

bear witness to that which is



ameen wahba

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~~merrily merrily merrily merrily~~

special thanks to Paul for bringing this text into physical existence, those I have played & performed with, Graham, Sarah, Phil, Kealinn, Jordyn, Olive, Ernest, & Steinbeck, the house that I live in, the closet I sit in, the route I run, Lisa's Radial Cafe, DRUK LCA, Baker's on Saddle Creek, and anyone who has ever lived, either in a house or not in a house

i give my appreciation to Emily - thanks for working through this fucked up beautiful thing that seems to be life with me, I love you.

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1st edition

merrily merrily merrily merrily = ongoing creative project.

merrilymerrilymerrilymerrily.bigcartel.com || merrilymerrilymerrilymerrily.org

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***this book is
dedicated
to all
beings
committed
to the
qualities of
presence &
compassion***

“Love is the only sane and satisfactory answer to the problem of human existence.”

- Erich Fromm

“In your longing for your giant self lies your goodness: and that longing is in all of you.”

- Kahlil Gibran



C O N T E N T S

reduced speed x4

in a brown study

this lady talking about grilled cheese needs some help! i feel bad for her
non-i dinkers

Dream #1 12/13/16 / Temple University Psychology Department

beach day

dream #2

the deep-seated mental framings of a professional farmer

a man apogee

to lead both way, currently

dream #4

smash my ego w/ your ass ty

ego cushions

untitled

MISCEGNATION IN 3 PARTS

rat

elaborative interference

dream #5 (9/21/2017)

dream #5 (10/25/2017)

everything color

white ppl have power over me in america

set a good fire to the torch

Three unidentified Snatchers who disintegrated during the Battle of Hogwarts

the protocol is self-imposed

7/5 dream #3 in 3 parts

dream #6

untitled

gull at a bar with friends

soft gurgle



reduce speed x4

the rust felt nice
corroded gold
you tickled my foot
and asked for water
i did what you asked
because it felt good
and i wanted to

we mean different things to each other
all of the time
i do things to feel better about myself
he says he is happy
something he says

to feel better about himself
peeling this
rust off in layers
between my
fingers

stained hands
running towards you
like a child
feeling well
corroded gold

in a brown study

i think i'm in less fear than i was this time last year
my thoughts have become more absurd but closer to reality
a quiet joy
whats the difference between wanting to die and longing for union

this lady talking about grilled cheese needs some help! i feel bad for her

the paradox of opposites is vital
there are no rules to this
maybe there are from above
i don't know

being married unconditionally to
a thing to an uncritical degree
is ultimately detrimental but
maybe fun too

i can cause myself
harm by meditating
too much

all i require is kindness

non-i dinkers

if something i do
doesn't get a positive
emotional reaction i
assume its 'wrong'

classical writing uses the active voice
maybe ill meet someone tonight
I'm worthy of love

nothing has changed except my awareness
i fear your judgement when i don't hear from you
i feel like the old woman
wise; in the store
smiling at the kids
stealing candy



Dream #1 12/13/16 / Temple University Psychology Department

enjoying a time
realize a plane is crashing -
it falls out of sky
lands behind buildings
i go to a location of greater perspective &
recognize it coming towards me
in this, i meet 3 women
i'm flirting with them all
i do name-dropping
drinking something delicious
there are screams in this basement
building - where i am now
had the premonition that i was in the
Temple University Psychology Department
i see my professor who
gives me snide comment
in good spirits
dylan has long-beautiful hair
& asks me if i'm coming into a different building
what began as survival ended as a good time
full of friends
a space where
the threat wasn't as
impending

beach day

i will
remember
us like
our day
at the
beach

i got
a sunburn
on my
shoulders
that peeled
for weeks

getting
tossed
under
waves

loving
every
minute
of it

dream #2

craig and melissa came to a party near my house.
melissa went to go shake my hand
we gave each other kisses on the cheek after i insisted we
hugged
i told them that i lived a few blocks away &
that they were welcome over
any time



the deep-seated mental framings of a professional farmer

what is your premium
on & can you smell the water
in my skin
i would like to
own a horse one day
maybe one day we can start
a family or a
business

a man apogee

the industrial revolution
was 200 yrs ago

to lead both way, currently

going to the river,
even the apostles were
tent-makers



dream #4 (7/12/2017)

