

# Come Undone – Resist The Cage & Set The World On Fire

*By Samantha Wallen*

I want to unhinge  
myself  
unzip my skin  
step out of the placid waters – the dark lake  
harbouring wakes  
of emotion gone under

this looks like screaming out  
in the kitchen over dinner and dishes  
“I love this fucking song”  
it’s been so long  
since I split myself open and moaned  
like the ocean heaving  
in fact, it’s never been...

I’ve learned to be  
clever about revealing – always  
concealing the wild space within me  
today I gave way  
to the prison of derision – climbed on top  
of my lover of twenty years  
waved my arms like a hungry beast  
and made the bed squeak because  
I could not yet find my own voice

I wrote this poem  
on a notepad with him still inside me:

*Coming undone  
is the thing I’ve run from  
my whole claustrophobic life  
today, tonight, for the rest of this life*

*I want to be  
out of my mind  
talk to myself in epitaphs  
measure success with hysteric laughs  
eat pie and dance in the afternoon rain  
of my failure to complete  
never become neat, or anything  
close to perfect.*

*My children will not recognize me  
I'll become  
a song finally sung, a poem written  
the woman who weeps  
through the soles of her feet  
puts fake checks on her altar  
just for fun because she is  
the woman who does not falter  
on making the choice to live  
or to give what she can withhold no longer.*

*I'll be the one  
that teaches my girls how  
to resist the cage and how  
to set the world on fire.*

***For more self-study, [The Urban Howl](#) recommends [WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source](#).***

The most erotic  
moment for a  
woman is  
feeling that  
you are Shiva,  
the divine  
masculine:  
unperturbable,  
totally loving,  
fully present,  
and all-  
pervading. She  
cannot move  
you, because  
you already are  
what you are,  
with or without  
her. She cannot  
scare you away,  
because you  
already  
penetrate her  
in fearless  
love, pervading  
her heart and  
body. She  
cannot distract  
you, because  
your one-  
pointed  
commitment to  
truth will not  
bend to her  
wiles. Feeling  
this hugeness  
of love and  
freedom in you,  
she can trust  
you, utterly,  
and surrender  
her testing in  
celebration of  
love.

Until she wants  
to feel you as  
Shiva again.  
And then the  
testing will  
begin anew. In  
fact, it is  
precisely when  
you are most  
Shiva-like that  
she will most  
test you.

# #SENSUALHEALING

HOWL WITH US ON [FACEBOOK](#), [INSTAGRAM](#), [TWITTER](#) & [PINTEREST](#).

SPREAD THE MAGIC: