

Just Drifting

For a moment
You touched my Achilles' tendon
And I fell
Down.
Down.
Down.
Hard.
Landed Deep within myself
I met you there
This empty place
I had cleared out for you
For us
Without even knowing
Bare.
Waiting.
Empty.
The sky slowly filling around us
Sun shining
Radiance surrounding us
Capturing the most we could allow
Full of tenderness
Exuding peace
Brimming with light
Expansion of a love
Sensationalized for the first time
Unfurling through my energy body
Each breath you took
Mirroring my heart beat
Tracing each moment we drifted
Time and space suspended
As the memories echo on my skin
Aching in this space we created
Throbbing with need
I return to my breathe
Settle inside myself
Wrap myself in dreams
And await the next moment
Failing my attempts at
Patience,
Acceptance,
Surrender
Allowing obsession
To build
Crest
Crash

And I drift
On waves of us in that void.

I'm Enough

I've seen enough full moons and sunrises in my lifetime to know that seeing a moonrise and a sunrise together with a new person is rare and special.

I'm old enough to know regardless of where life takes us next and what we conjure we will never get that moment back.

I'm young enough to want to capture and cherish this feeling in words, my heart so swollen with love it's outside my chest, so I can savor and re-visit this moment for always.

I'm mature enough to refrain from creating stories and meanings about our connection and allow the experience to be enough.

I'm surrendered enough to sit patiently and wait for what comes next.

I'm passionate enough to allow myself to obsess and replay every moment over and over in my mind's eye.

I'm embodied enough to trace where your energy entered and flows in my body.

I'm intuitive enough to have created space for as much peace to fill my system and flow into yours as you would allow and I could grow to hold.

I'm wise enough to feel totally in awe of us and the gift we gave ourselves and one another and allow myself to feel all the feelings at the same time.

I'm scared enough to know this meant something bigger than I can grasp at this moment.

I'm small enough to know that this experience is just a reminder that there are infinite special moments with special connections with energy beings through all space and time to be cherished.

I'm strong enough to leave with zero expectations.

I'm respectful enough to follow your lead.

I'm fluid enough to feel into what energy I can bring that will best serve us.

#starnursery

Our unfathomable love
Only makes sense
When I'm lying in your arms
Trying to comprehend the power

Requires our sensory input
Hands entwined
Moving through the multiverse
Our bodies
Effortlessly gliding
Through space and time
Returning to mortal frequencies
Normal
Clouds the memories
Dulls the knowing
Leaves me shaking
I leave your arms
Terrified
Questioning
Doubting
Grasping to capture
The electricity
The sizzle
Crossing through our portal
Birthing galaxies
Heart rending
Circuit blowing
Fracturing
Leaves me newborn
Every day

My Words

Energy flowing through me
Knows nothing of self
Universally stripping all of who I am
Identification abolished
Transmitting purity of life's essence
My Words
Those are the only gift I can give you of myself
Carefully curated
Clumsily cobbled
Consciously decoded
Judiciously translated
Clawing out through my soul
Leaves me breathless
Exposed
My essence bleeding into existence
I wonder their impact

Can you feel the constancy of my heart
beating a rhythm of prose
devoting anthems to you,
my love.
Adoration in every syllable.
Worship in every turn of phrase.
Do my words pierce your layers?
Drag you deeper into your selfdom
Towards your essence?
What is the impact of my words
In your soul?
How does your body experience them?
What sensations stir in you?
What colors swirl around you?
As you read,
As you listen,
As you feel,
As you sense,
The gift of my distillation
My becomingness
Resulting from being loved by your beingness
Do you experience the
rending,
ripping,
rawness
Exposed
Our previously
Carefully fabricated selves
All that we knew
Undone
Lying in wonder
The galactic nothingness
Enfolds us
Whispering
Surrender your divinity to me

The Invitation Awaits You

Chase the stars.
Soar through the universe,
Explore time and space.
Flow through the doorway

where our souls collide.
Taste the sun on my skin.
That spark lit you up.
Feel the danger.
Take your time.
Never rush.
Minutes, hours, days, lifetimes,
Streaming by.
Glaciers melting,
Birthing Galaxies.
Species exterminated,
Creating Planets.
Go ahead
Pull in,
Contract every piece and part you can find.
Focus on your fear.
Let it climb into your mouth
Choking, gasping, shaking.
Lose your breath.
Lose your thoughts.
You're right to be afraid.
Your imagination can't show you what comes next.
Beyond your dreams, beyond your desires, beyond your fears, beyond your resistance.
Life is gone.
Your old self dissolved,
gone forever.
Transmuted.
Pure energetic frequency upgraded.

When you're ready....

AND

I know you'll be ready.

Allow the release of the past you're so desperately grasping.

Simply let go.

Feel your old self rush out your mouth.
Open your cells
Open your heart
Open your pores.
Connect your breath to my breath.

Fuse your heart to my heart.
Feel our power, as it leaves our bodies.
Let light from each atom stream outward
Connect. Collide. Merge.
Kiss the sun.
Feel your resolve strengthen.
Sense me here.
Feel your new reality start to form.
Allow substance being shaped
Out of darkness,
the void of all.
Flows your new self
Limitless. Unbounded. Infinity.
And so it ends.
And so you begin.
Fallen AND Risen.

