

Sugar cross words

Sugar Journal Images 1

'Without help' was the clue. She immediately wrote 'alone' and winced when she checked the answer. Easy crossword puzzles were good distractions, but her emotions were always everywhere. A toddler baby girl on the train was relentlessly weeping. Rather than annoyance she felt the child's pain. Tuning into the mother's calm made her feel better. 'Self sufficiency' she thought should be aim always for her. 'Being essentially adequate' 15 across, 2 words 15 letters. Thinking about sugar
The day after Thanksgiving & too much sugar 'n carbs,
today must be active and careful.

Studying laughter and vomit moments

Absurdities and forgiveness re: lack of study
and release from shame. Her insight about earrings
on a man & the shame of crispy creams.

The ten-cent history of sugar/honey

Indonesia Egypt the America's Europe, the addiction, 2nd hand to the Enslaved and
colonized (This is the part they'll remember).

The healing will have to be stories, i.e. losing love family friends

Pleasure organs eyes legs kidneys the itching the teeth life force no punctuation Jazz
droppings. People come tell. Constantly eat celery cheese whole-wheat crackers, if
necessary, pieces of citrus.

RMc 2/2013