was walking around the town i grew up in
hand in hand w/ Ms. Waits
my elementary school principal
we were having a wonderful time
crossing arms in her domain

my most vivid memory of her
is crying in her office
~~fearing of~~ in fear of punishment
or being bad

smash my ego w/ your ass ty

hypersensitivity
to everything
i hate

a small man choking
me a large man
pinching my spine

to condemn a thought is to do the act in which you are condemning;
does one condemn this in turn
or simply see it as it is

ego cushions

sometimes when
I'm seeing thing
notice the ceiling
available and spacious
edited out
cobweb in the corner
coming into focus
again & then not
edit an outing
out



i see you
giant middle finger
to all things fucked



MISCEGNATION IN 3 PARTS

MUTT1

I DIDNT LIKE MY NAME
MOM WAS THINKING OF NAMING ME NOAH
LIFE CAN BE EASIER

THERE ARE HURDLES to me BUT PALATE THEM
MAKE ME FEEL LIKE IM
WORTHY OF SOMETHING GOOD

MUTT2

I DONT KNOW WHO I AM
I HEAR STEPS AND BECOME AFRAID
HARD TO EXPLAIN THE PAIN IN MY BODY
TIGHT
TOO OPEN-ENDED
FEEL A GRAVITY OF CONSTRICTION
CRUSHING ME
WANTING ME DISAPPEAR
I FEEL AN AVERSION TOWARDS GOOD THINGS
I FEEL AN AVERSION TOWARDS BAD THINGS
I FEEL INHERENTLY WRONG
I AM ANGRY
LIKE WHEN YOU ARE HURT
AND YELL AT SOMEONE WHO IS
TRYING TO HELP YOU friend
BECAUSE YOU ARE ANGRY AT REALITY
MODEL SAYS NO PAIN
BOTH LONGING AND DESPISING the THEY; THAT WHO YOU
THINK COULD REMEDY THIS
BECAUSE THEY ARE NOT HERE NOW

THEY ARE WITHHOLDING THEIR CAPACITY ALLEVIATE SUFFERING of course!!

NO ONE KNOWS IF IT WILL BE OK
I WONT EAT THIS MICROWAVE DINNER
I WONT EAT ANYTHING
EXCEPT IN THE NIGHT WHEN NO ONE IS LOOKING
I WILL
EAT ON MY OWN TERMS
YOU ARE ALONE AND NEED TO KNOW IT WILL BE OK

LIKE YOU SHOULDN'T BE HERE
THAT LIFE IS TELLING YOU TO STOP
EVERYONE KNOWS THERE IS SOMETHING
WRONG WITH YOU

MUTT3

I USE TO
CALL MYSELF
"MUTT"
BEAT YOU TO THE PUNCH
MAKE EVERYONE FEEL
MORE COMFORTABLE IN
THE FACT THAT ONE
OF THESE THINGS IS
NOT LIKE THE OTHERS

