

Chain of Missing Links

The Books

this extraordinary time in history
with consciousness' exploding and developing
take the room that you need to rotate and love

to be in this world
to be a fleshy temple
allow the deep energy to flow through from below

realize that your eyes are made up of atoms that are
microscopic and are mostly space
they are in fact filled with the substance of your
life, your very essence fills these spaces
and even if through accident or by surgery those
powerful structures are removed from your body, relax
let go
expand
there's more space there, than there is matter
more space to relax

you do so much work
so much going on
old, and used up at the atomic level
give yourself a rest
allow yourself to release
through your nose, through your mouth
and into the spaces located just about an inch or an
inch and a half below your metaphorical heart
and about 2 inches behind who you were meant to be
allow greater clarity
finer attunement
the ability to hear essence speak
to allow your brain to expand.

this muscle that pumps the magic of your hands
deep brilliant golden teeth, beaming through the
transverse colon
you too were carved giving your self the buddha belly
with love
with the passage of food over millions of years
realize for a moment that the average human brain only
uses 5% of their brain
the other 95% is available.