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From Clarity and Back Again

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Clarity in Expression  
Allows us to communicate  
Language unlocks the trapped energy  
With our cranium and  
Spreads it out for the world  
Within this enunciation  
We are able to size up each other  
And pass on our experiences our lore

But as with any magic there  
is the element of confusion (tick)  
the opportunity (tick) to enter chaos (tock)  
within which garble, barble, blabble  
can clog (clock) the airways (frazzle)  
Then we spiral off into the dark (franble) woods  
Lost (whirzled) alone (azumle) frightened (bezumble)  
Frick, saddle, foosh, whirm, triackle, zum, zoom,  
Zot, zabble, zarf, zun, pranthe, prat, franukle,  
Frum, slurp, blurp, blum, bum, fizzle, pop,

{breath, in and out, slow, deep, steady }  
Oooooooooomnnmmm – prana prana prana  
Breathe life (tick) (tock) (clock)  
Back from the void – Balance, energy, life  
You will come, clearer, sharper, wiser  
And there you will find clarity  
in Expression. Allowing us to communicate  
Releasing the trapped energy  
for the world to be