"When somebody does something to you and it takes you to that p oint; yeah we're mad and we're shook and we're broken and I've been broken. But the pain...when you're in that pain and you're going through it it's like being in the fire and all you see is the flames. And that's all you can see. And you don't see no way out you know. You can't tell me nothing about pain unless you've been there in that fetal position like I told you, when the lights go out at night. And then once I pieced myself back together I had to forgive. I'm talking about peace. I'm talking about being able to share things with other people and actually see other people's lives get better — even the people that I thought did me harm. That's the deep shit. I get to see them be at peace instead of me saying 'I'm just gonna hang around and see if this motherfucker can get

What he deserves.' Man, I'm glad God didn't give me what I deserve! [laughs] Hell nah."