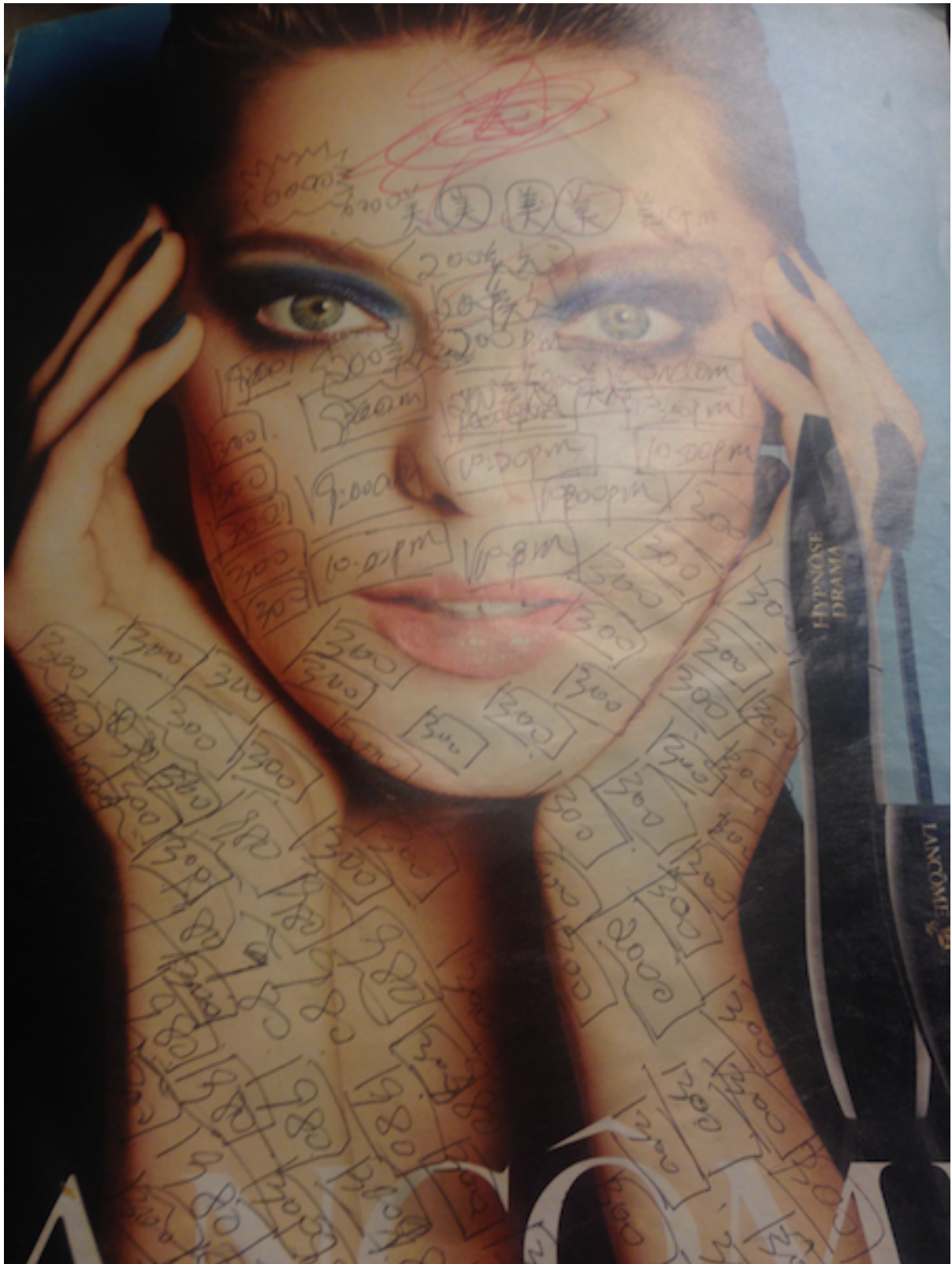
I AM VAGUE AND
UNCATEGORIZED

I WANT TO MAKE YOU COMFORTABLE

I WANT TO MAKE ME
COMFORTABLE TO YOU

PROVIDE A PEG YEARNED FOR
TO PLACE IT MYSELF MAKES IT
EASIER FOR BOTH OF USE

I WISH MY NAME WAS DIFFERENT
SOMETIMES I STILL DO
SOMETIMES
EASIER FOR BOTH OF US



rat

talk dirty
to me
tell me
that i'm
not being
present

feel my
left leg
eat my
left leg
eat my
tree house
bug bite
nice dick

rat

big boy
knee pad
kick flip
wet suit
ha ha
haha

big boy
knee pad
kick flip
wet suit
ha ha
haha

ha ha ha ha
ha ha
haha
ha ha haha ha
haha

elaborative interference

you were trying
to avoid the shit
just like me

the hole in my
chest asks where
you are & my
brain says,
“wherever it is you may be”

releasing 3 days
in a row
feels good

if only i could
purge it all at
once!







