

SHIT WISDOM:

A contemplation straight from the bowels

Each person should examine their crap
as a down-to-earth meditation
reflecting on what comes out
without scruples

"How did these turds become this way?"
"Of my lifestyle – what's this say?"

Shit speaks

For those who observe
there's a wisdom
straight from the bowels

What's wrong
with our planet today?

Most humans are too full of crap
& the stuff in their bowels
mirrors their brains

Cultivate a deep compassion for crap –
it's a honest barometer
of events that have come to pass

Rise above squeamishness
& relax

Every moment
each of us are moving
through the World's Intestines

- **T Newfields**

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