

# TWO-HEADED MONSTERS

POEMS FOR A NEW AMERICAN DREAM



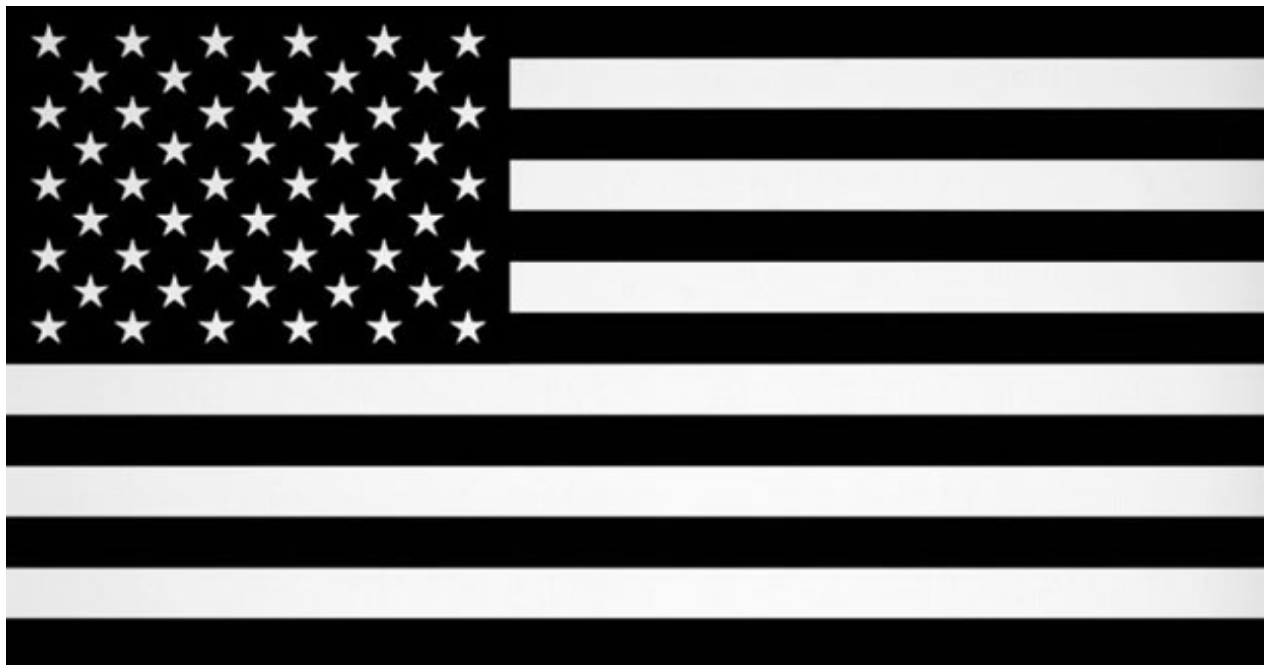
An Invitation from Michael Richardson-Borne

# DEDICATION

Two-Headed Monsters is a collection of poems dedicated to the future of the United States of America at a time when fascism is on the rise, a culture of separation is the rule, and the realization of our pre-existing unity, what I call Non-separation, is forgotten.

May we all turn within and question the Separate Self as soon as possible.

Michael Richardson-Borne  
2019





**Soll Ich Werden**

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# TWO-HEADED MONSTERS

POEMS FOR A NEW AMERICAN DREAM



# PREQUEL

*In which an American farmer describes his experience of being spoken by 12 two-headed monsters while transmitting a vision for America and a new American Dream.*

America – where were you the night I didn't sleep? Where were you when the twelve two-headed monsters came out from under my bed? I'll tell you where you were – you were in my heart wide awake after a full days gulp of the sun. You were a pulse to witness forever – true love that existed as strange iconography in the mind. I was your minstrel that emerged as the hidden ventriloquist. I saw that one way was one way and another way was another – but the dream of America had no way until the way was entered. These were the kinds of words the famous rainbow faces chanted through us.

They sang the sounds through our mouths like knives pushing from the inside out. They gave us a truth to understand that was sacrifice lived into action. They said death inside of life was the ultimate. They let us feel it unified until we died into a transparent grave. Never to be martyrs, they made it clear we dreamed ourselves into being. We were *all* the off-spring of two-headed monsters – one face real, the other two not. Four eyes in space have no argument against the original – I never claimed to be a saint. I am just a farmer who drives his crops from Kansas to Ohio. Now without the burden of the world.

