

# {Adult} What Does It Mean If I Open Myself?

BY JEN MILLER

*Penetration*

What does it mean

If I penetrate you  
if you penetrate me  
if you push in, push past  
if I push forward, push back

What does it mean if I open myself  
if I allow this  
invite this  
yield to this  
be in this  
so deeply

that I can't draw lines  
between my heart  
and my body  
where one stops  
and one begins

all I feel  
is the heat of your skin  
wrapping me in  
your warm blanket of soul  
your sacred pipe bowl

This is what we know  
what we forget  
what we remember  
when we stoke the embers

Photo by [Bruno Sousa](#) on [Unsplash](#)

For more self-study, [The Urban Howl](#) recommends [The Inner Voice of Love: A Journey Through Anguish to Freedom](#) .

*Sip a little more:*

[\*\*Love Potion: A Recipe For Opening Yourself & Letting Love In\*\*](#)

[\*\*I Grieve Because I Have Loved, Still Love, Will Always Love\*\*](#)



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