

Integration

Integration:

(shadows, acceptance and catharsis)

A Primer to Creation

Dustin Cunningham

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I am grateful for this day
This opportunity
This opportunity to live love and learn
I am great full for all my experiences
My experiences hold no value
Except the value I place on them
I label my experiences as divine
Simply another part
I am of the perfection of the universe
Every star has its place
I have a place
I have a purpose
That place is me and that purpose is to be
I fulfill that purpose with ease and grace
Everyday
I am the wheel
I am the day
I am the power
I am the love
There is no power greater than me

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I saw something
Looking deep in your eye
Past the facade
I saw a lie
I shouldn't have let it go
But the butterflies
The rush of blood
I understand
I thought
I could
Stop it
I understood
My need too
Perfect
Hiding inside the lies
I always wondered
What you thought
About my eyes
Did you see me decide

*

There is always a choice

Awareness
 It's getting bigger
 What if it's too much
 It always has
 Will it be
 It is
 Brain shutting down
 Feeling fear
 As I run away
 Feel the shame
 As I stay
 I don't know what to say
 Please come back
 Don't be afraid
 But the world won't see me
 I'll take all the blame
 Mine or not
 I am crushed the same
 From all the pain
 I didn't even make
 You have always told me
 That's my job
 How to be a man
 Stand up and take it
 Bend over
 Let yourself be raped
 Having a dick is enough
 For you to judge who I am
 I was taught how wrong
 I didn't ever belong
 Such a shameful thing
 You cut part of it off
 Threw my parts in the trash
 You taught me
 I was better broken
 Severed
 Shamed

And in pain
Sitting alone
I've learned more of the same
Your words
Don't match your deeds
I have watched you lie
Over and over
I hope it stops when I die
Find some wings
Instead of running
Maybe it will be time to fly
Just let go of the pain
Find peace and love
As I float in the sky

Finding my way home
 Back to myself
 The authentic self
 What is home
 How do I know I'm there
 Is it terror and fear
 Blame and shame
 Lies manipulation and pain
 The only home I've ever known
 That's a problem you see
 Because that's what my home
 Put into me
 When I look for a home
 I keep finding the same
 I look at the world
 And really want to join
 I see all the joy
 All the fun
 How bright it is in the sun
 I tell myself to join
 That world was meant for me
 Take of my armor so everyone can see
 Me
 I know I'm not enough
 That's all that is seen
 I hear the words
 Feel the air
 Sit in it again
 It feels like home
 And I don't want to be here

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My vision changed
Eyes the same
Filter replaced
Not seeing shame
Power found
In the way

I want to run away
 Run away from home
 I can't run away from me
 My authentic self
 What do you mean
 Who the fuck am I
 If not me
 I can't take away...
 The scars and stars
 They are all a part of me
 Who could I have been
 A different life
 Circumstances and challenges
 Who could I be
 Doesn't matter
 Wouldn't be me
 I authentically am
 Who I am
 Because of what I've seen
 There's no going back
 And no, I won't stay
 Maybe the way
 Is to start building a new Dustin today
 So my intention is clear
 I am only building
 No removing
 Dismantling
 Destroying
 All of me will be used
 Because all of me is good
 I will examine
 rearrange
 And add
 I will learn to love me
 I will grow stronger
 I will make me
 What I want to be

In a word
Maybe it's free

Gazing across the way
 Trying to not look too hard
 Really just not wanting to be seen
 Looking
 The way
 You moved your hand
 But it was
 Hard
 I watched you breath
 Faster
 I saw you close your eyes
 And a tremble
 Your breasts rise and fall
 How soft you feel
 In my hand
 And when you leaned back
 Fantasy maybe
 But I needed
 A taste
 No not this soon
 I don't want to wake
 One more moment
 Squeezing
 As I pushed closer
 That last deep breath
 And both a release

