

## SEX

we need sex  
because it connects us  
to the past

not just our childhoods

healing

replacing pain  
with pleasure  
slowly  
one event by another  
if we can

but also to our  
distant past

our ancestors  
all humans who have ever  
lived

perhaps some

just us  
in other lives

we need sex  
because it connects us  
to them

we need to connect  
to what is crazy  
insane  
and beyond  
reason

in us

and in all of us

all the way back

to the beginning

we need to touch  
ourselves

and others  
as best we can

again and again

to remember

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