Remember why change matters.
Not participate. Lead.
Provoke and instigate.
Be an authority.
Relentlessly dismiss the comfort zone.
Champion diversity.
Celebrate liberally.
Embrace difference and use it to our advantage.
Respect the past. Change the future.

Charlene

Your voice captured me first.
The light you sprinkle on everyone when you speak is incomparable.
Your voice made me draw nearer and never want to leave.
The frequency you speak is a combination of strength, truth and humility that feels like God.

Your eyes enveloped my soul next.
I was drowning before I could catch myself,
Truly lost in your depths.
In your depths I found compassion, devotion and intensity.

And so I just sat in your presence and listened and felt all you hold within you.
Your brilliance pouring forth making the world a better place.
Your passion to be the biggest and best version of yourself in service to others.
Your willingness to sacrifice whatever is needed to show up with full presence.
Your internal light you shine so effortlessly that transforms and transmutes.
Your special unique magic that exudes from your aura and chases away the darkness.

And I'm still here basking in all of who you are, feeling eternally grateful our paths crossed, our lives touch and I get to grow through this lifetime with you.

Autumn Sun

As I sit here in this sunshine,
the autumn leaves falling around me
I ground myself in the work of this season.
I feel the sun melting away any resistance,
non-beneficial energies
and patterns that no longer serve me.
Like the sun melts butter
I feel my cells yield
my pores emit the signs of letting go.
I acknowledge with gratitude,
the body wisdom inherent within my system
that is designed to allow toxins and non-beneficial energy to leave our systems.
Sweat beads and slips to the ground,
meets the leaves that have fallen there.
The power of the sun and the season transforming my system.
I feel the sun's rays steaming into my energy field,
empowering,
revitalizing
energizing
my spirit and body.
The wind gently caresses my skin,
soothing and affirming
the newness of each moment
the newness that now exists within me.
The wasps come to greet me,
the ladybugs land to say hello
the shade tree beckons me to look up
its canopy and reminds me,
our work is not done.
This was just the first flush of the season,
there are more to come.
Letting go is
ongoing
A process that comes in ever-increasingly powerful phases.
My heart beats strong and steady-

hold the vision, trust the process...
keep breathing and trust the process.
One breath at a time.
One breath.
Breathe.

Morning Time

Rise, bleary eyed with sleep.
My body drawn to the hills.
Moving toward the rising sun.
My senses begin to wake.
One foot in front of the other.
Following the rushing water,
the birdsong.
My skin is brushed by the dew dampened air.
The aromatic thrill of wildflowers fill my nostrils
with a backdrop of snow melt.
My ears caressed by the song swallows greeting the sky
cooing of the morning doves.
As I walk my senses rise
I take it all in more deeply,
noticing the intensity
as more birds awaken and greet their days.
The sound of the coyote saying good night breaks the stillness.
The sun fills the sky.
The temperature of air on my skin gains warmth,
filling my pores with its life giving essence.
My eyes still filled with stars and sleep
Resist
as my other senses rejoice.

Wisdom Won

My problem is now your problem

Enemy of my enemy is a friend

Power in secrets ashamed and afraid they can control you

There's a fine line between courage and stupidity

Letting Go

Letting go of sugar to make space for connection, security and bliss.

Letting go of social media to make space for discipline, creativity and physical interactions.

Letting go of previous patterns of behavior with people to make space for growth of the human soul.

Letting go of fear and avoidance to make space for impeccable honesty.

Letting go of being small and allow myself to show up be big and take up as much space as is required to proactively guide the energy in a situation to its highest outcome.

Letting go of consumerism and convenience to make space for reduction of carbon footprint.

We believe in the inherent value of each individual and honor their right to privacy, autonomy and dignity.

value- the regard that something is held to deserve; the importance, worth, or usefulness of something.

honor- adherence to what is right or to a conventional standard of conduct

autonomy- the right or condition of self-government.

privacy- the state or condition of being free from being observed or disturbed by other people.

dignity- the state or quality of being worthy of honor or respect.

I AM

I am rooted in the light and energy has flowed through me from galaxies collapsing and being born into existence. The light that makes my existence possible has traveled with the darkness through space and time.

Winter Is Here

I feel death coming
Climbing up my limbs and into my soul
Slowly, cell by cell, power returning
Filling my core
Disconnected from the world
My energy tendrils pulled in tight
Wrapped around my own heart

The most frightening feeling
My own power
Self-contained
Intact
Whole
I'm terrified
Sitting with this feeling,
the opposite of light, life, aliveness
This desire to pull back from everyone and everything I think I love
Restless, heavy, bored, numb
I find myself striking out.
Sharp, edgy, I feel cornered.
The only relief I find is in the beauty of nature
Sensory seeking to feel something
Aliveness in some way
From outside of myself
Sitting in this stillness, this intensity, This depth
Feels impossible
Everywhere I turn looking for relief, distraction
Channeling my power into action
But what action?
Decisiveness and precision feels vital
Not wasting energy, conserving the power
Feels anti-thetical because there is so much of it
Reminding myself these reserves need
to last me all winter
Picking one thing up, finding it lacking, turning to the next thing, still not satisfied. Realizing nothing will
satisfy me.
This void
the other side of life
I will not be satisfied with the mundane

How Do We End Hate?

