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Be Water: On dealing with the time we're living in

It's a non-negotiable for all of us: this year has been tough. Depending on many personal facets, 2020 may have brought varying levels of stress or crisis your way, thus at the end of the day, tough is tough.

In a lot of ways, we may not be able to fully realize yet just how vast the enormity of 2020's impact on us will truly be in the future to come, but one thing for sure is, we cannot let that truth trip us up.

We as humans go out of our way to prove to ourselves how much control we think we have, and we do this in a lot of funny ways. It's as if 2020 has come in like a tidal wave and essentially decimated all of these funny ways out of us. Tough is tough.

Without getting into the nitty gritty details of the situations and circumstances of this year, let's begin to look at some of the ways that we can begin to mend the impact of this year within our lives, both collectively and personally.

In yoga, there is an energetic system within our bodies that we consider the Chakra system. The root chakra is located at the base of our spine, and holds the energetics of safety, community, survival, groundedness, stability, vitality and security. It can easily be said that the whole world has, and continues to, experience a first chakra trauma. Our systems, structures, external aspects of stability and infrastructure, and our internal understandings of what these aspects signify for us, are all experiencing an earthquake. What was once normal, predictable, and a non-thought have all become a complete unknown and now live at the forefront of our minds.

We don't know what to trust, how to feel, what to think or where to begin. And the truth is, we're not even there yet. We're not supposed to be. Right now is where we are sitting and where we are sitting is a place that many of us have never had to be before.

When we take a closer look at the healing of root chakra trauma, we actually must take the ideas of stability, structure, security and flip them on their head. Never before in our lifetime have we had such a collective call to turn inward and see what there is to see. Never before in our lifetime have we had such an opportunity to rearrange ourselves in a way that is a lot less like stone and a whole lot more like water.

Water washes clean, water moves, water flows, water is refreshing, soothing and tonal. Water allows itself to become into its environment and circumstances rather than fighting for any sort of space to breathe. Water allows. Water is both the follower and the following. Water can also, just be.

While we are having the ground beneath us quaking incessantly, with no real idea of what to look forward to next, nor when, we must then choose to become the qualities of water that will begin to nourish and irrigate our bodies and planet once again.

This is a big ask for some, and there is no shame to be had around still wanting what was once before had, but what if instead, we can all become a little more fluid and a little less victim to the state of the world.

Taking action doesn't have to be drastic, but it can be the subtlest shift of energy that begins as a decision to soothe from within. Nourish from within. Allow from within. Accept from within. Inquire from within. When the earth is shaking, we are not meant to put a stake in it, at least not yet.

If we look once again at the Chakra system, our root chakra is nourished by our sacral chakra, the chakra of feelings, emotions, and the element WATER. Feeling through is the only way to soothe. Allowing into is the only way to alchemize. Creating further is the only way to come out of it.

At the end of the day, we are all being shown just how drastic and intense it can be to be a human alive at this time. It is wild and wildly significant. It requires the absolute best of us. Many aspects of the human personality will continue to fight against this, but why? How come? What would it instead be like to become into a sense of beingness that can help us evolve?

To be water is not passive. It is not boundaryless. It is also not controlled or predictable or planned. The communication between the root and sacral chakras is an instrumental dialogue. It is a loving balance of allowing and grounding. It is all an internal process before it can come to full fruition as the big tasks of this world. It takes practice.

What kind of practice would this be, ideally? A curious one. A fluid one. One that can create a new paradigm shift within us that finds stability IN the movement. A practice where flow BECOMES the new stable. It's a total re-wiring of the human condition. It's a radical ask that promises the results to be just as radical.

When we can begin to attune ourselves and embody this deep internal shift, the irony is, we gain the only real possibility of control: the ability to withhold and manage ourselves through any encounter and experience without becoming completely undone or wrecked by it. No matter how much worse, or how much better our external

circumstances get, we will be still ourselves with the greatest power: the one from within.

In a tangible, tactile manner, our beginning stages of this cultivation must first come from forgiveness. We must forgive ourselves for any let downs, reactions, set backs, fall outs or poor decisions we have made in a time of crisis. We cannot begin again without first choosing to forgive.

