

**Miller High Life**

March 24<sup>th</sup>, 2016

Born into stillness  
and noise  
Into loving and pain  
Alive again  
Bones and blood  
Experiencing

Change  
Everything has a counterpart  
A black to the white  
A day to the night  
Complimentary  
Yin and yang  
Beginning and end  
One and the same  
Thunder and rain  
Staking your claim  
And losing it all  
Climbing a tree  
And watching it fall  
Bowing so low  
Or reaching so high  
Laughing out loud or crying right now  
Weeping the weather  
Sending a tune  
Looking at Sundays  
In the month of June

Individual collective  
Space and between  
Lovers and me  
Five hundred miles  
And the distance between  
Expanse of the sea  
Time in a bottle  
Looking for knowledge  
Experiential  
Finding your freedom  
In sweet yoga yin  
Looking for no one  
Let me come in

Upright and breathing  
Safe and we're talking  
Rocking chair refuge  
Smoke a pipe  
Here's to life!  
Smile and I giggle  
Smart and you wiggle  
We can be like kids still

Beautiful summertime  
Light of your face  
With everything awesome  
You've come from grace  
Materialized kindness  
Sensitive love  
Humble and sharing  
Complete equanimity

So funny I can't stop  
Rock and then a top shot  
Hop and then I jump a lot  
Sleeping in a cold knot  
On the tip of a peak  
That's too close to see (sea)  
Washed over formless  
Waves crash into my knees  
Loose salt on the rampage  
Should I do a handstand?  
Total coco-shimmy sand.  
Far too young to speak  
Up a fucking creek  
Too right to leave  
Don't you have a rosary?  
Or a mala bead?  
Count them endlessly  
Like the open waves  
And the dirty leaves  
Make an offering  
While the ocean bleeds  
Her  
Sweet sugar moonlight  
Wishes spent so right

The earth she is beating  
Breathing  
Being

Washing swaying  
Winding way-ing  
Loving and hating  
Killing and seething  
Love like the moon  
Shining in your room  
Peace power light and love  
Sent from up above  
Or down below  
Look inside, ya' know  
Truth's all there  
It's not about your hair  
Or your orange hat  
Jenny cat  
Candle sat  
Splish splash  
Ganga pop  
Bonfire beachside  
Cuddle time delight  
Life of the party  
A missed opportunity  
You're crazy awesome  
I'm giddy and gonna swoon  
Take me back to your room  
Rough and you throw me  
Pound me like you wanna be

Heart flutter in the yoga room  
Smiles reach inward  
Into every cell  
Shaping the space  
They inhabit  
With loving  
Lean long lines  
And long blonde hair  
Stark against your  
darkandhandsome  
Pleasant and snuggled  
Sweetness and cuddled  
Fit into your arms  
You are authentic  
100% real.  
True to your nature  
Sensitive flirt  
Confusing as all hell  
Set a tone for my heart

Stop start  
Breath in out  
Ending and beginning  
Let your breath move me  
It's more than just physical  
I hope you know that  
When I am with you  
I want to know you  
Breath you smell you  
See you and tell you  
Spirit, we're all going to hell  
Taste every inch  
Know the whole experience  
You may just be beginning to feel  
But for me it's real  
A balance of emotion  
Like the power of the full moon  
Knowing you'll go soon  
Deeply enamored  
Since you entered the room  
Kissed me in the kitchen  
Heart clap boom  
Or even before  
Running out the door  
And down to the river  
Saw you on the trail with Basho

Elusive and sweet  
You're much like the wind  
Flowing and free  
Spiritual teacher  
Let our hearts breath  
On either side  
Front to back  
Grounded and free  
Structured and formless  
The being we're born with

Looking at your list  
Doesn't need a shift  
You're the last one I kissed  
Leaving me so blissed  
Feeling this feeling  
Deep and its rising  
Happy exciting

Dreamwave I'm riding  
Flowing like stars  
Energy climbing  
Spine igniting  
Flowing through each hand  
Reaching the crown and  
Hearts left to right open and  
Circuits connecting  
Life and light  
Mystery seeing  
Hearts start believing  
Alive and singing  
Receiving and giving  
Laughing and living

Won my heart  
Years ago  
Don't you know?  
Captivated  
In all the freedom you choose  
Tattooed so cool  
Humble and honest  
Kind  
Through and through  
Conversations so sweet  
Philosophy so deep  
Make me wanna' keep  
Looking and listening  
Can't seem to get enough  
Insatiable need speed freed

Emotional skills  
Wrought like iron  
Melded and fashioned  
After your intention  
Shaping the fascia  
All along your bones  
Muscles and tears  
Breath and beers  
Everything becomes you  
Thinking is so true  
You create what you are  
So...

Be the light  
Be the truth  
Be the love

Recognizing this earth  
Was meant to breath  
Just like you and me  
Give clean free flowing water  
To the masses of people  
On grasslands and prairies  
From New England and Maine  
To the great open ocean – Pacific,  
California again  
On a wild journey  
Fires of life intensely  
complimentary

Sharing sweet ganga  
Pleasant March sunset  
Stillwater rising  
But I'm cozy in your room  
Exciting dimensions  
Of all that you say  
Pontification  
Radiates

Create your space  
Light and free  
Your face is like sunshine  
Shining pound heart zoom  
And your tent thousand miles  
Wish you could stay awhile  
Sit in my backyard  
Hold me in your arms  
Watch the fireflies  
Drink tequila and smoke maryjane  
Like being flowers and freeing pain

Best thing of all  
You make me smile  
Happy inside  
Energy intertwined  
I was gonna write ya a song  
But it's long gone  
Building a bridge now  
You're gonna get out somehow  
Figure it all out  
You already know what it's all about  
Time to start is now

Take your voice and SHOUT LOUD.

-kai (kelly a ilseman)