

THE STRESS GATE

*Work: Ignoring pain and gulping will
Cannot make fear's sun stand still,
It can however entirely wire
Stresses' stinging ball of fire.*

*Slow: Breathe four deep breaths a minute easy quiet,
Make relaxed air your constant diet.*

*Stop: No breath will none green fear sun quiet,
Ripe sun will run joy's delicate riot.*

*Stars shine bright on shatter light. Dead weight dumbbells death hard
Press on grunted racks: Thee. The. The. That's come outside its beautiful.
Breathe with your entire being. Let the marvellous air in, folks.*

THE VICE VISE ADVICE
GATE

All through fright, sunlight, moonlight, rain, and lightning,
The forces of repression find our dirty little life too exciting.
They always tell us our entire world needs a very somber and heavy stifling.
Why don't the pathetics realize Yaweh, Allah, Bhramin, and Buddha sing
Like hell looking down on Repression's oppressions, shrieking and laughing:
Was your very life created by a few small undertakers super over-controlled?
Or by a large blood stuffed wet jumbo hot dog mega-freepletely jelly rolled?
Stars shine bright on shatter light in heavenly delicious filthy dirty star brack.
Full many a dirt star sings: The Filth of Life! O how I love it in a slimy slack:
Thee.The. That's what keeps dear filth, peace, joy, love, hope, and light alive, folks.

THEWATERGATETHEWATERGATETHEWATERGATETHEWATERGATETHEWATERGATETHEWATERGATETHEWATERGATETHEWATERGATE
TINKLE TINKLE LITTLE CROOK IN A TOILET NOT A TAPE. FOR IF YOU TINKLE IN A TAPE YOUR LIFE WILL BE AN OPEN BOOK
AND YOU WILL GET UP YOUR DEVIOUS LITTLE WELTANSCHAUNGS TANGLED BANK THE GOOD OLD E PLURIBUS UNUM GET OFF HOOK.
STARS SHINE BRIGHT ON SHATTER LIGHT. ANAL PSYCHOTIC CONTROL HACKS VOTE OFTEN AND EARLY FOR ANAL SADISTIC CROOKS SQUIRELY. THEE. THE. THATS LET US PREY. FOLKS