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1. <https://pixabay.com/illustrations/watercolor-watercolour-brush-paint-6013286/>

Also by Julio Carlos

Griever Collection

Griever 3.0

Mind Heart Soul

Mind Heart Soul

Mind Heart Soul Vol. II

Muses Collections

Wasted Hearts

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Watch for more at <https://buymeacoffee.com/juliocharlos1>.

Mind Heart Soul is a poetry collection created in an attempt to express the screams inside a mind, heart, and soul in order to keep my mental health in check. The poems were selected and edited for your maximum entertainment and growth. Thank you for reading.

Disclaimer: This is not a mental health book. This is not a poetry mental health oriented book. For that, please buy Lifter on your store of choice².

2. <https://books2read.com/u/b5ovYp>



“Mercy upon mine”



Shh...

You have suffered enough.
Hush now,
You that slowly beats
valiant to not quit me
when I so wish.

Shh....

You have suffered enough,
for not being callous,
for caring about who refuse to understand you
and me.

I feel your pain in me. Hush now,
and worry not with the possibilities of my vain hopes
for I won't renew them, no, not again
you have been through enough
you have exposed yourself enough to those who don't want to understand.

Hush now,
I will show mercy upon me,
and this heart of mine.

Hush.

Quiet now
It'll be ok, soon.
We'll be ok, soon.



"Coagulant"



Let these wounds leak
the blood that adorns my scarred skin.
Don't pretend to come to my aid
for I need not rescue, not any longer,
don't get close
for my eyes see
and my soul STILL dares to hope, wish, and dream.

They ache.

They ache.



“Slipknot”



The need for affection strangles
but knowledge reminds me that in order to have a whiff of it
I must endure deep scaring
and gulp down all the pain,
for there's *always*, a price to pay.



"Fuel"



Let this pain
propel me to success.
Allow Misery to be the dread
and not a twisted quasi-resigned comfort.



"Escape"



Not singing,
but howling out this loneliness.



Doing good doesn't equate to doing right.





“Reins”



To care
is to spread little pieces
of you
to the wind of others.
They might not even notice it,
they will mostly ignore it.
Do it ever so sparsely.



“Realizations”



Not until brokenness comes
that we get to be human.
Not until deceit is drank
from the cups we ourselves pour
that we get to see reality. The fantasies of our own choosing.

At times, Insanity,
is all we have to cling to.



**It's only a crime if you are on the wrong side of
the law.**





"Blind Bias"



Here I am
presenting myself bare,
crude, raw and naked.
A courageous display in honesty.
Yet
you, cannot see me
for who, *I*, truly am.
Refusal.



**Our beliefs in the absolutes of "good" and "evil"
stop us from perceiving reality.**





" Old-soul "



I should have been... flaming
scorching the air gracelessly
with the vigor of my soul, had it had left.
'd've been..

Could have...

Is this the elder-state?
When you move so fast away from your age,
when you gather so much,
when you dare to *see* with your eyes open
and take the world as it is
that you gain the perception of the old?
Centred mind
a soul gone cold...

Should've have I, accepted the chosen bliss of ignorance
given by youth?



**Evil prevails because it's relentless in its quests,
while Good keeps rejoicing on the
"righteousness" of its title.**





"Time to Pretend"



Oh sure, let us romanticize pain
as if that was the purpose of love.
Let us judge the broken
as if pointing fingers weren't the cause of cracks,
oh yes, let us assure ourselves that we live in bliss
as we ignore the hug of Misery,
and preach to the winds our happiness through shit-eating grins.



“All that’s left”



I want you to love my brokenness too
because, sometimes, it's all that I have
and it's most of what I am.



“Rejecting”



Am I dying with a smile on my face?
I am dying on a running pace.
Will it bring a smile upon my face?
Isn't it inevitable?
I have promises to keep,
I have the difference to make.

Will I move from here?
Will I stay?
Why is my hand tied in numbers
that I fight an entire month have?

I have made promises.
I have things to say.
I have hugs to give.
I cannot just *end* this way,
when I was born,
was my destiny sealed?
NO! I do have a choice. I cannot simply go away.
Leave me, deadly curse!

