A level playing field...

One that invites everyone there as they are!

I saw this place one time in my mind's eye.

And, did you know that it is quite seductive!

Yeah, they send out invitations in the mail.

I'm anxiously awaiting mine.

#

What More Could I Ask For?

All of this was experimental,

Let me say that!

Here, I'm learning better ways of standing up for myself.

I'm discovering better ways of coping.

And, I'm basically finding a community of people who care!

What more could I ask for?

This is fast becoming a way of life for me!

It's not quite what I envisioned for myself and my days,

But, it's doing wonders for my confidence!

And, it sometimes helps others...

I couldn't ask for more!

#

I'm Not Sure What Got Me Through

I understand my brain protected me from a lot of things,

Under the guise that what was happening was not okay.

My brain knew and understood, that, what was taking place,

Was quite damaging.

Especially to the development of my poor brain.

I was a content little guy too.

I didn't ask for much.

I rarely got in the way.

I was definitely a loner in those days as well!

Very unassuming...

So, it was the yelling that stung.

It was the anger that came out of my father,

Who worked a thankless job.

And, things would go on this way for a long time,

That is until he got his college degree,

Which was a game changer.

But, before then,

We all suffered!

Each in our own way.

#

Social Workers

I got used to the pain.

And, that's something that no child should ever get use to.

Every emotion held captive,

A compromise most definitely!

A life that needed encouragement!

A kid who just wanted to be left alone...

What more does a social worker need to go on?

Yes, I fell through the cracks.

And, it was just another day for the social worker,

When they chose not to further investigate.

What do you do?

Do you make excuses for a horrible system or don't you?

Social worker or no social worker,

I think you just realize that I fell through the cracks,

Which in a lot of ways, became the story of my life.

#

Words And Music By Godzilla

Yes, that band is alright!

You know, the one that plays that song you like?

What they do for humanity should earn them a grammy!

And, for all I know, it has!

Several of them perhaps!

But, I don't listen all the time, you know?

I do, however, listen when I'm feeling blue.

And, you know what?

It lifts me up!

That song lifts me way up!

Thank you, Godzilla for that.

#

It Comes From Somewhere

I don't just get these short bouts of inspiration from cleaning out my jeans every other day.

They come from somewhere deep within!

A place of great excitement, if you will.

Some might like to name this source of inspiration!

I don't really want to do that...

The well is likely to dry up if I do!

Otherwise, it might all come out in the wash!

And, nobody wants that kind of responsibility.

#

What I Pass On Is All Of This

There is a way of understanding that which some don't.

It's by engaging one's brain and involving one's self in the outcome.

There are a myriad of ways to sound clever,

But, I don't much care about most of them!

I just want to share what's in my heart and on my mind.

And that's good enough for me!

#

There Is No Other Way That Counts

Some will say, that there are many ways to elicit an outcome.

And, they'd be right!

But, are all of them as effective as my path has been?

I don't know!

I guess we'll have to see...

I spent the better part of my life thinking not entirely of myself,

Which is a good thing,

Except that some people took advantage of this and of me!

And, those people are all going to die!

Right along with you...

And I...

So, I have no time to waste on being mad or upset at them!

I just move on with a clearer head and a better game plan!

We're all going to die, as you know...

And, it works out when there is no other way but the way that's been forged,

Whether it was entirely my way or someone else's,

Is of little to no concern to me!

I've learned a lot along THIS WAY...

And that, my friend, is what counts!

#

The End For Now

It does get better.

No matter what you're dealing with.

Things do improve.

The sun will come out again.

The birds will sing.

And, your life...

It will continue.