

BLACK DOES CRACK. ITS ALL IN THE MIND.



# MEMORABLE AMNESIA

WRITTEN BY  
**J**USTIFIED ECSTASY  
ADE NOVELIST

# MEMORABLE AMNESIA

A dark, moody photograph of a desk. In the foreground, a quill pen is in a small, dark inkwell. To the left, a dried, pressed leaf stands upright. In front of the inkwell, a small piece of paper with a dark, abstract drawing lies on the desk. The background is dark and out of focus, showing what appears to be a book or a stack of papers.

Justified Ecstasy & Jade Novelist

Concept By  
Justified Ecstasy & Jade Novelist

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BLACK DOES CRACK. IT'S ALL IN THE MIND.

"The Strongest People Are Not Those  
Who Show Strength In Front Of The  
World But Those Who Fight And Win  
Battles That Others Do Not Know  
Anything About"

• JONATHAN HARNISCH •





BLACK DOES CRACK. IT'S ALL IN THE MIND.

# MEMORABLE AMNESIA

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JADE  
NOVELIST

NOTHING BUT WORD PORN

*blessings and bliss*

BLACK DOES CRACK. IT'S ALL IN THE MIND.

# MEMORABLE AMNESIA

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JADE  
NOVELIST

NOTHING BUT WORD PORN

*blessings and bliss*



BLACK DOES CRACK. IT'S ALL IN THE MIND.

If You're  
Reading  
This, You're  
Not Alone...

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A black and white photograph of a person from the waist down, wearing a dark hoodie and pants, holding a book in their right hand. They are standing in a field of tall grass or reeds. The lighting is dramatic, with the person's legs and the book being the main focus.

BLACK DOES CRACK. IT'S ALL IN THE MIND.

Dear God,  
When Did You Learn To Hate Me,  
Was It Before Or After My Birth,  
Why Did You Choose To Bless Me With  
A Curse?

— Dear God

# MEMORABLE AMNESIA

DEAR A GOD WRITTEN BY

JADE NOVELIST

BLACK DOES CRACK. IT'S ALL IN THE MIND.

Black Don't Crack", Said Every Honest Person.  
You See, Black Doesn't Crack, It Breaks.

I Was Angry At You  
As Years Mounted On My Head And My Eyes Began To See Beyond My  
Nose  
I Sat In The Quiet Of My Peace And Realised  
How Your Back Was Bent  
How It Had Been Bent With Every Sunrise And Sunset  
You Never Had The Opportunity To Lift Your Head To The Heavens  
And Utter The Questions That Your Soul Sought Answers To  
You Never Had The Time To Look Up And See How Beautiful The Sky  
Looked At Sunset

I Wondered Why Your Eyes Refused Me Entry Into Your Heart  
Almost As If Because They Never Saw The Light Of Day  
They Were Dark, Empty, Blank, Emotionless

I Understood That You Too Needed To Talk  
You Needed Someone To Listen, Someone To Hear You

Black Don't Crack, It Breaks.  
It Has Been Broken For Centuries Yet We Still Ignore It.  
Are We Going To Sit Down And Find Ways To Mend Ourselves Or Are  
We Going To Reproduce Brokenness Forever?

— We Break, We Broke, We're Broken

Dear Black Community,  
It Is Okay To Be Broken.  
It Is Not Okay To Ignore And Deny That Brokenness.



MEMORABLE AMNESIA

WE BREAK, WE BROKE, WE'RE BROKEN WRITTEN BY

PACKAGED POETRY

BLACK DOES CRACK. IT'S ALL IN THE MIND.

Some Scars Never Heal  
But We Find Solace In The Fact That They Decorate Hidden  
Places  
It Can Be As Simple As Dressing In Long Sleeves Or Finding The  
Right Foundation  
But Some Scars Cannot Be Kept Out Of Sight  
Because They Do Not Represent Painful Pasts But Sorrowful  
Beginnings

Scars Like Me

I Remember The Look On Your Face When The Doctor Said I Was  
Different  
He Had Identified A Blemish On What Was Once Picture Perfect  
I Saw The Wheels Turn As You Realized Your Child Would Now  
Have To Identify As "Crazy"

One Day,  
If I Found The Strength And My Mind Mastered The Words,  
Would You Let Me Crawl Up To You,  
Hold Your Hand  
And Ask If We Could Go Back To Before I Was The Scar To Your  
Beautiful  
You Know,  
When All I Was,  
Was A Reason To Laugh And Be Happy

— Scars To Your Beautiful

MEMORABLE AMNESIA

SCARS TO YOUR BEAUTIFUL WRITTEN BY

JADE NOVELIST



BLACK DOES CRACK. IT'S ALL IN THE MIND.

I Am Ill  
In Addition To Physical Defects,  
I Have Internal Conflicts  
My Point Of View Paints Me At A Disadvantage  
With My Waist Line Not Measuring Up To  
Requirement  
I Have My Struggles And I Acknowledge Them  
My Stripes Are Natural Yet I Try To Hide Them  
I Never Ask For Much But Where Is The  
Someone Who Will Say,  
Your Flaws Make You Beautiful To Me

— Beautiful To Me

MEMORABLE AMNESIA

BEAUTIFUL TO ME WRITTEN BY

JADE NOVELIST

Happy Birthday To You,"  
I Hope In This New Chapter Of Life  
You Never Know The Bitter After Taste Of Lovers, Like I Did.  
Lovers Like Anxiety Will Tell You Two Wrongs Don't  
Make A Right  
So, What Will You Do?  
As You Watch The Sun Set In Mother's Eyes  
And Inhale The Alcohol Seeping Through Father's Skin  
And She Tells You To Love This Power House Of A Man  
That Just Painted Her Body Red With His Best Shot From A Gun  
Because Love Hurts In His World.

Lovers Like Anxiety  
Maintain Their Figures By Eating Dreams Of Their Partners  
And Rejoice When Failure Prevails  
Or When Fear Builds Up As High As Kariba Dam  
Waiting To Flood In Their Partner's Lives  
And Since Two Wrongs, Don't Make A Right  
Lovers Like Anxiety Ask,  
What Are You Going To Do?

Lovers Like Anxiety  
Love To Burn Their Partners' Futures To Stay Warm  
They Despise Days Of Humble Beginnings  
On Hearing Their Valid Dreams  
And Highlight How Unrealistic They May Seem

Lovers Like Anxiety Want  
A Kind A Love  
That Has Enemies  
History Shows You Would Have To Be A Superpower  
To Feel Whole Alone.  
Whole Alone.  
Whole Alone.

Lovers Like Anxiety  
Like The Sea,  
Are Unapologetic In Their Flow  
Holding Surface On Tension  
For Love's Sake  
So, If Two Wrongs Don't Make A Right,  
What Are You Going To Do?

If You Ever Find Lovers Like Anxiety,  
Over The Next 365 Days,  
And They Ask, What Are You Going To Do?  
Tell Them  
I Don't Know What Will I Do.  
But I Will Rise To The Occasion  
Holding Hands In Prayer  
Because Of The Proverbial Truth  
Anxiety May Weigh Us Down,  
But An Encouraging Word Picks Us Up.  
— Birthday Wishes



MEMORABLE  
AMNESIA  
BIRTHDAY WISHES  
WRITTEN BY  
JUSTIFIED ECSTASY

BLACK DOES CRACK. IT'S ALL IN THE MIND.

I Live In The Shadow Of My Mind At Times  
In The Space Between Conscious And Afraid  
Where Prayers Don't Escape Because There's No  
Voice To Whisper The Words  
So "Help Me", Echos In The Silence  
A State Of Half Awake, Half Asleep  
Sharing A Bed With The Emptiness I've Befriended  
Paralyzed But Still In Motion  
Stuck In A Dark Place But Digging A Deeper Hole  
And As The Light Fades, So Do Their Faces  
I Can't Hear Them Telling Me To Hold On  
Life's Waves And Constraints Rush In  
I'm Drowning In What They Call Phases  
I Feel Their Doubt In Me Growing As They Pull Away  
While I Fight For My Soul,  
They Bury Me Before My Death And Practice Their  
Eulogies  
Internalizing Their Voices,  
Saying They Can See I'm Not Myself And That They  
Miss Who I Used To Be  
While I Struggle To Retain Sanity,  
Friends And Family Bury Me  
Preparing To Let Go Of What We Had, Trying To  
Protect The Good Memories While I'm Just Trying To  
Remind Myself Of One Where I Existed Outside Of  
Expectations  
Outside Of Me Needing To Be Strong Or Needing To  
Be There For Someone  
Right Now I Need Someone And Don't Want To Feel  
Alone  
Right Now I'm Navigating Through Emotions,  
I'm Lost In Myself And I Just Wish Someone Would  
Lead The Search Party,  
Search, Come Find Me  
No Matter How Long It Takes

— Come Find Me (Please)

MEMORABLE AMNESIA

COME FIND ME (PLEASE) WRITTEN BY

JADE NOVELIST



BLACK DOES CRACK. IT'S ALL IN THE MIND.

I Got So Used To Being Broken,

Being Whole No Longer Appealed  
To Me

I Mean What's So Special About  
Being In A Position To Look Down  
On Others?