Other Poetry collections to check out:

- **Lifter** - @ 0.99USD – <https://books2read.com/u/b5ovYp> // (Motivational, Mental Health, Inspirational)

Mind Heart Soul Collection

- **Volume I**
- **Volume II** – FREE - <https://books2read.com/u/mlAQQB> –(Diverse)
- **Volume III** – FREE – (Available soon, subscribe here¹) - Poetry & Short Stories

Muses Collections

- **Wasted Hearts** – @ 1.99USD - <https://books2read.com/u/mBZdeD> - (Romantic, Tragedy) -
- **The Ruby Lioness** - @ 4USD (Exclusive) <https://Buymeacoffee.com/juliocarlosl/> – (Romantic, Tragedy)
- **Letters To Lima** - @ 0.99USD - <https://books2read.com/u/mYGZzp> (Romantic, Tragedy)

1. <https://books2read.com/r/B-A-MHXO-PIXUB>

- **Sinful** – @ 0.99USD - (Available soon, subscribe here²)- Erotic, Devotional
- **Sinful II, Confessions** - (Available soon, subscribe here³)- @ 0.99USD - Erotic, Devotional
- **Yadav**- @ 0.99USD - (Available soon, subscribe here⁴) - Romantic, Devotional
- **Ghandira** – @ 0.99USD - (Available soon, subscribe here⁵) - Romantic, Devotional)
- **Érica** – FREE - (Available soon, subscribe here⁶) – Romantic, Erotic, Devotional
- **Tchissola**- FREE/0.99USD- (Available soon, subscribe here⁷) - Romantic, Erotic, Devotional

2. <https://books2read.com/r/B-A-MHXO-PIXUB>

3. <https://books2read.com/r/B-A-MHXO-PIXUB>

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- **Séphora** – FREE - (Available soon, subscribe here⁸) - Romantic, Erotic, Devotional
- **Scorches in the Wind** - FREE - (Available soon, subscribe here⁹) - Romantic, Erotic, Devotional

Griever Collection

- **Griever** - @ 0.99USD - (Available soon, subscribe here¹⁰) – Philosophical, Grim Dark, Personal
- **Griever 2.0** – @ 0.99USD - (Available soon, subscribe here¹¹) – Philosophical, Grim Dark, Personal
- **Griever Interlude** – @ 0.99USD - (Available soon, subscribe here¹²) – Philosophical, Grim Dark, Personal
- **Griever 3.0** - @ 1.99USD - <https://books2read.com/u/4joLpj> – (Philosophical, Grim Dark, Personal)

8. <https://books2read.com/r/B-A-MHXO-PIXUB>

9. <https://books2read.com/r/B-A-MHXO-PIXUB>

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12. <https://books2read.com/r/B-A-MHXO-PIXUB>



Words of the Author



Thank you very much.

Please visit my blog¹ for more info about me, my work and juice inside stories.

1. <https://Juliocarlosworks.wordpress.com/>

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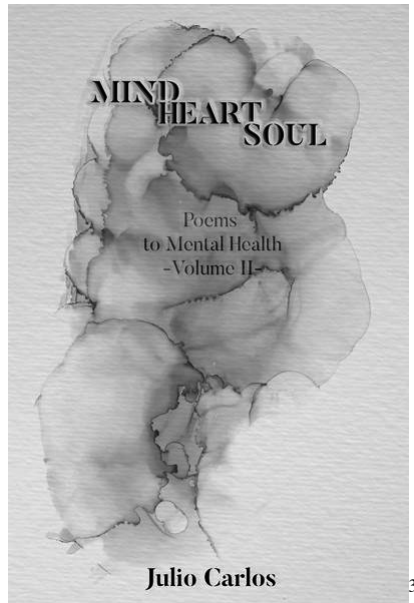
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<https://books2read.com/r/B-A-MHXO-PIXUB>

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Connecting independent readers to independent writers.

Did you love *Mind Heart Soul*? Then you should read *Mind Heart Soul Vol. II*²
by Julio Carlos!



Mind Heart Soul is a poetry collection created in an attempt to express the screams inside a mind, heart, and soul in order to keep mental health in check. This collection focuses on love and lighter thoughts when it comes to the existence of things and self. Enjoy.

Read more at <https://buymeacoffee.com/juliocarlos1>.

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About the Author

I write to stir your mind, while soothing mine. I think it's a fair trade ;)

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