When forgiveness can become Truth, we can then begin to self soothe. What is the most lovely, loving, luscious thing we can do for ourselves? Do it. Without question. If that thing is a yoga practice, or a new meditation ritual, or a yoga nidra before bed, or a slow walk after dinner, or a conversation with a friend, then allow for whatever it is. Now is not the time to feel selfish for taking as many moments for yourself as you possibly can.

When we are rewiring our operating system, it takes practice and there can be some resistance. Be okay with it. Water flows within the bed of the ground. Our ability to withstand and withhold requires both fluidity and stability. We need to hold room for both. And it must begin from within our own self if we care to be a part of the reshaping of this world rather than a victim of it. Self reflection is easy to avoid if we are uncomfortable with what we tend to avoid but there is no more time for that kind of behavior anymore. We as humans have an incredible ability to reform and transform, and while our world is getting the brunt of poor choices, we do not have to follow suit. Our power comes in our ability to choose. Our control is not about the external anymore (not that it ever was, but we were all fooled) but in our ability to look within and choose to flow, to listen, to forgive, to create anew, to be a part of humanity's significance.

Yoga is a metaphorical practice for living a life of truth. Said truth is up to us to discover on our own, and then, pour into effort of recreating a life that is best for all of us and our precious planet.

Grief & Yoga

Grief can mean many things. It is a term that is vast and wide and intricately deep. Grief is also a very personal thing. Both the energy of circumstance and your personal energy are important when considering "tools for healing." Maybe grief is new, or maybe it is long lasting. Maybe you have tried many things to overcome, or maybe you haven't had the wherewithal to try anything at all. All of this is allowed, all of this is valid. There is no measure of comparison when healing and that is a really important thing to remember when we are in grief.

Oh grief. We so easily see grief as such a terrible thing. And of course, often there are terrible things leading us into grief. But in the grief a profound medicine can be found if we are willing to see. It might not happen immediately. Maybe we need to righteously BE in our grief, but to stay there is deadening. To heal does not mean we have to leave, but to let our grief be transformed, and to transform us, into our most soulfully aligned being. To consider Yoga as a practice when in grief can be a tending to the whisper of a very wise calling. It might just be the tickle of your deepest yearning within your soul, asking for you to come home and turn inward. Turning inward does not mean crawling into a hole, but in quite the opposite manner it means leaning in towards your wound and tending to its bleeding. Yoga has the ability to provide the most appropriate and safe platform for this kind of inner work. Often times when we experience grief our body becomes as tight and closed as our heart does. Our mind will follow suit, naturally, as everything is interconnected. When you turn towards Yoga in times of grief this is you making a choice to turn in towards yourself once more, it is you making space for your own opportunity to begin to feel alive again. To breathe a little deeper, to stretch a little further, to open a little bit more. When in grief, we aren't necessarily needing to pry anything open and spill our guts out on the floor, but little by little, when we begin to heal, these increments of opening will add up.

Yoga can be so powerful and transformative in that it is not a "one size fits all band-aid" kind of situation. Your journey with grief and your journey with Yoga will not be the same as any other's and that is what makes the weaving of the two energies so easily married. Yoga for you can be whatever you want. Is it structure that you need? Is it a sense of homecoming? Does your heart crave to remember, or to forget? Yoga can provide space for it. Yoga, as metaphor, provides space for the movement of grief through the body, as the breath is the healing balm for the wound and the wounded. To feel ourselves breathe again where we have stopped, clogged or closed, is to provide a ventilation to our soul. To fan and shake out our body as if beating out a stale and dirty rug in the fresh air is how Yoga can be for grief. Yoga may not make you "better" and it certainly won't "fix" anything but when we are deeply, truly, healing we are not trying to be any better than we are in the moment and to attempt to fix ourselves is what causes the death of our soul. To enliven ourselves amidst the fury, worry, angst, anger, depression, sadness – all of these feelings and emotions that can overwhelm us while in grief – is to use Yoga as a method of applying acceptance, space, warmth, love, and grace in and around our hurting soul so that we may begin remember who we are in spite of our circumstances, in spite of our emotions. To hold valid where we are and to also weave ourselves back into wholeness is to walk ourselves through pain in a way that is profoundly beautiful. Yoga is the walk. Yoga is the twisting and the unwinding, the stillness and the movement, and every in-between moment. Yoga is the space that we learn from in order to hold our own self back up again. Yoga is the wisdom to know when to turn inward or when to step forward out into the light again. Yoga is union, and the union of your soul with your body and your mind is where grief points its arrow when you think you might never feel right again. Take your time with this. Take your time to find where you feel safe. Find the right teacher, the right studio, the right kind of