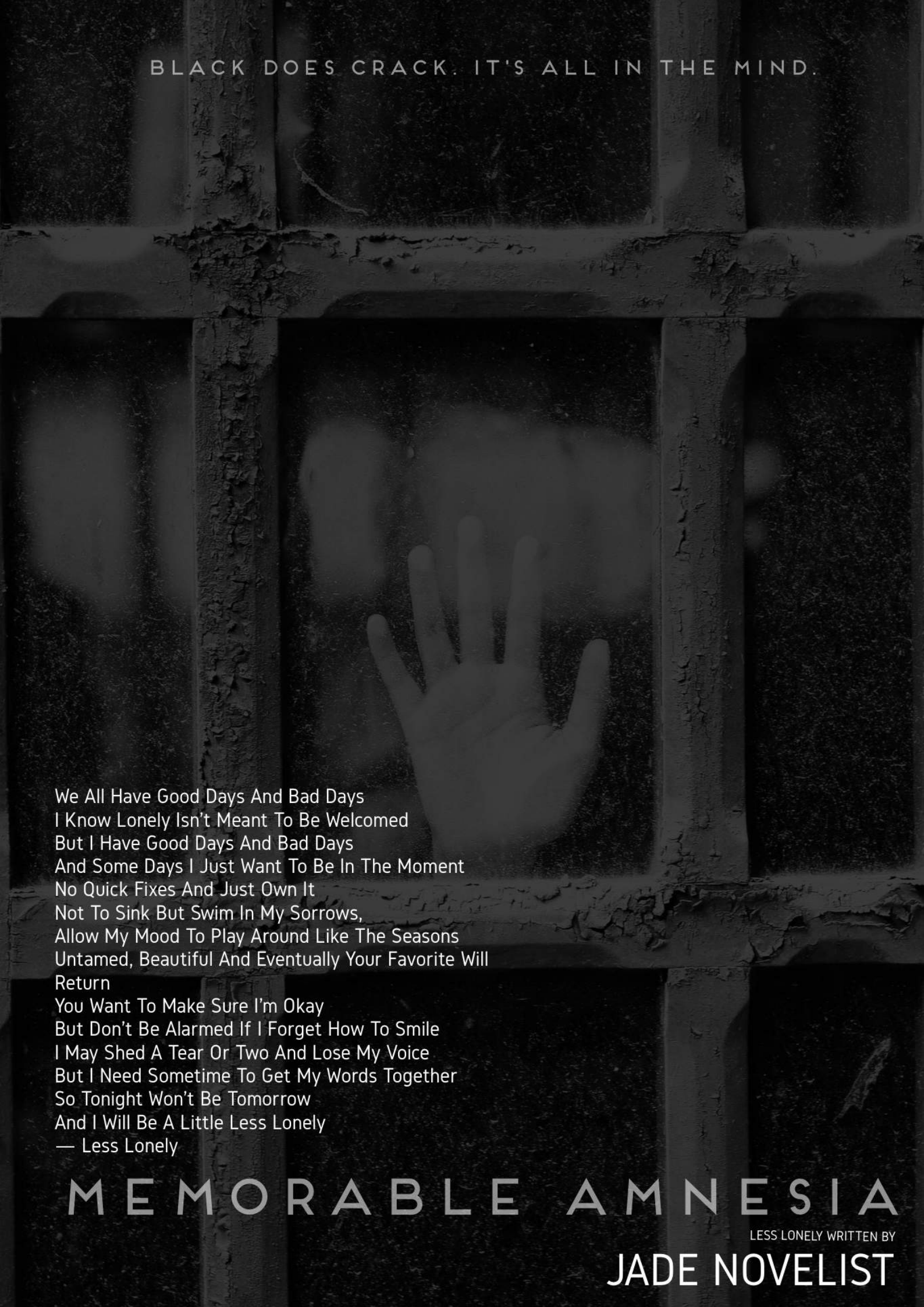
— Damaged

# MEMORABLE AMNESIA

DAMAGED WRITTEN BY

JADE NOVELIST

BLACK DOES CRACK. IT'S ALL IN THE MIND.



We All Have Good Days And Bad Days  
I Know Lonely Isn't Meant To Be Welcomed  
But I Have Good Days And Bad Days  
And Some Days I Just Want To Be In The Moment  
No Quick Fixes And Just Own It  
Not To Sink But Swim In My Sorrows,  
Allow My Mood To Play Around Like The Seasons  
Untamed, Beautiful And Eventually Your Favorite Will  
Return  
You Want To Make Sure I'm Okay  
But Don't Be Alarmed If I Forget How To Smile  
I May Shed A Tear Or Two And Lose My Voice  
But I Need Sometime To Get My Words Together  
So Tonight Won't Be Tomorrow  
And I Will Be A Little Less Lonely  
— Less Lonely

# MEMORABLE AMNESIA

LESS LONELY WRITTEN BY

JADE NOVELIST

BLACK DOES CRACK. IT'S ALL IN THE MIND.

Time Is Irrelevant...

# MEMORABLE AMNESIA



BLACK DOES CRACK. IT'S ALL IN THE MIND.

You Used To Come Alive At Night.  
Shining Best In The Hours Of Darkness.  
You Were The Light That Pierces Through Midnight Blues.  
The Light That Led People To Safety.  
I Didn't Fuel You Enough, Moonbeam.  
So Your Light Burned Out.

Please Forgive Me.  
My Body Is Still Your Home.  
Let Me Help You Find Yourself.  
Come Back Before They Destroy Us.  
Panic, Worry And Self-Harm.  
They Took Up So Much Of Your Space.  
Panic Chokes Me When I Speak Of You,  
Leaving Me Out Of Breath.  
Worry Tries To Convince Me You Won't Come Back.  
Self-Harm Knows A Place Where I Can Find You.  
There's A Rope That Will Lead Me Directly To You.

I Miss Your Smile,  
And Your Peace.  
So I Think I'm Ready To Commence The Journey That  
Leads To You.

— Moonbeam



# MEMORABLE AMNESIA

MOONBEAM WRITTEN BY

BUHLE NGOMA

BLACK DOES CRACK. IT'S ALL IN THE MIND.

You Ask How Was It  
And I Wonder What Should I Compare It To  
Honestly I Was Lost In The World  
A Place That Painted The Present And Past With The Same Brush  
You Didn't Tell Me To Hush But My Lips Couldn't Move  
You Took Your Time To Undress Me But I Felt The Same Cold Chill Grip  
My Body  
I Was Frozen Shut With Nothing But My Legs Open  
You Were Gentle But My Mind Made You Stronger  
You Were Close To Me But I Saw A Stranger  
You Were Invited, So I Could Not Be An Ungrateful Host,  
How Would I Rescind Your Invitation  
You Were My First Time Since That Incident  
And Wether Or Not You Knew I Was Afraid Of Touch  
Your Hands Showed No Restraint And Made The Places He Touched  
Hurt Once More

With Each Thrust I Relived My Death  
Making Love To A Corpse,  
You Saw My Tearing Eyes As A Sign Of Mirrored Emotions  
Were You Scared Like I Was  
Did You Feel Hands That Weren't There  
Hear Sounds Louder Than Your Own Breathing  
Could You Have Felt The "Stop" My Mind Screamed In My Head But  
Voice Couldn't Say  
Tomorrow You Will Come Again And Ask For What You Feel You Deserve  
Because I Will Feel I Need To Move On I Will Let You  
But Don't Ask How Was It  
I Was Lost In The World,  
I Was Anywhere,  
I Wanted To Be Everywhere  
I Needed To Be Somewhere  
But There

— Lost In The Wold

MEMORABLE AMNESIA

LOST IN THE WORLD WRITTEN BY

JADE NOVELIST

BLACK DOES CRACK. IT'S ALL IN THE MIND.

When He Saw Me Walking  
My Hips Swaying Side To Side  
My Bums Moving Up And Down  
My Breasts Bouncing A Little In All Their Glory  
My Figure, Looking Good To Handle  
He Became Enticed  
His Blood Pressure Went Up  
I Provoked Him

I Provoked Him By Deciding To Leave The House  
I Provoked Him By Deciding To Look Beautiful And Feel  
Confident  
I Provoked Him By Choosing To Love Him  
I Provoked Him By Simply Being A Woman.

I Am A Battlefield  
He Fights His Wars On Top Of Me  
He Faces His Demons Using My Face  
My Beauty Became Those Insecurities He Could Not  
Face From Childhood  
My Body Became That Toy He Could Never Get As A  
Child  
My Confidence Became That Boy That Always  
Tortured Him  
And Everytime I Left, I Became His Father.  
Again, I Provoked Him  
I Am Scars

I Am Made Of More Scars Than Skin  
Scars That You Will Never See Because They Are  
Covered By My Silence  
Silence Brought On By Society  
I Cannot Speak About It Because He Was My Choice  
I Chose Him, Therefore I Was A Fool  
I Chose To Stay Even Though It Was Toxic  
I Provoked Him.  
— I Provoked Him

# MEMORABLE AMNESIA

I PROVOKED HIM WRITTEN BY

SIHLE TUMANI



BLACK DOES CRACK. IT'S ALL IN THE MIND.

Dear Mom And Dad

He Once Touched Me.

It Was At My Last Family Gathering

My Knees Grew Weak  
My Limbs Got Heavy  
My Lungs Shut Down  
My Eyes Created Oceans

It Was At My Last Family Gathering

When The Youngest To The Oldest Were Intoxicated  
By Exhaustion Or Alcohol Or Both  
I Hate The Smell Of Alcohol  
It Overwhelmed My Nose As He Heavy Breathed While Thrusting

It Was At My Last Family Gathering

Where I Gathered What Was Left Of Me From The Sheets Of Violation  
Packed My Bags Back To School  
The Doctor Says I Have PTSD, My Friends Know  
But To You, I Am Just A Little Spoilt Brat Who Thinks She Is Better  
Because She Now Goes To A Fancy University  
No!  
He Raped Me. I Changed. You Never Asked Why. You Concluded.

I Have PTSD And Sometimes, I Struggle To Breathe.

— Dear Mom And Dad

MEMORABLE AMNESIA

DEAR MOM AND DAD WRITTEN BY

PACKAGED POETRY

BLACK DOES CRACK. IT'S ALL IN THE MIND.

How Have You Found Ways To Hurt Me  
Even When Far Away?  
Where Did You Find The Confidence To  
Alter My Mindset ?  
You Still Smit Me In Memory,  
So I Have To Schedule Regular Visits  
To Test My Sanity  
I Guess I Lost More Words Than I Did  
Teeth  
Because I Can't Explain How Your  
Actions Affected Me  
I'm Paranoid. I'm Broken. I'm Spent  
When You Said I'm Yours To Love,  
Is This What You Meant?

— Lost Words

# MEMORABLE AMNESIA

LOST WORDS WRITTEN BY

JADE NOVELIST

BLACK DOES CRACK. IT'S ALL IN THE MIND.

Melanin Movements Often Focus On Exterior Evidence  
We Unit With Lighter Pigments On Matters Of Sexuality  
And Consciously Remember To Forget That Black Minds Matter  
Deliberately Forgetting To Remember That Black Hearts Hold  
Purpose

To More Than Words Mounted By Extrinsic Motivation  
Discarding Internal Entities That Make The Physical Whole  
Dressing Depression As A Phase,  
Phasing Out The Faces That Wear It  
Proud Amnesiacs Fogged By The Light Hiding Anxiety  
Painting Mental Defects As Witchcraft,  
Quick To Label The Unknown As Madness  
Living Out The Notion That They Are Merely Seeking Attention  
When All The While Our Pretense Of Their Non-Existence Is The  
Real Facade  
Just Because Your Hands Stay Glued To Your Pockets Doesn't  
Mean It's My Choice To Steal  
And If They Don't Echo On Your Frequency, Doesn't Mean The  
Voices Aren't Real

— Memorable Amnesia

MEMORABLE AMNESIA

MEMORABLE AMNESIA WRITTEN BY

JADE NOVELIST & MAIRA WOLFE



BLACK DOES CRACK. IT'S ALL IN THE MIND.

