

Looking up at the starry night sky  
Riding the pineapple express  
Watching the sun set  
In the distance Mount Washington  
There is laughter in the air  
and I can feel it  
Ringing through my heart  
And I smile inside  
Such a warmth pervading  
Inward  
Heart outward  
And the starry night sky  
And cool late September  
Soil and grass provide  
A place to rest, be held  
And I could just sink deeper  
and  
deeper  
Until there is no tomorrow  
And you are not mine.  
And a plane flies low in the distance  
I can hear its engine  
And the kind buds smoke  
And the night stills  
And i am alive again

September 26, 2014 – Portland West End after a day at Portland High School

Trying to get beyond the mask  
Beyond the façade  
Into the sunlight  
Into my soul-light  
True essence coming though  
Find my path and choose a good one  
Not the “right” one – no such thing,  
But choose a good one

The sense of being caught, stuck, and so unsure  
Of what lies ahead of each road  
Diverging  
in a forested  
wood  
I see nicely painted walls  
And a hall full of bright wood  
And plaster that is chipping and dim  
Walls that need a little more love

And that I am sick of cleaning  
And cats that need grooming  
And love  
And a garden that is full  
But not from my effort (this year)  
And how everything becomes how you see it  
By how much love you give it  
And how a writer's soul  
Is never happy  
With the surface  
But can keep it there  
In conversation

And the pineapple express train rides on  
And I feel I've made bold progress lately  
Living a year's worth in a month  
Making big choices, better ones  
Skinning my knees  
And diving in deep  
Love and (at the same time) hate being alone  
I am totally comfortable in my own skin  
The most  
When I'm alone  
And some other people can bring that out

And the words roll out  
Like rain on a rooftop  
A beautiful pattern  
To their whispering  
But I am too harsh to whisper  
to you anymore  
The words come out rough-hewn and coarse  
But I love you deep in my heart  
And that is where I really can tell  
what's best.  
I know you love me  
And I am safe in your arms.  
You appreciate me wild,  
and hold me open to the world  
with ultimate trust

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