

This is what Self-rehab Looks Like

By: Spoon Jackson

Poetry, music, song and speech

going places

Places unheard of and unseen

- Drumming in time

Guitars strumming the line

Putting a human face

Putting a human landscape

on the scene

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Big C elegantly singing

his songs

Moody rocking blues

J. rich spitting his verse

Ken H. making a stand

with penetrating words

Jon G. there sharing

Puppy love -

Spoon Jackson weaving

His poems out of nothingness

Chris B. immortalizing Karma

Rescued dogs in paint

And it's true none of us

are saints
Some broken people
Who have rebuilt their lives

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Scott B., songster Pebbles
Common, John Legend,
Geri Silva shines like silver
Coming into the pit
of prison
Exposing the growth
of the young and old
Exposing a system stone cold
Exposing the system
failing souls

Showing the human faces
Prisoners creating light
in darkness
Through the art
From the heart.

This is what restorative justice
Looks like
This is what self-rehab
Looks like

Come you who doubt the flow
hear the songs and speech
hear the stories, poems and articles

and don't demonize
but humanize
We all have one foot
in darkness
and one foot in light -
Nothing human is foreign
to any of us

Prisoners picking up
Puppy pooh
Service dogs serving
The few, the proud
and open hearted

This is what self-rehab looks like
This is what restorative justice looks like
this is what it looks like.