Cedar Trees whispered in the wind,
hate does not have a home here.
Let it blow through your heart
allow clarity and light to shine through.
Do not attach
Do not let hate calcify your spirit.
Sun shines
purifying
cleansing away all memories of pain.
Life goes on.
No One ever goes away.
Their energy is transformed.
Their memory lives on.

Examples to us
left behind
the work that must be done for our survival.

I've been here before.
Same place.
Same theme.
Different people.
This place was built on
Memories
same theme,
different people.
This human sin
continues to rob us
generations missing peace.
How do we break this cycle?
How do we end hate?

Thank you

My mind spins
Dizzying attempts
To create meaning
Make sense
Judgements crowd in
Thievery is imminent
I drop through the clutter
Down into my body
The essence of feeling
Thrumming and clear
Condensed concision
Boils down
To aliveness
One focused feeling
Filling every cell of my body
Immense and intense
Gratitude floods me
Spontaneous laughter erupts
Bringing tears
My heart is full of us
Seemingly simple words
Thank you.

Living in a Black Hole

"What would you have done?!"
I implore to the moon

Only silence echoing back
Under scrutiny by faceless shadows
I remain unseen
Judged by titles
Failing their expectations
My soul untouched by true sight

In a post-truth era
Facts are manufactured for convenience sake
Numbers nebulous in form and time
Frozen rumors waiting for release
We are all right and we can all be wrong
Minds controlled by parasitic propaganda

Enemies formed by men
Shaped by distrust and fear
Their truths haunts me
Knowing two truths don't make a lie
Cornered where no truth exists

I close my eyes
Embrace darkness
Seated in my soul
Seek the light I implore
Effortlessly shine
Convince others to protect their light
Nurture, nature, release my heart into space

Love is the pathway to redemption
In the stillness of the dark
The echo whispers- love thy enemies
Glow and grow
Root down into our mission to love the world
Make the impossible our new day

Through love and by love
Time and space bend
Shaping humanity
Light effortlessly filling the dark void
Redeeming us all

Rock Bottom

In the presence of nothingness
Alone to sit back and purvey
The ruins of what almost was
A smoking battlefield
Wind whistling through echoes of life itself

My soul left broken
By a futile attempt at greatness
A series of choices effortlessly connected
To this single moment
This space and time in history
Where everything was lost
With nothing left but living on

No one mourns alone
A path of broken hearts keep company with each grief
Pain multiplied by those with no choice
Victims of circumstance
Those who chose to love with all their might
Attempts to heal your broke spaces

Tears stream
Breath catches
Emptiness clawing the cavity of your soul
Buried alive with your sin
Feeling the dust fill your heart
Choking off life
Alone in hell

Fire burning sinew and skin
Licking your bones clean
Leaving nothing but ashes
Mistakes, memories, pain
Roaming endlessly the earth
Helpless through the winds of time
A victim of one's own insanity

In the Eddy

Everyday life keeps moving
Unconscious
Each breathe in
Each exhalation out
Moving us one day closer to our demise
Focused
Each breathe brings you one day closer to an intentional life

The bullet train is moving at the speed of life
The human race anxiety mounting
Hearts rapidity
Shallowness of breath
Revolution mounting
Changes all around

No truth or fact to grasp for comfort
Normalcy is gone

Holding space for grace
To slow down the pace
Focus is key
Revolution and traditions coexisting in one place
Yin and yang rubbing against each other
Through the friction and flow
Each side swirling in circles around each other
Hard to track
Who is winning
Who is on top

Lightness and darkness like the current
Constantly flowing
Turning inhabitants in circles until they are so dizzy they don't know up from down

Return to the breath
Return to your heartbeat
Return to the rhythm of the earth
Return to the motion of the sky

Life is in constant motion
There is no reason to be afraid
Go with the flow
Relax into the pace and the pace magically changes
The bullet train allows you to stop
The frenzy ceases
The war fields empty
The soldiers return home
To the arms of those they love
To sleep at night in peace
Creating peace in the world

Enemies

I don't belong
I'm not wanted
I'm not safe
I'm not enough
I'm selfish
People reject my true self
I am demanding
I am defensive
I am opinionated
I am superior

Spring rides through Idaho

Swelling, rushing rivers flow endlessly
Mountains reflected in melted snow lakes
Sunshine resists rain and snow shower visits
Rainbows refracted in grey skies alongside brilliant blue
Conditions rapidly change as temperatures and altitudes fly by
Precipitation revolves in atmospheric fluidity, morphing as it pours down
Green rolling hills filled with signs of new life and vitality
Newborns romp alongside patient mothers, on wobbling legs, delightfully engaging this world
Explore roadside delights of spring offerings, ever-changing, treasures that leave one in awe

