Chain of Missing Links

The Books

At this extraordinary time in history where consciousness is exploding and developing
take the room that you need to rotate
and loveTo be in this world
To be a fleshy temple
Allow the deep energy to flow through
From belowRealize that your eyes are made up of atoms that are microscopic
And are mostly space
They're in fact filled with the substance of your life
You're very essence fills these space
And even if through accident or through surgery
Those powerful structures have been removed
Out of your body
Relax
Let go
ExpandThere's more space there
Than there is matter
More space
To relaxYou do so much work
There's so much going on
You're old
And used up at the atomic level
Give yourself a rest
Allow yourself to release
Through the nose
Through the mouth
And into the spaces located just about
An inch or an inch and a half below your metaphorical heart
And about two inches behind who you were meant to be
Allow greater clarity and finer atunement
The ability to hear essence speak
To allow your brain to expandThis muscle that pumps
The magic of your hands
Your deep, brilliant golden teeth
Beaming through the transverse column
You too were carved
Giving yourself the Buddha belly(?)
With love
And with the passage of food over many years
Realize for a moment that the average human being only uses about 5 percent of they're brain

the other 95 percent is available for
food

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