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Smoke and Mirrors

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Smoke and Mirrors

Make the bed

Tell yourself

You are not

 Welcome

to stay wrapped up

and roped off

Pull the blinds

Light the sage

Smudge the room

Breathe deeply

Tell the day

Welcome in

Begin to move

Energize your spirit

Reach out

To those you hold dear

Stop dwelling on dreams

and tuning in

to low frequencies

Energize

with the high vibe

Let in light

Let out art

Breathe in

Cleansing

Breathe out

Pain