Diane di Prima

dedicated to Bob Dylan

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I have just realized that the stakes are myself
I have no other
ransom money, nothing to break or barter but my life
my spirit measured out, in bits, spread over
the roulette table, I recoup what I can
nothing else to shove under the nose of the *maitre de jeu*nothing to thrust out the window, no white flag
this flesh all I have to offer, to make the play with
this immediate head, what it comes up with, my move
as we slither over this go board, stepping always
(we hope) between the lines

The value of an individual life a credo they taught us to instil fear, and inaction, 'you only live once' a fog in our eyes, we are endless as the sea, not separate, we die a million times a day, we are born a million times, each breath life and death: get up, put on your shoes, get started, someone will finish

Tribe

an organism, one flesh, breathing joy as the stars
breathe destiny down on us, get
going, join hands, see to business, thousands of sons
will see to it when you fall, you will grow
a thousand times in the bellies of your sisters

store water; make a point of filling your bathtub
at the first news of trouble: they turned off the water
in the 4th ward for a whole day during the Newark riots;
or better yet make a habit
of keeping the tub clean and full when not in use
change this once a day, it should be good enough
for washing, flushing toilets when necessary
and cooking, in a pinch, but it's a good idea
to keep some bottled water handy too
get a couple of five gallon jugs and keep them full
for cooking

store food — dry stuff like rice and beans stores best
goes farthest. SALT VERY IMPORTANT: it's health and energy
healing too, keep a couple pounds
sea salt around, and, because we're spoiled, some tins
tuna, etc. to keep up morale — keep up the sense
of 'balanced diet' 'protein intake' remember
the stores may be closed for quite some time, the trucks
may not enter your section of the city for weeks, you can cool it indefinitely

with 20 lb brown rice

20 lb whole wheat flour

10 lb cornmeal

10 lb good beans – kidney or soy

5 lb sea salt

2 qts good oil

dried fruit and nuts

add nutrients and a sense of luxury

to this diet, a squash or coconut

in a cool place in your pad will keep six months.

than the 'average American' and take it easy
before we
ever notice we're hungry the rest of the folk will be starving
used as they are to meat and fresh milk daily
and help will arrive, until the day no help arrives
and then you're on your own.

remember we are all used to eating less

hoard matches, we aren't good
at rubbing sticks together any more
a tinder box is useful, if you can work it
don't count on gas stove, gas heater
electric light
keep hibachi and charcoal, CHARCOAL STARTER a help
kerosene lamp and candles, learn to keep warm
with breathing
remember the blessed American habit of bundling

Left to themselves people grow their hair.

Left to themselves they take off their shoe's.

Left to themselves they make love sleep easily share blankets, dope & children they are not lazy or afraid they plant seeds, they smile, they speak to one another. The word coming into its own: touch of love; on the brain, the ear.

We return with the sea, the tides
we return as often as leaves, as numerous
as grass, gentle, insistent, we remember
the way,
our babes toddle barefoot thru the cities of the universe.

at some point
you may be called upon
to keep going for several days without sleep:
keep some ups around, to be
clearheaded, avoid 'comedown' as much as possible,
take vitamin B along with amphetamines, try
powdered guarana root, available
at herb drugstores, it is an up
used by Peruvian mountainfolk, tastes
like mocha (bitter) can be put in tea
will clear your head, increase oxygen supply
keep you going past amphetamine wooziness

at some point
you may have to crash, under tension, keep some downs
on hand, you may have to cool out
sickness, or freak-out, or sorrow, keep some downs
on hand, I don't mean
tranquillizers, ye olde fashioned SLEEPING PILL
(sleep heals heads, heals souls) chloryll hydrate
(Mickey Finn) one of the best, but
nembutal, etc. OK in a pinch, remember
no liquor with barbiturates

at some point
you will need painkillers, darvon
is glorified shit, stash some codeine & remember
it's about five times more effective
if taken with aspirin

ups, downs & painkillers are

the essence: antibiotics
for extreme infections, any good
wide-spectrum one will do, avoid penicillin
too many allergies, speaking of which
cortisone is good for really bad attacks
(someone who freaks out asthma-style, or with hives)

USE ALL THESE AS LITTLE
as possible, side effects multifarious
and they cloud the brain
tend to weaken the body and obscure
judgment

ginseng tea, ginger compresses, sea salt,
prayer and love
are better healers, easier come by, save the others
for life and death trips, you will know
when you see one

Revolutionary Note #6

avoid the folk
who find Bonnie and Clyde too violent
who see the blood but not the energy form
they love us and want us to practice birth control
they love us and want the Hindus to kill their cows
they love us and have a colorless tasteless powder
which is the perfect synthetic food . . .