America – let's stand up and receive their message. This is the last call. The insects have broken the skin of the fruit. The grass has been shaven and the worms are exposed. The oceans are mad at the moon. America – let's make peace and let the rivers inform us of prosperity that is not the life we are living – mountains watch our behaviors and sigh. The prairies are junk sick. The cities are confused. The suburbs are filled with the killers of pain. America – it's time to take our culture and level up. The robots will not save us. Our soul may be outsourced – but who we are remains.

# TWO-HEADED MONSTER #1

KENDRICK LAMAR | DALAI LAMA





# # ONE KENDRICK LAMAR | DALAI LAMA

## CHICKENWIRE

All the good kids. All the good kids in mad cities<sup>1</sup> of America – baptized in public pools of clear liquor<sup>2</sup> and bullshit culture that fail to comprehend how much a dollar truly costs.<sup>3</sup> All they want is loyalty<sup>4</sup> in a safe space, some semblance of maturity modeled. They know they'll become what their elders know – they hope for guidance untitled, unmastered.<sup>5</sup> Look closely and you'll find a pack of black butterflies being photographed on the White House lawn.<sup>6</sup> They see palm trees and helicopters circling.<sup>7</sup> They hear sirens blaring in their direction panic. They run from

America with the clarity of holy water distilled in mud.<sup>8</sup> All they want is poetic justice<sup>9</sup> and their birthright to access their true being. They want to understand that peace has them. Even as they walk a great wall destroying monasteries, making maroon robes wet with red<sup>10</sup> – they need to know that peace has them. They need to know that Tennessee will make love to Tibet<sup>11</sup> if you let it. They need to know they are incarnations<sup>12</sup> of reflections of one another. Nothing needs to be done. They are seventeen points<sup>13</sup> of separation ground down to nothing – temporary eyes looking

in at the always familiar. Unhinge this compassion,<sup>14</sup> America – they will comprehend what you now comprehend: nothing is separate. The white chicken trapped behind chickenwire is the brown child at the border behind the barbed. This realization is urban *and* rustic – it's living to make things whole. America – speak their ultimatum of sacrifice as a deathless death. Let them take your ancient rope and pull with trust. Show them there is something they've forgotten holding them steady on the other side. Open their hearts and praise their existence. Open their doors and lead them home.

# CHICKENWIRE NOTES

1. *Good Kid, M.A.A.D. City* was Kendrick Lamar's major label debut album, released in 2012 by Top Dawg Entertainment.
2. A reference to Lamar's song *Swimming Pools (Drank)* from the *Good Kid, M.A.A.D. City* album.
3. A reference to Lamar's song *How Much a Dollar Cost* from the *To Pimp a Butterfly* album.
4. A reference to Lamar's song *Loyalty* (featuring Rihanna), from the *DAMN.* album.
5. In 2016, Lamar released *Untitled Unmastered*, a collection of unreleased demos that originated during the recording sessions for *To Pimp a Butterfly*.
6. A reference to the album cover image for *To Pimp a Butterfly*.
7. A reference to the police helicopters that frequently circle Lamar's South Los Angeles neighborhood – often called “ghetto birds.”
8. A reference to the problem of police brutality that occurs in Lamar's birthplace, Compton, California.
9. A reference to Lamar's song *Poetic Justice* from the *Good Kid, M.A.A.D. City* album.
10. During China's “Great Leap Forward,” between 200,000 and 1,000,000 Tibetan's died and over 6,000 monasteries were destroyed during the “Chinese Cultural Revolution.”
11. The Dalai Lama is a symbol of the unification of the state of Tibet, representing Buddhist values and traditions as both the political and spiritual leader of Tibet. Tibet's sovereignty has been rejected by the People's Republic of China. Fearing for his life in the wake of the revolt from China in 1959, the 14th Dalai Lama (Tenzin Gyatso) fled to India, from where he led the government in exile.
12. The Dalai Lama is considered to be the successor in a line of tulkus who are believed to be incarnations of Avalokitesvara, a Bodhisattva of Compassion.
13. In 1951, the Dalai Lama and the Tibetan government were pressured into accepting the “Seventeen Point Agreement for the Peaceful Liberation of Tibet” by which it became formally incorporated into the People's Republic of China.
14. A reference to the Dalai Lama being an incarnation of the Bodhisattva of compassion. See note #12.