Night

No escape when the silence descends
I am reminded
Throb of my head
Pound of my heart
Skin suddenly too tight
Ceaseless energy bundled in the joints

Toss and turn
Memories of loss
Greatness that was
A moment pregnant with opportunity
Lives altered
Camelot is dead
Burnt to the ground

Greed
Stupid, selfish humanity
Weakness
Pitiful, vapid egos
Deception
Disgusting, shallow roles

Anger crawls under my skin
Screams claw at my throat
Rage vibrates my limbs
Sadness chokes my lungs
A threat in the dark
Disruption of stillness

Maintain silence
Breathe
Through the nostrils
Focus

Out the mouth
Love
Heart centered

Maintain stillness
Breathe
Inhale love
Focus
Exhale negativity
Love
Integrate empathy

Maintain hope
Breathe
I am light
Focus
I am light
Love
I am light

Labyrinth Lessons

The shadows hold beauty and joy
I like the middle but can adjust anywhere
I prefer to avoid the cracks
I find joy in the journey and sadness at the endings
Going straight might be easy but the corners and edges are more fun
Outside forces aren't needed to knock me off balance
It's easy to get focused on one thing, take time to lift my head and look up once in awhile, it's a totally different perspective.

You can never be less than you have become AH

Where do you stand on the continuum of positive focus

You're observing reality when what you really came here to do is create reality

Every cell of my body is connected to the power that creates galaxies
Connected to eons of women who have come before me
Their strength flows through my breath
Each breath I take in connects me to the women who ground me with their love
Grounding and rooting me to the earth and every molecule of every thing that has ever existed
Each breath I exhale out stretches out to the galaxies that surround me
Connecting me to the energy thrumming with the beat of every heart of every living being

Each inhalation and exhalation creates a perfect impenetrable sphere of powerful love that surrounds and protects me. Allowing only energy that is in my highest and greatest good to exist. And so it is. And so it was. And so it will be for now and ever more.

I dream of a society where everyone's basic needs are taken care of no matter what they look like and who they are. Where each person's individuality is celebrated and the color of our skin and diversity in our minds is looked at as the asset it is. Where people with disabilities have the opportunity to fully participate. Where we teach our children to embrace their quirks and their brains just the way they were born and retain every bit of their creative genius they come to the works with. Where we don't have to select a gender because we know that gender isn't a binary black and white thing and that everyone has a mix of masculine and feminine qualities and that means we can dress, act, talk, listen, caretake, however we are feeling in the moment. Where we can fully love every person and commit ourselves to whoever we want to for whatever length of time makes sense for that relationship. Where we are self governing and the majority rules and it isn't based on how much money one has or how popular someone is or their external charisma. That we all take responsibility for the leadership of our community and stretch ourselves out past our comfort zones to put ourselves in service to our fellow citizens. Where personal responsibilities and mutual accountability is the expectation. Where we each have what we need and want and no one is stockpiling excess and forcing others to live with less than. Where we are strong and brave when we have conflicts and are honest and stand in our own truth and find creative solutions. Where when we are feeling like our needs aren't getting met we go take care of ourselves instead of relying or expecting others to take care of us. A place where self care and standing up for our personal preferences is celebrated and expected.

The Dandelion

And one day

I was labeled OTHER
Picked up
Blown apart
Scattered to the four winds
To blow endlessly across the land

Still ONE spirit
I feel each seed
Distinctly, wholly,
I feel their freedom
I feel their fear
I feel their determination
I feel their loss of unity
I feel their exhilaration
I feel their longing to belong

Discarded,
Lifeless and withered
I breathe
Fully observe the journey of each piece of myself
Hope surrounding me as I am reabsorbed by the Mother
Faith that knows new life will spring forth

Resilience and adaptability
Lives within each seed
Assurance they will grow and flourish
Wherever our journey unfolds
Touching far more than was possible when we belonged

And so it was
And so it will ever be
Eternity

Multiplication
Death
Rebirth

To Adapt
To Nourish
To Serve

The Imposter

Once upon a time
It was whispered
In the darkness
Oh, lord, let thy will be done

I give my life to your service

And a very little girl,
She found herself on life's big stage
Weary and unprepared
Making big changes

Letting people tromp across her bridge
Between the traditional, well-known, well-worn
Broken and rutted road
And the new path to justice

To light the way
Soothe their fears
Bring order to chaos
Make space for everyone
Show each their purpose

To serve
To soar
To uplift others

No time to think
No time to eat
No time to sleep
No time
No time

Running out of time

Just breathe and follow your instincts
Just breathe and trust your intuition
Just breathe and do your best
Just breathe
Just breathe

Just. Keep.. Breathing...

Standing alone in the spotlight
Panting
Out of breathe
Vulnerable
She fell to her knees
Her flaws on full display
Her hardest lesson laid bare
For all the world to see

A very small girl
From a very small place

Torn asunder from all she held dear
Had to face her biggest fear

She wasn't enough.

She wasn't pure enough.
She wasn't strong enough.
She wasn't smart enough.
She wasn't kind enough.
She wasn't caring enough.
She wasn't big enough.
She wasn't worthy enough.

