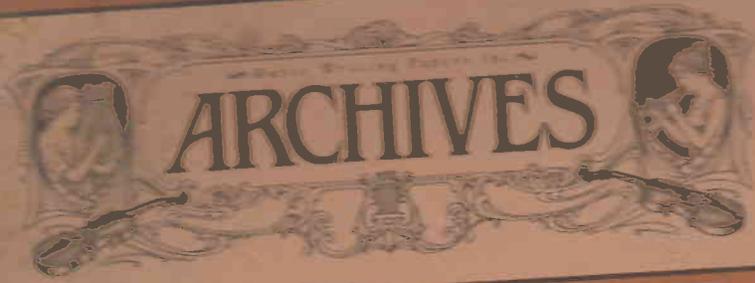


Guiding Light forever
Show me life, My destiny
Open your Arms Strong
Show me a place High Above
Give Life plan
to get the strength
Don't try this
You're NOT a
Discover Real
Don't be a



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Selected Poetry of John Joseph Cannon

1985-Present

This collection of poetry was written by John J. Cannon over the last decade. John Cannon has endured many hardships in his life. Coming from a broken family, he and his brother Michael have endured adolescence in a less than affluent upbringing within a very affluent neighborhood. Drawing from this experience and other life events, John has carefully chronicled the thoughts of an optimistic yet disenchanting youth in a world of false guidance. His poetry has been mainly self-serving allowing experiences and emotions to be transferred onto the written page as a source of stability in his vastly dynamic moods. At age 18, John was overcome by these emotions and felt it necessary to sign himself into a mental hospital for relief. Diagnosed with manic depressive disorder, John has steadily grown to become keenly aware of human nature and viewed the world from his unique sense of what it means to be a human being in this world of carefully hidden natural wonder and wisdom.

Over the years John has used this poetry as a reinforcement of the universal conscience towards positive change in this ever changing world filled with so many strained voices filled with self indulgence. His one wish from his works is that everyone must examine themselves before casting judgment onto others.

At times the verses can be viewed as self-deprecating and melancholic, but the message that is most constant in his works is that without suffering there is no personal growth nor self enlightenment. Please take your time to read through this well on and enjoy the many different feelings it ferments.

The Early Days

Monday 1/14/85

D.L.

Suffer, Suffer, Suffer
But can we survive?
I do love you, but do you love me?
Can we exist in the midst of doubt?

Strain, Strain, Strain
But can I rely?
On the presence of your love?
Can we exist in the midst of doubt?

Struggle, Struggle, Struggle
But can I reply?
About the cold sleekness of your will?
Can I resist the feeling of doubt?

1/21/85

Whenever Life Removes

Whenever life removes the love in a thing
Society fills the cold empty barrier
That once was alive and prospering
Substitutes it with a temporary carrier
Of physical and tempered love

Whenever love removes the life in a thing
Emotions and caring fill the loss
Of Identity that surround the emotions that love can bring
Follow Follow, but who is the boss?
Of this spiritual and immortal dove

Undated

Relations

The boy carried a book into the room
And wished he had not become too astute
To all the ways in which the teacher's gloom
The hopes of a man in an institute

Before four years of problems take root
We must remember that life is removed
From the busyness of beautiful dispute
The remaining of a hope for improved
Remains with the one's in which we moved

2/5/85

Shared

Remembering the times we once shared
I fear the implications that are presented
In my mind, I felt you cared
About how much I really resented
You putting me on your list of items
With which you got bored.

2/17/85

Remember

Remember, you better regret
The move you made when we first met
Times must change and plans will set our life

I hope you like the times you spend in beds
Of young men who don't understand your head
You better change soon or you'll be sad

I really hope you realize
The times we shared
Walking through the places
We never thought we'd care

Remember, I'll never forget
The move you made when you last left
The pain will fade and we'll resent the night

Undated

Sweet Times

We were lovers in all ways
You cared for me with many shades of emotions
That were all too plain
We touched and absorbed, gathered and remained torn
Between the snow and rain

Time must remain clear and we must not be ashamed
About the moments we explain
The emotions we rename
The whispers we refrain
Are all very natural and quite factual

Undated

Haunted

I am haunted by your presence
I don't want to let it go
Wheat we had was special
And I need to let you know

People share together
What they want to do
When life is over
And nothing else is new

Time must travel onward
And we must move away
I should not look back
I should only let you pay

Why can't we be friends
Is it something in our type
Let us handle the bends
That life presents in light

Darkness is nothing real
When there is a moment to say
How much you feel and care
About living with an experience like you

Undated
Sleepless Nights

Tossing and turning waiting for the day to end
Wondering about you in my lonely bed
I hope you never want your love
To make my life suspend
Never knowing what life's passage would tread
But now I see the long and vibrant light
I believe our love was never quite right

