

## TV SCREEN

I watch this tv screen, I watch this telephone screen  
 Hoping to meet someone like me  
 Searching for someone with worse problems than me  
 What do I find?

I watch this tv screen, I watch this telephone screen  
 Looking for simplified complexity  
 Characters whose redemption I can plead  
 What do I find?

There's a man crashing from an airplane up in the sky  
 He has to eat his friends just to stay alive  
 There's a guy in the future up in outer space  
 He wants to love his mom but  
 She's on the wrong side of his dad's revolution

There's someone in a car wreck, someone making love  
 a zombie in Australia, a job applicant gets shoved  
 There's a gangster in Birmingham with PTSD  
 a young girl in a dance contest whose not conventionally pretty

Can I fall asleep now? Have the drugs kicked in?  
 I'm just a voyeur because I can't speak to this feeling  
 Do I feel acceptance? Do I feel connection?  
 Eleven lead blankets between me and embodiment  
 And do the screen people watch other people's nightmares?  
 Do they parade in strangers like me, until the drugs kick in?

I watch this tv screen, I watch this telephone screen  
 Looking for simplified complexity, characters whose redemption I can plead  
 What do I find?

A man trapped in a hotel, if he leaves he'll be shot  
 There's a girl in the desert being hunted by a dog  
 There's a woman who calls sun into her hands  
 But she's trauma bonded with a secret monster from the past

A boy in (1941) Leningrad has to find a dozen eggs,  
 A substitute teacher in Argentina who nobody listens to,  
 There's a man trapped inside a wall in his house  
 For 20 years so Franco's people won't find him out  
 What do I find?

There's a chef trying to save his dead brother's restaurant  
 There's an 18th century whipping of a Scott  
 A man doing atrocities when he'd rather write folk songs  
 A lady with road rage trying to climb a social rung

A gay math genius in jail who helped win WWII  
A family whose son is released from prison and they don't know what to do  
A lady trapped in her husbands dream who just wants to die  
A girl in a secret apartment  
working puzzles all night

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**Iron Rod**

There's an iron rod that burns so hot inside me  
Fills my left side with a scorching animal heat  
And as it turns, turns around, my insides charred and smoking,  
An unbearable, rising, colorless ash heap  
And when you close the door, sparks fly from the floor  
And I'm so thankful for the chance to feel these feelings,  
And when you close the door, sparks fly from the floor  
And I'm so thankful for the chance to live in this body.

There's an iron rod that burns so hot inside me,  
Fills my left side with a scorching animal heat,  
Feelings whipped up wild horses, galloping through the brushfire  
While stars shine down stories we can only read in our blood.

And when you close the door, sparks fly from the floor  
And I'm so thankful for the chance to feel these feelings,  
And when you close the door, sparks fly from the floor  
And I'm so thankful for the chance to live in this body,  
And the burning lights, illuminate the night, radiate a message  
That I can read out loud,  
Everyone knows now.

### **Animal Child**

As I furtively smoke beneath the cedar tree, I hear the train that I wish you were on.  
 I miss your trail of clothes, yarn bits and empty coop cartons,  
 And your frenzied slow-burning, mute color style.  
 When you make a decision in your mind  
 it's like congress passed a law that we're all breaking because you decided.  
 Sometimes it drives me crazy that you think you can change the world  
 With all your facts and your decision not to lie to it

And they say, "She's not thankful enough she's not grateful enough, kiss the ring,"  
 No, she don't give a fuck, some nights I just have to admire  
 They say, "She's a dangerous friend, scaling that cliff up ahead,  
 But maybe what makes them mad is how they don't understand  
 She's a girl but she acts like a guy- animal child

When you were 8 on Christmas day you said, "Last Christmas, it was better,"  
 After we stayed up all night wrapping gifts  
 And you told Grandma, "I don't like glass fairy statues, so here take it back, I like animals not myths."

They say, "She's a dangerous friend, scaling that cliff up ahead,"  
 No patriarchal sugar plums shit in her head,  
 It makes people mad for their own lies.  
 They say, "She's not thankful enough she's not grateful enough, kiss the ring,"  
 No she don't give a fuck (Go to your fake friends for nods and for smiles )  
 Animal child.

They say, "She's a dangerous friend, scaling that cliff up ahead,"  
 Driving all night forgetting the food and the tent  
 It makes them so mad, I could cry, animal child.

### **Wheels**

Standing outside your car, your all packed up, you don't need help,  
 Grey summer sky morning sees you off, clouds cover words I can't say  
 I'll make you some tea to take with you on the long ride to your new life

And what have I to say? (I have no wisdom), what have I to give? (I have no gold)  
 And what have I to say? (I have no wisdom), what have I to give? (I have no gold)  
 And all the wheels that have ever set me free, I'd roll them up this driveway hill to you from me  
 Bikes and roller skates and cars, wagons buses, amplifiers  
 Wheels turning through holy water, soaking you in a benediction

And all the wheels that I've ever hid inside,  
 You don't need them like I do, you're bright inside.  
 I burned the fields where you were born, but you don't need them anymore  
 My hands are as empty as the day when you were born.

