



Routine Check

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The unaffected voice in my phone tells me to notice what happens when I let go—when I let go of any effort, any resistance and just leave it as it is. It tells me that very often the discomfort will unfold on its own. I will notice the weight of my body pressing down, the soles of my feet, the palms of my hands, maybe with chest open I will feel the textures of the cushioned musculature against my back. I will feel my body retreat from my skin when I accidentally extend onto a not-yet-nested area. I will retreat into the compression of contorted bones and this compression will pronounce itself intensely and systemically in the neck. I will rest the neck on rolling, rectangular shapes that anticipate and resist me with off angles. Ever so slightly. Unbearably. So, I will watch myself. I will toss and turn fitfully between NREM1 and NREM2, or I will only remember so. I will leave it as it is, sabotage my Goodness. I will watch myself. I will make sure the disruption remains undisclosed. I will elude the regimented accountability against non 8h© certified Goodness. I will assimilate normative standards required to ensure Goodness. Because I am good. I watch myself.

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