



**Words; watch them form.**

In the other  
do not receive them into your body indiscriminately.

In the other watch the breath,  
the pace, the skin, tight-relaxed,  
before the words  
is the body.  
then they form and speech follows,  
sometimes managed as appropriate.  
for context, my guess is mostly not.

Note the sound, the texture, pitch, pace,  
watch, feel, hear, smell and taste,  
the externalization of the form of the words being expressed.

Watch words and sound move toward you through the air.  
Freeze them in place, bounce them off the floor, hurry them to your  
heart,  
send them to hell as if never spoken.

What will you do with these words?  
What will these words do to you,  
if allowed.  
Do not let them in indiscriminately,  
once in, once joined with your body.  
and finding place in your imagination,  
tis hell to get that undone.  
You determine where those words go, Watch.

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