there are those who can tell you
how to make molotov cocktails, flamethrowers,
bombs whatever
you might be needing
find them and learn, define
your aim clearly, choose your ammo
with that in mind

it is not a good idea to tote a gun
or knife
unless you are proficient in its use
all swords are two-edged, can be used against you
by anyone who can get 'em away from you

it is

possible even on the east coast
to find an isolated place for target practice
success
will depend mostly on your state of mind:
meditate, pray, make love, be prepared
at any time, to die

but don't get uptight: the guns
will not win this one, they are
an incidental part of the action
which we better damn well be good at,
what will win
is mantras, the sustenance we give each other,
the energy we plug into

(the fact that we touch
share food)

the buddha nature
of everyone, friend and foe, like a million earthworms
tunnelling under this structure
till it falls

Everytime you pick the spot for a be-in a demonstration, a march, a rally, you are choosing the ground for a potential battle.

You are still calling these shots.

Pick your terrain with that in mind.

Remember the old gang rules:

stick to your neighborhood, don't let them lure you to Central Park everytime, I would hate to stumble bloody out of that park to find help:

Central Park West, or Fifth Avenue, which would you choose?

go to love-ins

try to be clear

with incense, flowers, food, and a plastic bag
with a damp cloth in it, for tear gas, wear no jewelry
wear clothes you can move in easily, wear no glasses
contact lenses
earrings for pierced ears are especially hazardous

in front, what you will do if it comes
to trouble
if you're going to try to split stay out of the center
don't stampede or panic others
don't waver between active and passive resistance
know your limitations, bear contempt

NO ONE WAY WORKS, it will take all of us shoving at the thing from all sides to bring it down.

neither for yourself, nor any of your brothers

advocating
the overthrow of government is a crime
overthrowing it is something else
altogether, it is sometimes called
revolution
but don't kid yourself: government
is not where it's at: it's only

a good place to start:

- 1. kill head of Dow Chemical
- 2. destroy plant
- 3. MAKE IT UNPROFITABLE FOR THEM

to build again

i.e., destroy the concept of money
as we know it, get rid of interest,
savings, inheritance
(Pound's money, as dated coupons that come in the mail
to everyone, and are void in 30 days
is still a good idea)
or, let's start with no money at all and invent it
if we need it

or, mimeograph it and everyone print as much as they want and see what happens

declare a moratorium on debt
the Continental Congress did
'on all debts public and private'
& no one 'owns' the land
it can be held
for use, no man holding more
than he can work, himself and family working

let no one work for another except for love, and what you make above your needs be given to the tribe a Common-Wealth

None of us knows the answers, think about these things.

The day will come when we have to know the answers.

These are transitional years and the dues will be heavy.

Change is quick but revolution will take A while.

America has not even begun as yet.

This continent is seed.

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drove across
San Joaquin Valley
with Kirby Doyle
grooving
getting free Digger meat
for Free City Convention
grooving
behind talk of Kirby's family
been here a long time
grooving
friendship renewed, neat pickup truck, we stopped
at a gas station
man uptight at the
sight of us, sight of Kirby's hair, his friendly
loose face, my hair, our dress
man surly, uptight, we drove
away brought down
(across fields of insecticide and migrant workers)
and
'Man' I said
'that cat
so uptight, what's he
so uptight about, it's not
your hair, not really, it's just
what the TV tells him about hippies
got him scared, what he reads in
his magazines
got him scared, we got to
come out from behind the image
sit down with him, if he
sat down to a beer with you he'd find
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a helluva lot more to say than he'll find
with the man who makes your image
he's got nothing in common
with the men who run his mind, who tell him
what to think of us'

SMASH THE MEDIA, I said,
AND BURN THE SCHOOLS
so people can meet, can sit
and talk to each other, warm and close
no TV image flickering
between them.

the vortex of creation is the vortex of destruction
the vortex of artistic creation is the vortex of self destruction
the vortex of political creation is the vortex of flesh destruction

flesh is in the fire, it curls and terribly warps fat is in the fire, it drips and sizzling sings bones are in the fire

they crack tellingly in subtle hieroglyphs of oracle

charcoal singed

the smell of your burning hair

for every revolutionary must at last will his own destruction rooted as he is in the past he sets out to destroy

now let me tell you
what is a Brahmasastra
Brahmasastra, hindu weapon of war
near as I can make out
a flying wedge of mind energy
hurled at the foe by god or hero
or many heroes
hurled at a problem or enemy
cracking it

Brahmasastra can be made by any or all can be made by all of us straight or tripping, thinking together like: all of us stop the war at nine o'clock tomorrow, each take one soldier see him clearly, love him, take the gun out of his hand, lead him to a quiet spot sit him down, sit with him as he takes a joint of viet cong grass from his pocket . . . Brahmasastra can be made by all of us, tripping together winter solstice at home, or in park, or wandering sitting with friends blinds closed, or on porch, no be-in no need to gather publicly just gather spirit, see the forest growing put back the big trees put back the buffalo

of elk and deer

put fish in clean Great Lakes

desire that all surface water on the planet
be clean again. Kneel down and drink
from whatever brook or lake you conjure up.