Road stretches out, pulls colors from the photos in my mind  
 Phone numbers can't build a bridge to span the distance to where you are  
 I'll carry my bike down five flights of stairs to ride through empty streets

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**Pagasarri**

Todos los aves me acompañan,  
Las hojas del abedul me enseñan  
El caminito desde Irala barrió a Pagasarri

Todas las nubes me acarician  
La lluvia me consuela - tranquila  
Los caracoles se arrastran a mi lado a Pagasarri

Dejo el ruido de Irala  
Me coges la mano - el sol nos sostendrá  
Dejo el ruido de Irala  
Me coges la mano - el sol nos sostendrá

Todas las sombras que se reflejan  
Las formas desbocadas me enseñan  
El sendero seguro que nos juntan a Pagasarri

Toda la sangre con ritmo pulsa  
Sigo el rastro hasta el alma mía  
Revelas que no existo sola Pagasarri

Dejo el ruido de Irala  
Me coges la mano - el sol nos sostendrá  
Dejo el ruido de Irala  
Me coges la mano - el sol nos sostendrá

## **Dissociation Nation**

I can hear the noise inside my head, it's moving louder  
 Can't get up out of bed, this energy pushes me downward  
 Arms and legs and head confused,  
 Where is it we are going?  
 This water comes out of my eyes

Dissociation nation

There's no apparent reason for the noise and separation  
 It's just a hazard of the job the chaos in the hallway  
 Words form out of order, mouth is all dysregulated  
 These sounds don't make a meaning rise

Dissociation nation

When I get out of bed, I don't know what I have to do,  
 Try to surround myself with tasks and rules to see me through.  
 Body moves without me and the things push all around,  
 They don't fit inside the boxes that once held me down.

Dissociation nation

I don't know how to get outside dissociation nation  
 I'm a nation unto myself and all the voices I can't tell...  
 Where they came from  
 Where are they going now?  
 Where they came from  
 Where are they going now?  
 Where they came from  
 Where are they going now?  
 Where they came from  
 Where are they going now?

### **Family Shadow Trance**

Brown bear rises from her sodden slumber spot  
 I'm crawling from covers emotional landscape fraught  
 I lost my phone I lost my hat I lost my boots  
 You looked upstairs I look downstairs, in the car and on the roof  
 As the light rises, animal surprises paint me in place x2  
 At 6:30 the energy plateaus  
 Biking now to work self regulation doesn't flow  
 As the light rises animal surprises paint me in place  
 I'm dragging many bodies in my head  
 As I pedal, time decelerates and breaks this fragile thread.  
 As the light rises, animal surprises paint me in place

You want sand, salt, wind on your skin, in your hair  
 Your song whips around like a stormy mountain prayer  
 With no mouth or hands how could you make me understand  
 What you need from beneath dead leaf family shadow trance  
 I didn't know it, I couldn't hold it, I didn't show it

This shadow bear so bloated in the dark,  
 Buried in dead leaves she can't sit down she's only parts  
 As the light rises, animal surprises paint me in place  
 We swept them off with stuttering silent breathes without the rhythm  
 baby learns to use when skin to skin connects  
 As the light rises, animal surprises paint me in place  
 Beneath the guilt - an infant glowing seed  
 Sprouting underneath misplaced responsibility  
 As the light rises, animal surprises paint me in place

You want sand, salt, wind on your skin, in your hair  
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### **Out of Body Junkie**

You always talk about these people how they love me  
 Like they stand behind a curtain slightly off-stage to the right  
 But I can't feel them now, they are so far from me  
 And my witch won't let them closer even in my darkest night

And my favorite past-time's listening to broken records  
 She sings, "I know the right thing to do and I won't be coming by,"  
 But this is nothing new, it's what the ground is made of  
 Cracking fissures open up and I just make my home inside.  
 Hide hide hide hide hide

But I can peel off wallpaper,  
 Scrape the plaster off by hand  
 And read the stories in the petroglyphs to better understand  
 Why I unfold this paperclip and stab it in my hand  
 To keep the minotaur inside the maze, she'll ravage all the land  
 And my body's tribute: I feed it to her through the bars  
 But there's 4 more hours of work left before I can take each piece apart  
 So I'll unfold this paperclip and stab it in my hand  
 To keep the minotaur inside the maze, I'm just here at her command.