Sleepless nights writing to you
I never will forget the times we explored
We were both very confused in our views
About the implications we both shared

It's one o'clock and I'm wired
Can't stop thinking about you
The many things we shared
And the many times we grew
I can't relieve my life, it's true

The careless nights we spent together
Wandering through the streets
Hoping to find a place to discover
The ways in which love speaks

Hoping for more and holding on
We both were trying to secure
The future of our lives
Eventually truth will resolve our clause

Undated

Dawn Complex

You better not forget
The times we shared
You better not regret
The truth you once did air

Undated

Walk about

Run around walk about
Don't know what to do
Keep on trying to choose
What life to try
If I live in a lie
I will not let it out
If I live in the blue
I won't know what to lose
In a crude but eventful life

7/1/85

Riding Home

Riding home from your house
It seems like just another night
When we were playing and having good times
I never thought I was in love with you
Until I realized our times

We never let time hold us down
We are always on the move
No limit no bound

Undated

Nowhere to go

Days pass by, waiting for a letter
Don't know when, I'm gonna give in
To the feeling which is cold and lonely

Try to find a way out
Looking for that easy road
But I know that when you're in love
There's nowhere to go

It's been two weeks, I should not count
I know your love is a deep root
Is that hold going to stay
Try not to think about it
But I can't repress my thoughts
Of rhyme which has no sense
Rhythm that shakes the ear
I know there will be a new way

7/19/85

Don't know where to go

While you were away
I don't know where to go
While you're away
I don't know which way to turn
While you're away
I'm feeling so confused

Try to keep you in my mind
Don't know, I'm gonna try
To keep my heart with you still
It's gonna take alot of time

You write me once, but not again
You try to keep me in your hand
I don't know whether it's gonna last
We both have got to try and stand

8/85

I love you

What more can I do, what more can I say
I love you and want you to stay
But I know I can't control the tide
I'm sorry what I did, and please let me try
To keep what we had and not let it fade
In the lonely records in which we all hide

Past romances that once had pride

I responded in revenge, and knew right then
I was wrong, but didn't want to admit
What I just committed because of my fury
Of the coldness in which you did transmit

Although you thought I was closed
It was just in defense of your story
That you just didn't trust my judgement
and believe my love and pride I've just exposed

8/85

We both belong

In our minds and in our times
We both let ourselves revolve
Into lovers, body and spirit

In these times and in our crimes
We both let ourselves evolve
Into enemies in which I will contend
With my love and affection
Please forgive me and let us continue
I really feel we bother need each other
and shouldn't let it go

8/85

Times will change

I love you so much I can't survive
I'm sorry, I admit
If you care please let it show
Because I can't stand this situtaion

Times will change, and life will go on
You were someone very special
I didn't think you could be so cruel
To keep me in this state of mind
I hope you will accept this message
From deep within my heart
Keep my love, and let love rule!

8/24/85

The Moment

Waiting for the moment to begin
Hoping that the past will evolve
Into a memory that could never have been
As good as it seemed, let it resolve

10/19/85

The Game

Once you play the game
Once you feel the fire
Once you fill your heart with love
There's noone else to blame

Once you say the word
Once you spark the wire
Once you think you're on the road
You'll find yourself unheard

Once you enter the realm
Once you hear the squire
Once you journey into darkness
There's no place for a liar

Once I shook your bed
Once I let you live
Once I'll let you feel the anger
Gathered inside my head

Once you play the game
Once you feel the fire
Once you make the choice of laughter
There's noone left to desire

Undated

When you go away

Looking into a new realm
Trying to explore
Helpless curiosity
I've never felt before

Feeling my life and its words
Listening for a way
To find a new utopia
Where we can live and stay

Feeling my heart and its hurt
why did you go so far
I'm standing here all alone
Looking for a cure

Summer stars keep the warmth
Fast goodbyes never seem real
Little towns and big cities
Never seem to hold it all

When you go away
When you go away
I don't know what I'm going through

Undated

Always believe

Today our love was shaken
But I know we are meant together
I can't understand why
We both can't handle it
I love you, God foresaken
But I guess I was wrong
And I don't think we can go on
You upset me in your trust
Don't know what to do
I'm in love with you
But you don't believe
I really care for you
Sometimes friends will deceive
But I'm your friend
And all I say is
You make my whole world
Keep me until the end
Because I will stay and always believe

Undated

Why must I stay with you

Why must I stay with you
I don't know why
Sometimes we show ourselves
And that is the view tonight
I don't want to leave you
We had a life in a moment
We shared and brought out the good in love
I think we both want to live our life

But I can't explain why I don't
We had everything
But it was too perfect
I don't know why
I don't know what I wanted
But it wasn't you

