

H A R K H E R A L D

1. *soaking dried beans poem*

all things need cold water abundantly,
and a large-enough container.

one should play music on speakers while they're soaking:
this will encourage tenderness, and gorgeousness.

some are drownproof; floaters —
they won't sink to the bottom. uniquely desperate for heaven
their desire brings pockets of air in
and reduces their density.

patience will be asked of you;
any legume is owed that much!

2. *you absolutely must be kind to everyone (pt.2)*

you could nevr be as gentle with yourself
as you are with your non stick pans

oof
lol

i am leaving my phone on my bed and now i am putting on my boots and
my hat and leaving my flat and buying a shiny bar of dark chocolate and i
want the joy of that first bite to be so bitter and harsh and incandescent
that it sears my brain clean like an autoclave and if i'm not totally sterile
by the time the chocolate is gone and i've arrived back on my doorstep
then i am going straight to bed and i will dream only of brine and muddy
water because if i'm not asleep in the next fifteen minutes i might just find
my way into the kitchen and begin to scrape and scratch ribbons of teflon
from every single non stick surface i can find because i can be kind to
myself when i want to when i need to because i know that You Absolutely
Must Be Kind To Everyone.