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## Bound

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### Author Bio

I often times forget to consider myself a poet. Writing is an outlet for my feelings and emotions, both good and bad. I consider writing synonymous to shaking a carbonated drink; there's only so much pressure that can be contained before something bursts. That burst is what results in a poem.

B o u n d  
E z a n a A s s e f a



From where does help come?  
Has my spirit grown numb?

Trapped in a cycle of self deceit  
Moments of triumph are followed with eternities of defeat

Is there true freedom from self-constraint?  
Can liberty emerge from the midst of self-restraint?

How do you release the captive who desires to be enslaved?  
Can you offer deliverance to the mind oppression is engraved?

How do I receive liberation from being imprisoned?  
How can I believe my ignorance has now been forgiven?

Lost in the maze of mental atrophy  
As the soul grows in progressive apathy

Where do I find my emancipation?  
How can I end my destructive excavation?

Though the power to be free completely surrounds  
How is self freed when it is self that bounds?

- Galatians 5:24