are you prepared to hide someone in your home indefinitely say, two to six weeks, you going out for food, etc., so he never hits the street, to keep your friends away coolly, so they ask no questions, to nurse him, or her, as necessary, to know 'first aid' and healing (not to freak out at the sight of torn or half-cooked flesh) to pass him on at the right time to the next station, to cross the Canadian border, with a child so that the three of you look like one family, no questions asked, or fewer, to stash letters, guns, or bombs forget about them till they are called for, to KEEP YOUR MOUTH SHUT not to 'trust' even your truelove, that is, lay no more knowledge on him than he needs to do his part of it, a kindness we all must extend to each other in this game

When you seize Columbia, when you seize Paris, take the media, tell the people what you're doing what you're up to and why and how you mean to do it, how they can help, keep the news coming, steady, you have 70 years of media conditioning to combat, it is a wall you must get through, somehow, to reach the instinctive man, who is struggling like a plant for light, for air

when you seize a town, a campus, get hold of the power stations, the water, the transportation, forget to negotiate, forget how to negotiate, don't wait for De Gaulle or Kirk to abdicate, they won't, you are not 'demonstrating' you are fighting a war, fight to win, don't wait for Johnson or Humphrey or Rockefeller, to agree to your terms take what you need, 'it's free because it's yours'

we are eating up the planet, the New York Times takes a forest, every Sunday, Los Angeles draws its water from the Sacramento Valley the rivers of British Columbia are ours on lease for 99 years

every large factory is an infringement of our god-given right to light and air to clean and flowing rivers stocked with fish to the very possibility of life for our children's children, we will have to look carefully, i.e., do we really want/ need electricity and at what cost in natural resource human resource do we need cars, when petroleum pumped from the earth poisons the land around for 100 years, pumped from the car poisons the hard-pressed cities, or try this statistic, the USA has 5% of the world's people uses over 50% of the world's goods, our garbage holds matter for survival for uncounted 'underdeveloped' nations

we will all feel the pinch
there will not be
a Cadillac and a 40,000 dollar home
for everyone
simply
the planet will not bear it

What there will be is enough food, enough of the 'necessities', luxuries will have to go by the board

even the poorest of us
will have to give up something
to live free

let's talk about splitting, splitting is an art frequently called upon in revolution retreat, says the I Ching, must not be confused with flight, and furthermore, frequently, it furthers ONE TO HAVE SOMEWHERE TO GO

i.e., know in advance
the persons/place you can go to,
means to get there
keep money (cash) in house for travelling
an extra set of i.d., Robert Williams
was warned by his own TV set when the Man
was coming for him,
he had his loot at home, his wife and kids
all crossed the country with him, into CANADA
and on to CUBA

it's a good idea
to have good, working transportation 'wheels', one friend
has two weeks stashed in his VW bus
food, water, matches, clothing, blankets, gas, he can go
at least that long, before he hits a town, can leave
at any time
something to think about . . .

(for The Poor People's Campaign)

if what you want is jobs
for everyone, you are still the enemy,
you have not thought thru, clearly
what that means

if what you want is housing, industry

(G.E. on the Navaho reservation)

a car for everyone, garage, refrigerator,

TV, more plumbing, scientific

freeways, you are still

the enemy, you have chosen

to sacrifice the planet for a few years of some
science fiction Utopia, if what you want

still is, or can be, schools
where all our kids are pushed into one shape, are taught
it's better to be 'American' than black
or Indian, or Jap, or PR, where Dick
and Jane become and are the dream, do you
look like Dick's father, don't you think your kid
secretly wishes you did

if what you want
is clinics where the AMA
can feed you pills to keep you weak, or sterile
shoot germs into your kids, while Mercke & Co
grows richer
if you want

free psychiatric help for everyone
so that the shrinks
pimps for this decadence, can make
it flower for us, if you want
if you still want a piece
a small piece of suburbia, green lawn
laid down by the square foot
color TV, whose radiant energy
kills brain cells, whose subliminal ads
brainwash your children, have taken over
your dreams

degrees from universities which are nothing more than slum landlords, festering sinks of lies, so you too can go forth and lie to others on some greeny campus

THEN YOU ARE STILL

THE ENEMY, you are selling
yourself short, remember
you can have what you ask for, ask for
everything

(for Huey Newton)

I will not rest
till men walk free & fearless on the earth
each doing in the manner of his blood
& tribe, peaceful in the free air

till all can seek, unhindered
the shape of their thought
no black cloud fear or guilt
between them & the sun, no babies burning
young men locked away, no paper world
to come between flesh & flesh in human
encounter

till the young women
come into their own, honored & fearless
birthing strong sons
loving & dancing

till the young men can at last
lose some of their sternness, return
to young men's thoughts, till laughter
bounces off our hills & fills
our plains