class. Don't go because you want to make yourself better, go because you want to feel more whole. Go because you are allowing yourself the space to grieve. Practice discernment when you enter your practice, knowing when to push and when to surrender. Let your Yoga be your metaphor for homecoming, your proof that you're able to hold space for whatever depth of emotion you may encounter. In the most magical way, often when we really ask for finding the right space, we are led to exactly what we need for that day. This is where we are able to tap into our intuition and trust it when we just "know" that we are meant for a particular class or to go to a particular teacher. Maybe we discover the exact movement we were yearning for when maybe we didn't even know we were even yearning. Maybe the teacher we were called to says the exact right thing that we needed to hear that day when we didn't even know we needed to hear it. Maybe we can begin to release into the breath a little longer, into the body a little deeper, into the flow of presence a little clearer. It is also possible that yoga can provide space for release. It is actually very possible indeed. A certain pose opens up our ability to cry, a certain practice has us dripping tears of release in Savasana, placing a hand over our heart to know we are safe to be feeling. Maybe we meet someone if we are in a public setting that can provide further healing, maybe we can commend ourselves for a sacred home practice if we don't want to be around anyone else. All of these things, and more, are what Yoga can be for grief. Yoga does not fix, it does not make anything better or go away, Yoga changes the relationship to your present set of circumstances. And when it comes to grief, changing your relationship to the circumstance and to your way of handling things, is often the most beautiful thing we can ever offer ourselves. I believe, that is true healing.

May you love well and be well. May you be happy and free. May you find peace amidst your suffering. May you allow yourself healing. May you find exactly what you need, and may your soul be once again trusting of the beauty that is living.

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Step-by-Step Progression: A Commitment to Self-Care Fueled by Kindness & Compassion

Word Count: 913

When we are looking to make changes, often the greatest obstruction in the path is that of overwhelm. "There is so much, so far to go, so much to change – guess I should just stay exactly as I am" is the subconscious undertone of fear as we attempt to make headway. We all (or most of us...) know that it takes about 21 days or three weeks to

form a new habit, right? So, think of this as a built-in grace period of trial and error. This is not to say that you will be meditating for 30 minutes a day and holding headstand for 5 minutes at a time three weeks in to your new practice. Of course not. And to expect anything close to perfection is as self-destructive as not beginning out of fear of “failure”. Often this is the swinging pendulum of sabotaging thoughts that occur when we want to step on a path of something that feels intimidating to us, ie: yoga and meditation. “These things are deemed for the young and thin and beautiful, the patient, and wow, I am none of the above so I just must not be a “yoga person” or maybe “meditation is just not for me!”

False!

I am intentionally calling out these stories because they have so strongly trapped all of us, in some form, whether around yoga and meditation or maybe another desirable change that we talked ourselves out of. Why do we do this? Fear is just natural. We are so deeply conditioned to stay the same because we like to feel safe and comfortable. But, we also deeply desire wellbeing – it is our most natural state to feel inherently WELL within every avenue of our life and we mustn't let fear be an excuse to stay as we are.

When it comes to instating new self-care routines, instead of scrapping everything we're used all at once, may we instead vow to ourselves to just do the “next, best, honest, kind thing” that relates to the new thing we are looking to bring in. In Sanskrit, the language much of Yoga's wisdom was inscribed in, there is a word for this. It is Krama, or step-by-step progression. If we are to just show up, to decide, to step on the mat, or the meditation cushion, that is more than enough. We have to begin somewhere and to know this as encouraging, we can get our result-oriented mind out of the way so that the real transformation can begin. Because, what if it's not about the result? We must over-ride the drive to achieve when it comes to Being Well and taking steps towards embodying this. When we are on the path of true and total wellness, there is no short cut, no quick-fix to calmness, balance, health. A deep commitment to the process is a really powerful, and necessary way to begin.