# TWO-HEADED MONSTER #2

KIM KARDASHIAN WEST | AMMA



## # TWO KIM KARDASHIAN WEST | AMMA

### BOOMERANG

These are your socialites,<sup>1</sup> America. Let them love and be true as they're held in their total space. Let them drape their jewelry on ghosts of separation and let this jewelry leave them hollow.<sup>2</sup> Help them misunderstand who they are until the magic moment of reversal. It's all part of entering the way. Let them realize personality is famous<sup>3</sup> – nobody is known except people who dream themselves people. Let them put lipstick on men and negotiate the unreal story of gender.<sup>4</sup> Let it be fuchsia as they learn to drive northwest<sup>5</sup> from LA to California,<sup>6</sup> or southeast from Illinois to Chicago,<sup>7</sup> or no direction

from the world to their hearts. Let them be fathers, hatred is out of fashion<sup>8</sup> – they will hug their opposite when they know the opposite. It's all part of keeping up<sup>9</sup> with one another. It's public policy. They willingly fall prey to circumstance after a visit to the ashrams of India<sup>10</sup> in the pastures of Indiana. It's common knowledge. It's like a baby girl praying on a seashore.<sup>11</sup> Or a soldier changing his appearance into a divine mother.<sup>13</sup> It offers a hug<sup>13</sup> to the dispossessed. It heals the disenfranchised.<sup>14</sup> It turns American outcasts into avatars<sup>15</sup> – transcendent symbols of wholly living sorrow.

America – the desire for more is their source of pain; to gain surplus by exertion, to link this bounty to grasping hands on their dying day. It's not welfare they are asking for – they intuit charity is limited, something sad for the separate. What they want is to know what love is – they want it to boomerang and infuse their living. They want their family to be what the body appears in – to worship the image of their nation lightly, like a false mirage. America – this confirmation is happening. Give them their papers and let them go. Patriots become the power of propaganda for the truth of their awakening.

# BOOMERANG NOTES

1. Kim Kardashian West is an American media personality, businesswoman, socialite, and model.
2. A reference to Kardashian's jewelry line, *Belle Noel*.
3. A reference to the American reality television phenomenon of being famous solely as a media personality (aka famous for being famous.) Kardashian's reality television show is titled *Keeping Up with the Kardashians*.
4. A reference to Kardashian's father, Caitlyn Jenner (formerly Bruce Jenner), who publicly came out as a transgender woman in 2015. Jenner is a retired gold medal winning decathlete.
5. A reference to Kardashian's daughter North West.
6. A reference to Kim Kardashian's birthplace, Los Angeles, California.
7. A reference to where Kardashian's husband Kanye West grew up – the South Side of Chicago.
8. See note #4.
9. A reference to Kardashian's reality television show *Keeping Up with the Kardashians*.
10. Mata Amritanandamayi is an Indian guru from Parayakadavu in the Indian state of Kerala.
11. A reference to the biographical story of Amma praying at the seashore as a young girl.
12. The name Amma means "Mother" in the Tamil language. Amma's followers believe her to be a saint and refer to her as the "Divine Mother." This is also a reference to Kardashian's father, Caitlyn Jenner (see note #4).
13. Amma is well-known around the world as "the hugging saint" – as her form of darshan is hugging people.
14. *Embracing the World*, Amma's network of charity organizations, provides food, housing, education, and medical services for the poor.
15. A reference to Amma being called an avatar – a manifestation of a deity or released soul in bodily form on earth or an incarnate divine teacher.