Can you
own land, can you
own house, own rights
to other's labor, (stocks, or factories
or money, loaned at interest)
what about
the yield of same, crops, autos
airplanes dropping bombs, can you
own real estate, so others
pay you rent? to whom
does the water belong, to whom
will the air belong, as it gets rarer?
the american indians say that a man
can own no more than he can carry away
on his horse.

what do you want
your kids to learn, do you care
if they know factoring, chemical formulae, theory
of numbers, equations, philosophy, semantics
symbolic logic, latin, history, socalled, which is
merely history of mind of western man, least interesting
of numberless manifestations on this planet?

do you care if he learns to eat off the woods, to set a broken arm, to mend his own clothes, cook simple food, deliver a calf or baby? if there are cars should he not be able to keep his running? how will he learn these things, will he learn them cut off in a plaster box, encased in a larger cement box called 'school' dealing with paper from morning till night, grinding no clay or mortar, no pigment, setting no seedlings in black earth come spring, how will he know to trap a rabbit, build a raft, to navigate by stars, or find safe ground to sleep on? what is he doing all his learning years inside, as if the planet were no more than a vehicle for carrying our plastic constructs around the sun

A lack of faith is simply a lack of courage one who says 'I wish I could believe that' means simply that he is coward, is pleased to be spectator, on this scene where there are no spectators where all hands not actually working are working against as they lie idle, folded in lap, or holding up newspapers full of lies, or wrapped around steering wheel, on one more pleasure trip

Have you thought about the American aborigines who will inhabit this continent? Cave dwellers, tent people, tree dwellers, will your great-grandchildren be among them? Will they sell artifacts — abalone or wool — to the affluent highly civilized Africans who come here in the summer, will they wear buckskin, or cotton, loincloth, run down deer, catch fish barehanded, build teepees, hogans, remember to use the wheel, to write, to speak, or simply drum & pipe, smiling, will your great-grandchildren be among them?

Know every way
out of your house, where it goes, every alley
on the block, which back yards connect, which walls
are scalable, which bushes
will hold a man.

Construct at least one man-sized hiding place in your walls, know for sure which neighbors will let you sneak in the back door & saunter out the front while the man is parked in your driveway, or tearing your pad apart, which neighbors won't be home, which cellar doors are open — whom you can summon in your neighborhood to do your errands, check the block, set up a getaway while you sit tight inside & your house is watched . . .

'DOES THE END

JUSTIFY THE MEANS?' this is
process, there is no end, there are only
means, each one
had better justify itself.

To whom?

How much
can we afford to lose, before we win, can we
cut hair, or give up drugs, take
job, join Minute Men, marry, wear their clothes,
play bingo, what
can we stomach, how soon
does it leave its mark, can we
living straight in a straight part of town still see
our people, can we live
if we don't see our people? 'It is better
to lose & win, than win & be
defeated' sd Gertrude Stein, which wd you
choose?

O my brothers
busted for pot, for looting, for loving
young beautiful brothers & sisters, for holding out hope
in both hands to the Man, enraging him
O my brothers, freaking out this moment
this beautiful summer evening
in all the cages of America
while the sun goes down on this fabled & holy land:

know that we have this land, we are filling its crevices
its caves and forests, its coastlines and holy places
with our mating flesh, with the fierce play of our children
our numbers increasing
we are approaching your cells, to cut you loose
to march triumphant with you, crying out
to Maitreya, across the Pacific

beware of those
who say we are the beautiful losers
who stand in their long hair and wait to be punished
who weep on beaches for our isolation

we are not alone: we have brothers in all the hills we have sisters in the jungles and in the ozarks we even have brothers on the frozen tundra they sit by their fires, they sing, they gather arms they multiply: they will reclaim the earth

nowhere we can go but they are waiting for us no exile where we will not hear welcome home 'goodmorning sister, let me work with you goodmorning brother, let me fight by your side'

(To Those Who Sold the Revolution Summer of '68)

remember to wear a hat, if you have a hat and stick your hair inside it, if it's long hair or don't, wear shoes if it's snowing and you have shoes remember they buy out all the leaders, be a leader if you want to be bought out, but remember to tell the truth, just before they buy you, tell the truth loud, and the kids will hear you, not hear your money as it falls on the liquorstore counter, day after day not hear your dreams of nightmare betrayal and torture not hear your mercedes, they'll hear the truth you spoke they'll believe you and honor you after you die, brought down by that cia bullet you can't avoid just by taking their money they'll believe you and DO WHAT YOU SAY