Let Me  
Explain...

MEMORABLE  
AMNESIA

BLACK DOES CRACK. IT'S ALL IN THE MIND.

Someone Once Told Me That Words Are Tokens We Exchange  
Seems The World Could Not Afford A Sweet Trade With Sick Minds  
— Currency

# MEMORABLE AMNESIA

CURRENCY WRITTEN BY

JADE NOVELIST

BLACK DOES CRACK. IT'S ALL IN THE MIND.

He Asked If I Needed Pills To Make Me Normal  
Quickly Things Moved From My Well-Being To How I Was  
Perceived  
I Never Went Back For Another Session  
And That's How Life Taught Me The Lesson  
That Because Black Doesn't Crack  
We Are Not Allowed To Have Sick Minds  
It's Encoded In The Pigment, We Can Be Slaves To Anything But  
Ourselves  
A Prisoner Of The Mind Is Unfathomed  
After All We Still Face Racism And Financial Distress  
Why Add Pressures Of Combating Internal Wars Others Can't  
Partake In  
Rather Call It School Stress Or Mood Swings Caused By Failed  
Loves  
Rather Run Away From Scary Truths And Live In Half Realities  
So I Had To Learn To Live With My New Reality  
In Order To Cope I Had To Lay In Beds That Weren't Mine  
Consume Manufactured Substances With High Percentages In  
High Doses  
Set Fire To Miniature Trees Hoping To Find Relief  
Maybe I Could Have Done Something Different  
Maybe I Should Have Begged Them To Get Me Help  
Maybe That Wouldn't Have Been Seen As A Cry For Attention

— Undiagnosed

# MEMORABLE AMNESIA

UNDIAGNOSED WRITTEN BY

JADE NOVELIST



BLACK DOES CRACK. IT'S ALL IN THE MIND.

How Are You?

Is Commonly Met With Responses Like I Am Fine Thanks Or  
I'm Okay.

Just Because You Say The Words Doesn't Make It True  
Unless You Realise You Are Part Of The Joke  
Isn't It Funny How People These Days Are Flimsy.  
Foldable Or Fake Like Paper.

But That's What They Are Calling Adulging.  
Fake Because They Would Rather Carry Heavy Cases Of  
Lies

Fake Because They Refuse To Put Down Their Heavy  
Luggage

Or Let Anyone Carry It With Them  
They Prefer To Play It Cool

No One Is Ready To Confess There's A Storm That Hit  
Them

The Wave Has Turned Into Ocean Of Depression Buried  
Under Their Skin.

Who Dares To Profess The Fatal Attraction To Sorrow  
That Is Tucked Neatly Under The Bags Of Their Eyes  
Who Dares To Address That The Depressing Thing About  
Depression

Is Suppressing It

Who Is To Blame For Us Swallowing Lies And Throwing Up  
Falsehood

Let's Blame Our Folks, They Should Have Given Us A Heads  
-Up On Life's Hard Knocks

Or Blame Society For Sympathizing With Us And Yet The  
Brain Doesn't Work With Sympathy

It Works With Facts Or Logic So Lets

Blame The Press

For Portraying Depression As A State Of Constant  
Emergency

As Cases Of Undeserving Of Any Attention  
Or

When Midnight Strikes Again, I Should Only Blame Me  
Excuse Me If I Digress, But If We Keep At This Blame  
Game.

We All Won't Be Okay.

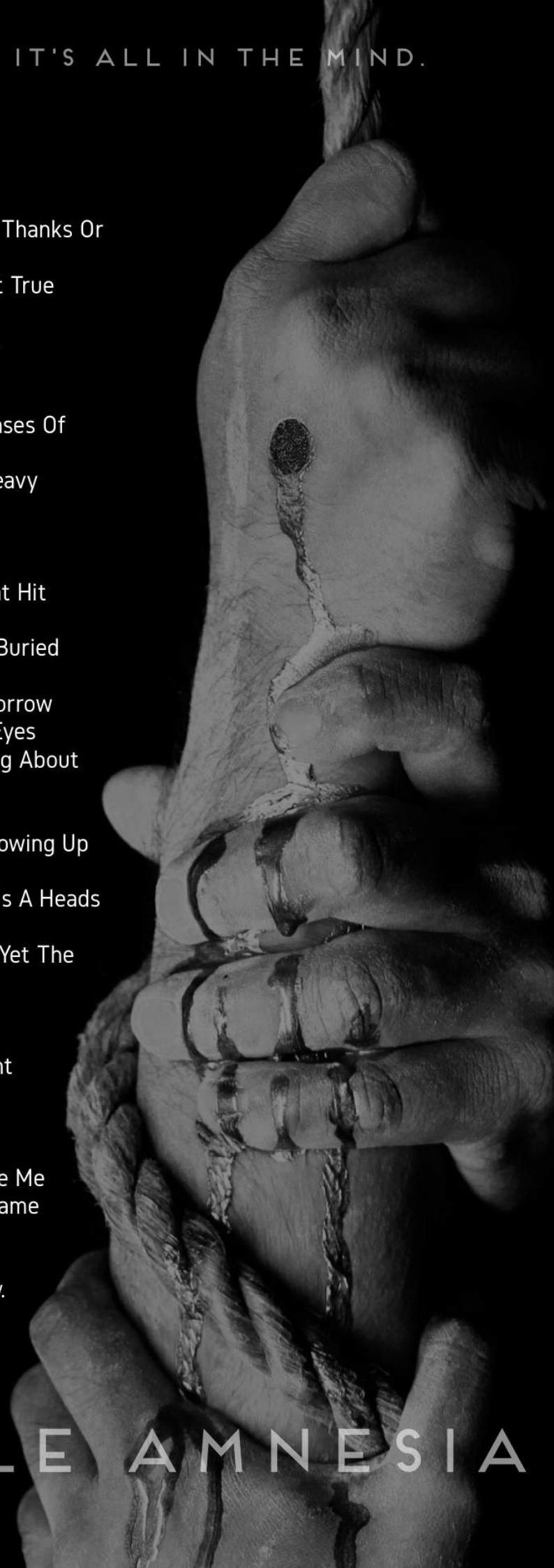
But I Can Truly Be Okay If You'll Help Me Be Okay.  
You Can Truly Be Okay If You'll Help Me Be Okay.

— How Are You?

MEMORABLE AMNESIA

HOW ARE YOU WRITTEN BY

JUSTIFIED ECSTASY



BLACK DOES CRACK. IT'S ALL IN THE MIND.

It Started Small,  
With Letters Written By A Middle Man  
Sometimes A He, Other Times A She  
They Would Tell Me How To Love You  
Three Times A Day,  
Other Times I Had To Have You Only After Meals  
Your Taste Would Fill My Lips And I Would Feel Safe  
Working Your Way Through My System  
Calming My Nerves, You Made Me Better

Doctors Were Right,  
Though It Pains Me,  
You Were Necessary For My Existence

Necessary Became Essential And Obsession Formed  
You Had To Be Everywhere I Went And I Didn't Care Who Saw  
Us Together  
I Needed You To Chase The Voices Away  
I Needed You To Make Bad Days Okay  
With You, I Learnt To Live On The Edge Because The Idea Of  
Overdose Became Exciting  
Loving You Became Easier With Time  
Friends And Family Agreed They Liked Me Better After You  
Entered My Life  
And I Didn't Feel So Alone When I Had To Stand In Front Of  
Crowds  
Or When I Had To Take A Test  
They Say The Best Things In Life Are Free  
But I Find Love Monthly In A Bottle

— In Love With Drugs

# MEMORABLE AMNESIA

IN LOVE WITH DRUGS WRITTEN BY

JADE NOVELIST



BLACK DOES CRACK. IT'S ALL IN THE MIND.

I Want To Know That Breathing Gets Easier  
I Suffocate Under The Fear Of Sounding Ungrateful  
So I Keep Quiet And Continue To Struggle To Breathe  
— Inhale Exhale

# MEMORABLE AMNESIA

INHALE EXHALE WRITTEN BY

PACKAGED POETRY



BLACK DOES CRACK. IT'S ALL IN THE MIND.

They Said, I Seem To Have Lost Touch With Reality  
But I Say, Haven't We All?  
They Said, I Have A Condition That Affects How I Think, Feel, And Behave?  
But I Say, Haven't We All?

Haven't We All Been Too Busy To Care  
For People Like Me  
Because  
People Like Me Often Dubbed As Delirious  
Especially On Days Ending In Y  
When Heavy Clouds Of Silence Rain In My Mouth  
And Water Down The Seeds Planted On My Tongue  
That Grow Into Uncoordinated Actions  
That Make The People Passively Aggressive  
As If Passive Aggression Is The Perfect Solution  
To How We Have All Been Missing In Action  
But Maybe  
We Have All Fallen In Love  
Because How Blind People Have Become  
They Cannot See Through The Facades  
When We Are Taken Hostage By Smiles

To Paralyze The Chronic Pain And Stigma  
People Like Me Choose To Create Virtual Happiness  
To Make It To Other Side Because,  
Haven't We All Become Too Bad?  
Choosing To Moonwalk Like Mj  
Past People Like Me With Gloomy Feelings  
That Only Hope For A Change In The Forecast Of Stigma.

Haven't We All Had Hands To Full To Catch Others?  
But Always Quick To Point People Out  
People With Schizophrenia Like Me.  
Have We All Forgotten To Stop Pointing Fingers At People Like Me?  
Have We All Forgotten That A Finger Pointing Shows Direction?  
Have We All Forgotten You Can't Reach Until You Stretch An Arm?  
Maybe We Have.  
Maybe We Haven't.  
Maybe It's Another.  
Hallucination.  
Altogether.

— Have (N't) We All

MEMORABLE AMNESIA

HAVE(N'T) WE ALL WRITTEN BY

JUSTIFIED ECSTASY

BLACK DOES CRACK. IT'S ALL IN THE MIND.

How Did It Feel Like?