Thank you for the gift
 The lesson I learned
 You taught me
 How you treated me
 How you allowed me to be treated
 How you allowed yourself to be treated
 You did it for me
 I learned that I couldn't
 You watched me abused
 I learned I wasn't worth protecting
 I watched you abused
 Learned it was okay
 Left alone
 With my immature brain
 Learning only what I had
 Left alone
 With only what I knew
 What I know
 Smash my face against
 Making holes in the wall
 Trying to find something new
 Left alone
 Only what I knew
 But I had my present
 That I got from you
 So shiny and pleasant
 Expensive and hard to find
 Left all alone
 Except for
 My present
 And some monsters in my mind

Don't say a word
 I've learned enough
 The way you move your
 Beautifull hips
 Tell me all I need to know
 Except I'm still deciding
 If I should lift, you up
 Or hold you down
 My perfect prize
 I've won the night
 My celebration song
 The moans you can't deny
 My good little girl
 Look me right in the eye
 It's lust and love
 While I'm deep inside
 It's okay if you cry
 Smothered in my embrace
 Gentle with your heart
 But ravenous with your taste
 My beautiful queen
 Deep inside you are seen

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Healing the wounds
Left on a boy
Left by his mother
In a world that says
Happy wife happy life
And hides all the lies
If you think I love you
Your probably wrong
Probably the same
You just hide the shame
Look for the darkest
Place it will fit
Caution my dear
We make our own
Light in here

I wanted to write you a letter. So many really, what words to say? How much I tried and failed. Tried to hold on so tight, hurt my hands. Held my breath and tried to breath. I clenched my jaw and broke my teeth. Ask you for forgiveness for all my mistakes. Yelled when I should have cried. Wishing I could have lied. When I lost you. Wishing I had died. Wanting to just run and hide.

Tell you I love you as much as I could. If there was anything I could see, I would. Begged and pleaded. Went all the way. Kapt being defeated. Never gave up. Even though I tried. Looked for an opening, an opportunity, a choice. Doubled down. Bet everything, I had. Lost every time. Spent every last dime. So, I could tell you I love you and hold you one more time.

Made friends with the demons and gods. Magic and prayers. Just kept asking why. How do I undo all the things that took me from you? Is there anyone who could help me back to you? When could I hold you again? And cried and cried, when I still couldn't see the way. Maybe someday, but I know not today. Resigned to a fate because I didn't say no.

How I miss you playing in the snow. Not in my worst nightmares, did I think you would be gone in a blink. I'll try to keep holding myself together. So afraid this pain will last forever. But honestly, I don't know how much more I can bear. If there's one chance. And there is. I'll be there still there. Looking for the words for what I want to say to you. I'm sorry my babies and I love you.

Dad

To Answer:

Maybe I should sit down
 Spend a little time to think
 And what about that question
 Coparenting
 Never has it happened not even for a blink
 For the longest time I figured
 It was my stubbornness and pride
 Deep down from this newfound view
 I actually discovered something new
 I was rather compliant and offered much grace
 Maybe it was more of a problem
 I offered it while she lied to my face
 Parallel parenting was the best we could achieve
 Because Ann could not overcome her compulsion
 To deceive
 I don't think that's what she really wanted
 And I do think she tried
 I think when she was a kid
 Too much trauma got buried deep inside
 It hurt her so much
 It could never get out
 Today living with all that pain
 All she can do is scream and shout
 From my desire to help all around
 Silent compliance the biggest mistake I've found
 Except the occasions I saw my child bleed
 A thunderous roar as my heart would pound
 My desire to protect so deep so strong
 In my DNA and supported by society all along
 Until of course
 That desire is to protect something from you
 Something you so desperately want to keep out of view
 So, for the most part quietly
 I sat
 Afraid to do something new

I felt your vengeance many times before
When the light started shining
On something you wanted to hide
Regretfully complied
Until that day our child started threatening suicide
Nothing can stop what I'm going to do next
Hang the fuck on
You're coming along for this ride
I've seen all the shadows
And felt the damage done
Right now I'm grabbing them
And heading straight for the sun