She wasn't enough.

And the people...
They whispered
They jeered
They judged
They cheered
They blamed
They gossiped
They wept
They screamed

Their pain tore her heart wide open.
Up on that stage, in that spotlight
Bleeding for all to see.

And she kept breathing,
And feeling
And our pain merged
And our tears blended
And our screams harmonized
And we were ONE

And God entered into that space
That ONENESS
Created from our collective humanity
And whispered,

You will never be enough
Because you were never meant to stand alone.

Then with everyone still watching
Judging
Questioning
Wondering
That very little girl

Took a deep breathe
Held her heart in her hands
Threw herself off that big stage
And whispered to the people

I belong to you.

There's nothing more frightening than having a dream come true

Blur

And I said unto you
First,
Above all else
Love thy self
Blink
This life
That life
Tied threads
Lessons yearning completion
Mistakes an illusion
Victims, victors
One coin
Humanity fulfilling our contracts
Triggers to divine destinies
Energy undulates, ever expanding
Destruction impossible
To thine own self be true
What you resist persists
Of the paths less traveled
Choose the healing path
Healing waves ripple through the eons
Transforming
Transmuting
Evolving
Rearranging reality
Time, space
Bending, Warping, Rolling
Today, Tomorrow, Yesteryear
Until
Blink
Find ourselves home
Our body, billions of cells
Millennia of wisdom held
Deep within
Our inner universe
Connected to ALL

ONE BEING

Love thy enemy as thy self
Empower life
Shine light upon all you behold
Each atom
Merging
Splitting
Reforming
Each point
What is
What was
What ever will be
And so it is
And so it was
And so it will be

I wonder

Roommates in the wall
I haven't seen them
Birds
Nesting
Soon, multiplication
I wish I spoke bird
I wish I knew nest building
I could paint a picture with the scraping, rustling

Each day
Moments of wondering
What kind of birds
Wonder what they do all day
Wonder why they built here
Wonder how they got in
Wonder how their chicks will get out
Doesn't learning to fly take gravity?

Do they wonder about me
I play music
Does mama bird tweet, "Stop! The eggs are restless."
I stopped playing music just in case
I stopped turning on the light at night
Just in case
I figured
No one likes to be disturbed

I live alone
Except for the birds
My imaginary friends

My ears tell me they are real
Yet, all I do is wonder

Rage

Primal rage claws from my soul
Darkness pulled from my DNA
A force my body can not contain
Screams echo in my head
They are not mine
Screams from ancestors
Screams from past lives persecuted
Tears streaming, misery broadcasted
Tears of truth from their women
Cries from cages of their babies
Rivers of rage from our brothers and sisters of color slaughtered and jailed
The America I stand in today
Our symbols, our lies
Lady Liberty stands in silent judgement
From the moment we slaughtered the indigenous tribes of this land
Our American eagle shackled like the souls of slaves who built our bedrock
The scales of justice varnished by 242 years of white male supremacy
Our flag flies at half-mast today
Our independence lies in tatters
As we face our truth.
This is our America.
A foundation of racism, sexism and cruelty.
I rage for those who don't have the freedom to rage.
I rage with those who deserve justice
I rage with those who deserve freedom
I rage with those who deserve liberty
I rage for a better America.

I love.

That's who I am.
I am made from love.
Highest,
Purest,
Brightest,
Most powerful,
Most brilliant,
Most tensile,
Energy of the universes.
LOVE!

Creates,
Builds,

Empowers,
Purifies,
Simplifies,
Connects.

I fall in love every day
When I see those
Clouds on brilliant blue.
Ants, scurry at work.
Flowers on the breeze
kiss my skin.
Couples pass by
wrapped in love.
Cars,
share their honks.
Birds supported by currents of freedom.

I fall in love every day
When I see those
Who for years, transform each day.
Who dare vulnerability, truth-tellers.
Who stand up, order the daily chaos.
Who exist, face injustice.
Who audaciously put themselves first.
Who scream, passion streaming from their pores.
Who are lost and wander the darkness.
Who power seduces and lose sight.
Who pray, when all hope is lost.

I fall in love every day
When I see those
Tears in my eyes
Hopes in my heart
Wishes in my dreams
Visions in my plans
Furies in my feet
Laughs in my lips
Screams in my throat
Caresses in my palms
Peace in my soul.

I fall in love every day
All that is.
All that will ever be.
All that ever was.
Whatever manifestation,
Stay connected.

The purest gift, falling in love.

So radiant
So powerful
For that brief moment
We forget the darkness
Just for a moment
We remember all that is good
In that moment
We imagine justice is possible.
For a moment
We have clear vision of a better world.

Because with love
All things are possible.
Because with love
The darkest of souls is redeemed.
Because with love
We are worthy.
Because with love
We reach for our best selves.
Because with love
We are all interconnected.
Because with love...