It Felt Kinda Like Walls Tightening  
Or Free Space Being Occupied By My Problems  
It All Became Bigger Than Me  
I Drowned In The Overwhelming Thoughts  
Dragging Me Down In Their Currents  
I Heard Everything But My Own Voice  
I Saw Everyone But Myself  
My Lungs Chose Not To Sustain Air  
Eyes Felt Water Was Needed  
And My Mind Could No Longer Hold Back The Thoughts  
"Oh God, I Think I'm Going To Die"  
Or Was It "I Hope I'm Going To Die"  
I Needed An Escape  
I Needed A Constant And What Was More Constant Than  
Death

The World Was Spinning The Wrong Way  
My Actions Must Have Not Been Enough Because You Were  
Still Screaming At Me  
You Were So Loud That You Couldn't Hear The Sounds As It  
Broke  
I,  
Heard It Breaking  
My Soul's Fragile Case Was Breaking  
The Glass Shards Fell To The Ground  
And There Was I,  
Broken

— Breaking Glass

MEMORABLE AMNESIA

BREAKING GLASS WRITTEN BY

JADE NOVELIST

BLACK DOES CRACK. IT'S ALL IN THE MIND.

Everyone  
Hurts...

MEMORABLE  
AMNESIA



BLACK DOES CRACK. IT'S ALL IN THE MIND.

Your Actions Cut But Still I Hold On  
So I Bleed, Hands Covered In Remorseful Blood  
I Should Have Done More While You Broke Down  
My Eyes Shed Tears Hoping To Wash Away The Images Of You  
As A Shell Of Yourself

I Saw Your Sanity Break  
And Now Your Parts Are Misplaced  
Your Body Hospitalized But Memories Of You Still Linger In Our  
Home  
And Your Mind Somewhere Else,  
The Doctor Said We Would Be Lucky If You Returned To Us  
Was It Really Possible For A Mother To Forget Her Daughter?  
How Could Seeing Us Not Be Good For You?

I Am Still Drowning Shadows And Dancing With Devils,  
They Called It A Mental Breakdown  
But I Knew It Was Your First Death  
Because Some Parts Were Still Missing Even Months After Your  
Rebirth  
And The Best I Could Do Was To Keep You Away From Triggers  
My Strength Needed Someone To Be Strong For Her  
And The Best I Could Do Was Say "I Love You"

— Holdin' On To Broken Glass

# MEMORABLE AMNESIA

HOLDIN' ON TO BROKEN GLASS WRITTEN BY

JADE NOVELIST



BLACK DOES CRACK. IT'S ALL IN THE MIND.

Can You Hear Me When I Pray For You  
Do Words Articulated In Singularity In Hearts Of  
Broken Individuals Reach The Ears Of Unheard Masses

Can You Hear Me When I Sing Of You  
Do Songs Sung In Church Halls About Loving  
Misunderstood Neighbours Make You Feel More  
Accepted

Can You Hear Me When I Think About You  
Do You Get Tired From Running Through My Mind Like  
You Do When Fleeing From Stereotypes About People  
Like You

Can You Hear Me When I Stand For You  
Do You Hear My Stomping Footsteps Or Feel I Look  
Down On You Because We Belong To Different Worlds  
And My Words Are But Whispers When I Fight For Your  
Cause

— Can You Hear Me

# MEMORABLE AMNESIA

CAN YOU HEAR ME WRITTEN BY

JADE NOVELIST

BLACK DOES CRACK. IT'S ALL IN THE MIND.

I Remember On Your Behalf  
So It Hurts When I Can't Tune Into Your Frequency  
I Tell Myself That Because You Remember Less Of Us,  
You Have More Time To Think Of Me  
I Want To Say We Are Never Far Apart But As You Drift Away  
I Wonder How Many Miles Into Your Subconscious Have You  
Travelled  
Between Yesterday And Today, How Much Of You Is Left  
Should I Be Less Selfish,  
Not Put Myself In The Equation And Just Wonder If You Still  
Know How To Love

We Now Have Less Days With My Name On The Tip Of Your  
Tongue  
And More Moments Where I Catch Your Eyes Wondering Why I  
Stare At You  
Then Other Times Your Smile Visits Your Face As Though You  
Know I'm Someone Who Should Mean Something To You  
I Hurt On Days You Say You Don't Want To See Me  
But Cry On Nights Where You Forget Your Own Name  
I Miss So Much And Know Things Will Never Be The Same  
So Let's Rather On Focus On Things That Matter,  
Like How Long Before You Forget These Words

— Gone

# MEMORABLE AMNESIA

GONE WRITTEN BY

JADE NOVELIST



BLACK DOES CRACK. IT'S ALL IN THE MIND.

Just Deep Enough To Know I'm Still Alive  
Just Deep Enough To Allow For An Evident Flow  
Just Enough Blood On My Hands To Make Me  
Feel In Control  
But Not Enough To Classify Me A Murderer  
A Cut Here, A Cut There,  
My Little Game Of Hide And Seek  
Hiding Treasures In Places They Won't See  
No One Cares To Know The Tale,  
To Know That I Hurt Me Because You Were  
Hurting  
While You Learnt To Get High, My World Got  
Low  
It Started When I Was Still Living On Laps And  
Mastering Walking On My Own  
You Got Help But Still You Relapsed  
And When I Get Old Enough To Notice Which  
Side Was The Sharp End  
I Found A New Way To Let The Pain Out  
If Only I Could Shut Out Their Whispers  
They Called You Spoiled And Pampered,  
When All You Were Was Ill  
And I Was Too Young To Do Anything  
We Are Blessed To Birthed By A Nurse,  
Because After You Were Diagnosed And They  
Made Their Speedy Exit  
She Became The Only Family We Needed To  
Exist

— Sacred Scars

# MEMORABLE AMNESIA

SACRED SCARS WRITTEN BY

JADE NOVELIST

BLACK DOES CRACK. IT'S ALL IN THE MIND.

We Fail To Seek And Understand The Fons Et Origo  
Of Mental Defects,  
It Starts In The Mind But It's Our Environment That  
Determines The Outcome  
When Unfamiliar Gets Too Close To Me,  
It Triggers My Anxiety  
And When You Don't Remind Me I Matter,  
I Get Lost In Negative Thoughts  
Before You Say I Should Be Stronger,  
Maybe You Should Realize  
That The Problem Might Be You And Not Me

— Fons et Origo

# MEMORABLE AMNESIA

FONS ET ORIGO WRITTEN BY

JADE NOVELIST & SAPPHIRE



BLACK DOES CRACK. IT'S ALL IN THE MIND.

I'm Afraid Of Everything But Mostly Terrified Of  
Having You  
They Label It Genetics, So I Am Wired This Way  
But I Hope The Chaos I Embodiment Never Brings Disorder  
To Your Life  
Yet If You Inherit The Burden Of My Sins, Then  
Understand It Was Never Intentional  
All I Ever Wanted Was To Love Someone Whose Face  
Mirrored Mine  
And If It Is Your Destiny, Then May You Wear The  
Mantle Of "Broken" In Your Later Days After You've  
Lived A Full Life  
Have No Regrets, Love Freely Knowing The Mind Isn't  
In Charge Of That Function  
Speak Your Truth, Even If The Words Get Jumbled Up  
Inside, Eventually They Come Out Right  
Please Never Tire Of Your Own Voice Because I Won't  
Always Be Around To Stand Up For You  
But For As Long As I Am, Don't Worry About Being  
Misunderstood  
You Won't Have To Do It Alone Like I Did  
You Won't Be Young, Black And Struggling  
We Won't Down Scale It To "Attention Seeking"  
Or Look For Answers From Ancestors Or Blame It On  
Witches  
You Are Just Special  
You Are Different  
You Are Born From A Chaotic Mind  
How Could You Ever Be Ordinary?

— Chaos & Disorder

MEMORABLE AMNESIA

CHAOS & DISORDER WRITTEN BY

JADE NOVELIST

BLACK DOES CRACK. IT'S ALL IN THE MIND.

"You Cannot Recover From Anxiety By Just Staying Calm.  
You Cannot Recover From Depression By Just Being Positive.  
You Cannot Recover From Anorexia Nervosa By Just Eating More.

If Mental Illnesses Were That Simple We Wouldn't Be Struggling In  
The First Place"

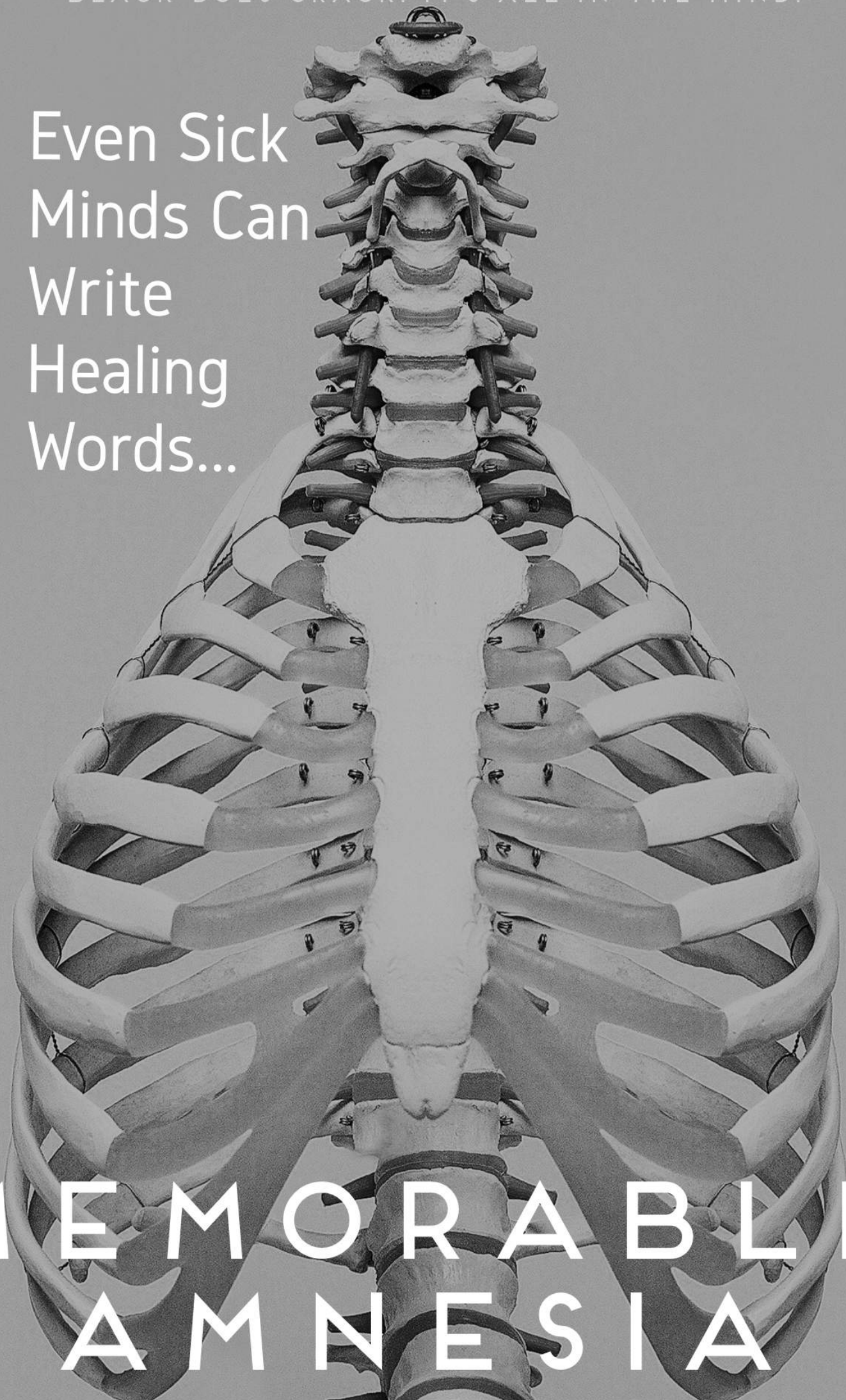
• HAPPYPLACE.COM •



BLACK DOES CRACK. IT'S ALL IN THE MIND.