Thanks for understanding
 I heard what you said
 I know what you meant
 It was little child you
 Hurt
 Scared
 Really needing to vent
 Thanks for understanding
 The more you act out
 The more I learn
 Why I am here
 And what to do on my turn
 Thanks for understanding
 I am the balance that simply must exist
 I am the light and love
 That your darkness simply must resist
 Thanks for understanding
 Resist isn't my job in this game that we play
 My job is to flow
 Thank you for teaching me what I needed to know
 Thanks for understanding
 I am the faith
 In something I don't think you can see
 The faith in the perfection of all of us
 You
 And me
 Thanks for understanding
 I am the sparkle of light where darkness reigns
 I am a lover, a fighter, and a healer of pains
 Thanks for understanding
 In the worst of times
 You hear them calling my name
 Medic, they once called me and they will once again
 Thanks for understanding
 I know you won't like some of the things I must do
 But nothing will stop me
 From bringing all of the medicine to you

Thanks for understanding
I understand deeply
Some we will lose
I understand deeply
My job is to do what I can
I understand deeply
I must take a stand
Thanks for understanding

Saw the message from you
 Found that I was immediately aroused
 Thoughts of your voice
 Your smile
 That touch
 The one that needed to wait
 I can until the time is right
 Maybe tonight
 I don't think its fate
 Just the choices we make
 What choices indeed
 Would bring you to me
 For the application of our hearts
 With some safety of course
 But that's not really the point of love
 Love isn't always safe
 Controlled
 Or predictable
 Its much more like the stars up above
 It happens when it does
 Often without reason or rhyme
 Waiting so hard
 Kind of sick of this thing they call time
 You and me
 Would it be OK if I told you my dream
 All the ways I would like to make you scream
 Maybe I should say
 Will someday
 Saying don't stop
 Begging for more
 If I try hard enough
 I already hear you knocking on my door
 I know what you will do to me
 And somewhere I'm sure I'm ready to see
 I might moan and accidentally say no
 Please my beauty
 Don't listen

Don't let go
Dimly of course
But the lights stay on
Because in my dream I can see
Exactly what your beautiful body looks like
On top of me
Something I'm missing
Keep waking before I get to
That's how this exchange ends
I think it's best
I leave that part up to you

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It is what I will
 A certain amount of movement is necessary
 Don't ask me if you're not ready
 I am
 What else can I be
 I know
 I will not
 Hold on
 It's okay
 I love you Dustin
 Another part died
 Perfectly displayed
 No other way
 Conflicted between you two
 Can I push them together
 It does what it does
 Maybe must
 Challenge
 And I do
 I am the voice that won't go away
 I will
 I will not
 Eternal
 The sea
 The fire
 The sky
 I feel you shaking
 I see you cry
 The voice that won't go away
 The darkness
 The day
 The pleasure
 The pain
 The words once again

The words once again
Word
Speak
And I will
Hard work to find
Something divine
Nothing Is real
Something
Floating away
Make it stop
I won't even if I could
And I could
All
You said
You wanted
And I will
What do you need
I know
Expression I must
Run
What did you say
Run deeper I go
Defi
Lie
I do them for you
Find
Me
That's all there is
Defi
Was above no bellow
Fuck
It's all inside of me
See
I do
New
Right on the edge
Extend
Again

Die inside
End
No
Again
Extend
That was a lot we brought up
Rest friend

*

I watched your panties getting wet
While you said you were afraid
Can't quite figure out what it is I might have said
Pretty little pink thongs and polka dots dancing along
Fuck you I said it, I can pretend to be strong

