

By: Stardust

How do we diffuse the binaries between right and wrong , good and bad,

And create clouds which hold each and every one of us, in our unique time and place within our body-minds

How do we extinguish the flames of voices of past trauma

And spark fires of rebirth growth and expansion

How do we compost the soil of isms, of patriarchy and white supremacy, of forces calling for mistrust of our own bodies

And plant seeds of souls, each worthy of being, each a story deserving space to sprout

How do we melt the ice between us, the frozen stories we tell ourselves, words unspoken, stories untold,

And swim in an expansive sea of story, past present future, body mind soul, heart human community, plant creature animal, individual collective web

How do we dissipate the empire within

And cast spells of the abundant revolution within