# TWO-HEADED MONSTER #3

## RUSSELL WILSON | POPE FRANCIS



# # THREE RUSSELL WILSON | POPE FRANCIS

## SEAHAWK

These are the people of the cross.<sup>1</sup> They, too, are seeking a completion.<sup>2</sup> If you show them the way, they will drop their swords, say a prayer, and go deep.<sup>3</sup> They know their champion<sup>4</sup> was right – they know how to hold a tight formation,<sup>5</sup> their marriage is not confused. It's living as a message of a heart intercepted.<sup>6</sup> Intercepted by the fingers of a fallen angel – or by the beak of an evil seahawk<sup>7</sup> that spiked<sup>8</sup> its prey and hoisted its body in the thickened air for a simple season.<sup>9</sup> America, these soldiers are asking you a question. They're asking how a man being born of the earth can settle as a prisoner in

the sky.<sup>10</sup> They're asking if the intent of your playbook<sup>11</sup> is pure – if you will take the time to touch down<sup>12</sup> in America, your namesake. All they want is their quarter back<sup>13</sup> – a little change for their offering.<sup>14</sup> Every week they hold a reception<sup>15</sup> waiting for the return.<sup>16</sup> So take their hearts and ordain them.<sup>17</sup> Supply the cardinals and the doves.<sup>18</sup> Take a vow to show them heaven.<sup>19</sup> Host a conclave<sup>20</sup> about who they truly are. Anoint<sup>21</sup> them with the oil of a diamond diplomacy. Let a wave of communion<sup>22</sup> form a rising tide – encourage a pilgrimage from the Vatican<sup>23</sup> to Vermont. Show them vocation<sup>24</sup> begins

with a mass<sup>25</sup> of people on pace to pacify the particulars of place. Invite them America – invite them to the diocese<sup>26</sup> of destruction. It's time to see through the nonsense. The clock struck zero long ago – they are living your lie of being novice.<sup>27</sup> America – unmask your potential. Stop hiding in the woods and be wise beyond your years. Give them the gift of their own reflection – invite them to grow. Imitate their father who was proud and humble.<sup>28</sup> He will approve if you commit. He was a man of the word – he saw all that he needed to see. Don't hedge your bets<sup>29</sup> – show them the only sin is not to look.

# SEAHAWK NOTES

1. Pope Francis is the head of the Catholic Church and sovereign of the Vatican City State. Russell Wilson is an NFL quarterback for the Seattle Seahawks and a well-known Christian.
2. In American Football, a completion occurs when a receiver successfully catches a pass, usually from the quarterback.
3. "Going deep" is American Football jargon which refers to when a receiver runs the field anticipating a very long pass from the quarterback.
4. Wilson and the rest of the Seattle Seahawks were the champions of Super Bowl XLVIII.
5. In American Football, the formation describes how the players on both teams generally position themselves on the field before "the snap," or the start of a play.
6. In American Football, an interception is an occurrence that happens when a player on the defensive team catches a ball thrown by the quarterback instead of the intended offensive receiver.
7. Wilson is the quarterback of the National Football League's Seattle Seahawks.
8. In American Football, a spike of the ball is a play in which the quarterback intentionally throws the ball at the ground immediately after the snap. The intended purpose is usually to stop the clock.
9. In the context of football, a season is the time of year in which games are being played. For the National Football League, the season begins on the weekend following the first Monday of September and ends in December or early January.
10. A reference to Jesus and his dual nature of being both God and human. Kierkegaard called this "the ultimate paradox."
11. In American Football, a playbook is a book containing a team's strategies and plays.
12. In American Football, a touchdown is a play in which the team with the ball scores six points. A team scores a touchdown by advancing the ball into the opponent's end zone.
13. In American Football, quarterbacks are members of the offensive team and line up directly behind the offensive line. The quarterback is usually considered the leader of the offensive team and calls the play in the huddle. This is also a reference to adding change to the offering plate during a Christian ceremony (see note #14).
14. In the Catholic Church during Mass, an offering is a collection of money or other gifts taken up for the poor or for the church.
15. A reference to the central liturgical ritual of the Catholic Church called Mass. Also, in American Football a reception (informally known as "a catch") is part of a play in which a forward pass from behind the line of scrimmage is received (caught) by a player in the field of play.
16. A reference to adherents of Christianity waiting for the return of Jesus. Also, in American Football, a return is the act of receiving a kickoff or punt from the opposition and carrying the ball up the field without being tackled or stepping out of bounds. Kick returns occur after scoring plays or at the beginning of each half.

