

3.

I said Jesus, *listen*.

*I want to get this all over with.*

*Can we do it really fast?*

*I'm willing.*

You have to bring it up, you have to face it, you have to feel it.

Your body has to feel the pain, because your body holds the memory.

Your spirit doesn't, your body does.

*I had to tell my cells to let go of it.*

I'm talking to my body the whole time -

*Give it to me. It was terrible.*

You have to feel it to transmute *it*.

And then you have to let it go.

I woke up the next morning.

My whole body hurt. I couldn't walk. I had asked for it.

My whole body. Pain.

I laid there and I cried.

*I'm sorry body.*