

[illegible]

30xs a day, for 30 days - OUTLOUD!

What generative energy, space and consciousness can my body and I be that would allow us to be the greatness of embodiment we truly be?

Everything that does not allow that to show up, destroy and uncreate it all.  
Right and wrong, good and bad, POD, POC, all nine, shorts, boys and beyonds.

[illegible]