Even Sick  
Minds Can  
Write  
Healing  
Words...

MEMORABLE  
AMNESIA





BLACK DOES CRACK. IT'S ALL IN THE MIND.

I Come To The Altar,  
To Bring My Offering  
Of My Heart,  
Heavy With Fear  
Of My Face,  
Masked By Sorrow  
Of My Mouth,  
Full Of Pleas To Make All Of It Go Away  
Of My Eyes,  
Full Of Joy At The Sight Of These Meds  
Of My Soul,  
That Knows Quite Well Pain Will End When I Leave.  
Which One Will I Offer?  
As A Person With  
Borderline Personality Disorder.

— Offering

MEMORABLE AMNESIA

OFFERING WRITTEN BY

JUSTIFIED ECSTASY



BLACK DOES CRACK. IT'S ALL IN THE MIND.

Knock Knock, Do You Hear My Lover At The Door?  
Wraps Her Arms Around Me When I Let Her In.  
Unravels The Knots Of My Heart.  
Puts Them All On Display.  
Allows Me To Feel What's Really In My Heart.  
She Knows I've Been Hiding Behind A Smile.  
There's No Facade When She's Around.

She Knows I'm Exhausted,  
So She Relieves Me.  
Let's Me Be Irrational And Angry,  
Even Hurt.  
Encourages My Rage.  
She Is My Only Escape  
My Lucid Interval From This Mental World.

So Come In, My Treasure, My Darling, My Dove.  
You Are Welcome Here.  
Let Me Rest In You, My Perfect One.

— My Perfect One

# MEMORABLE AMNESIA

MY PERFECT ONE WRITTEN BY

BUHLE NGOMA



BLACK DOES CRACK. IT'S ALL IN THE MIND.

You Don't Know Your Power

Because Yours Makes Sense,  
I Hear Your Words Louder

I'm Too Slow To Greatness  
Too Quick To Gain Weight  
Too Slow To Self Control

You Speak To My Ears  
But My Heart Listens  
You Push My Strength To Its Limit  
Causing My Will To Break And Levitate Above The  
Surface Of Reassuring Thoughts

Please Have Mercy On My Soul  
Give Me Time To Piece Me Together After You Break  
Me  
Even If I May Not Be Whole  
Have Mercy On Me,  
Let Me Just Find Strength For Tomorrow  
— Mercy

MEMORABLE AMNESIA

MERCY WRITTEN BY

JADE NOVELIST



BLACK DOES CRACK. IT'S ALL IN THE MIND.

I Grew So Tired Of The Chasing Demons  
I Faced Daily  
That I Decided To Engage In  
Conversations With Angels  
Unfortunately The Only Requirement  
Was That I Become A Citizen Of Another  
Domain

— Chasing Demons

# MEMORABLE AMNESIA

CHASING DEMONS WRITTEN BY

JADE NOVELIST

BLACK DOES CRACK. IT'S ALL IN THE MIND.

Do Angels Speak In Miracles  
Do Demons Talk In Repentance  
Either Way I've Decided To Learn A New Language  
I No Longer Wish To Communicate In Pain  
And Heartache  
Death Embrace Me,  
Love Me And Never Let Me Go  
Let Reincarnation Be A Monologue For Ears Not  
Attached To Me  
I Do Not Wish To Entertain The Prospects Of  
Returning To A Plane Where Even My Own Mind Is  
My Enemy

— Angel Conversations

# MEMORABLE AMNESIA

ANGEL CONVERSATIONS WRITTEN BY

JADE NOVELIST





BLACK DOES CRACK. IT'S ALL IN THE MIND.

I Hope They Write About Me,  
About The Times They Saw Me,  
Deep Down They Knew  
But Could Never Tell What Was Wrong  
I Won't Be Around But I Look Forward To Their Renditions  
Of A Story They Never Lived  
Their Explanations For Emotions They Never Felt  
And How I Am Missed Even Though I Was Never Noticed

— Story, Story

# MEMORABLE AMNESIA

STORY, STORY WRITTEN BY

JADE NOVELIST

BLACK DOES CRACK. IT'S ALL IN THE MIND.

You See Right Into Me  
You Voice All My Insecurities.

So I Give You Power To Destroy Me.  
Your Opinion Matters To Me Because You've  
Never Lied To Me.

You Were Right, I've Gained Too Much Weight,  
And I See What You Meant When You Said I  
Was Strange.

Mercy, You Are My Only Acquaintance.  
The Only One Who Notice Me.  
Before Your Truths, I Was Invisible.  
But Please Have Mercy On My Soul.  
Let Me Put Back The Pieces,  
Then You Can Come Back To Me And Make Me  
Whole.

— Mercy (Reprise)

# MEMORABLE AMNESIA

MERCY (REPRISE) WRITTEN BY

BUHLE NGOMA

BLACK DOES CRACK. IT'S ALL IN THE MIND.

To Be Mis(S) Understood  
Suggests That I Should Collect My Imperfections  
And Hang Them On The Frame Of Your Mind  
To Radiate My Virtual Happiness  
And Leave Them To Be Kissed By The Sun

I Watch Them Dry  
Then Fold Them Neatly In The Confines Of A Coffin Box  
As The Funeral Service Begins  
I Watch Them Be Lowered Into A World  
Slowly By Slowly  
Ever Slowly  
Until They Find A New Home  
In My Mind.

What Was Empty Is Now Full;  
What Was Light Is Now Heavy;  
Heavy Under The Weight Of Anxiety  
Anxiety Made Rent In My Mind.

So.Excuse Me.  
And The Uncoordinated Movements Of Legs.  
The Unapologetic Shaking Of My Hands.  
My Uncontrollable Heartbeat And My Sweaty Palms.  
Excuse Me For Seeming A Little Bit Off,  
It's Just That  
Anxiety Came.Stayed.But Will Not Conquer.  
If You;  
Let.Me.Be.

— Let.Me.Be

# MEMORABLE AMNESIA

LET.ME.BE WRITTEN BY

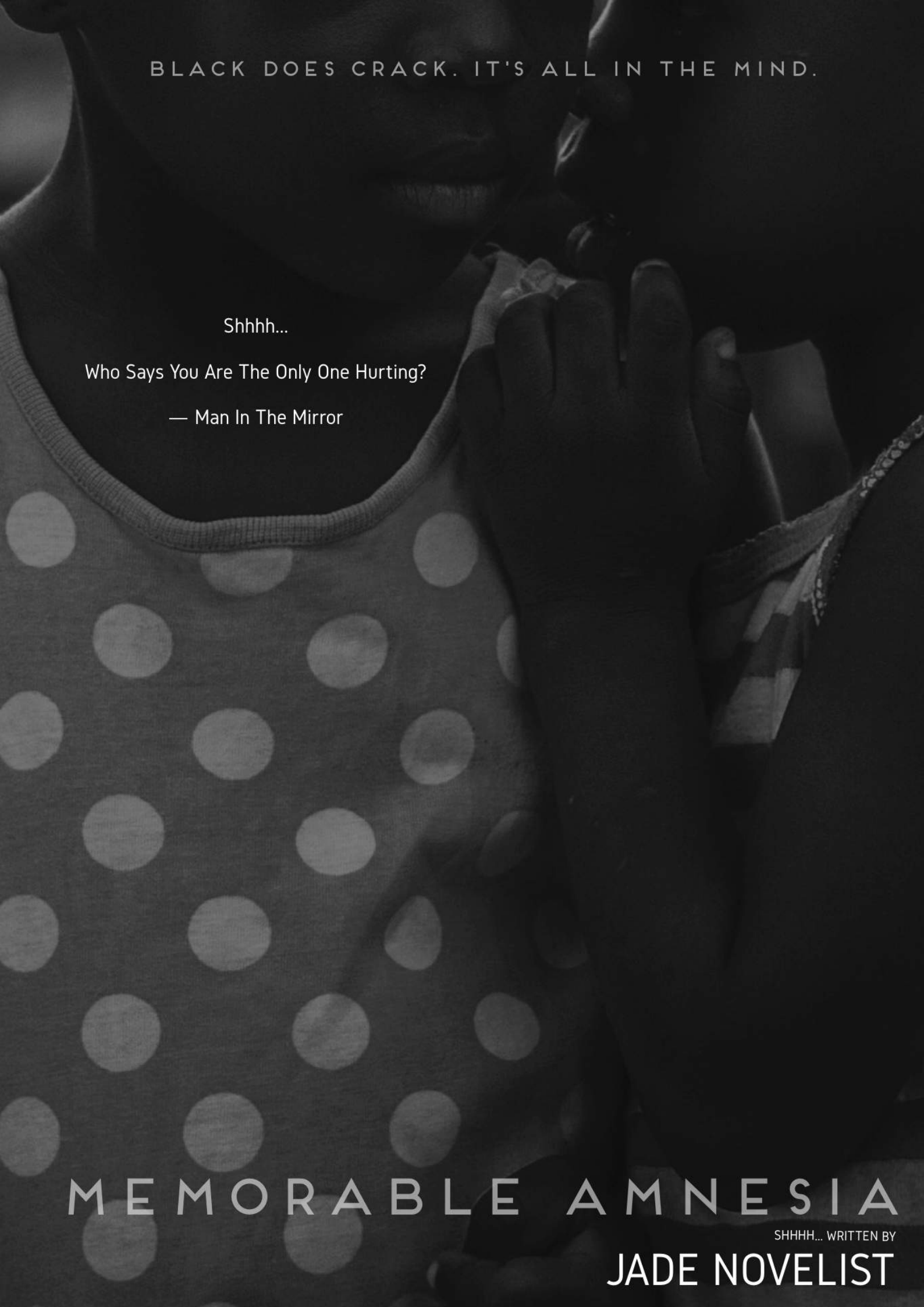
## JUSTIFIED ECSTASY

BLACK DOES CRACK. IT'S ALL IN THE MIND.