(for LeRoi, at long last)

not all the works of Mozart worth one human life
not all the brocaded of the Potala palace
better we should wear homespun, than some in orlon
some in Thailand silk
the children of Bengal weave gold thread in silk saris
six years old, eight years old, for export, they don't sing
the singers are for export, Folkways records
better we should all have homemade flutes
and practice excruciatingly upon them, one hundred years
till we learn to
make our own music

not western civilization, but civilization itself is the disease which is eating us not the last five thousand years, but the last twenty thousand are the cancer not modern cities, but the city, not capitalism, but ism, art, religion, once they are separate enough to be seen and named, named art named religion, once they are not simply the daily acts of life which bring the rain, bring bread, heal, bring the herds close enough to hunt, birth the children simply the acts of song, the acts of power, now lost to us these many years, not killing a few white men will bring back power, not killing all the white men, but killing the white man in each of us, killing the desire for brocade, for gold, for champagne brandy, which sends people out of the sun and out of their lives to create COMMODITY for our pleasure, what claim do we have, can we make, on another's time, another's life blood, show me a city which does not consume the air and water for miles around it, mohenjo-daro was a blot on the village culture of India, the cities of Egypt sucked the life of millions, show me an artifact of city which has the power as flesh has power, as spirit of man has power

how far back are we willing to go? that seems to be the question, the more we give up the more we will be blessed, the more we give up, the further back we go, can we make it under the sky again, in moving tribes that settle, build, move on and build again owning only what we carry, do we need the village, division of labor, a friendly potlatch a couple of times a year, or must it be merely a 'cybernetic civilization' which may or may not save the water, but will not show us our root, or our original face, return us to the source, how far (forward is back) are we willing to go after all?

hey man let's make a revolution, let's give
every man a thunderbird
color TV, a refrigerator, free
antibiotics, let's build
apartments with a separate bedroom for every child
inflatable plastic sofas, vitamin pills
with all our daily requirements that come in the mail
free gas & electric & telephone &
no rent, why not?

hey man, let's make a revolution, let's
turn off the power, turn on the
stars at night, put metal
back in the earth, or at least not take it out
anymore, make lots of guitars and flutes, teach the chicks
how to heal with herbs, let's learn
to live with each other in a smaller space, and build
hogans, and domes and teepees all over the place
BLOW UP THE PETROLEUM LINES, make the cars
into flower pots or sculptures or live
in the bigger ones, why not?

rise up, my brothers, do not bow your heads any longer, or pray except to the spirit you waken, the spirit you bring to birth, it never was on earth, rise up, do not droop, smoking hash or opium, dreaming sweetness, perhaps there will be time for that, on the long beaches lying in love with the few of us who are left, but now the earth cries out for aid, our brothers and sisters set aside their childhoods, prepare to fight, what choice have we but join them, in their hands rests the survival of the very planet, the health of the solar system, for we are one with the stars and the spirit we forge they wait for, Christ, Buddha, Krishna Paracelsus, had but a taste, we must reclaim the planet, re-occupy this ground the peace we seek was never seen before, the earth BELONGS, at last, TO THE LIVING

who is the we, who is
the they in this thing, did
we or they kill the Indians, not me
my people brought here, cheap labor to exploit
a continent for them, did we
or they exploit it? do you
admit complicity, say 'we
have to get out of Vietnam, we really should
stop poisoning the water, etc.' look closer, look again,
secede, declare your independence, don't accept
a share of the guilt they want to lay on us
MAN IS INNOCENT & BEAUTIFUL & born
to perfect bliss they envy, heavy deeds
make heavy hearts and to them
life is suffering, stand clear.

GEOGRAPHY, U.S.A.

the east edge is megalopolis, is Washington, D.C., spread out 800 miles, ecology totally fucked up, even the brothers there do not completely believe that they can win; the west edge is langorous w/wealth, there venison is brought down from the hills & figs & wine from abandoned orchards, the sisters raise their bastard young on welfare checks & rotten sprayed vegetables, talk 'free', talk end of money, for them the war is over, all the wars; the middle is hardly heard from yet, it is stirring, stretching muscles, bare bones of continent, eternal progression of young barbarians huge boiling meat-fed hordes who can't be taught there's anything to lose, angelic

NOT PEOPLE'S PARK
PEOPLE'S PLANET, CAN THEY
FENCE THAT ONE IN, BULLDOZE IT
4 A.M.?

let me tell you, brothers, that on May 30th I went to one of our

life festivals

dropped acid in Tompfkins Square Park with my

brothers & sisters

danced in the sun, till the stars

came out & the pigs

drove around us in a circle, where we stood

touching each other & loving, then I

went home & made love like a flower, like two flowers opening

to each other, we were

the jewel in the lotus, next morning still high wandered uptown

to Natural History Museum & there

in a room of Peruvian fauna, birds

of paradise I saw as a past, like the dinosaurs

saw birds pass from the earth &

flowers, most trees & small creatures:

chipmunks & rabbits & squirrels & delicate wildflowers

saw the earth bare & smooth, austerely plastic & efficient

men feeding hydroponically, working like ants

thought flatly, without regret (I have unlearned

regret)