Trying times will break the beast
and people will adapt

Why didn't you think twice
Why didn't you use your head
Why must I pay the price
Remember what you said

11/7/85

People remain unknown

People remain unknown in their own way
The puzzles of life never seem to fit

Now I know what is you, what are you?
You are a hopeless wanderer
You want everything perfect when it just can't be
But why not settle for the best
Right! Because I know I didn't

12/11/85

The Benefit

To live in a lie and die with no reason
You really know how to petrify
To live in a lie and die in a season
Of loneliness I will not cry
To live in a lie and grow with treason
You could never justify
To live in a lie and die in a season
Show me that love is reason
To live in a lie with pride and a lesion
Of hurt that could never testify
The pain and suffering you gave for no reason
To live in a lie and parade with no legion
I can see no more I have no more.
To live in a lie and die in a season
Your heart is its only spy
Show me that true love is all but reason

12/26/85

Your Hand

When I first touched your hand
I knew there was a connection
When I first kissed your lips
I discovered a golden resurrection
But now we have parted my heart can only strain
With a hurt and endless desire
To return to where we started
My life is nothing but a dull blade
That cuts into nothing but drying clay
If you want my life and spirit show me our love is forever
The constant pain inside my soul
Lurks over my unrested self
And keeps on pushing towards the edge
Where I escape and set free
I wish I could just forget
But when there's no reason
It's harder than the bond that once held our lives

Empty thoughts and low doors
Heavy cups that still replenish
With the bitter drippings of desolation
Gathered in a formless mass
That once was my caring heart

12/26/85

Turn Around

How can you walk away and turn around
And ignore the cold reality of our destiny
I wish I could say I never cared for you
But if I did I would just enhance the fire
That incessantly burns with an unceasing desire
To understand the reason and unbearable pain
You chose to please without any regrets

Why must we both be so head strong
I guess it's in our nature
But when we decided to commit

12/26/85

Your pillow

Gray and black, purple and green
I wish I had a way but it will never come back

Blue and silver turquoise and yellow
Remember the days when I was your pillow

12/26/85

I sense a deep hurt

I can't sleep without an understanding
Of why you could choose such a path
To journey down life without love
And just create an imaginary illusion
In which everything is just an image
For all to admire and hallucinate
Perfect realities of past love affairs
That never seem to embellish as much
Spirit and emotion as the one we shared

12/30/85

It had to happen

I guess it had to happen
There is no other way
Why did it have to happen in such a bitter way
I loved you and you loved me
Why did it have to happen what can I say

I want you to understand that my heart is broken
I want you to understand that my love has spoken
When I was young I used to pray
When I was young I used to say
I love you let's have it our way

Undated

The ways

Travel and move on
Keep on looking
Why must it have to be
That we all slowly diverge

Many times we try to understand
But I know we can't understand the ways

Undated

Turn a new page

Turn a new page
Look up and wonder why
Don't try to feel the hurt

Open a new link
Look down and feel the fire
Why did you let it end
Why did you lie and turn around
Try not to try, try not to try

3/6/86

Love Evolution

Don't look past my door
Try not to feel my call
Cause I care no more
I really care no more

Look into your ^{ssv!}soul
Remember don't ignore
Love will pay the toll
Save your role

Why must things in life evolve
The future, advice
I hope to try and understand
The smothered love and covered lover

Let us not forget
Our encompassed love
Why must we remain
People are insane

3/29/86

Contemplate your

Why must people imitate their ways
Why must moments last but one day
Living life journeying onward
Paying the price, no one remembers

Looking into my past and its motions
Never knowing if it will revolve
Into a continuous portrayal of pain
Which must not become a vile potion
I shall remain

Why must towns shape our plays
Why must emotion kill the ray
Of desolate sweet recurrence
In which my life must serve

Tides wash away the marks of yesterday
Tears never solve any perceptions
of hurt that will engulf my heart
When the memory of you still aspires
in all my conscious relations
Exercise with ecstasy
Recognize your not next to me
contemplate your

Found on the back of a calnader dated Aug 20-23
1983

First Poem

Walking down on a red hot day
I was searching for my fate
When the clock went back
to the reversal of its date

I waslkd on the edge
My soul caved in
I felt there was no show within
Walking around depressed
Cutting corners with figures
Feeling lonliness at its best
Only regretting there were no triggers

I feel the snow is running
Running down on my head
Its only a matter of money
Twisted we'll all be dead
So take my word honey
Twisted we'll all be dead

At the edge there is no discovery
Of what is and would not be
Before the dawn of evil
Strikes her hands against mine
I'll be there.....

So this darkeness remains
Always until death
When the soul is refreshed
With the pureness of snow
The only path traveled
Is the one with the door