Self-care is deeply personal, and only YOU can do the appropriate work that is unique and individual to your needs. Below is merely encouragement fueled by kindness and compassion, as a rough guideline to keep in your back pocket at all times:

- Get really clear on your intention. Your “why.” Return to it often, especially when the frustration arrives. What deeper, highly loving part of you wants to feel better? Why?
- Krama. Step by Step. Just start. Do one small, loving thing. Try again. Become curious about the current state of your Being rather than becoming swamped in “not doing it right” If this pertains to yoga, can you notice how you feel when you breathe differently in poses than maybe you ever have before? In regards to

meditation, can you sit diligently and compassionately with Self for just three minutes? A flood of thoughts may be rushing through you. Expect this. Notice it. Continue to be with.

- Another Sanskrit term, Bhavana, means “to cultivate the opposite.” In short form, this means bring in the positive, new and different prior to removing the negative, stale, old. With the healthier choices in the front, the not-so will just organically become irrelevant. We just literally will not need them anymore. Be patient with this process. This is meant to encourage you to keep coming back to the practice and the new EVEN IF the old is still lingering. This pertains to actions, thoughts, mindset, habits, all of the above.
- Ruminates in the moments where you notice a positive shift. Feel so deeply the way you were able to feel calmer than ever during a particular practice, feel immense gratitude for your growing ability to “stay with” the body as you’re moving in yoga or sitting in meditation. Positive rumination reinforces the process and this really gets the brain to begin to change its default modes into desiring the more healthful choice.
- Believe in the truth that things take time, but that the change is occurring. Probably more rapidly than you realize. The body is attuned to its natural state of total wellness and deeply desires feeling well.

May we all choose the path of wellness in a way that allows us to experience ourselves more honestly, more completely, more health-fully. May we all open in towards ourselves with love in the challenging moments. May we savor and cherish each and every milestone. May we all believe we are so, so worthy of total wellbeing. May this truth fuel our practice, day in and day out.

Yoga Poses: Why they’re challenging *(Word count 659)*

While Yoga is truly about deepening one’s mind-body wellbeing and resilience, and not just solely based on the outcome or performance of poses, there are certain structures around asana, or the physical practice, that are just simply challenging -- both physically and mentally. What this means more simply is that, no, one mustn't get caught up in “achieving” postures as a way of measuring the advancement of your practice... but it is okay, and actually rather important, to learn from challenging poses. Yoga as a whole is truly an embodied infrastructure on how to live, and asana is a small portion of the practice. But poses are the gateway, and can often be a metaphor to realizing our

wholeness and peace within. The metaphor of asana can be powerful, and can be one of our greatest teachers -- we are confronted with our personalities when we are in a physical practice and much can be learned from how we move through our "default" ways of coping and controlling. Do we give up too easily? Do we push further than we're meant to? Is it hard to slow down? Do we need to pick up the pace? Are we perfectionists, or do we tend to avoid what is challenging? Do we judge ourselves if we cannot "accomplish" in ways we expect ourselves to? These are all questions worth confronting while practicing asana. On that note, let's take a look at some of the more challenging poses that may provide a good mirror reflection on your physical, mental and emotional strength!

