

# I AM by Tore

I am a son to a loving mother I am a son to a formerly incarcerated father I am a father I am a champion for children of incarcerated parents I am an athlete I am a "Once a Marine always a Marine" I am a student of culinary arts I am a foodie I am fearlessly and wonderfully made I am a dreamer I am a maize and blue fanatic I am a fanatic of amusement parks I am a believer that transformation is possible I am Tore

In Memory of Ella

Ella had an infectious energy that was contagious and gave our 1/0 Training at Macomb Correctional Facility in 2019 incredible momentum that we road to our final circle. Ella will be remembered...., Tore..Michigan Theory Group

*ESSENTIALLY I HIM THE SUM  
TOTAL OM ALL ME MISTAKES MU  
BESOLVE IS *SHADED BY THEIR**

WAKE 15 INK SPILLS MY PAIN

CHANGIN' THE PIGMENT

OF MY SKIN SAYA' TO

ALL WHO SEE IT

THAT I'D BLEED TO

MAINTAIN THIS GROWN

SENSE OF REASON

THE INNEH ME IS MY QUTER

BURDEN ON MY FACE I WEAR

THE URGENCY MAKIN' ME

SEEM LINAPPROACHABLE

WITHOUT THE NEE TO BE

SOCIABLE BUT BEAUS I'M

Hoping to EXPOSURE TO THE

OTHER SIDE OF THE

TO SEE WHAT IT'S LIKE TO NOT Live

BY THE KNEE OR THE GUN O TO

NOT THINK "RUN" AT THE SIGHT OR

THE ONES SWOBA. TO SERVE

PROTECT

O NOT KNOW NEGLECT

INTIMATELY WHILE SOCIETY

SENTENCES ME WITH EVERY

THOUGHT OWW EXISTENCE

*Simped BECAUSE THEY DON'T GET  
IT YOs, THAT I DAL PENANCE WITH  
THIS NEW JOTTIN' WORDS ON A  
PAGE FOR RETRIBUTION MORE  
THAN THE PERSECUTION*

*EXECUTED YOBT MY SINS -  
WHAT I DID OR DIDN'T DO TO THEM*

*PROVES TO NOT BE MOST  
IMPORTANT TO THEIR  
DISTORTED VIEWS*

*of WHO I AM*

*for I AM THE LILTIMATE AUTHOR  
OM THE TRUTH INVOLVIN' ME  
NOT THE INTERPRETED  
FALSEHOODS of THAT WHICH  
SEEMS TO BE I'M NOT  
CLINGIN' TO WHAT I THINK  
ONLY WHAT I Know d BETWEEN  
QUOTES I SAY*

*I AM HOPE MIXED WITH A  
BROKEN SOUL*

*TRYIN' TO COPE WITH LINNET  
GOALS FAR hom HOME WITH NO  
ESCAPE I'M NOT THE CHEST THIMA*

On Fist Bump - BRAUN BUT NO  
BRAIN EMOTIONALLY LAME thom BEL'  
ESTRANGES BUT ALL THAT CAN  
CHANGE WITH CASESIONATE  
RELATIOAS E PATIENCE  
OUTSIDE THIS  
DETAINMENT

I'M MORE THAN FEAR & ANGER

Repressed STRESSES x I AM  
NOT AN IMMINENT DANGER I  
AM LOVE YANI ESTES IN THE  
YLESH thoTECTOR OF THOSE  
WHO LOVE ME on CLAIM TO -  
UNTIL DEATH

NOBODU NOTHING IS ABOVE ME - NO  
EXCEPTIONS

2->

I AM WRITING\_Lite  
REALISTICALLY WITHOUT  
IMRED BUSS IN MY WOBDs So  
iP SOMEONE ASK You WHO I  
AM TELL THEM WHAT YOU'VE  
HEARAI

Adorm Bte *Sheep* on  
Quotes.tk

ALOEM BY :