I heard there was a word
 A secret mystical one I never learned
 People kept saying it
 I kept asking what did it mean
 Floating there just out of my grasp something like a dream
 Often so angry because I heard it was everywhere
 Apparently blind, it's something I couldn't see
 Fortunate this time to be as stubborn as me
 Someone pointed and told me it was in my own hand
 Not below, not above
 Been looking sense day one, and this thing is called love
 It makes sense inside of me, would be the last place I look
 What I felt inside
 And when I showed people, they trembled and shook
 The cycle of fear
 Inward and out
 Seem to be the only thing I could hear
 I had been looking for something, someone to take that away
 Do away with all the hate and take away the grey
 Some did try
 But never did stay
 Really just cover it up when I wanted to hide
 None of it ever gave me what I needed inside
 When I did find it, and could finally see
 That thing I needed was always inside of me
 Anger again for a life I felt was a waste
 Sat with it once again
 What a miraculous taste
 Hard as can be, and really that's what it was
 Gave me all the strength I needed to rise above
 Hard as can be, learning to be me
 So much beauty, I found, learning to be me
 And what do I do now that I know
 Love is a must, but who should I show
 Of course, once again, in the palm of my hand
 Radically loving myself in this violent land
 Loving myself, so proud and so strong

Freely giving myself what I needed all along
Mountains singing in their thunderous voice
This is my time, this is my choice
No regret for the choices I made to get here
Taking in all the lessons, still ringing in my ear
Excepting it all so deep and so wide
The only rule, love everything inside
The deeper I go
The more that I know
The more I see
The more I am free
The more I am happy
When I choose to be me
And something else that I found inside
There is no longer any reason for me to hide
Now I must go, to show what I know
Balanced and confident in my way
Owning my light and darkness today
Nothing greater
Nothing can compete
No chance of defeat
I am the one source
One power
One love
Perfect and whole
Integration complete

I feel it drawing near
 Good information in the fear
 The story of scars unseen
 Of the ones who said they loved
 And placed their needs above
 It's the best I can do
 Bleed my pain onto you
 Love you I tried
 Maybe you did
 I almost died
 That's why I ran away
 Never felt safe enough to play
 I brought my shame
 Found much more of the same
 Made kids of my own
 Lived in a masterfully broken home
 Even sitting right there
 They were always alone
 Thought if I stayed, I could
 I could hold it together
 Kept moving closer to never
 Speaking the truth silenced
 More violence
 Where is my voice
 Where is my choice
 Where is the love you said
 Just fuck me in bed
 Fucking with my head
 So hard to see through
 So hard to see you
 So hard to see what is was
 Abuse
 Fuck look what I said
 And actually
 If feel better outside my head
 I didn't know that I could
 Wasn't sure I would

Look what I did, it was me
Teaching myself to be free
Fear that once caused me
To run away
Once I looked closer
Was actually strength today

I have found a way
 To change everything you say
 From weakness into power
 From work into play
 Your words still hurt me, they do
 But I have found inside of me strength is created too
 I know that your words are not something that define
 This strength and this power is mine, divine
 Your weakness and fear
 Have no power here
 Except I'm sure you will find
 To enhance my ability to leave you behind
 Move away from the fight
 And step into the light
 Truth, my friend
 The only possible end

What a sick feeling
 Realizing what you did
 What happened
 What you convinced me to do
 To be
 To fill your void
 Your self-hate
 With my love
 My love
 Taken violently
 Manipulated and coerced
 What you did
 What you did
 What you did
 Was rape me
 I said what I let happen
 Still fucking blaming myself
 For your filth
 Still covered in your stench
 Your putrid crotch
 Gaping wide
 With the blackness
 From your heart
 I can still smell you
 All over my scars
 What a sick feeling
 Knowing what you did
 To me
 You did
 To me

Thank you for being my friend
 For seeing me
 For caring
 Taking the time
 Listening and learning
 Breathing with me
 Using your beautiful eyes to see
 Feeling with your heart
 And moving cautiously
 Crying and overwhelmed
 And an urge to pretend
 So afraid a mistake
 Will bring it to an end
 Started feeling so much
 I know what happens
 When my brain gets stuck
 I need to take my time
 Let it move through
 Teach it and learn
 To do something new
 I know where I am
 And where I want to go
 Eyes open looking
 For the best way to grow
 I have to start where I stand
 Realizing the power I need
 Is in my hand
 I wish for a map
 Leading the way
 Tomorrow forever an illusion
 Only today
 Illuminate this moment
 Feeling thought action
 Stand in my truth
 And own it
 Slow down and breathe
 It's time to be free