And I know that I leave too,  
 Though my body stays in 3-d imaging on planet earth like someone's actually inside,  
 But I'm hovering above, an out of body junkie  
 Looking hard for all the love I've hidden off-stage to the right.  
 Hide hide hide hide hide

But I can peel off wallpaper,  
 Scrape the plaster off by hand  
 And read the stories in the petroglyphs to better understand  
 Why I unfold this paperclip and stab it in my hand  
 To keep the minotaur inside the maze, she'll ravage all the land  
 And my body's tribute: I feed it to her through the bars  
 But there's 4 more hours of work left before I can take each piece apart  
 So I'll unfold this paperclip and stab it in my hand  
 To keep the minotaur inside the maze, I'm just here at her command.

## **Death Ray**

I wanna thank you for your power, like a flamethrowing curse  
To protect me, from our family's worst.  
But it can't protect me from you

I wanna thank you for your truth, as the clouds part above  
You see things as they are- an eternal youth.

I wanna thank you for your love- a wish granted from above  
As you're baking, broiling, grillin, roasting sustenance for everybody but you.

Last week you texted me that I make you wanna die, I don't understand why.  
I try to show up listen, but I set boundaries now you inevitably cross  
And I miss you but your power decimates, incinerates, obliterates, devastates  
After dinner this meal turns to dust in my gut.

I wanna thank you for your justice, when our church marched on the abortion clinic  
You said, "No, we won't go, but we'll care for these babes in our upstairs apartment."  
And it broke your heart when they left.  
I wanna thank you for your power, like a world-shaking shatter,  
You're Jean Gray, Rogue, Storm all together,  
Twin Towers burning, collapsing, raining down fire toxic dust.

And I dream a dream for you -you can't see.  
Where you open to love and possibility.  
Where you can relax, in a mess with the people who love you,  
Without your death ray, you gave me your death ray  
And I use it too, I'm not better than you.

**Lifting**

I roll through town at 22 miles per hour, the wind and the rain sneaks in my boots  
And my headphones die in the first 5 minutes of my ride  
My battery's sinking faster than ever.  
Past the field, past the school with all the bad memories,  
Through the lights, almost collide with that green truck  
And they stop at the light to tell me my back blinker fell  
And anyone just might run me off

And lift me into the stratosphere, off road and into the mist  
Lifting above the city streets and cedar trees  
And above my grandmother's a white barred owl hunting

Back on the ground, a deer runs beside me  
Then some chaos bunnies crisscross in the front  
The raging highway sound penetrates my ears  
Beneath the bridge, there are people waking up.

Bubbling stream, past the school with all the good memories  
And the secret neighborhood down by the trail  
Then languish all day at school making messes making memories  
When the bell rings finally it's already dark.

I want light on my face, I want light on my skin  
But the night's so deep and it rubs right in  
But the color sparkle seed diamonds shine in people's yards and they

Lift me into the stratosphere, now I'm slow enough to feel  
Every light display every glowing menorah, Santa's sleigh  
And above my grandmother's a white barred owl hunting

### **Grizzlies or Sharks?**

When I was 15, in the summer from hell, I sat on a grassy, blank, suburban hill.  
 If I try to imagine now what I felt then,  
 I'd say, "All of these parts, if they're real, won't fit in."  
 And there's nothing to see here, but the pain and the ache  
 Of the people you love: predator and the prey  
 So I unzip my backpack, and take out the pills,  
 Crack my A&W Rootbeer, then I tried to kill myself.

Now I'm here in Tumwater, not too far away  
 I'm still here in a basement, alive and okay.  
 You're watching TV while I'm strumming guitar.  
 Those pills and that rootbeer, so near and so far  
 If you ask me if I'd ever do it again, I'd say, "No, not today- I am safe in my den."  
 I hope I can come out to see you one day, but living's hard work  
 And I don't want to kill myself.

When I got to work, I wish I could say to all of the kids in their bodies feeling generational pain,  
 "Believe it or not, someday this could be good,"  
 And possibly, I will feel understood.  
 You might find yourself in a basement, strumming guitar,  
 While your best friend watches TV, so near and so far.  
 You're safe in your den, you're not all alone, you've got music to play,  
 You might not want to kill yourself.

Still I hope I don't die like a tv shuts off, I hope to be eaten by grizzlies or sharks.  
 Or in an avalanche crush, where my breath just goes still,  
 Snow covers me over and spills all my pills.  
 I hope there's a climax, hope for a good show so someone can laugh with some steaming cocoa  
 And listen to music, just like this song, I hope that they'll be laughing and singing along.  
 Today I don't want to die, so let's celebrate,  
 I can't speak for tomorrow, but I'll try to welcome the pain.

We all have our roles, we all play our parts  
 Then we fly off and melt away into the dark.  
 I'm practicing giving myself some grace, I can pour you some too, try to hold you some space.  
 You're safe in your den, you're not all alone  
 See the fox with her kits- bask in the warmth of her glow,  
 I know living's hard work, but we can be friends.  
 We'll listen to records and cry on each others' beds...

And today we won't kill ourselves, tonight we won't kill ourselves,  
 Today we won't kill ourselves, tonight we won't kill ourselves.