



COMING FULL CIRCLE



A Journey of Self Discovery & Growth



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COMING
FULL
CIRCLE

A JOURNEY OF
SELF-DISCOVERY
AND
GROWTH



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MY REASON

AS AN ADDICT YOU ONLY TALK ABOUT FINISHING SOMETHING OR ACHIEVING ANY OF YOUR GOALS. I'VE BEEN AN ADDICT SINCE I WAS TEN YEARS OLD.

I ALWAYS DREAMED ABOUT ACCOMPLISHING SOMETHING, ABOUT THE ONLY THING I DID FINISH WAS A BOTTLE OF ROOZE. I HAD A NEED TO BE SOMEONE. I WAS ON AN ENDLESS QUEST TO MAKE MY MARK. I WAS ALONE AND SCARED, ALWAYS TRYING TO BE SOMETHING I WASN'T.

I TRIED EVERYTHING. I ALWAYS THOUGHT THAT IF I COULD BECOME THE BEST AT SOMETHING I COULD SOMEDAY LOVE MYSELF. ONE DAY I RAN OUT OF THINGS TO MAKE ME MATTER. THAT'S THE DAY I CLEANED UP. AT THE TIME I DIDN'T KNOW THIS WOULD BE THE DAY I WAS BORN.

I WAS IN AN ALCOHOLIC AND DRUG ADDICTED COMA FOR OVER FIFTEEN YEARS. I SAT AROUND WAITING FOR MY LIFE TO START. I THOUGHT THAT ONE DAY SOMEONE WOULD WALK INTO MY LIFE AND MAGICALLY GIVE IT SOME MEANING ALWAYS LOOKING OUTSIDE MYSELF FOR HAPPINESS. ALWAYS LOOKING FOR SOMEONE ELSE TO TELL ME IT WAS OK TO LIVE LIFE THE WAY I WANTED TO. ONE DAY THAT PERSON SHOWED UP. THAT PERSON WAS ME.

I WAS A LOST SOUL LIVING ANOTHER'S LIFE.
ALL THE VALUES AND BELIEFS THAT I
FOLLOWED WERE NOT MY OWN.

I HAVE FOLLOWED THESE BELIEFS WITHOUT
QUESTION. LIVING A TOTAL CONTRADICTION.
I WAS NOT WHAT I WAS CREATED TO BE.
I WAS NOT ONE BUT TWO SEPARATE SOULS
TRYING TO LIVE INSIDE OF ONE BODY. IT
WAS A CONSTANT BATTLE, ALWAYS
FIGHTING MYSELF FOR CONTROL

SOMEWHERE INSIDE WAS THE TRUE ME, AN
INFANT THAT NEVER HAD THE CHANCE TO
DEVELOP. A STRONG AND SENSITIVE INDIVIDUAL
ALWAYS NAGGING AT MY SURCONSCIOUS, ALWAYS
LETTING ME KNOW THAT HE WAS BURIED INSIDE.
FIGHTING TO GET OUT THROUGH ALL
MY ADDICTIONS AND NEUROSIS.

THE OTHER OLD AND WISELY FOOLISH SOUL.
KNOWING OF ALL THE WAYS NOT TO HURT NOT TO
FEEL NOT TO LIVE, CONTENT WITH WHERE I WAS AT.

FOLLOWING THESE RULES I LIVED IN FEAR.
FEAR OF THE UNKNOWN, AFRAID TO TRY
ANYTHING NEW. I WAS KEPT IN A CLOSED OFF
AND SHELTERED WORLD.

MY INFANT SOUL IS NEVER CONTENT
ALWAYS LOOKING TO EXPLORE
TO VENTURE OUT INTO THE UNKNOWN.
THIS BATTLE THAT OCCURRED WITHIN
MYSELF HAD LEFT ME EMPTY.

ALL MY LIFE I'VE BEEN TRYING TO
BRIDGE THE GAP AND FILL THE VOID
THAT LIES BETWEEN MY TWO SOULS.

MY ADDICTIONS GAVE ME TEMPORARY
RELIEF, BUT IN THE END IT ONLY MADE
THE GAP BETWEEN MY TRUE
SELF AND FALSE SELF EVEN BIGGER.

FOR ME THE ONLY WAY TO BRIDGE
THE GAP AND BECOME ONE, TO BECOME
WHOLE IS UNDERSTANDING.