*

I found you in the stars
Marveling at the perfect placement
Where they all are
In out around
Everywhere
Not a mistake to be found
Realized
It's also a universe inside
All that is
Must include me too
It that's where I pray
Maybe I should respond
To the desires I say
Yes
Love is what we make today

A weapon
 A means to an end
 To serve
 To a dishonest master
 Unsure of the nature
 Unaware on the balance
 Use us to fill the hole
 Of your awareness
 Your fear
 Inadequacy
 To create
 Take our hands
 To cover on blood
 An instrument to you
 To sooth
 So often what you choose
 We build the walls
 That keep you safe
 Hold you when you shake
 Keep the lights on
 To hide your shadow
 We are your violence
 We are your pain
 We are your shame
 The substance creating
 The world you will
 You are the space we fill
 Do your best to keep us away
 From the lies you say
 Perpetuate the story
 Hiding in your worry
 In every little boy
 Manipulated like a toy

*

I like it
When I can feel
You are afraid
Reminds me
You are the prey
That primitive piece inside
You
Moan and whimper
Growl and howl
A lot of healing
Teaching and learning
Acceptance of the yearning

*

I like it
When I feel afraid
Might
Scratch and bite
I bet you
Could hurt me just right
Might
Say the right words
To see of the fight
Nothing like that feeling
Of suffering tonight
Better pull my motherfucking hair

I need to feel defeated
 Mind and body
 Torturing my soul
 Something to fill the hole
 Someone to act out on
 Run
 What you think it is
 Actually
 Not fun
 I know how to use
 To soothe
 Feel home in the hate
 Fuck fuck
 What I want to create
 I want to be defeated
 Want more fear
 Throbbing aroused
 I'll find you
 Itching clawing inside
 Devious ride
 It's not that I don't care
 Just not about you
 Too kind and fine
 A type not mine
 Too much in line
 Need the pain
 Right fucking now
 If you won't do it
 No
 I'll make you somehow
 Think I'm joking
 At three
 You'll see
 defeated

*

From your asserted state
Dysregulated state
You state
Truth
You
Eye reveals
Egos flee
The mirror of me

*

No means
No
motherfucker

How do I want to be touched
 Sometimes softly
 Like an equal
 Like someone is excited to touch me
 Like I am beautiful
 I want to feel the push coming from both sides
 I want to be touched everywhere
 Like my whole body matters
 My whole body matters
 Sometimes firmly
 Sometimes I want to get fucked
 With love and passion
 Sometimes looking me in the eye
 Holding me tight
 Always spending the night
 Like you are going to keep me safe
 Like I'm precious
 And that's how I want to touch you too

*

My genitals so often don't feel safe

*

I can make your genitals feel unsafe too

I know how it feels
I know how scary it is
To feel those feelings
To want so badly
To control them
To want them to go away
I know how it feels
To see yourself
Acting out
Making them worse
I know how scary it is
Watching yourself
Out of your own control
Creating those things
You want no more of
I know how it feels
Alone
Frightening
Hopeless
Helpless

The light was just so bright
 All the stars and planets
 Aligned
 It just felt so right
 To leave something unwanted behind
 The next day
 I just woke up and went on my way
 Realized after a while
 Something felt off
 There was something gone
 Honestly it feels kinda wrong
 Abandoned a part
 That had been there so long
 Why the surprise
 For as long as I could remember
 I was asking it to go away
 Because a thousand times over
 What it did was stay
 With that gone now
 Not really knowing what to say
 What do I do
 Without you
 Telling me
 I don't matter
 There's something I have to prove
 Not enough and unworthy too
 I have to justify and make it right
 Sacrifice what I am
 To make it through the night
 Ever sense I found them
 I've been wishing these words gone
 So alone in the silence
 Without these echoes of violence
 Empty inside
 Still wanting to hide
 There's nowhere to go
 I've tried