They Just  
Want To  
Talk...

MEMORABLE  
AMNESIA





BLACK DOES CRACK. IT'S ALL IN THE MIND.

Shhhh...

Who Says You Are The Only One Hurting?

— Man In The Mirror

# MEMORABLE AMNESIA

SHHHH... WRITTEN BY

JADE NOVELIST

BLACK DOES CRACK. IT'S ALL IN THE MIND.

— Conversations In A Minor

In My Voice I Find Comfort  
I Sing Because I Am Scared  
I Sing Because I Am Scared  
A Room With The Right Walls Echos My Sentiments  
And When I Need Someone To Connect With  
I Put On My Headphones And Tune Into Someone Who Relates  
Even If They Are Too Far For My Hands To Reach

# MEMORABLE AMNESIA

CONVERSATIONS IN A MINOR WRITTEN BY

JADE NOVELIST

BLACK DOES CRACK. IT'S ALL IN THE MIND.

The Following Episode Is Proudly Sponsored By The Voices  
In My Head  
They Sound Barely Human, I'm In Terror Of Self  
My Throat Roars;  
One. I Can't Stand People Anymore  
So, Don't Be Quick  
Too Blame Me For Wanting Your Attention  
Because Pain Has Taught Me Three Lessons  
For The Body Is Not A Prison  
It Is Freedom For Five Senses  
To Demonstrate Free Speech Against  
6 Of The Many Side Effects  
Of Tablets The Doc Handed Me  
To Be Taken  
7Days A Week  
To Refuse Them Means Being Restrained  
To Be Exact 8 Is The Number Of Times  
My Body Was Guarded With Metal, Today  
How Am I To Feel Free If The Weight Of Their Force Is  
Buckling Me Down?  
They Say, It's Because A Stitch In Time Saves Nine,  
What About The Tenth? Will Their Womanhood Or Manhood  
Save Them? Will The Best Education Save Them? Will The  
Best Car, Job Or Money Save Them? Or Maybe On The  
Second Coming They Too Will Be Saved?  
But Until Then  
I Can't Get These Voices Out My Mind,  
It Seems Like I'm Stuck  
Stuck Alone.  
Stuck In The Middle Of A Crime I Didn't Commit  
Stuck Being The Criminal Yet I Didn't Do It.

— Side Effects

MEMORABLE AMNESIA  
SIDE EFFECTS WRITTEN BY  
JUSTIFIED ECSTASY

BLACK DOES CRACK. IT'S ALL IN THE MIND.

# MEMORABLE AMNESIA

NETWORK. WRITTEN BY

## JUSTIFIED ECSTASY

You Have Been Good  
But You're No Good For Me  
Society,  
Not If You Keep Broadcasting Your Unavailability  
Missing My Call For Humanity  
Because I Found My Tribe,  
Society  
I Am Now One Of "Those People".  
You Mean "Those People"  
With Whom You Eat Similar Food,  
Shop At The Same Stores,  
Wear The Same Clothes  
Yeah, "Those People"  
There Is No Them  
Who Is The Insane Now?  
Because You Disregard  
The Humanity We Share Is More Noteworthy  
Than The Mental Illness We May Not.  
If You Cannot Realise This Network Failure  
Just Like The Head Connects To The Shoulders, Knees,  
And Toes  
Or Joints To Ligaments  
To Form Tissues  
These Issues,  
Remain;  
They Are Not Schizophrenics, They Are People With  
Schizophrenia.  
They Are Not Suicidal, They Are People With Depression.  
They Are Not Saddened, They Are People With Seasonal  
Affective Disorder.  
These Issues,  
Remain;

You May Not Be Available For Everyone At The Same  
Time  
But You Also Cannot Keep Pretending You Cannot Do  
Something For Someone.

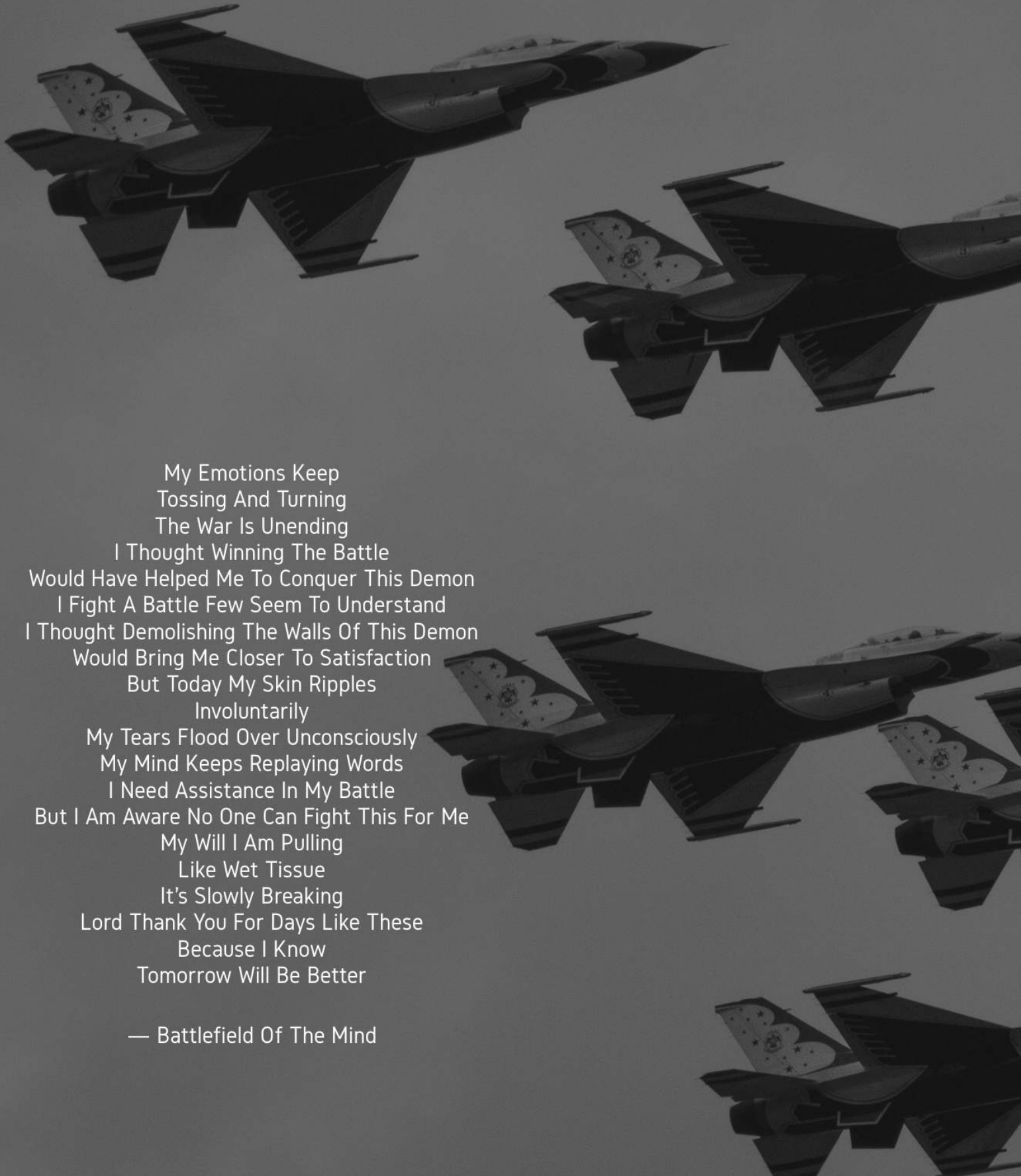
Maybe You Can Explain Why You Think Its Ok To Do

Both;  
I Am Calling You,  
Out,  
Society  
Can We Fix This?  
Answer Me.

— Network.



BLACK DOES CRACK. IT'S ALL IN THE MIND.



My Emotions Keep  
Tossing And Turning  
The War Is Unending  
I Thought Winning The Battle  
Would Have Helped Me To Conquer This Demon  
I Fight A Battle Few Seem To Understand  
I Thought Demolishing The Walls Of This Demon  
Would Bring Me Closer To Satisfaction  
But Today My Skin Ripples  
Involuntarily  
My Tears Flood Over Unconsciously  
My Mind Keeps Replaying Words  
I Need Assistance In My Battle  
But I Am Aware No One Can Fight This For Me  
My Will I Am Pulling  
Like Wet Tissue  
It's Slowly Breaking  
Lord Thank You For Days Like These  
Because I Know  
Tomorrow Will Be Better

— Battlefield Of The Mind

# MEMORABLE AMNESIA

BATTLEFIELD OF THE MIND WRITTEN BY

DELVE

BLACK DOES CRACK. IT'S ALL IN THE MIND.

Some Are Polite,  
Passively Bringing Up Memories Of Bad Decisions  
Reminding Me That I Fail When I Think For Myself

Others Are Fluent,  
Using My Insecurities As A Form Of Jargon  
Letting Words Fly Freely Within My Cerebral Halls

There Are Those That Are Blunt,  
Quick To Explain,  
It's Not That I'm Not Enough  
I Just Can't Expect Too Much

A Few Are Truthful Creatives,  
They Came Up With Their Own Names  
And Aren't Shy To Let Me Know I'm Not Living Up To  
Expectations

Then There Are The Gentle Ones,  
The Ones Who Whisper When I Wish They Could Roar  
Please Be Louder When You Compliment Me

And Others Have Nothing To Say,  
Like Me,  
They Are Spectators  
Tired Of All The Conversations Where They Are Never Heard

— I & 200 Others

# MEMORABLE AMNESIA

I & 200 OTHERS WRITTEN BY

JADE NOVELIST



BLACK DOES CRACK. IT'S ALL IN THE MIND.

