

## *The Gut Of Life Is An Earth* *A poem for ur insides...*

***The following An exercise in how to listen using inspired techniques from the greek temple of Asclepius. Where the seers would be visited by an Earth Inhabitant with an ailment there were at least two pits of snakes. The seer would engage with the snakes and a specific mugwort smoke and then listen falling deeply into trance. Welcoming a waking dream state they would hear the body of the individual's complaint but also track down the dream world overlapped subconscious set of archetypes or worlds at play or both. The seer was a physician of sorts. And would speak from intuition guided... Here is a simple poem called based on "oracular gut speech/ visioning and subsequent listening"... Here, the gut is parallel to the snake to hear what the snake says is your medicine. We can close their eyes and write what we see the snake saying or words the snake speaks or images conveyed.***



*Begin with me...*  
*Close, close, close ur eyes.*  
*Open up your breath.*  
*Breathe 3x*  
*And say:*

*"The intelligence of my body*  
*Will guide me.*  
*May my snake-like innards*  
*Reveal what*  
*Medicine I need most*  
*Now."*

*Sit and peer behind the curtain of your eyelid.*

*Stare into the darkness at the space located between your actual sight, keep them closed. You may hear a snake whisper. The voice of your intuition is hissing.*

*Inwardly bring your focus down to your gut as a fuzzy ball of color begins to appear in your psychic tv screen.*

*Announce aloud:*

*“Body full of wisdom I address thee  
Within  
Reveal to me  
What my guts do see.”*

*Return to center thank ur intestines and draw or write whatever you tuned into. See your intestines as a beautiful snake shining ready to relay knowledge.*

*Exercise and poem notes:*

*Repeat until you visualize, “see” or hear something or as often as u wish or before bed or first thing in morning.*

*Your body is an oracle be sure to thank it and take care of the world it lives in and the people it loves but also remember your capacity to love and provide for self in times of great need. We are all guts of earth.*



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*Above:*

*Vision of what I saw after doing exercise.*

*In addition to hearing voices and sounds from another time/ place...*