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7 Grams

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7 Grams
Stacy Leon-Guzman

psychedelic means mind-manifesting / expanding consciousness / perception of the self // what these drug laws tell me is that you want to stop us from exploring our own minds / stop us from traversing the depths of our souls / stop me from taking a drug that allowed me to make peace with myself / allowed me to see the light in my wounds / showed me how to hug my body / say thank you body / I love you body / thank you for 28 years of life /

7 grams of psilocybin mushroom tea and I was able to release the trauma trapped inside of me / able to see myself as a little girl aching to be set free / wide eyed, round face, blunt cut bangs, carrying the weight of someone else's shame / that took me 20+ years for me to realize it was never my weight to carry // 7 grams in silent darkness showed me I couldn't get stuck in the why / Why Me? / WHY WHY WHY / as the words danced across my mind in big block letters / I knew there was no point in getting stuck in this endless loop /

be here now // cry / release / as my man held me tight and allowed me to just be / here right now / you are loving awareness / close your eyes and allow yourself to follow the light / let it speak to you, tell you what you need to hear / do not fight the feeling of death that is your ego talking / let it wither away and allow yourself to leave this negative space / just be here / right now / allow this plant medicine to heal you / allow it to show you the love and humanity in all / even in those who have done you wrong //

7 grams allowed me to see all human beings as divine / and yes, him too / I saw the child in him / had compassion for him / and although he committed the same atrocity on my body / I felt sorry for him / the young boy hurting inside / and although at first I didn't give a fuck about him and his pain / and at first, I didn't give a fuck about the cycle of abuse being a real thing / I saw him / and I knew, he wasn't solely to blame // you see, these drugs allowed me to take myself out of the equation / and see him for what he truly was / a young boy fucked in the head with an awakened sexuality he could not contain / and this isn't me saying that it was okay / because what made him the predator that turned me into the prey / is the same shit I knew was wrong from the start / the same shit I did not continue / this cycle ends with me //

these drugs will fry your brain / make you go clinically insane / try it once and you may die / the DEA knows what's right / but here's what I'm trying to figure out / why psychedelics are Schedule 1 drugs / when opioids like fentanyl and oxycodone are Schedule II drugs / I mean, this shit doesn't make sense to me when in 2017 there were 17,029 deaths from prescription opioids / let me repeat that / 17,029 deaths from prescription opioids / It's like the Dr.'s know but only wanna continue to profit / prescribe you a drug for the pain / with a list of symptoms and complications / followed by another prescription / and like a PEZ dispenser they shove these pills down your throat / and tell you we're sorry we can't help you when you've become addicted / what we need is proper drug regulation / proper drug education / an understanding that psychedelics can be life changing / can be lifesaving /

you see, 7 grams of psilocybin mushroom tea allowed me to release the trauma trapped inside of me / allowed me to truly love myself and set that little girl free / showed me how to hug my body / say thank you body / I love you body / thank you for 28 years of life / I know this journey isn't going to be easy but this cycle ends me //