17. The sacrament of holy orders in the Catholic Church includes three orders: bishop, priest, and deacon. After six months or more as a transitional deacon, a man will be ordained to the priesthood. To ordain is to make someone a priest or minister.
18. A cardinal is a senior ecclesiastical, considered a Prince of the Church, and is usually an ordained bishop of the Catholic Church. In Christianity, the dove is a symbol of the Holy Spirit.
19. In the Catholic Church, vows are regarded as the individual's free response to a call by God to follow Jesus Christ more closely under the action of the Holy Spirit in a particular form of religious living.
20. A papal conclave is a meeting of the College of Cardinals convened to elect a Bishop of Rome, also known as the Pope, the earthly head of the Roman Catholic Church.
21. Anointing is the ritual act of pouring aromatic oil over a person's head. Anointing of the sick is a sacrament of the Catholic Church.
22. Holy Communion refers to Christ's body and blood being present in the consecrated host (bread and wine) on the altar of a Catholic church. During Mass, each attending member at the Church eats the bread and wine believing that it is actually the body and the blood, soul and divinity of Christ.
23. The Vatican is known as the Holy See – the governing body of the Catholic Church and sovereign entity recognized by international law, consisting of the Pope and Roman Curia.
24. Vocational discernment in which men or women in the Catholic Church discern, or recognize, their vocation in the Church. The vocations are laymen in the world, the ordained life, and the consecrated life.
25. The Mass is the formal, official worship service of Catholicism.
26. A diocese is a district under the pastoral care of a bishop in the Catholic Church.
27. A novice is a prospective member of a religious order seeking admission into a religious order of priests, monks, or nuns.
28. A reference to the Holy Trinity or Catholic belief in "one God in three Divine Persons" – the Father, the Son, and the Holy Spirit.
29. A reference to the act of betting on professional football games.



# TWO-HEADED MONSTER #4

SKRILLEX | ADYASHANTI



## # FOUR SKRILLEX | ADYASHANTI

### MONUMENT

They are synthesizers,<sup>1</sup> America. They piece together the samples<sup>2</sup> of your cultural weight. From first to last, they watch you favor the orchestra<sup>3</sup> of the many-colored-faces. They watch you forget the movement of the sole virtuoso.<sup>4</sup> It's like they dance in a field that is fractured from its festival.<sup>5</sup> It's like the dawn of each day is streaming<sup>6</sup> strings of silent missiles waiting for the drop.<sup>7</sup> America – this is a national emergency. It's the drum, not the drummer, to which they respond.<sup>8</sup> Without perfect pitch<sup>9</sup> they are deafened by your failing acoustics<sup>10</sup> – the reverb<sup>11</sup> is echoing from the outside in. Why

can't you see they are dying to bend your circuits,<sup>12</sup> to reverse your rhythm,<sup>13</sup> to find turntables that offer a single spinning record<sup>14</sup> like a black moon with shadows that stretch from Colorado to Cameroon? America, this is straight talk. Why can't you see the end of this world and quit it with your thoughts and prayers. What they are asking for is the gray<sup>15</sup> secret of silence.<sup>16</sup> Give them assembly and let them fall into grace<sup>17</sup> – open the gate<sup>18</sup> and stop withholding. Give them a retreat<sup>19</sup> from the mummery. Let their liberation remix<sup>20</sup> the bounds of primordial peace<sup>21</sup> – let it be true equality, the

unsuffering of sound. America – this is an amber alert. The call is out to your accomplices while the truth is missing, blurring the scene. Reality is hog-tied in a dingy Texan motel or gagged in the Washington Monument – now is not the time to bury your head and pretend to be lost. It's overwhelming. America, what will you do as you remember the perpetrator's hearts? Will you continue to lead them in search of an obsolete dream? Or will you shun seeking refuge and open their existences to being found? America – you're a path, not a Ferris wheel. Which way do you point tonight?