dream #5 (9/21/2017)

my "bear witness"
tattoo was in a different spot
& rubbed off in a smearing way

two men were looking at my van
& thought it was of interest
i could see them outside from
inside a building &
i wanted them to buy it

dream #5 (10/25/2017)

was touring w/ Frankie Cosmos
she was upset at me for being rude to two men
selling pies or kisches
i said i may have been annoying but it wasn't egregious
(in hindsight it was pretty egregious)
i went to walk around
i saw Bernie Sanders sitting and talking at a bar
i ended up at home where there was
fresh paint on the door
and multiple stamp machines
on every floor
i went up to my room
which looked exactly like my childhood bedroom
someone (probably me) left the larger of 2
TVs on; this made me upset for wasting electricity





everything color

in my dreams i approach her
in my dream i buy the wine
the lens of vacation can
come into
perception at
any moment

the sunset paints everything color
10,000 busy busy and they're mostly all me
represent the undertow
undermine the people's sense of I
a bias towards feeling something alternate

white ppl have power over me in america

its ok to take medicine if you need it
if you don't feel good you can stop
~~wellness isn't a hierarchy~~ there is no hierarchy of wellness
i still carry heavy things

set a good fire to the torch

ACTED AS A TORCH SHOULD
HEARD THE MEDICINE MAN ON THE MISSOURI
RIVER WOULD HAND OUT CHOCOLATE
COVERED STRAWBERRIES I'D
SIT HIGH & FEEL TIGHT NOTHING

SIDE-EYEING PRIDE
A SILVER DEMON OF
DEMONS ETCHING
MARBLE GRANITE PATTERN
ON A HEADSPACE





Three unidentified Snatchers who disintegrated during the Battle of Hogwarts

I love this machine
manufacturing data bubbles
pick your favorite Beatle
I'm not safe in the space of the judge
my shadow thinks that its you
when you have
your own to
worry about

If I can eat every seeded fruit
with or without your consent
then whats stopping me from
accepting your consent

recognizing everying form makes
me meta meta vague
condeming the big judge
makes me feel like im solving
something

The Fear of being anything at
all is representative of the
Desire to be everything

Waiting to sit & do nothing

until something comes makes
me fear that I'll go
on facebook & wake up in
a funeral home

the protocol is self-imposed

has trump even seen 1 ted talk



7/5 dream #3 in 3 parts

two men offered me weed &
when i declined, they lit the ground around me
on fire
i had fire on my back
as i exited the circle of fire

a very short birds eye view
of something
an incident happening
surrounding a table of bins
in the crowd was my mom
my dad and my girlfriend's mom

a tattoo
a wheel with a cookie
(circles)
with a bear
said i had to go to work
would be able to get it finished tomorrow



dream #6

a man who was extremely/comically bloated kept
vomiting & with each purge reduced in size
the final purge elicited complete bloating of legs,
each extending parallel while the rest of the body
appeared distressed but unbloated
the final vomit tore his hands apart,
changing the energy of the scene
the visual field paused exclusively on his hands
coming apart, slowly floating & reattaching appropriately
the hands moved perpendicular
and cross one another





CONFRONT WITH THE 'I'
SO I CAN OCCUPY SUBURBAN MOM,
LAW ROOM COURT JUDGE
SILENT ORACLE BURIED UNDER
THE 900 WHITES
RELAY ME TO THE TROUBLED CLERK
OPEN EVERY WINDOW CLOSED
EVERY MANIC UTTER,
BROKEN EMBLEM, CAST-IRON ROMANCE
LIKE EVERYTHING LIVING OR PERCEIVABLE
YES, I AM UNKNOWN TOO
IF ONLY I
KNEW SOMETHING
ABOUT IT
MAYBE THE 'I' IN THIS 'WOULD'
WOULD OPEN TENDER SECONDS
OR SHOW ME MY "ONLY HOME"

gull at a bar with friends

today You see 1,000 gulls at least
four hundred males maybe, you think,
combing through the off-blue sky again
early morning early morning
early morning

the ways in which you
change are shaded

mommy's hairbrush laying
down in the day sitting in
the sun toothbrush at night
all so always
wet with care
and you say
alone to yourself
"why can't i drip like this"

a gull pivots the earth
1 million times
tiny stones sunk in waves
see it feeding on
1 bottle half-full of ocean now
"if you choke on that i'll kill you"
thought saying softly
fearing a tender loss
openly without remorse

imagines gull at bar with friends
original content
thought of laugh emerges in blanket

on the phone
how can I tell you there is
vomit in my mouth
without





soft gurgle

when the city is alive
the city is the city
& i am alive

when the city is dead
the city is the city
& i am dead

every crisis
is a mid
life crisis

resuscitate the city

dont
forget
that
you
can
write
on
money



~~merrily merrily merrily merrily~~
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