

***My Mind, My Heart on the Road  
Typical Journey Home...***

**Veranda Thai**

Too late now – 4pm  
Sunny expanse of time waned into dusk,  
Definitely not afternoon anymore...  
Late lunch, wicked hunger.  
Should I or shouldn't I?  
Just ignore it, enjoy the food.

(They almost fed me gluten;  
Always ask about the sauce!)

**Whole Foods**

Sense of peace  
Cranberry kombucha  
Foods I can eat  
Table and outlet  
Contentment typing  
Families with kids  
Happy on the outside...

Accomplishment, good rush  
One letter done, "x" more to go...  
Friendly faces,  
Lonely people -  
Human contact by nature of presence  
Outsiders  
Watching people's movies.  
Feels okay that way.  
Safe, interesting,  
My imagination believes  
Possibilities are endless,  
And not real.

**295, Exit 7, Franklin Street, Portland**

Pull to stay  
Following, dreaming  
Need to go.  
Safer, easier

**295, Exit 11, Falmouth**

Once on the road  
I just wanna keep driving  
Enveloped by the darkness.

Hugged close by,  
Set free by  
Anonymity.  
Full of love for the world,  
Going nowhere with a name,  
Trying to escape the physical (mental?)  
Boundaries ...  
How we see things,  
How we think they are.  
Need to be free....

Mind wandering  
Feeling relaxed, focused,  
Alert and bright  
Groovy Friday night.  
For once I'm not in a hurry  
To get anywhere in particular.

Feels so good.

I've been told  
I can't have my own  
But what does that mean  
And why should it matter  
When we're all one,  
And everyone is welcome?

Need to learn somehow  
To love  
The whole world  
With one big open heart,  
As bright as the full moon  
Loving all humanity  
As if they were my own.

### **295, Exit 17 Yarmouth**

A big request for this beating heart  
It's the only way...  
Maybe it was meant to be.  
Always wanted the chance  
To make a big impact  
Maybe that's my life's big learning and teaching -  
Non-attachment to  
THE THINGS  
I think I own.  
So I can

Let everyone be free,  
Let everything go, give it away.  
Love everyone like myself, like family  
Want the best for every person,  
Regardless of genes and biology

**295, Exit 20, Freeport**

Love stopping here,  
But not tonight  
Material needs met.  
Zooming by.

**295, Exit 31 Topsham**

What is this place?  
Industrial, big box America  
Guzzled up its soul...  
Doesn't matter,  
Flying by.

**295, Exit 43 Richmond**

Miles are covered  
Dark spaciousness  
Starry night sky

**195, Exit 103, Gardiner**

Possibilities endless  
On the open road  
I can think anything,  
Feel anything  
Safety.  
But if I never make a move,  
Never breathe a word,  
Are my thoughts even real?  
If they never manifest,  
If their truth isn't spoken,  
Held inside,  
Does that harden my heart?  
Does it make my soul cry?

I think it makes my shoulders tight,  
Definitely.

**195, Exit 109, Augusta**

Don't know what I want  
Where to begin or end  
Life seems so perfect

The a picture in my mind,  
Created. External. Reality.  
How comfortable is a lap cat?  
A family? A couch? A garden?  
A bind?

Happiness is inside.

**I95, Exit 120, Lyons Road, Sidney**

Driving.  
Rural 9pm blackness,  
Pines on either side,  
Maples, maybe, birch and alder,  
Wrapped in the night.

Comfort is outside  
Inside  
All one – all the same

**I95, Exit 130, Main Street, Waterville**

Monkey. Magic. Mind.  
(Not stopping here either.  
Gas up in Bangor...)  
What else is there to do,  
With so many minutes  
Spent behind the wheel?  
With one decision,  
Fabric unravels, crumbling  
Why can't I be two people –  
So one of me could reap the  
Rewards of faithfulness  
And the other could indulge.  
Take a blowtorch to my heart.

**I95, Exit 138, Hinckley Road, Clinton**

Feeling not thinking,  
Heart welling as big as the moon,  
As big as breath, the night sky  
Peaceful feelings  
Of love for everyone,  
Great compassion.  
Mixed with this great confusion,  
Peaceful feelings can win.  
I give them permission.

**I95, Exit 159 Ridge Road, Newport/Plymouth**

Closer than farther  
Deep healing breath  
Sense of peace  
Feelin' groovy  
Despite complexity

**I95, Exit 174 Carmel/Winterport**

Slightly Stoopid  
Soothing sounds,  
Toko Tasi

**I95, Exit 180 Cold Brook Road, Hampden**

Rest stop  
Way too nice;  
all I need is a place to stop.  
Hey, man  
It even has internet.  
Doesn't matter -  
Offline ☺

**I95, Exit 191 Kelley Road, Orono**

Giant big dipper  
Stars clear and bright.

So glad to be back  
(Duality of mind  
Crushes heart and spirit.  
Do I acknowledge these  
Thoughts and feelings?  
Or keep living this dream?  
Continue to ignore  
So I can enjoy this perfect life  
I work so hard to maintain?  
Soul crushing awareness,  
(Live your truth, yogi.)  
I can ignore it, one more time...  
It's who I am now.  
Doesn't everyone know it? See it?

Clear Christmas lights  
Known comforts of home  
Crunch of the leaves  
Kitty comes to me.  
Turn the music on loud,  
I'm home!

Crazy energy,  
Mushweed  
Fine and dandy.

Layers of constriction  
Unraveling...  
Freedom  
Muscles  
Thoughts  
Ideas  
Mind.  
Heart  
The fabric of skin  
And everything  
In between  
Unheard or seen.

I'm tired,  
It's 2 am and time for bed.

Oct 12, 2013  
kelly a ilseman