Don't Try To Explain What You  
Yourself Won't Understand  
You Deny The Truth To The Man  
In The Mirror  
They Don't Understand  
They Won't Understand  
— Voices In My Head

# MEMORABLE AMNESIA

THEY DON'T UNDERSTAND WRITTEN BY

JADE NOVELIST

BLACK DOES CRACK. IT'S ALL IN THE MIND.

The Heart  
Isn't  
A Brain...

MEMORABLE  
AMNESIA



BLACK DOES CRACK. IT'S ALL IN THE MIND.

He Said He Ain't Ever Been In Love Before  
She Knew Better Than To Call Him A Liar  
She Figured She Was Just Introduced To A New Personality He  
Let Come Out To Play  
Someone To Love Her For As Long As He'd Let Him Exist

— Romantic Skeptic

# MEMORABLE AMNESIA

ROMANTIC SKEPTIC WRITTEN BY

JADE NOVELIST

BLACK DOES CRACK. IT'S ALL IN THE MIND.

Numbed By The Emptiness Of My Life,  
So I Lay Here Hopeless.  
My Body, Paralysed By The Demons Of My Mind. I Fail My  
Body Daily,  
Crippling It With Stupid Decisions That Heighten My  
Anxiety.

I Associate With The Wrong People.  
I Leave My Room And Expose Myself To Social Turmoil.  
I Sit At Tables That Serve No Love.  
I Repeat Mistakes, Daily.

Take Him Back Even Though I Know He Doesn't Want Me.  
Enslaving My Body To His Desires,  
And When He's Done,  
Let My Body Take One For The Team.  
My Body Suffers Because It Can't Speak For Itself.  
So It Is Oppressed By My Heart's Decisions.  
The Same Dynamic That Is Him And I.  
When He Wants Me,  
He Gets Me And I Always Suffer The Consequences.  
It's All Fun And Games Until My Body And I Are Fatigued  
Because Slavery Has Always Been Tiring.  
My Body Suffers Daily For The Emptiness In My Mind,  
But I Applaud It For Carrying Me This Far.  
Taking My Crap.

Even After All The Drugs I've Fed It  
In Attempt To Lay It Down For Eternity,  
It Still Respects Me In Ways I've Never Respected Myself.  
Every Morning, It Rises As If It Isn't Still Recovering From  
Razor Cuts.  
It Shows Up For Me, In Ways I've Never Showed Up For  
Myself.  
It Fights My Battles For Me.  
Fights The Paralysis Which Is Me.

— Sleep Paralysis

# MEMORABLE AMNESIA

SLEEP PARALYSIS WRITTEN BY

BUHLE NGOMA

BLACK DOES CRACK. IT'S ALL IN THE MIND.

Sunflower Lover, I Miss You  
I Pull At Our Memories Like Flower Petals  
She Loves Me, She Loves Me Not  
She Loves Me When I'm Okay  
She Loves Me Not When My Mind Breaks

Sunflower Lover, Where Are You  
Where Do You Go When Mental Winds Blow  
She Loves Me, She Loves Me Not  
She Loves Me Like The Seasons,  
Her Love Takes Turns Rearing Its Head  
She Loves Me Not In Succession,  
Her Love Sometimes Forgets Me

Sunflower Lover, Are Your Thorns Double Edged  
Do Your Sharp Words Hurt You Like They Do Me  
She Loves Me, She Loves Me Not  
She Loves Me In Her Own Way,  
She Makes "Are You Crazy?" Sound Endearing  
She Loves Me Not, Maybe That's Why She Doesn't  
Say It When My Soul Is Breaking

Sunflower Lover, Will We Run Out Of Petals  
Will Our Love Wilt Like Your Patience  
She Loves Me, She Loves Me Not  
She Loves Me Less The More She Meets With My  
Condition  
She Loves Me Not As One Who Recalls Her Vow Of  
For Better Or Worse

My Sunflower Lover,  
She Loves Me, She Loves Me Not  
— She Loves Me, She Loves Me Not



# MEMORABLE AMNESIA

SHE LOVES ME, SHE LOVES ME NOT WRITTEN BY

JADE NOVELIST



BLACK DOES CRACK. IT'S ALL IN THE MIND.

The Night Brought In A New Day.  
A Day That Introduced Me To My New Mental Illness.  
You.

The Evening Before Consisted Of Quality Time That  
Resulted In Me Falling For You.  
Found My Self Crazy, Losing It Over You.  
Praying You Don't Catch Me Obsessing Over You,  
But The Truth Is That I Am Already Obsessing Over You.  
You Are Already The Reason I Can't Sleep.

My Nightmare With Beautiful Brown Eyes.  
I Want You To Love Me But I Am A Danger, Not Good For  
You.  
Save Yourself From Me,  
I Think I'm Obsessed With You.  
Don't Leave Me Please,  
I Think I Need You.

You Are The Drug That Keeps Me Calm,  
My Personal Brand Of Cocaine.  
You Are A Warm,  
Long Chamomile Bath.  
You Soak Me In Tranquility.  
You Are My Spiritual Masseur.  
With Your Hands,  
You Release My Pain For A Little While.  
I Am Healed When You Are With Me  
— Before Dawn

# MEMORABLE AMNESIA

BEFORE DAWN WRITTEN BY

BUHLE NGOMA



BLACK DOES CRACK. IT'S ALL IN THE MIND.

Morning Comes And You Have To Leave Me.  
I Feel My Temperature Dropping.  
All The Heat From The Evening Before Accompanies You.  
I Am Not Alive When You Aren't With Me,

I Don't Want To Be,

But I Fear Your Return.  
Each Time I Have To Let You Go,  
It Hurts More Than The Time Before.  
Your Goodbyes Leave Me Lifeless.  
Your Absence Stings.  
I Want You But The Feeling Isn't Mutual.  
That's What My Mind Tells Me.  
You Are Everything To Me.  
When You Leave, You Leave Me With Nothing.  
Like Blueberries, You Revitalise Me When You Return,  
But Save Yourself, My Cheesecake.  
I Am Not Good For You.

— Morning After

# MEMORABLE AMNESIA

MORNING AFTER WRITTEN BY

BUHLE NGOMA

BLACK DOES CRACK. IT'S ALL IN THE MIND.

When My Heart Fails Me  
When I Miss Your Voice  
And You Don't Miss Mine

When Love Songs  
Remind Me Of What I Can't Have  
And You Probably Dancing A Tune With Someone Else

When My Friends Are  
With Their Better Halves  
And I Read A Book And Wish Them Well

When I Laughed And Made Others Smile  
But Your Voice Is Silent As The Night  
Your Silence Beats Louder Today  
On Days Like These

When My Dreams Are On Hold  
And I Tell Daddy God I Miss Him  
And Silence Is An Answer  
The Loud Is Against My Thoughts Of You  
When Writing About You  
Should Come To An End  
But I Still Write...

— On Days Like This

MEMORABLE AMNESIA

ON DAYS LIKE THESE WRITTEN BY

DELVE

BLACK DOES CRACK. IT'S ALL IN THE MIND.

Sometimes I Want To Overdose On The  
Things That Should Make Me Feel  
Better  
So I Want You Closer  
But Then I End Up Being Too Much

How Would You Understand I Need  
You, When You Can't Even Tell That  
You're My Cure  
You Take Me To A Time When I Wasn't  
Broken

I Call You At Odd Times So You Can  
Add Up My Pieces And Build Me Back  
Up  
Burying Truths No One Else Should  
Hear In Your Soul Because Like Me,  
They Are Safe With You

I Want To Overdose On Your  
Generosity  
Bathe In Your Actions That Don't  
Judge Me  
Dance In The Garden You Call Patience  
Because You Understand How It Feels  
Have Someone Who Is Different Walk  
Through Your Life's Entrance

— Overdose

# MEMORABLE AMNESIA

OVERDOSE WRITTEN BY

JADE NOVELIST

BLACK DOES CRACK. IT'S ALL IN THE MIND.



You Had To Find Out The Hard Way  
I Wish I Could Have Told You  
That The Gears In My Brain Run The Wrong Way  
I Wanted To But Could Never Find The Right Words To Say  
So I Settled For Countless "I Love You's"  
Hoping That When You Found Out  
You Could Bank On The Fact That Some Part Of Me,  
Was Really Under My Control  
That One Emotion I Offered You, Was Not Drug Induced  
I Got Comfortable Being Someone You Could Want And Even  
Though I Wasn't Sure If Those Words Would Always Be Meant For  
Me  
I Was Happy I Was The One You Said Them To  
I Used To Hate The Distance Between Our Hearts  
But Then I Realized  
It Was Your Way Of Coping With My Emotions  
When I'd Disappear And The Lights Went Out,  
You'd Relocate And Reside Close By  
Waiting For Me To Let You Love Me Again  
It Is Hard To Love,  
Even Harder Loving Someone Like Me  
Someone With A Missing Middle  
Either Too Much Or Never Enough  
Switching At The Utter Of A Word  
Slipping Into Other Worlds  
Most Times Leaving You Behind  
But When You Catch Up,  
You Greet Me With A Kiss  
And An "I Miss You"  
And Every Time, It Dawns On Me  
That You Love Me  
You Really Love Me

— You Love Me

# MEMORABLE AMNESIA

YOU LOVE ME WRITTEN BY

JADE NOVELIST



BLACK DOES CRACK. IT'S ALL IN THE MIND.

# MEMORABLE AMNESIA

AUTHORS / CONTRIBUTORS

BUHLE NGOMA  
DELVE  
JADE NOVELIST  
JUSTIFIED ECSTASY  
MAIRA WOLFE  
PACKAGED POETRY  
SAPPHIRE  
SIHLE TUMANI

JADE  
NOVELIST

NOTHING BUT WORD PORN

*blessings and bliss*



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# MEMORABLE AMNESIA

SPECIAL THANKS TO ALL THOSE WHO  
SHARED THEIR STORIES, WETHER ABOUT  
WHAT THEY ARE GOING THROUGH OR  
HOW THOSE AROUND THEM AFFECTED  
BY MENTAL HEALTH HAS AFFECTED  
THEM.