It is love
That saves us
Every day
Fall
Into
LOVE

I Was Born On A Tuesday

Positive
Courage
Precision
Flexibility
Forgiving
Open
Adventuresome
Prepared
Creative
Multi-faceted
Faithful
Optimistic
Analytical
Spiritual
Willing
Organized

Intentional
Life-Long learner
Creator
Inventive
Intuitive
Empathic
Collaborator
Responsive
Not helpful
Competitive
Blame game
Manipulative
Know-it-all
Rigid
Deceitful
Puts others down
Ego-centric
Celebrity focused
Excuses for everything
Unfocused/unintentional
Ignores others

Wisdom

Sometimes it's hard to distinguish between beginnings and endings

I could always hear gods voice I was just reluctant to let him have the last word

We are leaping into grief as if we have embraced It as a recreation

Feelings are PHYSICAL sensations created by thoughts.

Haunted By the Past

The ghost of myself follows me around
Haunting my thoughts
Filling my feelings
Who I once was
What I used to be capable of
What I had within me
A superhero of a ghost that won't let me sleep
That won't Rest In Peace
Whispering what are you doing
You're so much bigger than this
When the world has rested on your shoulders
When you've taken responsibility for solving some of the biggest problems of existence
How do you find normal again
I want to be a follower not a leader

I know I can do it
My ghost disagrees
She thinks bigger
She sees broader
She walks the halls of justice and wants revenge
Her rage is palpable and she doesn't sleep
Replaying old movies is her favorite past time
Be who you were meant to be
Reclaim your power
Who's to see she isn't the person who lead me astray in the first place
This ghost, is she all ego?
Was I fooling myself all those years
Acting the charlatan
Pretending to be small and humble
All the while the monster inside was growing and feeding on others
Insatiable, never satisfied

I Fall In love with Myself Every Day

The onion peels
The tears fall
I remember what I forgot
I forgot to remember
In reflections and layers I fall again and again
No one looks at a tree and tells it that its scars are ugly
The tree doesn't hate the lightening that strikes it
The tree just accepts the world that shapes it
The ant doesn't take time to be afraid
The ant just does its work
And so must I
Loving myself and the shapes
The divots and dents
The scars
Feeling my power
Loving my skin
Loving being in my skin
Grounding
Remembering
Who I am
Who I was
And Who I can be
All my ways
Each moment I do something new
Each moment I listen to my wee voice
I fall over and over
Like a stone being tumbled in the brook
Trees talk to each other by swaying together
I must learn to sway with others

Lean in to them
Share energy forcefields
Yet stay strong like the tree
Sway with the wind and bend
Never break
Startle and run like the deer
Shake it off
Don't blame the scent on the air
Or my sensitive nose
Just startle and shake it off when I know I am safe
Loving yourself is easy
It is really just about remembering
And forgetting
Letting go
Accepting nature has carved your soul like it does a canyon
Seeing the beauty in all the parts and pieces

Nature Meditation

Even in nature I can show up disconnected, the birds sound like a cacophony of noise, all I can focus on is the distant whir of an airplane engine, the sun is blinding, it is a blur of sensation. My mind is buzzing with fourteen different thoughts, each one a different thread, voice, volume.

I close my eyes.
Focus on the sun.
Filling energy into each pore.
Sinking into my soul.
Moisture beads and slips,
sliding down my ribs.
Cool, refreshing air,
Balancing the intensity.
A deep breath
Fills my lungs with freshness.
Life giving ions fill my cells.
I am full.
I drop.
Stillness waits.
Connecting to my own vitality,
Distinctly generated inside.
Blood rushing in my ears,
heart thumping through my chest,
My skin tightening with a sudden chill.
Connection starts slow,
Coming into focus.
magpie chitting,
woodpecker working,

doves cooing,
brook babbling,
bees buzzing,
grasshopper busy munching,
cows lowing,
I open my eyes and see a whole new world.
A ladybug perched on my knee,
leaves settling slowly in the grass,
river otter frolicking in the creek,
yellow finch flitting from branch to branch,
sleek horse neighing to say hello,
Renewed.
I stand.
Stretch.
Raise my face to the sun.
New me,
New moment,
New world.

Cold, Cold Water

powerful, tiny, fleeting
force of air
Moving, clearing, shifting, rippling
Velocity formed
Rapidity, heart beating
Catching a glimpse
Pure magic, wishes being granted
Blues, greens, reds,
sparkling intensity
time spiraling, blurring

Winter view from my mat

The trees stand barren
Stripped down by weather
Squirrels and birds rush to and fro
Their hiding spots exposed and open
Rabbits and mice run across fields of snow
Vulnerable and scared
Bear and bats hibernate in darkened dens
Hoping they found security and safety for the season to come
My soul resembles nature these cold, wintry days
I feel bare and stripped down
Vulnerable, exposed
Forced to fuel my survival,

less maintenance for my mask of civility
Bombarded with sensations of cold
rushing to tend exposed nerve endings
Even the contrast of sun feels odd and intense
With each step I feel slower and more defenseless
None of my old coping mechanisms working
Scrambling to find new ones.
Wondering what winter has in store for us.

