

We've been given the capacity
to be immovable
Breathing in and out our bodies
are equipped for this
We walk around half there all the time
feeling a self assessed shame

So see
your radiance
is what protects you
So get
out of your own
anesthetized fist

It's not some new thinking
that we're self dominant
So why do we keep seeking
a truth that we've been fitted with?

If our bones are built
upwards and straight
towards weightlessness
there's meaning in this

Allow yourself to be relieved
Allow yourself to be relieved