'WHAT BEAUTIFUL CREATURES

USED TO LIVE ON THE EARTH'

if the power of the word is anything, America, your oil fields burning your cities in ruins, smouldering, pillaged by children your cars broken down, at a standstill, choking the roads your citizens standing beside them, bewildered, or choosing a packload of objects (what they can carry away) if the power of the word lives, America, your power lines down eagle-eyed lines of electric, of telephone, towers of radio transmission toppled & rankling in the fields, setting the hay ablaze your newspapers useless, your populace illiterate wiping their asses with them, IF THE WORD HAS POWER YOU SHALL NOT STAND AMERICA, the wilderness is spreading from the parks you have fenced it into, already desert blows through Las Vegas, the sea licks its chops at the oily edges of Los Angeles, the camels are breeding, the bears, the elk are increasing so are the indians and the very poor do you stir in your sleep, America, do you dream of your power pastel colored oil tanks from sea to shining sea? sleep well, America, we stand by your bedside, the word has power, the chant is going up

Revolution: a turning, as the earth
turns, among planets, as the sun
turns round some (darker) star, the galaxy
describes a yin-yang spiral in the aether, we turn
from dark to light, turn
faces of pain & fear, the dawn
awash among them

what is this 'overpopulation' problem, have you

looked at it, clearly, do you know

ten times as much land needed if we eat

hamburger, instead of grain; we can

all fit, not hungry, if we minimize

our needs, RIP OFF LARGE, EMPTY RANCHES, make the food

nutritious: chemical fertilizers

have to go, nitrates

poison the water; large scale machine farming

has to go, the soil

is blowing away (300 years

to make one inch of topsoil), do you know

40% of the women of Puerto Rico

already sterilized, transistor radios

the 'sterilization bonus' in India; all propaganda

aimed at the 'non-white' and 'poor white' populations

something like 90% of the land of USA

belongs to 5% of the population:

how can they hold on

when the hordes of the infants of the very poor

grow up, grow strong

'I dreamed of a world without the sick and the fat'

—Yevtushenko

the map: first goal is health
strong bodies make strong spirit, Venceremos Brigade
coming back from Cuba discover they know how to breathe
they can get up with the sun; first thing:
to zap the sugar habit, get rid of meat
& heavy drugs, to eat no chemicals, no processed food
first step:
to find out what health feels like: even keel
tireless energy pouring steady through

then, prana (vital energy) moving smooth
thru all yr flesh: next goal release
sex force — strong flesh becomes bright flesh
anger becomes 'Buddha's anger' a steady roar
righteous, behind yr action, not spasmodic, threatens
no self-destruction; loose touch on
brothers & sisters, loose force (& contain it)
Holy Power
to build up, or pull down

(for my sisters)

As we know that blood
is birth, agony
breaks open doors, as we
can bend, graciously, beneath burdens, undermine
like rain, or earthworms, as our cries
yield to the cries of the newborn, as we hear
the plea in the voices around us, not words
of passion or cunning, discount
anger or pride, grow strong
in our own strength, women's alchemy, quick arms
to pull down walls, we liberate
out of our knowledge, labor, sucking babes, we
liberate, and nourish, as the earth

And it seems to me the struggle has to be waged on a number of different levels:

they have computers to cast the I Ching for them
but we have yarrow stalks
and the stars
it is a battle of energies, of force-fields, what the newspapers
call a battle of ideas

to take hold of the magic any way we can and use it in total faith to seek help in realms we have been taught to think of as 'mythological' to contact ALL LEVELS of one's own being & loose the forces therein always seeking in this to remain psychically inconspicuous on the not so unlikely chance that those we have thought of as 'instigators' are just the front men for a gang of black magicians based 'somewhere else' in space to whom the WHOLE of earth is a colony to exploit (the 'Nova Mob' not so far out as you think)

Best not to place bodies in the line of fire
but to seek other means: study the Sioux
learn not to fuck up as they did — another ghost dance
started on Haight Street in 1967
We ain't seen the end of it yet

And as you learn the magic, learn to believe it Don't be 'surprised' when it works, you undercut your power.

TO BE FREE we've got to be free of any idea of freedom.

Today the State Dept lifted the ban on travel to China; and closed

Merritt College.

Be careful.

With what relief do we fall back
on the tale, so often told in revolutions
that now we must
organize, obey the rules, so that later
we can be free. It is the point
at which the revolution stops. To be carried forward
later & in another country, this is
the pattern, but we can
break the pattern

learn now we see

with all our skin, smell with our eyes too sense & sex are boundless & the call is to be boundless in them, make the joy now, that we want, no shape for space & time now but the shapes we will

Machinery: extended hands of man doing man's work. Diverted rivers washing my clothes, diverted fire dancing in wires, making light; and heat. To see it thus is to see it, even diverted rivers must resume their course, and fire consume, whatever name you call it.

