

a rather shadow writing

blackness brings coolness on a sunny grass
to me skin
and kisses from the wind

the wind always first
winding my clothes

a support to breath

drawing with shadows
that is my dance
an open jacket buffeting blackness

i wet my feet to bring
back
some water to the dry grass

some dead bodies heal the earth
and some are healed

black is the color of the heat
gathering the light
shadows are

obstacles to be embraced

Score: lie beside a shadow. face the shadow. recognize your own shadow. curl yourself up, dive into this shadow. do you feel some coolness? breath for some while. roll yourself open towards your back, facing the light. breath for some while. turn towards the shadow again. repeat this at least 6x.