THE ONLY WAY I CAN UNDERSTAND MY WAYS
IS TO WRITE. WRITING HAS HELPED ME
UNDERSTAND MY SELF MORE
THAN ANY DRUG EVER DID.

THIS BOOK IS A JOURNEY.
A JOURNEY TO BECOME WHOLE,
TO FIND THAT PURE UNTAINTED INFANT INSIDE

COMING FULL CIRCLE IS MORE THAN
A TITLE FOR ME IT'S A WAY OF LIFE.

I GREW SPIRITUALLY FROM AN INFANT
TO AN OLD MAN ALMOST OVER NIGHT.
WITH EACH WORD THAT I WRITE
I AM SLOWLY FINDING MYSELF,
I AM GOING BACKWARDS THROUGH LIFE
FROM OLD AGE TO MID LIFE

MID LIFE - TO ADOLESCENCE
ADOLESCENCE - TO TODDLER
TODDLER - TO INFANCY.

AT INFANCY I CAN GROW AT MY OWN PACE
TO LIVE MY LIFE ON MY OWN TERMS.

MY WORDS ARE MY SANITY, WITHOUT
THEM I WOULD BE JUST ANOTHER STATISTIC,
A NUMBER WITHOUT AN IDENTITY.

WITH EACH WORD I WRITE, I HAVE LESS OF A FEAR
OF BEING ALONE AND A BETTER SENSE OF WHO I
AM AND WHAT I STAND FOR

THE WORDS IN THIS BOOK MEAN THE WORLD TO ME,
BECAUSE ARE MY TRUE FEELINGS, AND THE ONLY
THING WE CAN TRULY OWN IS OUR FEELINGS.



GIFTS

THE MIRACLE OF LIFE HAS
SHINED LIGHT UPON MY DARKNESS.
SUNRISE, THE START OF LIFE
TO EVERYTHING THAT IS REAL.
HAPPINESS, THE SERIOUS OF CHOICES WE FEEL.
OPEN HEART AND MIND
EMPTINESS, WHAT A CRIME.

A MODEL BEING BUILT BY THE GIFTS SENT.
A MOLD TO BE FILLED.
CREATED TO FILL THE BOUNDARIES SET AROUND ME
A PRODIGY FOR THE WORLD TO SEE.

PIECES OF MY MOLD WRAPPED IN BOWS.
THEIR KEY TO BE SET FREE,
TO END THEIR MISERY OF WHAT THEY CANNOT BE.

AS THEY LIVE THEIR LIFE THROUGH ME,
IT'S PLAIN TO SEE MY ENDLESS INSANITY
THAT KEEPS ME FROM BEING FREE.
I'M NOT WHAT I'M SUPPOSED TO BE.
I'M BLINDED BY THE STANDARDS SET FOR ME.

IN DARKNESS
I SEARCH FOR LIGHT TO GUIDE MY WAY.
LOOKING FOR A BRIGHTER DAY,
I BROKE THE MOLD THAT HOLDS ME ENCLOSED.

NOW THEY GIVE TO ME
NOT WHAT THEY WANT TO SEE.

I WAS GIVEN MY CIRCLE OF STRENGTH.
I WEAR THE RING OF MY EXISTENCE,
FRAMED IN MY CHILDHOOD,
MEMORIES OF WHAT I USED TO BE.

IT'S BEEN GIVEN TO ME
NOT TO MAKE ME BE
I AM WHAT THEY SEE.



ADDICTION

THE THOUGHTS OF MY EMPTINESS
STRENGTHEN MY ADDICTION.
KNOWING MY COMPANIONSHIP IS VOID FRIENDSHIP,
NEVER TO BE LET DOWN
NEVER TO BE TURNED UPON

FEARS

-SUPPRESSED NEVER PUT TO REST
BURIED UNDER THE ENDLESS MARGE
OF MY ADDICTIONS.

FEARS

-HIDDEN DEEP, LOCKED AWAY,
NEVER TO BE SEEN.
ALWAYS FIGHTING TO BE RELEASED,
ALL THIS ENERGY NEVER AT PEACE.

AFRAID TO FEEL WHAT IS TRULY REAL.

MY ACTIVE CHOICE HAS BEEN MADE,
EMBODYING THE ELEMENTS I'VE BEEN SAVED

SAVED FROM THE INSANITY, IT'S TUCKED AWAY
TO DEAL WITH ANOTHER DAY.