Snowfall

Our tracks
Holds our memories
You and I
Me trundling
You bounding
Merging, colliding, departing
You, silent
Me, each step crunches
Vibrations move through me
Comfort grates at my ears
Sharp contrast to The surrounding stillness
Each breath calls me into peace
The request- release, let go
We come and go through the same memories
Within hours
No one will know we were here
Buried under new patterns
Our walk will be forgotten
We will be forgotten
The peace will be forgotten
Distance lengthens
Head down
Locked within
Carefully curated construct
This stranger before me
Safe and secure
I struggle
My heart aches
longing to see you
Your light
Your dark
The truth of you
I freeze
I breathe you in
Assessing
I reach out my hand

Will you thaw
Will you let me in
I ask a question
Will you be honest
Will you reach for truth
I tell a story
Will you listen
Will you respond
I shed a tear
Will you wipe it away
Will you hold me
I laugh with bitterness
Will you even notice
Will you look at me
I'm right here
I scream
Hearing my own echo
Bouncing off of you
You're gone
This stranger in your place
I stare
searching for you
Staring Into the void
Of Your eyes
I cross my distance
To find you
your distance looms like an ocean
So I run
Panting,
Shaking, quaking, life moves on.
Alone,
I breath me in
And sit in my wholeness
Filling myself
I wait, questioning, wondering.

Thank you

My mind spins
Dizzying attempts
To create meaning
Make sense
Judgements crowd in
Thievery is imminent
I drop through the clutter
Down into my body
The essence of feeling

Thrumming and clear
Condensed concision
Boils down
To aliveness
One focused feeling
Filling every cell of my body
Immense and intense
Gratitude floods me
Spontaneous laughter erupts
Bringing tears
My heart is full of us
Seemingly simple words
Thank you.

I AM

I am the girl who talks to the stars
And the stars talk back
I am the girl who falls in love many times every day
and my heart capacity Grows each time
I am the girl who left pain pleasure labels behind
And now it's simply intense sensation
I am the girl who talks to you more in energy world than real life
And is unlimited because of it
I am the girl who takes exquisite pleasure from details no one else notices
And rejoices in finding the few who do the same
I am the girl who walks in the dark
And never wishes for a light
I am the girl who breathes with you in unison just because I can
And slips out of it when it's time
I am the girl who is constantly seeking a new edge
And misses the places I just stood
I am a girl who is unlearning hard
And learning easy the hard way
I am a girl who has everything
And feels like I need nothing
I am a girl who would rather give
And realized dignity and reciprocity matter more
I am a girl who hears consciousness in every piece of matter
And listens to its secrets
I am a person that is more us than I
And I'm learning the benefits of sovereignty and limits
I am the girl who is more wild than tame
And yearns for someone to come along to run free with
I am the girl who has been reborn many lifetimes in this same body
And looks the same as I did when I was twelve
How do you master the capacity to hold it all so it can sit along next to one another

Love poem to me

Wonderous light being
You fill every space
Luminescent and pure
Dank and deepest dark
Rainbows and electricity
Your tools
Vibrational zapping multitudes
Dropping into any space, and time
Eternally curious, fascinated
Devouring every morsel and crumb
Leaving the banquet table empty
Wiped clean by your tongue
Look into the mirror
Marvel at the beings
That move through your reflection
The multiplicity flowing within
Fly through the night
Your wings spread over the land
Consuming the darkness
Atuned to all beingness
Merging with it all
Then come back into form
Laughing with delight
Containing the unbounded
Eliminating and embracing duality
Swim in your soul
Find peace
Rest
And do it all over again tomorrow

You

I'm Laying here tonight
Spending time with you
It starts as this echo in my heart
I wonder if you ever think of me
I wonder what you meant when you said you would always love me
I wonder what I did wrong
I miss your smell
I miss your questions
I miss the way you smelled me
I miss your laugh
I miss your dance
I miss the way you closed your eyes to regulate

"I don't dislike you."
Those words often flash into my head
"Why would you dislike me?"
Those are the words I thought without speaking
I carefully unwrap the gauze around the hole in my heart
I cradle it carefully and gently
So as not to disturb you or make you look this way
I'm afraid of my pain
You might think it's ugly
You might think me weak
You might hurl insults at me
Maybe I don't deserve to be hurt
Usually heartbreak is a mutual affair
And there is comfort in that honestly
Knowing that we fall in love and our hearts break as one
One heart
Many pieces
There is a sort of awe I feel at this controlled , one-sided, singular
heartbreak
This secret sadness I hold so dear
I nurture and cherish it
For its all I have left of you
Of US
I rewrap my heart
Drifting off to sleep
Wrapped in love

Mama

thinking of you tonight
you give a gift to every person you interact with
how special that is
to leave someone better than you found them,
even if only for an instant.
I'm so lucky
you are
my role model
My teacher
My mama
grandmother to my babies.
My everything

Sickness

fever boiling
Gazing out at the stars
Jealous of the ease the stars of the Big Dipper stay in formation

The whole world spinning around them
Tears slide down my cheeks
As I let all the versions of myself I wish I could be burn away
All the versions I used to be sliding away with the tears and sweat rivulets
Until all that's left is this version of me
Mucus, sweat, heat, tears.
The messiest and truest version of me
the stars gaze as they twinkle down
my heart opens in adoration at their magnificence
My soul whispers
Can you love me as if I'm a star?
An honest reply came "I don't know."
And I cry harder

