

# Survive & Thrive: A Journal for Medical Humanities and Narrative as Medicine

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Volume 9  
Issue 4 *Voices of the Incarcerated*

Article 17

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October 2024

## A Poem from the Heart

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### Recommended Citation

Monsour Owolabi and Scheckel, Susan (2024) "A Poem from the Heart," *Survive & Thrive: A Journal for Medical Humanities and Narrative as Medicine*: Vol. 9: Iss. 4, Article 17.

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Monsour Owolabi, "A Poem from the Heart"

This is a poem from the heart.  
The voice of light impels wisdom, while engulfed  
In the dark.

The darkness of isolation is loud and penetrating,  
Sending the mind into contemplation.  
In the dark there is a need for a spark.

Life in a cage imbalances those previously sane.  
Have you ever witnessed the clear minded become a fiend?  
Psychogenics got brothers slicing their wrists,  
    drinking their own piss,  
    drawing illustrations on cell walls with their own shit.

What the hell is this?  
Daily life in the control unit.

Pigs control U-N-it; or at least that's the objective.  
When did the right to be human become subjective?

Only as a collective outside and in,  
Can we put a stop to being locked in.

All isolated confinement should be halted.  
It is only permitted because of our enslavement.

A slave isn't fully humyn; thus, their rights are nonexistent.

Here's a premonition, revolutionary education, building independent institutions.  
That is only the start, the spark that brings light to the dark.

Yesterday I witnessed my homeboy hanging from a sheet tied into a noose.  
Self-inflicted suicide, the coroner will deduce.  
Does the public want the truth?  
This couldn't be self-inflicted, no indeed.

Point the finger at Governor Abbot; he denied my homeboy's needs.  
Love, Life and Liberty – he never heard of that.  
90 million dollar grants for prisoner "crats."  
Where is the funding for reeducation at?

Monsour Owolabi, "A Poem from the Heart"

Indict Director Brian Collier and all the legislators;  
They continue to turn their heads the other way, the oppressive way,  
While minds trapped in these boxes slowly decay.

There are multiple alternatives. There is only one alternative.  
You can start by following your own laws and its ways.  
United Nations Mandela rules articulate how our captors should behave:  
No isolation over 14 days.

This here is a poem from the heart,  
A minuscule portion of the revolutionary spark.  
We must come out of the dark.  
Control our destiny; we must start.

Wisdom I impart; understanding I bring forth.  
The slave must know of its humyn worth.

You are as humyn as your captors and deserving of just as much freedom.  
We are as humyn as our captors and deserving of just as much freedom.

Vanguard, stand up, educate the masses and lead 'em.  
From the beginning to the end,  
Comrades dare to struggle and dare to win.

#PrisonLivesMatter