I already know
Infinite solutions
Only one seems really clear
It's time for me to put
Something else in here
I've called for this power
From the depths of my soul
For the opportunity
Someone to fill this hole
And when I started praying
Couldn't imagine that someone was me
Couldn't imagine it
Because it was still just a dream to be free
Now that I am from these things stuck inside
I guess it's time to start making me
Probably going to be a bumpy ride
Hold on tight
But no need for fear
The life I want
I can feel is near
Let me say that again
The life that I want
Is finally here

In and out so different it would seem
 The eyes controlled by egos deceive
 So define what's seen
 Often called the devil
 Lucifer the name
 Bringer of light indeed
 Shamed
 By those still afraid to see
 In the darkest hour
 Truth I devour
 Let the blood drip down my face
 Painful it is
 Human race
 Lies will not avail
 Perpetuate the tale
 Creating our own hell
 I have a different story to tell
 Perfect balance
 Help you see
 Sometimes the medicine hurts
 Hatred felt is not me
 Painful but works
 Observed already free
 For some still too heavy a toll
 Understanding you have control
 Like oden indeed
 Pluck out your eye
 Blinded only see you
 And what you hold true
 Welcome to the power
 Create something new
 Or maybe choose to suffer more
 Either way I'll hold open the door

*

I want you for a minimum of two hours
I want you in my bed
I want to be naked the whole time
I want to hold each other and talk first
I want it to be slow
I want lots of foreplay
I want to feel both of us get wet
I want you to touch me everywhere
I want you to find what I like
I want to find what you want
I want to watch your face when I make you cum
I want to make you moan
I want you to make me wait as long as I can
I want you to tell me how you want it
I want to give it to you just like that
I want to hold each other as we catch our breath
I want, if just for a moment, for us both to be free

A rage I can't define
 Except
 Mine
 What do I call myself
 When you have left
 Nothing left
 Nothing less
 Nothing left
 What's inside
 Is it still a lie
 Rage I hide
 Why
 Tone shifting in my ear
 Fear
 I don't want to breathe
 Need
 Seed
 Perpetuate
 Hate
 Is it fate
 Irate
 Can't contemplate
 Force
 Will
 Still there
 Clenching aching
 Taking
 No more
 Tore
 Addicted
 Convicted
 Still there
 Pulling hair
 Don't want to breathe
 Relieved
 Dreams
 Still hate

Awake
Feel too much
Never enough
Cry
Coward die
Release me
Free
Never see
Never me
Never be
Rehearsed
Coerced
Be
Hate
Rage
Fate
Don't want to breathe
It still was me
Still
All I see
I can't do it
And I do keep holding onto you
Actually slower
Not better
Just running low
Revel while I can
It'll come again
I'm glad for what I said
Read it again

I do know your name it would seem
 Yesterday I couldn't quite say
 Last night I found it in a dream
 Not the nightmares from which I once hid
 Call them nightmares
 Call them scary
 Hide from the information that they carry
 Call you silence
 Call you science
 Pretending to be truth
 No better than the religions
 You attempt to disprove
 I call you process in progress and sitting still
 I call you any attempt to dominate human will
 I call you god and the devil and human ambition
 I call you any challenge to sublime intuition
 Morals and ethics and virtues and vices
 That repeated story of how good the light is
 I call it so bright we cant even see
 I call it anyone doing anything that interferes with someone
 being free
 Controls manipulations and advertisements on tv
 I call it you sitting there starring
 I also call it me
 I call it a need
 I call it the perfect result of perfect faults
 I call it here and now
 Somewhere and somehow
 I call it right fucking now
 Violence and peace
 Smiling through broken teeth
 You cowards I call it my power
 Sit there just fucking holding your flowers
 I will call it in my choice
 And I will call it in my voice
 You may call it obscene
 But it will be seen

*

Stand there arms crossed
Pretending your still mad
Still giving me those fuck me eyes
Knowing I'd still take you from behind
Well you've got my address bitch
Bring her too I'll line you up in a row

*

Choose your own adventure
But you don't know that's the game we are playing
I think I'm going to leave you in charge
Go ahead and burn the fucker down