As soon as we submit
to a system based on causality, linear time
we submit, again, to the old values, plunge again
into slavery. Be strong. We have the right to make
the universe we dream. No need to fear "science" grovelling
apology for things as they are, ALL POWER
TO JOY, which will remake the world.

Don't give up the eleven o'clock news for Chairman Mao, don't switch from one "programming" to another hang loose, Mao was young fifty years ago, & in China.

SAN FRANCISCO NOTE

I think I'll stay on this
earthquake fault near this
still-active volcano in this
armed fortress facing a
dying ocean &
covered w/dirt

while the

streets burn up & the rocks fly & pepper gas lays us out

cause

that's where my friends are, you bastards, not that you know what that means

Ain't gonna cop to it, ain't gonna
be scared no more, we all
know the same songs, mushrooms, butterflies we all
have the same babies, dig it
the woods are big.

HOW TO BECOME A WALKING ALCHEMICAL EXPERIMENT

eat mercury (in wheat & fish)
breathe sulphur fumes (everywhere)
take plenty of (macrobiotic) salt
& cook the mixture in the heat
of an atomic explosion

It takes courage to say no

No to canned corn & instant
mashed potatoes. No to rice krispies.

No to special K. No to margarine
mono & di-glycerides, NSDA
for coloring, causing cancer. No to
white bread, bleached w/nerve gas (wonder
bread). No to everything fried
in hardened oil w/silicates. No to
once-so-delicious salami, now red
w/sodium nitrate.

No to processed cheeses. No
no again to irradiated bacon, pink
phosphorescent ham, dead plastic
pasteurized milk. No to chocolate pudding
like grandma never made. No thanx
to coca-cola. No to freshness preserves,
dough conditioners, no
potassium sorbate, no
aluminum silicate, NO
BHA, BHT, NO
di-ethyl-propyl-glycerate.

No more ice cream? not w/embalming fluid.

Goodbye potato chips, peanut butter, jelly, jolly white sugar! No more DES all-American steaks or hamburgers either!

Goodbye, frozen fish! (dipped & coated w/aureomycin) Fried eggs over easy w/

hormones, penicillin & speed.

Goodbye, frozen fish! (dipped & coated w/

Carnation Instant Breakfast, Nestle's Quik.

Fritos, goodbye! your labels are very confusing.

All I can say

is what my daughter age six once said to me:

"if I can't pronounce it

maybe I shouldn't eat it."

or, Dick Gregory
coming out of a 20-day fast:
"the people of America are controlled
by the food they eat"

All thru Amerika
all I see & find is
Indian America
the forms & shapes of
Great-Turtle-Island

The forms proliferate.

As we spin (further) from the light our bodies sprout new madnesses congenital pale disease, like new plants on the edge of (radioactive) craters we sprout new richness of design baroque apologies for Kaliyuga till Kether calls us home

hauls in the galaxies like some

big fish.

NOTES TOWARD AN AMERICAN HISTORY

Over & over I've look for the picture in the cloth: man standing idle & tall against horizon: "savage" landscape we stare, poverty-struck at New England pewter in farmhouse window: quote Adams, Jefferson, hew map of the sacred meadow

this was the
land we were promised,
wasnt it? is Fresno
new Jerusalem? where
is Dallas? how wd Olson/
Pound/Tom Paine explain
Petaluma. Over & over Kirby Doyle

tells tale of his grandfather walking out

his wife & two sons waiting in a wagon (he had the mule)

& the boats

of the desert

mad

in Gloucester, Newfoundland & Greece (the same)

the wood

carved in Alaska & New Guinea . . .

Over & over we seek that savage man

sufficient & generous; we find

Rockefeller, Nixon;

sad letters of Jefferson

mourning the ravaging of moundbuilders' land requesting his daughter not to neglect her French.

We; over & over; seeking line & form

gold-leaf as in Sienna

"outline" as Blake

we sit on shifting ground

at the edge of this ocean

"as far from Europe as you can get"

& watch the hills flicker like dreamskin

What we need to know is laws of time & space

they never dream of. Seek out

the ancient texts: alchemy

homeopathy, secret charts

of early Rosicrucians (Giordanisti).

Grok synchronicity Jung barely

scratched the surface of.

LOOK TO THE "HERESIES" of EUROPE FOR BLOODROOTS

(remnants of pre-colonized pre-Roman Europe):

Insistent, hopeful resurgence of communards

free love & joy; "in god all things are common"

secret celebration of ancient season feasts & moons.

Rewrite the calendar.

Head-on war is the mistake we make

time after time

There is a way around it, way to outflank

technology, short circuit

"energy crisis": retreat & silence

cunning

courage & love

Look to the cities, see how "urban renewal" tears out the slums from the heart of town forces expendable poor to the edges, to some remote & indefensible piece of ground:

Hunters Point, Lower East Side, Columbia Point out of sight, out of mind, & when bread riots come (conjured by cutting welfare, raising prices) the man wont hesitate to raze those ghettos & few will see, & fewer will object.