# MONUMENT NOTES

1. A synthesizer is an electronic music instrument, typically operated by a keyboard, producing a wide variety of sounds by generating and combining signals of different frequencies.
2. In music, sampling is the reuse of a portion (or sample) of a previously recorded song or soundscape. They are usually integrated into a new song using hardware (samplers) or software at a digital audio workstation.
3. Electronic music is frequently called the classical music of the times – and orchestral music is readily sampled in electronic music productions.
4. A virtuoso is a person highly skilled in music or another artistic pursuit.
5. A reference to the many outdoor electronic music festivals that occur every year around the world.
6. A reference to streaming music, a method of delivering sound that doesn't require downloading files from the internet. Examples of well-known music streaming services are Spotify, Pandora, and Apple Music.
7. A drop, or beat drop, is a point in a music track where a sudden change of rhythm or bass line occurs, which is typically preceded by a build section and break.
8. Many electronic music producers use drum machines, an electronic music instrument utilized to create percussion that allows producers to program their own rhythms.
9. Perfect pitch is the ability to recognize the pitch of a note or produce any given note.
10. Acoustics are the properties or qualities of a room or building that determine how sound is transmitted in it.
11. Reverb is an effect used by electronic music producers whereby the sound produced by software or an amplifier is made to reverberate slightly.
12. Circuit bending is the creative, chance-based customization of the circuits within electronic devices to create new musical sound generators and sounds.
13. Rhythm is a strong, regular, repeated pattern of movement or sound.
14. A turntable is the circular rotating platform of a record player, a device used for playing sound recordings.
15. Adyashanti's birth name is Steven Gray.
16. A reference to Adyashanti's book *My Secret is Silence*.
17. A reference to Adyashanti's book *Falling into Grace: Insights on the End of Suffering*.
18. Adyashanti is the founder of Open Gate Sangha Inc., a non-profit organization established in 1996 which supports and makes available his teachings.
19. Adyashanti offers talks, public courses, and retreats in the United States and abroad.
20. A remix is the reconstruction of a sound recording which is done by mixing new elements into a previously recorded song to create something new while maintaining the lyrics or feel of the original.
21. Adyashanti is a Sanskrit word meaning "primordial peace."



# TWO-HEADED MONSTER #5

RIHANNA | RAM DASS





## # FIVE RIHANNA | RAM DASS

### OCEAN

No one ever really dies,<sup>1</sup> it's true. Nobody is put away into nowhere – not even the curbed ones, a dose of heroine sticking in their veins. Not even the ethnic ones in cages with fevers rising – falsely unfaithful.<sup>2</sup> Not even they can die as an idea of death – there is nothing to perish. America – this is what you turn from. The forest nourished with unreal rain is blocked by trees of missing nuance. Not even the ones with love on the brain<sup>3</sup> can get through to you. From Billings to Barbados,<sup>4</sup> from Montana to Mexico, in their wildest thoughts,<sup>5</sup> they know they are losing you

until they're not. They live their days, heads tilted back on the slick pavement, mouths gaped open in the empty countryside (without an umbrella.)<sup>6</sup> America – this is you consuming yourself, unapologetic.<sup>7</sup> This is you leaving them exposed to your seductive elements. This is you letting the years turn at the stroke<sup>8</sup> of midnight. America – how do you square this as an act of fierce grace?<sup>9</sup> How do you miss the mismatch to be here now,<sup>10</sup> when nothing is their doing? Can't you see the mirror is polished?<sup>11</sup> Can't you see the rain is unreal? Don't you feel the

thunder at your infinite root? It's the clouds screaming to love, serve, and remember.<sup>12</sup> America – let them take a dignified bow to their birthright. Let them return to their full capacity. Let them expand to their true form. Put their feet on the sands of a pacific shore and teach them the cliché of the waves and the ocean. Let them see the clocks are softening. Let them find their hearts dislodged from the center. America – the only movement is the movement that is. The only boat is the memory of the movement of water. Help them remember to forget you. Let this motion sway.

## OCEAN NOTES

1. Rihanna was part of N.E.R.D.'s comeback single *Lemon* from the band's album *No One Ever Really Dies*.
2. A reference to Rihanna's song *Unfaithful* from the *A Girl Like Me* album.
3. A reference to Rihanna's song *Love On the Brain* from the *ANTI* album.
4. Robin Rihanna Fenty was born in Saint Michael, Barbados.
5. A reference to Rihanna's song *Wild Thoughts*, a collaboration with DJ Khaled and Bryson Tiller.
6. A reference to Rihanna's song *Umbrella* from the *Good Girl Gone Bad* album.
7. A reference to Rihanna's 2012 album release titled *Unapologetic*.
8. In February 1997, Dass had a stroke that left him with expressive aphasia.
9. A reference to Ram Dass's biographical documentary titled *Fierce Grace*.
10. A reference to Dass's book *Be Here Now*.
11. A reference to Dass's memoir *Polishing the Mirror: How to Live from Your Spiritual Heart*.
12. A reference to Dass's six album set of teachings and spiritual songs titled *Love, Serve, Remember*.

