

**And What About Me**

by John P.

Your parents burned you with hot iron  
your home was no home  
and your friends are no friends.

Let the earth be your parents.  
Belong to the earth.  
Be from the earthie clan.

Let the rivers be your uncles,  
let the rocks be your brothers,  
let the winds be your sisters.

Let sunshine nourish you  
and let the taste of fruit be the call,  
"Come home dinner's ready."

Let the sea be your soulmate  
the animals it hides let them be your playmates  
and when you surface for air let that be your destination.

Now go play with them some more  
then hurry up for  
more destination.

Let islands be your school mates  
and let the grace of dolphins be the  
sound of a friend's voice on the telephone.

Let sunrise be your lover  
and let sea salt be pleasure  
for you.

Let the bottom of the sea be religion  
where truth just  
is.

And let this tiny huge blue earth be life,  
your life  
that started with a worthy inhale and will end with a worthy exhale.

You  
Are  
Safe.

## **My Heart and Me**

by John P.

I saw my heart in an ultrasound last week  
beat beating beat beating beat beating

oh little heart why do you beat?  
to give you Life, because you deserve it  
she said

oh little heart why do you look so persistent?  
because life is unstoppable, inevitable  
she said

oh little heart why do you ache?  
because I care, and I love, and I'm alive  
she said

oh little heart will you one day stop?  
yes one day I will release you home  
she said

oh little heart I have no home  
I am your home, and we will be together even when I stop  
she said

oh little heart are you little?  
I am beyond little or big; actually I am huge  
she said

oh little heart are you a man or a woman?  
I am both and neither; you are a man but these things never mattered for me  
she said

oh little heart what is shame?  
shame is what happens when you forget to look at everything through me  
she said

oh little heart why is there war, pain, unfairness, poverty, suffering?  
because we hearts let our humans be free, and they do silly things  
she said

oh little heart I don't understand freedom  
Freedom is to only follow me  
she said

oh little heart how will I know what's important?  
Simple: only I am important, my sweet  
she said

oh little heart people hurt me when I was little  
They will be accountable to the supreme heart.  
Now you, look at me, only me  
she said

oh little heart I'm tired, I want to stop  
that's ok you may stop, I will keep going for you  
she said

oh little heart but do I deserve you?  
You took the beauty then gave it back.  
So yes.  
she said

oh little heart I can only touch people with you  
There was never any touching that mattered other than mine  
she said

oh little heart will I be ok?  
My sweet, that does not matter. Only I matter.  
she said.