

inside and under

BURN

burn through my veins,
set my lungs on fire.
dragging my nose up your throat,
it's like i can't breathe.
but all there is,
is air -
full
-of the smell of you.
choking me,
filling me up,
releasing all my tension,
gripping my soul,
melting my flesh,
and keeping my body whole.

inside and under

OH THE FEELING

sometimes,
it's the magic,
i can feel a laugh begging to burst with every beat of my heart.

sometimes,
it's the sinking,
i can feel my insides pooling in my lower abdomen, and still getting heavier.

sometimes,
it's the sparks,
i can feel all the knots in my soul unravel when i sit next to you.

sometimes,
it's the stumbling,
having so many thoughts i can feel the words rolling off my tongue and catching in my teeth
before my lips can figure out how to say them.

sometimes,
it's act of being present,
gale force winds course through my veins only to transform to whisper in my fingers and toes,
gently saying, "here, now."

sometimes,
it's the feeling.

oh the feeling.

inside and under

QUIETLY

i stood there -

writhing

screaming

kissing

breathing

- completely still -

dancing

sprinting

spinning

swaying

- everywhere.

inside and under

DESIRE

i want to peel my skin off
stretch it out
and then i want you to make it
your home
your own
i want you to do whatever you want with it.
hell, with all of me.
but just keep me with you always.
you can cut me into pieces.
cook me up.
swallow me.
but just keep me with you always.
i want to exist inside your reality
you can be the lead here
i'll be your supporting character.
just keep me with you always.
please
never let me part from you again
i want to be consumed by you
fused
bonded
tied up
inseparable
i want to forget how to be without you
when your fingers brush my skin
i can feel it calling, begging, to just be pulled, ripped off.
please no more separation,
rip me open,
tear me apart,
just keep me with you always.

inside and under

TO ME, WHEN I WAS HER

it's not your fault baby.
these barbs,
stuck so deep inside.
you put them there my darling.
you didn't know what else to do.
you felt responsible,
you always feel responsible.
but hear me please -
it's not your fault.
you didn't have to have these wounds.
someone told you you were wrong.
someone told you you had to make up for it.
make up for being you.
so you feel responsible,
you always feel responsible.
for all of it -
you carry it
- all of it.
all the pain you feel.
all the pain you've ever felt.
you feel responsible.
you did make this my darling,
you believed what they said.
because what else did you know?
you held onto what they said,
so tightly,
your soft hands torn up with it.
please let it go
it's not your fault
everything isn't your fault.
please stop apologizing.