PHUMLILE  
MADDY  
NELLA SILAS  
ANONYMOUS  
MAIRA WOLFE  
SAPPHIRE  
MADDY  
NYELETI MAGEZA

"MEMORABLE AMNESIA" WAS EDITED BY

KAY  
(CHIEF EDITOR — AUSPICIOUS ELITES)



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*Ntokazi kanye nawe nsizwa, akukholula ukukhuluma ngezifo izimayelana negqondo, ngenxa yendlela isizwe sethu izigxeka ngakhona, kepha ngithi kuvena ingane engakhali ifela embelekveni ngakho ke ungathuli ngoba uma ungazibiki, ukhulume ngenkinga yakho ngeke ubonakale futhi ngeke uzwakale. Ugasishayi indiva isifo sakho, uma ungazikhulumeli uzokukhulunyelwa ngubani na? Akuqhude lasindwa umzweze, ngiyavuma ukuthi akukholula kepha avukho wedwa, isiZulu sithi izandla ziyagezana futhi indlela ibuzwa kwabaphambili ukuze izinto zibelula.*

• SAPPHIRE •



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AUSPICIOUS  
ELITES




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Inside Voice

# MEMORABLE AMNESIA

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# INSIDE VOICE

MEMORABLE AMNESIA

JADE  
NOVELIST

---

NOTHING BUT WORD PORN

---

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# INSIDE VOICE

MEMORABLE AMNESIA

LOST & FOUND  
STAY  
LOVE ME LIKE YOU DO  
JUST BREATHE  
CHANDELIER  
HELIUM  
LAY ME DOWN

JADE  
NOVELIST

NOTHING BUT WORD PORN



# LOST & FOUND

YOU TOOK WITHOUT REMORSE  
AND SURELY NO JUDGE WOULD TRY THIS CASE  
HOW WOULD I EXPLAIN THE NATURE OF YOUR CRIMES?  
YOU MOVED SWIFT WITH LITTLE CO-ORDINATION BUT YOUR  
INTENTIONS WERE WELL DEFINED  
FIRST YOU STOLE MY HEART  
THEN MY LAST NAME  
NOW YOU OWN THE TITLE OF "MOTHER TO MY CHILD"  
AND I WOULD CALL YOU A KLEPTOMANIAC BUT YOU ARE NO  
STRANGER TO SENDING ME TO THE COUCH  
SO I WILL SETTLE FOR WIFE,  
LOVER OF MY SOUL AND MY BEST FRIEND

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**INSIDE VOICE**

MEMORABLE AMNESIA

JADE  
NOVELIST

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# STAY

JADE NOVELIST & DeVe

TOO MUCH TOO SOON  
TOO MUCH LOVE BEFORE ANY OF IT WAS NEEDED

WHY BRING HER PRESENCE TO MY ATTENTION IF YOU HAD NO  
INTENTION OF LETTING HER FEEL MY EMBRACE

JUST TOY WITH MY BARE BROKENNESS  
WITHOUT AN EXPLANATION OF WHY YOU TOOK ANGEL AWAY  
AWAITING HER FIRST KICK HAS ME IN SHREDS  
WISHFUL THINKING WON'T APPEASE MY PAIN  
IT WOULD HAVE BEEN A BLESSING TO HOLD HER

COULD I BEG YOU TO LET HER STAY?  
SHE IS AWAY FROM ME PHYSICALLY BUT COULD I STILL OWN  
HER MEMORY  
I FEEL HER FADING AND SLIPPING FROM INSIDE ME AGAIN  
WITH LESS BLOOD CLOTS BUT MORE SOUL LOSS

PLEASE STAY  
STAY WITH ME IN SOMEWAY  
HIDE IN MY HEART  
PLEASE DON'T GO AWAY

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**INSIDE VOICE**

MEMORABLE AMNESIA

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NOVELIST

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# LOVE ME LIKE YOU DO

YOUR ABSENCE DID MORE THAN LEAVE ROOM FOR BIRTHDAY CARDS AND FATHER'S DAY  
NOTES ON THE LIVING ROOM COFFEE TABLE

I HAD TO LEARN LESSONS ON MY OWN BECAUSE NO ONE WAS THERE TO TEACH ME HOW  
A MAN SHOULD ACT

YOUR CHOICES AFFECTED MY MIND'S VIEW AND MY PERSPECTIVE OF MEN WAS RUINED  
FROM AN EARLY AGE BUT BECAUSE OF HORMONES MY BODY AND HEART COULD NEVER  
AGREE

I SEEMED TO TRUST IN ANY MAN WHO COULD THROW THE WORD BEAUTIFUL MY WAY AND  
WHEN HE SAID HE SAW A FUTURE WITH ME, IN HIS BED I LAY

I WAS LOOKING FOR YOU IN PLACES I KNEW YOU COULDN'T EXIST

BECAUSE I NEEDED THE CLOSEST THAT RESEMBLED YOUR FIGURE

I NEEDED SOMEONE TO LOVE ME LIKE YOU DO

SOMEONE I BELIEVED LOVED ME IN THEORY BUT THEIR ACTIONS WERE CONTRADICTIONARY

THERE WAS NO WAY YOU COULD BE IN THE ONE WHO FELT LAYING HIS HANDS ON ME  
WAS A SIGN OF AFFECTION

BUT THEN AGAIN,

I KNEW NOT THE GENTLE HANDS OF A MAN FROM MY FATHER SO ANY TOUCH WAS  
WELCOME

I NEEDED NOT TO FEEL LIKE A DISEASE BUT MEN WOULD ONLY APPROACH ME WITH  
THEIR POLES

THEY HOWEVER HAD THE DECENCY TO BURY THEIR OFFSPRING IN NETS AND NOT USE ME  
AS A GRAVEYARD

BUT IT ALSO MEANT I WAS NOT FIT TO CARRY THEIR YOUNG

SO I'M LEFT FEELING LIKE A SPOILT BRAT CRAVING THINGS I CAN NEVER HAVE

I WANT A MAN WHO WON'T LOVE ME LIKE YOU DO

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**INSIDE VOICE**

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# JUST BREATHE

I AM COMPLEX IN A SIMPLE WAY  
I HAVE A LOWER TOLERANCE THAN MOST  
I DANCE TO A RHYTHM NO ONE CAN HEAR  
SO THEY SAY THEY CAN'T UNDERSTAND ME  
I BATTLE DEMONS WHO CARE LITTLE FOR SINS BUT CRAVE MY  
SOUL IN THE WORST WAY  
I AM AFRAID OF BEING ALONE BECAUSE THAT'S WHEN THE  
VOICES GET LOUD  
THEY SAY LIGHT IS AT THE END OF THE TUNNEL,  
SO WE LOOK FOR HOPE AT THE BOTTOM OF BOTTLES  
WE TALK ABOUT TAKING LIFE BY THE THROAT BUT FIRST I  
MUST BE SACRIFICED  
SO I CONTEMPLATE WHERE I SHOULD START WITH MY  
COMPROMISE  
DO I FORSAKE THE DREAMS MY HEART WAS BURDENED WITH?  
WHO WILL HOLD MY SECRETS ON MY BEHALF?  
WILL THEY REMINISCE THE TIMES I ATTEMPTED TO CONTROL MY  
LAST BREATH?  
CAN THEY CONTAIN MY SELF-HATE?  
I PRAY THEY MASK MY WEAKNESSES BEHIND A SMILE  
I NEED THEM TO CARRY ON MY LEGACY  
OF ANOTHER STRONG PERSON WHO SHOULD HAVE SAID  
BUT NEVER DID BECAUSE HE NEVER COULD  
THINKING THEY WOULD NEVER LOOK AT HIM THE SAME IF HE  
ASKED FOR HELP

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**INSIDE VOICE**  
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# CHANDELIER



LET'S TALK HIGH STANDARDS  
IN ESSENCE I'M SAYING LET'S TALK STANDARDS YOU NEVER  
SET  
THE ONLY THING I LEARNT FROM AN ABSENT FATHER IS HOW  
NOT TO RAISE A BOY TO BE A MAN  
I GOT A GLIMPSE AT THE STRENGTH OF A WOMAN AND THE  
WEAK ATTRIBUTES OF MANHOOD  
YOU ROBBED HER OF HER YOUTH AND STRIPPED ME OF MY  
TRUTH  
LEAVING ME WITH NO IDENTITY  
YOU WERE QUICK TO CUM  
BUT SLOW TO COME AND CLAIM ME

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**INSIDE VOICE**

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# HELIUM

YOU NEED SOMETHING I CAN'T GIVE  
I HAVE SOMETHING NOBODY WANTS  
I WISH I COULD BE SOMETHING YOU NEED  
BUT YOU NEED TO BE FAR AWAY FROM ME  
PLEASE BELIEVE ME WHEN I SAY  
IT'S NOT YOU, IT'S ME

OUR AMBITIONS WERE MADE UP OF HOT AIR  
NOT EVERY STORY IS BOY MEETS GIRL AND THEY CONQUER THE  
WORLD

SOMETIMES IT'S MEANT TO BE ENGRAVED IN PILLS AND  
TABLETS.

WHO ARE WE TO GO AGAINST GOD'S WORD?

I WAS BORN TO HARBOR A DISEASE THAT CAN'T BE CURED  
YOU WERE MADE TO SHELTER FEELINGS YOU COULD NEVER  
EXPRESS

ULTIMATELY WE WERE SHAPED TO BE LIKE BALLOONS  
AS LONG AS SOMEONE WAS AROUND TO HOLD US TOGETHER  
WE COULD CO-EXIST  
BUT ONCE LEFT ALONE, WE WOULD ALWAYS DRIFT APART

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**INSIDE VOICE**

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# LAY ME DOWN

WHO KNOWS?

THIS COULD BE THE LONGEST LOVE LETTER I'VE EVER WRITTEN,  
A LETTER TO A ME,  
WHO STILL LOVED HIMSELF

I TOLD MY LIFE IN THESE WORDS  
AND MANY SAW IT AS ENTERTAINMENT

IF EVER I'M NO MORE,  
WILL THEY REMEMBER THE MAN WHO PUT THEM TOGETHER?  
WHEN THE TIME COMES,  
LAY ME WITH MY WORDS  
LET ME LEAVE THE EARTH WITH WHAT I BROUGHT TO THIS  
WORLD  
BUT LEAVE SOME FOR THOSE WHO HURT LIKE ME  
NOTHING BINDS LIKE PAIN SHARED BETWEEN KINDRED SOULS

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# MEMORABLE AMNESIA

*Get help...*

*Ghana:*

*+2332 444 71279*

*Kenya:*

*+254 701 273295*

*Nigeria*

*+234 806 210 6493*

*South Africa*

*+27 800 12 13 14*