1. Inversions. Inversions -- whether it be headstand, handstand, or forearm stand -- are challenging in many ways. First and foremost, these are often poses we want to "stick" quickly because they seem to be the ultimate accomplishment in a yoga practice. Unless we're already super strong or already a gymnast, these poses are actually quite challenging to do correctly and well. It's tempting to bypass the process for landing the pose for the sake of a picture, but really and truly these poses take time and effort, and a lot of learning around which muscles to use and how to hold our entire bodyweight upside down! Take time and use patience while learning inversions. Sometimes practice against a wall is helpful, as long as we don't get stuck on one...so, finding a good teacher can also be super helpful. It's better to learn it right the first time so that we don't get injured and can learn how to move through our frustrations around "just wanting to stick it" and rather, be comfortable and interested in the process of all that inversion poses bring up.
2. Downward Facing Dog -- yes, one of the "staple" poses is often done wrong! If we don't train our bodies properly from the get-go, we can easily hang out in our joints, specifically elbows and shoulders, while also dumping all of our weight into our precious wrists! Shoulders and chest get really tense and tight as well. Downward Facing Dog is one of those poses that is worthy of perfect (your body's version of perfect) alignment, because of how often we practice it and because of the amazing potential this pose has when done correctly! Downward Facing Dog is really easily done mindlessly which is why it can be one of the more challenging poses. It is really important to get it correct!
3. Savasana -- or final resting pose -- is actually THE most challenging "poses" for us to practice. Because it is not necessarily something you can get good at in an achievement mindset, but rather Savasana asks us to learn how to drop into ourselves more easily. The easier it becomes to turn on our "resting state," the more accessible it will be for us to use in our daily lives when things go awry! So,

don't be one of those people who leave a class before savasana, or you're doing a great disservice to your wellbeing and health!

Answering the Question: the challenges of yoga going mass and how to balance accessibility with integrity. I'm specifically looking into, too, how this impacts yoga teacher training and how teachers and students can best protect themselves -- so that students can ensure they're getting a quality teacher and so that teachers can get proper recognition for training they have undergone, while also not being asked to fill roles in students' lives that they are not trained to fill.

Yoga, like all things that hit the main stream in America, is going through growing pains. Over saturation always brings dilution. To find the original truth will require some digging. It's like anything – the quick and easy fix is the most accessible, the most convenient, the easier choice, but often the least authentic and original and heartfelt. Yoga is getting swept away into consumerist culture, being seen as something only thin and flexible people are capable of doing. There is really nothing farther from the truth, and maybe this is what is lacking in the mass training of “yoga teachers.”

I had my own personal days of when power hot yoga was the only form of “yoga” that I was interested in. When I took my 200HR yoga teacher training, I felt like I only skimmed the surface of what yoga is, how to practice it, and most importantly how to teach it to others. I didn't feel ready to teach to others. Not when I only just began to understand the practice myself. When I traveled to India to live in an Ashram and study for a certification in yoga therapy, my eyes were ripped open to what the truth of yoga is. The traditional practice of yoga. And the way that those who traditionally practice yoga see the way the west has... westernized... this profoundly spiritual way of life. They see it as almost tragedy. They can hardly see it as yoga. It is just a form of working out when the heart of the practice is missing.

So what is one to do when their only understanding of yoga comes from the perfect postures put together in yoga journal? The first thing people tell me when they learn I teach yoga, if they don't already practice, is “I can't do yoga.” But you see, everyone can do yoga. Yoga is movement linked with breath. Everyone can breathe. Most people don't know how, but there is this stigma with people who “do yoga” vs. those who don't. There is a strange jealousy or judgment that is easily cast on avid yoga practitioners, and yoga teachers. But almost, rightfully so. Because with popularity does come dilution. As far as yoga teacher training goes...people can have the best of intentions, or maybe purely do it for the sake of joining the bandwagon, yet the end result is to guide groups of people through the practice of yoga and with this comes a whole slew of responsibilities. I've had teachers that just simply call physical queues, completely disregarding the spiritual and emotional factors that should be influencing

every movement. I've also had teachers who over share person opinions or personal stories in an attempt to connect with the class in a very unmindful way.

Someone who is teaching yoga needs to know their responsibility is to show up and be present for their students. To know and understand the human body anatomically and energetically. To fully comprehend that the practice of yoga is only a fraction physical. That breath is first. But tying for second are mudras (energetic gestures) and bandhas (energetic locks) and meditation practices and cleansing practices. Asana (physical movement) is just the pathway in which all of these other tools can take place.

Yoga is what you make it. Yoga is what you want it to be, or rather what you want to understand. It is a metaphor for what amount of depth you are interested in looking at yourself and the way in which you move through your life.