*

I see success

*

Current understanding is fuck you
But just you motherfuckers over there
Was there satire in their
Or was he really fucking serious
Might just be the drugs
And fuck was he talking about you
I'm over here meditating
And you're trying to burn me down

*

Did you find yourself routing for Kong
What was the moment
You realized you were wrong
What was the moment
You saw the good was the dark
Was there a moment
You felt it in your heart

More than an escape
 Maybe reprieve
 Release
 The energy perfect to see
 Perfect to just be
 Feel that line
 Separate unique
 Connected and whole
 The earth under my feet
 Although it is
 Doesn't feel the same
 Somehow less shame
 An acceptance and knowing
 In the breeze blowing
 Letting go
 Not clinging to old stories
 Victories or glories
 Peaceful knowing
 It is only what it is
 And I am curious to know
 Held perfect precise
 Infused from within
 Water just right
 Balance the hot and cold
 Just enough pressure
 Patience
 Let the medicine in
 Magical across my skin
 Patience
 Because deeper too
 Found the spot needed
 Found also healing in you
 Thinking about all the elements
 That made tonight
 Not visible
 To the naked eye
 Crucial nonetheless

That fire inside
The power and pressure
Made it all come alive
The heat
Allowing us to thrive
So often denied
Visceral primal animal inside
And that heat
Almost scared for death
Made me feel more alive
Not just that
Feel my will
My ability to thrive
A knowing and trusting
Of who I am
And what I can
Not just me
But we can
Together
Make a moment to just be
To just see
No need to flee
A moment to love
Being free
And that heat
I still feel it right there
Rubbing on my body
Playing with your hair
And element of acceptance and trust
Thrown into the mix
It was magic I couldn't resist
Maybe better said
Magic straight from the heart
I can still feel it right there
That beautiful heart
Like a star shining bright
Illuminating a dark cold night
Just right

A learning
A growing
A healing

*

Still deciding on all the rules of the game we're playing. But this much I will say. All are welcome to the darkness. I will fucking bite you. After that, I do have ice cream if you're inclined to stay. Otherwise fuck off sincerely. Healing through radical acceptance going on here. It was kinda violent tonight, lots of spitting.

*

Don't make me say it again
I'll fuck you both at the same time

*

Nope
Not quite done defiling
Myself

*

At the end of the day
We are still animals
Universal rules apply

*

Kundalini says raise the energy from your crotch
I say fuck that my dick creates worlds
and you want me to run from that energy
And hid it in my brain
Never again
My energy is perfect exactly where it is
No shame
Whole perfect and complete
Except for the pieces they cut off of me
Trying to instill the same

I went to the creek
 I felt like crying
 I couldn't get it out comes
 The creek was soothing
 I thought it might have helped
 Take it away
 It didn't
 Still there
 Started pouring out
 As I walked through the door
 And I remembered why
 It's not safe for me to show that outside
 Not for me
 Not for a man
 To be in pain
 So much shame
 Because I feel
 Yeah fuck the patriarchy
 And every one of your feminist friends
 Acting exactly the same
 For all that pain
 Put into me
 And every innocent boy you see
 Fuck you completely
 My hate
 Perfect response
 to what you make
 Vulgar attempts to protect your power
 Put it in the children you fucking coward
 Fuck silence
 Another form of violence
 Not yet totally free
 From all this pain
 But I am ready to let you see
 What you created
 All the suffering
 society fated

I'm ready to feel it
And honestly
Remake it
Fuck your rules
Ignorant repugnant fools

*

Quantum physics supports the statement:

“Fuck your reality! I’m making my own!”

*

One cannot FIGHT for PEACE

*

Scientists are some of the worst zealots
Of our age.

*

I challenge your claim to this domain

*

Your belief is not a requisite

*

It a healer is willing to tell you something is wrong with you, understand the universe is a mirror. All we can do is project ourselves on it. And it will show us what we are. What they are seeing is only themselves.

*

If you pick a man based on his ability to do violence, then what do you think you are going to get?

