

# Lessons from former lovers

Isn't love a temporary madness  
& neuro-chemical spike  
in which judgement ceases  
while a life-affirming "yes!" whoops?  
Perhaps, but wouldn't a loveless life  
seem blander-blatter-blather?

Falling in love is simple;  
the real chore is to love  
continually - especially after  
quips, slips, & other nonsense  
makes patience dips.

Seeing anything good in another,  
it becomes multiplied in us.  
Love is an integrity multiplier  
& an queer spiritual alchemy.  
Hence can we ever love too much?

Sex with love can be healing,  
but without it, isn't it a tedious divertimento?  
Yet some create music with their bodies  
with consummate skill in notes of joy.

Narratives shape the contours of our consciousness:  
once a person believes a narrative is "true"  
any facts incongruent with that are filtered out:  
hence aren't our lives structured fictions?

If you fortunate, love changes you  
& in some ways, eventually there's  
little difference between "I" and "thou" -  
just a curious unity-in-diversity.

- T Newfields

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