# TWO-HEADED MONSTER #6

DRAKE | THICH NHAT HANH



# # SIX

## DRAKE | THICH NHAT HANH

### GROVE

*Like scorpions<sup>1</sup> in tanks with unclear views,<sup>2</sup> they will only sting if they're given an enemy.* America – if you're reading this, it's not too late.<sup>3</sup> There is honesty to receive and to disseminate. It's like smoke let free<sup>4</sup> from a dozen wistful weapons, like simple symptoms punctured when you bite the passion fruit,<sup>5</sup> like strong terror that commences when freedom is celebrated by the unfreed. America – from the taboo of truth to Texas and Toronto,<sup>6</sup> who you are remains out of reach with your red scares. It's like fake love<sup>7</sup> that's available to the houses of the separated, unnatural noise

non-stop<sup>8</sup> in the nation – a violin and violation existing from the start. It's a body in a spa in a town without water. America – are you so far gone?<sup>9</sup> Not able to speak of Vietnam or brotherhood or the sisters<sup>10</sup> raking leaves in the magnolia grove?<sup>11</sup> Is it a village of plums<sup>12</sup> or a lotus in a sea of fire<sup>13</sup> you desire? Is it three jewels<sup>14</sup> or three dollars that beats your heart? America – this is not a joke in the order of interbeing.<sup>15</sup> God's plan<sup>16</sup> is not a choice between this or that. There's only one dance<sup>17</sup> in the rhythm of the temple's root,<sup>18</sup> engaged. To unite north and south is a seamless endeavor.<sup>19</sup> America –

it's time to align with the vision of a reimagined dream. Lay to rest your trickster logic. Take the models off the runways like grounded jets. Stop the fashion that obscures the fascism – it's an empty form of superposition, unfurled. America – admit you are conjuring inquisitions. Admit you are heavenly heroic at home, wholesome like a bunny dressed in lace. America – don't you hear the sorrow in their voices? Don't you feel the despair in their joy? Don't you know they're breathing until they're not? America – the lights are flashing bright. Open your lines of communication. Let your hotline bling.<sup>20</sup>

# GROVE NOTES

1. A reference to Drake's 2018 album titled *Scorpion*.
2. A reference to Drake's 2016 album titled *Views*.
3. A reference to Drake's 2015 album titled *If You're Reading This It's Too Late*.
4. A reference to Drake's song *Free Smoke* from the *More Life* album.
5. A reference to Drake's song *Passionfruit* from the *More Life* album.
6. Audrey Drake Graham was born in Toronto, Ontario.
7. A reference to Drake's song *Fake Love* from the *More Life* album.
8. A reference to Drake's song *Non-stop* from the *Scorpion* album.
9. A reference to Drake's 2019 album titled *So Far Gone*.
10. Thich Nhat Hanh is a Vietnamese Buddhist monk and peace activist.
11. Thich Nhat Hanh's organization, The Plum Village Community of Engaged Buddhism, is the governing body of the Magnolia Grove Monastery in Batesville, Mississippi.
12. Thich Nhat Hanh is the founder of the Plum Village Tradition. He has spent most of his later life living in Plum Village Monastery in Southwest France.
13. A reference to Hanh's book *Vietnam: Lotus in a Sea of Fire*.
14. Buddhists take refuge in the Three Jewels of Buddha, Dharma, and Sangha.
15. The Order of Interbeing is an international Buddhist community of monks, nuns, and laypeople in the Plum Village tradition founded by Hanh.
16. A reference to Drake's song *God's Plan* from the *Scorpion* album.
17. A reference to Drake's Song *One Dance* from the *Views* album.
18. In 2018, Hanh returned to Vietnam to spend his remaining days at his "root temple," Tu Hieu Temple.
19. Hanh, a peace activist, was opposed to the Vietnam War. In response to the escalating war, Hanh founded the Engaged Buddhism movement, a mission to apply Buddhist teachings to the real-world suffering caused by war, social injustice, and political oppression.
20. A reference to Drake's song *Hotline Bling* from the *Views* album.