BUT FOR TODAY
ALL I CAN DO NOT TO CRY
IS HIDE AND DENY.



TIME

LIFE DEFINED
SECONDS IN MIND
WE SIT UNMOTIVATED
DICTATED BY THE HANDS OF TIME

TIME IS CONTROLLING
TIME IS ANXIETY
TIME MEASURES OUR EXISTENCE

PICTURE A WORLD WITHOUT TIME
TO BE IN CONTROL
FROM RISE TO SHINE
FROM SUN UP TO SUN DOWN

CONTROLLING TIME
NO NEED TO GET IT IN UNDER THE LINE
A WORLD WITHOUT TIME, A WORLD SO DIVINE

TIME DETERMINING AGE
AGE JUSTIFYING THE MIND
WHERE SHOULD I BE AT THIS TIME
SHOULD I BE IN THIS STATE OF MIND
TIME IN HEART IS SO HARD TO FIND.



I CAN SKATE

I LIE AWAKE WILLING TO WAIT,

ALONE NEVER FELT SO GREAT.

TODAY I MIGHT LEARN TO ICE SKATE;

THE WORLD WILL NOT WAIT.

SO I STAND ALONE ON THE FROZEN LAKE

ALL FEARS LIE IN THE WAIT;

NO LONGER WILLING TO HESITATE.

NO MORE ENDLESS DEBATES.

LOOK AT ME I KNOW HOW TO SKATE.



ACCEPTANCE

DID YOU EVER HAVE THE FEELING, THAT IF YOU COULD JUST OBTAIN THE GOAL YOU SET IN YOUR MIND YOUR LIFE WILL BE COMPLETE.

THEN YOU REACH YOUR GOAL AND YOU FEEL EVEN EMPTIER THAN YOU DID BEFORE. CHANCES ARE THAT YOU TRIED TO FILL YOUR LIFE WITH SOMETHING OUTSIDE YOURSELF. YOU MIGHT HAVE A CLEAR PICTURE OF WHAT YOU THINK LIFE SHOULD BE LIKE, AND YOU WORK ENDLESSLY TOWARDS THIS GOAL.

ONCE YOU ACHIEVE IT YOU FIND OUT THAT IT WAS JUST AN ILLUSION. LIFE IS WHAT IT IS NOW NOT WHAT IT MIGHT BE IF.

NOT HAVING A SAFE WAY TO EXPRESS YOUR FEELINGS AND EMOTIONS IS A TRUE CRIME.

SUPPRESSING WHAT WE TRULY FEEL, TEACHES US THAT WHAT WE FEEL IS WRONG AND IN ESSENCE WE ARE WRONG FOR FEELING WHAT WE FEEL. WE BECOME HESITANT TO EVER EXPRESS THEM AGAIN.

SUPPRESSING THIS ENERGY LIES AT THE HEART OF ALL ADDICTIONS.

Self-actualization / Poetry

You're Not Alone

COMING FULL CIRCLE can be defined one thousand different ways. It is an exciting and courageous Journey of Self-Discovery and Growth, that bridges the void of the subconscious to the conscious. This is a void that lies in all of us. The author has tapped the thread that binds all human beings together. He has uncovered the fears that we all live with every day. This is a book you will read forever because it gives you a feeling of never being alone.

*"In poetry and prose Mr. Ryan recants the tale of a metamorphosis, from the initial position of little self-worth, through the struggles with narcissism and grandiosity, education in self-love and esteem and self revelations; culminating in an exhausting, never ending, yet hopeful joyful struggle of life in sobriety. **Coming Full Circle** is a touching and readily identifiable journey through humanity."*

Carol Montanaro, CSW

*"Joe Ryan has hit upon the very item that we all seek in our quiet moments, the need to share common experience, common ground. **Coming Full Circle** is a collection of poems that will continue to console and comfort anyone who has fought to find themselves."*

John Blenn, Editor
Good Times

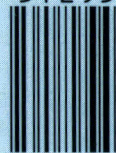
Author **Joe Ryan**, winner of many poetry awards and writing contests, has been published in numerous anthologies and writing publications around the country. Along with being an author, Joe Ryan has been performing stand-up comedy and reciting poetry for the past five years. Ryan is a recovering addict who has spent years on his own journey of self-discovery. Through his writing he has found peace and serenity.

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