I think that it is inevitable that yoga will continue to be seen as solely a power work out for some, but if that is all that yoga is for you right now, then at least you have stepped on the path. More often than not, a curious awareness will start to grow inside you as you feel your energetic body shifting. Maybe you will want to go deeper. This will require a more knowledgeable and spiritually in depth teacher rather than a solely physical instructor. You will have to find the studios that honor yoga for what traditional yoga has been for thousands of years, maybe taking your yoga practice out of the gym into a studio that is rooted in authenticity.

I do not think, though, that a young teacher who has less experience is necessarily less qualified than one who has been teaching for 20 years. One of my most influential teachers that I have ever had has been teaching for under 5 years. But the difference is the way in which she embodies the practice. She knows the truth of yoga is more than the physical. She teaches from this place. She is humble and she is honest. Her energy illuminates the room because she is on the path, she practices what she preaches and she is authentic. Seane Corn, who is one of the most honored and well known teachers in the west today, started to teach yoga before there was even a yoga training program to take.

Maybe what it all comes down to in terms of yoga teachers, and of yoga trainings, and of trying to find a set of rules and guidelines for a practice that has been going on for thousands of years, is authenticity to the truth of the practice of yoga. 200 HR. trainings may get you the certificate but it is impossible for it to provide each person who goes through the course authenticity to the practice of yoga. A good teacher does their own work. A powerful and impactful teacher practices yoga off the mat, using it as a tool and a guide for living spiritually.

So when you're looking for a teacher to take you deeper, be ready to go deeper your self. I see this all as a metaphor (as I do many things) and if you are wanting an easy, or a surface, or a purely physical practice, then yes, finding the instructor at the gym or in

the power studio who just queues movements and adds in extra pushups and sit ups will fill your need. And that is just fine – but when you want to go deeper into yoga as more than just a physical practice these kinds of classes will no longer serve you. You will realize you need to find the teacher that offers more because you are ready to receive more. So depending on your personal interest, and by holding your own self accountable, you will be able to find a yoga teacher that mirrors your intentions behind practicing yoga. With this comes variety in knowledge, in the metaphysical, in spiritual and also in physical. Knowing all of this before showing up on your mat will make the diluted waters much more clear. This too goes for yoga teachers. The energy of a teacher who prefers to teach a purely physical practice will find work in places that emphasize this notion. But the teachers who know more, or who see more, or who understand the depth and complexity of yoga, will then find work where these attributes are valued and encouraged. Neither way is either bad or good. There is just an honest truth about all that is happening in the westernization of a very old, very majestic eastern spiritual practice. There are levels. Levels of teachers, levels of practice, levels of understanding. The most important thing about yoga is understanding how personal it is. You are responsible for your own body. The safety of your body cannot reside in the hands of your teacher. They should do their best to protect you, and guide you safely. But they are just the guide.

What Love Does: A collection of poems on finding, losing and returning once again to Love.

I give to you my heart and in return you fill it with light of the sun.
The breeze is cool.
It whispers your greatest secrets to me.
“Share them with Love,” you say,
“Lean in.
Surrender all of it.”
I hear you,
And I've decided to listen.

Only with your infusion of trust can I learn to trust my life.
Only in your eyes can I be a true guide,
Being truthfully guided.
Only with your level of Love can Love be the real kind.
Only in your hands, only at your feet, can I find surrender completely.
By allowing you to strip me of any greed, any lie, any false expectation, any hatred of any kind.

Looking me in the eyes
Lifting my chin up
Piercing my heart with your energy and understanding
I am seen, and I am safe, to release,

for the first time.

Thoughts are looping
As Grace is prostrating right in front of me.
Sometimes it takes so much effort for me to See,
Clearly.
I get so busy thinking about what could and could not be
As if I should have a say in things, as if I know what's best.
But in reality,
Reality is in seeing, not in thinking.
It gets hard when I keep it all to myself.
But who wants to know these things?
I can be so self-defeating; it's easy.
I must find more compassion for myself.
Grace is prostrating right in front of me,
And all I can do is think about what could and could not be.
Until finally, eventually, I grow so tired of thinking
And just decide instead to see.
Un-yeild me, I want to be unyielding.

