



Family, my communities, and circumstance
crafted me, one of their herd.

Much of my experience can stay, but some
parts just aren't in tune.

These poems are new tales we tell ourselves,
and then begin to live.

The analyzer and dreamer in me work in union.

Eight realms, eight ways to be aware; into one I
go!



Taproot pressing deep.

Pulling grounding strength to the surface.

Nourishing a beautiful glade with the spoils of
its toil.

My body is pulsing in rhythm and sensual
connection.

Dancing in delightful union with roots, claws,
stones, and shells.



Mother Earth softens Ego's brittle egg.

I emerge and thrill at her touch, and at each encounter with other living things.

Mother's ever sleeping, but our joyous play is her sweet dream.

To show my love, I learn to see all my living siblings.

I protect her, even as she cradles me.



I breathe in deep, rooting heaven's swirl to puffed chest.

My heart beats a rhythm, one of many, at one with other life around me.

My sensations blast *before and later* clear of this precious moment.

Bodily self, my empty awareness, a vessel fit for Joyous now.

Peace.Union. Tethered to Grandmother Earth.



Living in my head, like I'm just floating eyeballs.

Starved from the present moment, craving
overindulgence, a false balance.

Or robbing responsibilities on behalf of
wellness, recovery, or rest.

Unaccountable for how and when to rebound...
it's no way to live.

Instead I envision and embody a fair balance
between my head and body!



Hear your Ego, dear Psyche, that we may stand
in union!

Out of Chaos, we know our realm, our virtue's
champion, our shadow, and our helpers.

May my actions ever match these aspirations.

May other bearers of these virtues ally in
common goals.

May this knowledge and action move me ever
closer to my Ideal Self!



I bless myself for my efforts on this sacred path.

I bless the Order of Book Builders, sticking
apart with me in stride!

Joy from the future I KNOW I manifest by
magnetizing virtues, fills me now!

My life, my actions, when channeled through
virtues, give strength to my communities.

Grow in wisdom and compassion.