First Observable Effects of So-Called "Energy Crisis" (Fall 1973)

- off-shore drilling renewed, Santa Barbara & elsewhere
 we can expect
 new off-shore wells to be opened
 regardless of consequences
- 2. price of crude oil shoots sky-high, making the extraction of shale oil feasible (profitable) which shale oil territory has been prepared for exploitation by forcing beef prices up, advocating beef boycots, forcing smaller ranches toward bankruptcy
- 3. Peabody Coal plans to occupy Cheyenne land on legal grounds they are "incapable" of exploiting its "natural resource", i.e. don't wait to extract minerals at the cost of all else
- grim austerity consciousness
 empty shelves & stiff upper lip
 & plenty of hoarding, reminiscent
 of early 40's, conditioned reflex
 right psychological climate for WW III
- 5. of course, police & military will have enough gas & how will you like to be stationary populace in the grip of a mobile army?

Take a good look
at history (the American myth)
check sell out
of revolution by the founding fathers
"Constitution written by a bunch of gangsters
to exploit a continent" is what

Charles Olson told me.

Check Shay's rebellion, Aaron Burr, Nathan Hale.

Who wrote the history books where you

went to school?

Check Civil War: maybe industrial north needed cheap labor, South had it, how many sincere "movement" people

writers & radicals played into their hands?

Check Haymarket trial: it broke the back of strong Wobblie movement: how many jailed, fined, killed to stop that one? What's happening to us has happened a few times before

let's change the script

What did it take to stop the Freedom Riders What have we actually changed?

month I was born

they were killing onion pickers in Ohio
Month that I write this, nearly 40 years later
they're killing UFW's in the state
I'm trying somehow to live in. LET'S REWRITE
the history books.
History repeats itself

only if we let it.

check Science: whose interest does it serve?
whose need to perpetrate
mechanical dead (exploitable) universe
instead of living cosmos?

whose dream those hierarchies: planets & stars
blindly obeying fixed laws, as they desire
us, too, to stay in place
whose interest to postulate
man's recent blind "descent" from "unthinking" animals
our pitiable geocentric isolation:

lone voice in the stars

what point in this cosmology but to drain hope of contact or change

/oppressing us w/"reason"

Free Julian Beck Free Timothy Leary Free seven million starving in Pakistan Free all political prisoners Free Angela Davis Free Soledad brothers Free Martin Sobel Free Sacco & Vanzetti Free Big Bill Hayward Free Sitting Bull Free Crazy Horse Free all political prisoners Free Billy the Kid Free Jesse James Free all political prisoners Free Nathan Hale Free Joan of Arc Free Galileo & Bruno & Eckhart Free Jesus Christ **Free Socrates** Free all political prisoners Free all political prisoners All prisoners are political prisoners Every pot smoker a political prisoner Every holdup man a political prisoner Every forger a political prisoner Every angry kid who smashed a window a political prisoner Every whore, pimp, murderer, a political prisoner Every pederast, dealer, drunk driver, burglar poacher, striker, strike breaker, rapist

Polar bear at San Francisco zoo, political prisoner

Ancient wise turtle at Detroit Aquarium, political prisoner

Flamingoes dying in Phoenix tourist park, political prisoners

Otters in Tucson Desert Museum, political prisoners

Elk in Wyoming grazing behind barbed wire, political prisoners

Prairie dogs poisoned in New Mexico, war casualties

(Mass grave of Wyoming bald eagles, a battlefield)

Every kid in school a political prisoner

Every lawyer in his cubicle a political prisoner

Every doctor brainwashed by AMA a political prisoner

Every housewife a political prisoner

Every teacher lying thru sad teeth a political prisoner

Every Indian on reservation a political prisoner

Every black man a political prisoner

Every faggot hiding in bar a political prisoner

Every junkie shooting up in John a political prisoner

Every woman a political prisoner

Every woman a political prisoner

You are political prisoner locked in tense body

You are political prisoner locked in stiff mind

You are political prisoner locked to your parents

You are political prisoner locked to your past

Free yourself

Free yourself

I am political prisoner locked in anger habit

I am political prisoner locked in greed habit

I am political prisoner locked in fear habit

I am political prisoner locked in dull senses

I am political prisoner locked in numb flesh

Free me

Free me

Help to free me

Free yourself

Help to free me

Free yourself

Help to free me	
Free Barry Goldwa	ter
Help to free me	
Free Governor Wal	lace
Free President Nix	on
Free J Edgar Hoov	er
Free them	
Free yourself	
Free them	
Free yourself	
Free yourself	
Free them	
Free yourself	
Help to free me	
Free us	
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