If your rejection of me
Is simply a mirror
Of you rejecting yourself
And I take that as in truth and in consideration
With the laws and the lines and the programs
Of how humans work,
Then I must continuously choose
To remind myself
That you are not responsible
For my addiction to self abandonment,
Only I am.
Therefore I can no longer live in fear
Of your words
Or of in you leaving.
Because otherwise I will take my whole world
And put it in your hands
But that is a burden that burns and lacks fairness.
And yet, I would be a liar if I continued to pretend
That I did not wish I could put my whole world in your hands
For the sake of feeling loved by someone else.

I feel like I am collapsing
May this be the death of Me
May I continue to unlearn,
To unknow,

To recreate,
Everything.
Starting completely over,
From scraps and bones.
For nothing is left for me,
To have, to think, to be.
I think this means,
I am becoming.
Free.

I drop in towards myself.
Intimate. With skin.
To be this close; unheard of.
New territory of my own inner landscape.
I find out:
It's gorgeous. . .

You can still Be
A Whole person
In a broken world.
So let that Be
Your Soul responsibility.
If you would quit carrying
All of your broken pieces and heavy things
Into the space that is already broken and bleeding.
Then you can begin knowing
That Being Whole and Complete
Amidst the tyranny of humanity's fragments
Changes everything.

Disappearing is the greatest asset,
The most thoughtful thing that God can do.
When you're feeling something slip,
don't grip it!
Let it fall away from you.
Become keenly attuned to what this means for you.
Where were you holding on?
To some false object,
in order to feel consumed.
Release the choke hold.
You have everything to lose.
For now, you have all of this space
To live in to!
In ways you never, ever knew
were possible for you.
It is the most beautiful thing that God can do.
To take away all that had a hold on you.

You think I am cute and innocent and kind
And maybe that is true
But LOL at YOU if that is where you draw the line
For I will rupture you
Eat you alive
Twist and turn you
into Truth
You won't know where to place my wild side
Until you're ready to

For I will shake you back to life
Anything that is fake
Or a lie
I will burn straight outta you
With my Eyes

Why?

Because I See you.
Like you've never been Seen. In your whole entire life.

I love the misunderstanding.
I love the way I have misinterpreted all of it.
Who am I to think I know any different, to expect anything different, than what exactly is?
I love the waves that are coupled with resistance.
They say the highest caliber is to be stoic without feeling, or at least this is how some misinterpret it.
I say, no, it is the opposite.
It is to be soft, completely, almost melting, with feeling, at every minute.
Of course, while simultaneously not taking this personally by being utterly consumed in it.
But man, I have to say, this way to be is a choice and many choose not to stay.
Staying is the ultimate commitment.
Staying is the most brave.
Staying does not mean do not move, staying does not mean be stuck.
Staying means allowing. All of it.
Yeah. BE CONSUMED. I dare you.
Here it is.

How could something so small change me so drastically
How is it that the before and the after could be so life altering
There is no normal anymore
Nothing looks the same to me
Nothing feels like it once was
The pain is excruciating

The beauty is inundating.
"Going on with it" means entering uncharted territory
Desolate. Wiped clean. Of how everything used to be.
Nothing makes sense to me
Like I thought it once did, maybe. Sort of. Possibly.
Maybe it's the isolation that's bringing it out in me
The Truth. Seeing clearly.
Of what it's like to be a human in Love
With something they can't possibly keep
It's wrecking. Absolutely wrecking.
And so beyond liberating
All at once.

So much to let go of
So much to recreate
So much to move forward on
So much to contemplate
So much to....
The wet of the page, ink still sinking in.
I thought I'd write today but then again,
What's different?
I miss you today.
And yet, then again, what's different?
I dunno, it seems to have a different phase,
There is a different pace sinking in.
The way the words drip off the page, the way I think about your skin.
I feel more sane, more capable of this.
There is another way to deal with it.
Acceptance, some would say.
I continue to write my way through
The way I always do.
But there is a turning of a page
A different realization
This poem is total shit but it's the only way
I can articulate this.
I still don't know what to do, but at least I care less.
Or at least I care in a different way.
Because I choose life, and you'd rather stay dead.
It's time for me to be okay.
To write now, from a more grounded place.
The wet of the page, ink still sinking in,
Maybe this time, it will be different.