

even in the angle of the pen and bend of the fingers
and movement of the arm in support of the wrist
all resting easily on top of measured easy tramping
and keeping that handwriting legible and consistent
and the energy moving and when you are lost or just
lost in thinking come back again first to breath and
then loosen your body, your grip, ensure handwriting
comes out flowing loosely and suggests uniformity
and awareness and yet the feeling and speed should
be a steady constant pushing that if continued can write
its way through anything until the writer is so perished
the pen continues across the page undisturbed by
outside forces.

2-10-2025

Hello beautiful page. How patiently you waited for me today. And not due to neglect have I not visited upon your pages but only through trying to keep up with the days events and staying in motion but now evening draws in and I feel it is time to sit at desk with powder, breathe and let the pen out to play and to scribe across the page and on top of the light blue college ruled line. Into my own world I begin to drift loosening my grip and seeing that no muscle is being held too tightly and that there is regular and slow breath. And that the hand continues its forward movement and that my handwriting not only be legible but also beautiful. If I am taking the time to write in such a personal and graphic manner it should be both readable and nice to look at. Consistent and easy to make out the constructions of words from their syllabic letter constraints. And that is just the presentation and no thought has even been made for topic or tone or direction, perhaps misdirection. The misdirection of my minute to second life. And other stories told by Harry D. Mouse. P. for well Petty, Harry Petty Mouse, or Mr. Mouse. No I don't wish to write about fake nice nor do I wish to review the days events. I don't wish to think of the future, of what will be or need being. I only wish to be here now with my words and to be at ease knowing what is to come has no meaning or matter, and nothing needed rests in the past. You can keep moving, be present, be loose don't be tense anywhere, let go of all bodily tension and for every contact point ensure there is a softness and tenderness.