

I like to feel my medicine  
Please and thank you  
Screaming tequila running  
Sweet sweet ganja  
Let me feel the pulsation  
Through my bones  
And in my heart

Life is a mix of the shitty and the great  
Every adaptation under the sun  
Is remembered and felt  
in biochemistry  
neural networking  
and ancestral genetics  
and I am addicted to the feeling of rage  
(at least it once was rage)  
pulsing through my veins  
pick a fight just to feel it  
I like my yoga hard and sweet  
I like you that way too

Now I'm addicted to the feeling of  
peace  
and it feels like yoga sunshine beaming  
through my cells  
and out the crown of my head  
balance = radiation

Grace is receiving  
what I don't deserve  
I felt that one day  
Driving by the river in Brewer  
Felt like I finally  
Understood  
So much has been given to me  
And grace was my Gram -  
Well, thinking about her  
That helped me to know it best  
[Grace.]

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