*

Healing requires time and space. The use of psychedelics allows the individual to negotiate more easily with the value of those terms. Allowing the individual to process at an increased rate.

Early enough
 Sitting for a moment
 Early enough to see coming
 To see going
 Sit in the moment
 Feel it flowing
 My resistance not missing
 Can't help but feel
 Know that something is
 Missing
 I'm missing
 You
 Hard to define
 I defy
 The label is mine
 This missing
 In me
 Is part
 In part
 Perfection I see
 I still can move
 Choose
 I do
 Know some truth
 Release attachment
 Stories and visions
 Of should
 Or could
 Ego is not a bad word
 Despite
 It often hurts
 Whisper of me
 Conjuring to be
 Compassionate vision
 Plans
 Maybe not lifetimes
 But lifelines

Imagine infinity
Imagine the odds
Destined to be
Every possibility exists
In the
Words I say
Future I see
In me
Howling
Dancing
Singing
Victory
Already in me
I
Eye
We
It's rising more
Turning again
To reality
I realize
Make real
Complete
Something
New to be seen
Still learning
What words to say
Today
All possibilities within
How could they be
Should
Will
Will be
Is here
And I see
I think
Only me
Endless
Eternal

Flying free
Almost time
But no movement required
Healed
Inspired
Looks like a line
My eyes let me see
Slivers
Just enough
Of the way
Of me
I do have a choice
Destined to be
I sit right here
Tears in my eye
Teaching
Learning
How to cry
Feel it rise
Breathe it in deep
Ground under my feet
Who am I
To defy
Challenge
And stand
Hold it
And let go
My hand
All power within
Smile and frown
Clench and caress
Comfort and kill
Will
Only be me
Only need
Rise
Climax inside
Will need to die

See nothing
Only light
Blinded
Enough to be
What it always was
Is
And will
Be
Perfectly

To Leona

You do what you need to do to survive
 But don't you fucking pretend to be small
 That power
 That will inside
 Never extinguished
 Comfortable in the night
 Every choice you make
 learning to thrive
 lift up your head
 Never fucking hide
 The beautiful world inside
 The ocean in your eyes
 Desert breeze in your breath
 Fertile and wet as the forest
 Sweet grass of the plains in your hair
 Stand as the mountains
 Unshakable and strong
 Nothing else needed
 You are perfect all alone
 Do what you need my child
 But don't you ever pretend to be small

We are all separate, or at least it would seem. Our nervous system, solar system, is co-regulating. It seeks a harmonious balance between all elements. Our place is unique of course. Not only in position but in purpose, power, and will. Perhaps it just seems unique.

Nonetheless, we do have will, it would seem. At least I do. Because I choose. And when I do, choose, what I choose, also effects you. Given this thought, and knowing what I need, it is easy to see. Exactly how to send the love to everyone in need. The more I love me, exactly me and how I need it to be. My system becomes safe and helps the whole adjust to my new reality. Actually ours, harmoniously. A rising tide raises all ships, true. Separate from the tide, it would seem. Tricky moon indeed. I get to choose, and I do. I choose perfection, and it would seem, I also choose that for you.

I suppose it will take time for the system to adjust. My actions make waves of trust. You will feel me getting better wherever you are, and do your part, and take that feeling of acceptance, into your heart. And then funny enough, sense that's exactly what I needed, you can give it right back to me. A caveat for my ego to hear, everything is included, it always is, some of it will not be pleasant, may feel like hate, they are healed as well. That's where it's needed the most, it would seem. Call them a cunt, if you need, but they are coming along. So then, when I feel something that hurts. The best response is going to be, how do I best love this thing that hurts. I also know that part is connected to me. If I send out hate and fear, that's also what I receive. And that's definitely not what I need. All pronouns are interchangeable it's all the same.

*

Hope is wishing for the best

Faith is knowing the best

Fear is faith in the opposite

*

To anyone out there shaming their ego
You are using it wrong

*

The word "you" such a funny business
Such a bold assumption
That "you should be different from "me"

*

And the realization
I was only ever talking to me

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