My throat

Tip my chin back
Inviting you to claim me
The deepest surrender I can imagine
Giving you the full smooth milky expanse of my throat
Do you lower my forehead to touch your heart
Do you take your fingertip to my chin opening me up even further to your gaze
Do you bend down and grasp my jugular between your teeth tasting my life force with flick of your tongue
Do you encircle my throat with your hands feeling the fragility and power
Do you push a little further to see how much I can take
Feeling yourself sinking into my body
Waiting to see if I'll stop you
I won't
You could take my life if you had it in you
This is the absolute test of trust
Can I trust you
For what you do in this moment of submission tells me all I need to know about you
And it shows you something about yourself too
Maybe something you were scared to admit to yourself
This is the power of complete surrender

Too Much

I lay here in the dark
Full of feeling
I can feel my heart beating
And I can feel the heart beats of the two dogs, the cat and the husband
My eyes are closed and I know it's snowing
I can feel each snow flake as it falls
I can feel the fire asking for more wood as it burns low
I can feel the elk under the pine trees huddled together bracing against the storm

I can feel each inhale and exhale like
We were all one organism
I can feel the cosmos spinning behind my eyelids
I can feel the ache on my skin where each place connects with the sheets
I can feel the ache in my soul as I scream
For mercy
Red! I call red!!!
Why the fuck was I made this way?
What is the fucking purpose?
What good does this much feeling in one human body accomplish
Tell me it's helping somebody
I have to believe me feeling this much helps someone
Cause it sure doesn't help me do a single fucking thing
There is no hiding
Everywhere I go
Here I am
Still stuck inside this skin
Processing a billion sensory details every second
Trying to function as if I'm functional

watching icicles melt

The miraculous nature of them
Drip
I inhale
Drip
I exhale
Drip
Gravity and air temperature thawing form
Drip
Drip
Drip
I release my held breath
Tension leaving
Drip
Liquefaction, growing longer and stronger
Drip
Evolving and devolving simultaneously
Drip

We all have enough

The earth she's calling us,
our souls are longing for connection with her.
Throw off your civilized behavior.
Pack up your shoes
take off your shirts.
Run over her soul,

lay down in her bowers and rocks.
Let her re-wild you.
Strip down
let your wildness run free.
From that place
we will feel
what we need
for our wholeness.

What did we expect?

We let our demons out to dance
Did we think they were going to take a stroll in the park?
They ran through the roses laughing
Running into every thorn they could find
Skin shredded
I gleefully licked the blood off your feet
Sucking on each of your toes
Eyes cast upwards in adoration and surrender
I gave you the keys to my heart
And made you pick the lock anyway
I gave you the map to my soul
You dragged me down the path
By my hair
As my back was splayed open by rocks
I laughed with joy
Pain never hurt so good before
Each day we danced I grew
My demons have voracious appetites
Each time I saw you I prepared
I filled myself up full
Learning how to expand and hold more and more energy
I clawed open my chest and thrust my heart into your hands
You gently set it on the shelf and watched it beat in time to the rhythm of our thrusting
I laid back and spread myself wide open for you
You found each sensitive spot my pulse throbbed
You suckled off my body
My energy pouring into you
I could have fed you forever
I dreamed you would slit my throat open with your nails
My blood would pour over both of us
Satiating us both finally as we bathed in life
I cradled your demons
I cuddled and loved and stroked and petted them like kittens until they purred
They knew I would give them anything
And then you caged them in
You hid them from me

You locked them up
Ashamed
Hidden back in their dark depths
I could have forgiven you almost anything
But not that
You took away my favorite toy
If you can't love your own demons
How would you ever accept mine
I kept mine far away from you
Scared they would hurt you
Leave you scarred
And that was my mistake
They escaped their cages
Came rushing out anyway
Furious for not being loved
They crushed us both
Leaving everything we experienced dusted
Ashes blowing away with each breath
Like we never danced at all
I've freed my demons
Given them all the attention and love and petting I gave yours.
I went to the dungeon and removed the cages
Took each bracket out of each brick
Picked up each brick and lovingly examined it
The walls are gone
The light floods that once dark place
I still sit there with my eyes closed
A mask on
Remembering the darkness
The smell
The taste
The slick feeling of blood boiling
I honor the memories
For they brought me into the light
They created a void within me
I won't fill it with anything Yet
I'm learning to enjoy feeling empty inside
Carved out
Spacious and deep
Light bouncing around
I'm learning to love this new version of me

You and I

You tried to make us normal and I hated you for it.
You wrapped me in fantasies and I never felt like you saw me.
You refused to see my disability and I bled myself dry for you

Your pain mattered more than my love and I couldn't forgive you.
You hated yourself more than you loved us and so I destroyed us.
You couldn't bear the truth and so I stopped talking.
You refused to stay and I couldn't wait.
You didn't want me to see you and so I could only see your flaws.
You turned off the lights and all I could feel were our shadows.
You left and I left.
You hate me and I refuse. I will no longer follow your lead.