Luset

*JUALS-  
EL*

I AM I

Am A time bender  
suspended in a space  
without AiR ... Reaching

I am written words decoding  
decades of generational  
sa  
hurt

I Am A shape shifter  
constantly evolving in  
the midst of darkness

I am the sound of wind singing  
the blues through A family of  
trees I am the love that  
appears in my daughter's  
smile, As she  
journey through a broken world  
I am the song playing in the

CAR next to you I am who I  
Am.... I Am... Steve

-Steve  
Hibbler

Julio

I am

I am Boricua

and a citizen of the universe I am a spiritual warrior a yogi, a bodhisattva I  
am an introvert an intuitive person who is deeply in tune with the heart  
of humanity

I am resilient and compassionate I am a vessel of love a lake of  
tranquility I am a lover of life, truth and wisdom I am Julio

H  
H

Memories with Ella...

I feel extremely fortunate to have met a warrior queen named Ella. I  
met Ella during one of our Inside-Out trainings. Our caribbean roots  
sparked an immediate connection between us. I had the privilege to  
share a profound cultural conversation during a dinner session. I also had  
the opportunity to recite poetry with Ella. She had a strong and vibrant  
presence-- Majestic! Her presence exuded a

love for people, spiritual power, and creativity. Ella's smile and laughter was contagious, and always lit up the space she was in. Ella, we will miss you very much and we will carry you in our hearts.

--Julio

**I AM (TYRONE)**

***I am an Ocean confined to a pool I am a feminist I was nurtured by strong women I am a calming voice, laughter and strength I am pieces of those who have shared themselves with me I am one piece of a large family I am a half empty and half full vessel I am love.....***

*I am Tyrone*

Ella... A Celebration Of Life

Certain people have the **ability** to **leave** a mark on our spirits, those special people **impact** a space **effortlessly**, and they **never** truly leave us..., Ella is one of those unique individuals, her ability to **impact** lives and **usher** in change will forever remain a staple in our Inside Out Family. You did **not have to spend a lot** of time around her to know that her **passion** for people ran deep. Ella will be **greatly** missed, even though her **essence** will **forever** be Inside Out.....

Tyrone, Michigan Theory Group

VIO

Date:

January 23, 2022

To:

Dr. Paul Draus, TG Facilitator

From: Bantu, TG Member-Inside

Re: Re :

"Who I Am" (Poem) **Art Work Description; Blo; etc.**

Who I Am" (by Bantu) **I am not a Republican I am not a Democrat I am not a liberal I am not a Conservative I am not @ Moderate or Prograssive I am not a Capitalist I am not an emERICAN I am Angry! I am Militant I am Dacolonised I am a Socialist I am an Afriken-centered Pon Afrikan Nationalist In the words of Comrade Fred Hempton, I Am, A Revolutionary!**

Art Pieces **1. mpetapow( Knot of Reconciliation & Peece)**

\* Description: Red knot w/black outlining and white background 2. Netart Nut (Goddess Nut). "When God was a Women

\*Deacription: **Black women (Goddess Nut) cast as the universe giving birth to the Sun (symbolic of God/the masculine aspect of the creetive force), heving already given birth to the world (globe)**

Art Bio Bentu is serving h13 20th year in prison following a wrongful conviction of a crime he le innocent of, and seeking justice and a platform to have his voice haerd.

Art Stetement

On all fronts justice must be sought, including justice for women from the patriarchal violences of chauvinism, sexism, misogyny, and peripheral marginalizing. This "When God was a Woman" painting represents a drumming uttecance of soliderity, utilizing art as a space to plant the seeds assisting the flowering and creation of liberated zones where Black women are cherished, worahipped, and exalted 98 God

(Goddesses) on Earth. This "When God was a Women" piece is in remembrance of the words of the Afrikan Warrior Queen, Winnie Mandela, who said: "... there is no other species that understand oppression as Black women do."