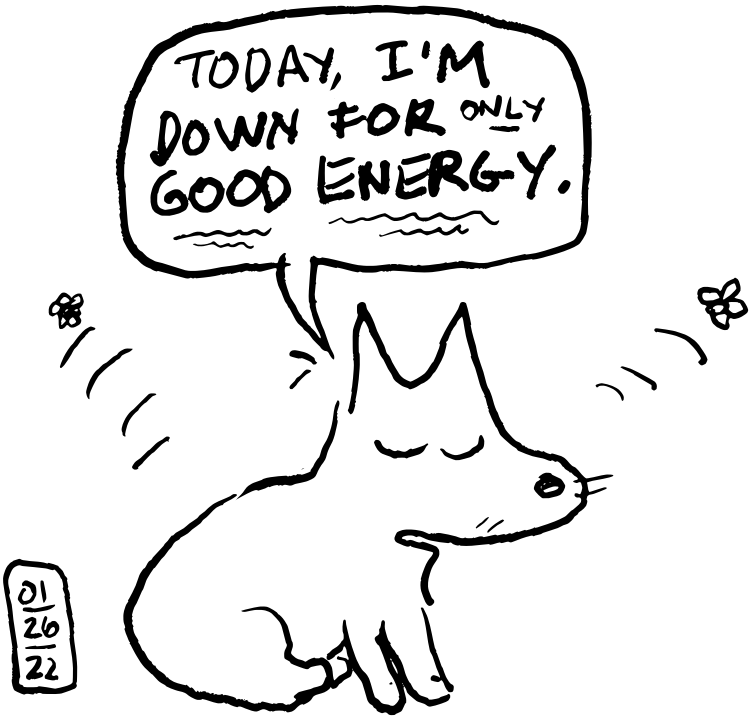

TODAY, I'M DOWN FOR ONLY GOOD ENERGY.
01/26/22

Today,
I'm down for good energy
so let me wipe my tears
of frustration
that I know will dissipate
once I begin my process of letting it go out of necessitation.

The purging isn't easy,
nor should it be
because purging involves taking
an object of desire
or feeling,
or unwanted experience
by throwing it out--
casting it off

like a dead Viking on fire
to be cremated--destroyed,
not on an expensive boat with honor and song
not the purge that deserves
a proper burial either.

That is the proverbial cure for dealing with bad energy.

Sometimes it's necessary to recognize this.
Otherwise, we sweep the rug of our own
Pollyanna of self-delusion,
and this has no place in a day filled with
love, appreciation, and inclusion.

For the stuff we know inside
is the stuff we hold dear
but we should cleanse the doubt, despair
the spiritual wear and tear
to let the good vibes settle in.

c. 2022, T. McCarthy. January 26, 2022, at 8:08 A.M.