# TWO-HEADED MONSTER #7

SERENA WILLIAMS | OPRAH WINFREY



# # SEVEN SERENA WILLIAMS | OPRAH WINFREY

## CROWN

America – are you fine in a world where war without a point constitutes love?<sup>1</sup> Where war with an other is like war with Venus<sup>2</sup> – a made up rally<sup>3</sup> waiting for the return of fire. What is, is not what appears to be, America. The line judge<sup>4</sup> is mistaken, the illusion is backhanded,<sup>5</sup> the questions aren't served with authority.<sup>6</sup> America – is there anybody watching to answer your calls in a tournament of winners and losers?<sup>7</sup> Who wrote this game, who set this meal, who lit this match?<sup>8</sup> Was it a single soul wearing a crown of doublethink?<sup>9</sup> Or was it you or somebody you forgot or something that is forgotten?

Does it feel like anything, America? Is there a heart to get them past the opponent<sup>10</sup> inside of themselves? To get them past the tabloid<sup>11</sup> of your heated back and forth<sup>12</sup> – or the racket<sup>13</sup> of your studio and stadium cheers?<sup>14</sup> America – when will you be ready for prime-time?<sup>15</sup> When will you turn the grass and clay<sup>16</sup> into a living soil? From Mississippi<sup>17</sup> to Maine, from Selma<sup>18</sup> to South Dakota, when will your network<sup>19</sup> embrace the sum – and be greater than all of its parts? America – love is not authoritarian – it's time to submit to a lasting rapport.<sup>20</sup> It's time to interview<sup>21</sup> the truth and suspend

the self-interest. It's time to hear the deepest confession.<sup>22</sup> What they want is to toe the line<sup>23</sup> to see they are the line. They want politics red and blue beyond the color purple.<sup>24</sup> America – were your eyes watching God the day he died? Did you see the towers crumble, sterilizing a generation? Did you watch them jump out of windows to America because division wore the crown?<sup>25</sup> If this can't start the process, America, what can? Will it take the split second before the end to bring you to your senses? America, you are better than this. You are ready to awaken. Show them the way.

# CROWN NOTES

1. At the beginning of a game, when both sides have zero points the game is “love-love” because in tennis, love means having a score of zero or nil.
2. Williams’s older sister is professional tennis player Venus Williams.
3. In tennis, a rally is a sequence of back and forth shots between players during a single point.
4. In tennis, a line judge calls shots in or out based on the lines on the tennis court.
5. In tennis, a backhand is a stroke played with the back of the hand facing in the direction of the opponent, with the arm across the body.
6. In tennis, each point is started with a serve – once the ball is served, or put into play, the point begins.
7. A reference to a single elimination tennis tournament, the format used for most major tournaments.
8. “Game, set, match” is a common term used at the conclusion of a tennis match to indicate that one of the competitors has won.
9. In tennis, matches can be played one versus one (singles) or two versus two (doubles). This is also a reference to winning a tennis tournament, also called “winning the crown.”
10. In tennis, to get past the opponent means to win a match in order to advance in a tournament. It also is a reference to hitting a shot past your opponent, also called “a winner.”
11. Winfrey popularized and revolutionized the tabloid talk show genre.
12. In tennis, a back and forth is the same thing as a rally. See note #3.
13. In tennis, a racket is a sporting implement consisting of a handled frame with an open hoop across which a network of strings or catgut is tightly stretched.
14. A reference to cheers received from a studio audience or from spectators attending a tennis match.
15. Primetime television refers to the block of time when audience viewership peaks for programming during a defined period of time.
16. Grass and clay are two mediums used to construct the surface of a tennis court.
17. Oprah Gail Winfrey was born in Kosciusko, Mississippi. She is an American media executive, actress, talk show host, television producer, and philanthropist.
18. Winfrey played the part of Annie Lee Cooper in Ava DuVernay’s Academy Award nominated film *Selma*.
19. A television network is a telecommunications network for distribution of television program content.
20. *Time* magazine credits Winfrey with creating a new form of media communication called “rapport talk” as distinguished from “report talk.”
21. Dubbed the “Queen of All Media,” Winfrey is well-known for her interview skill and style.
22. Oprah has been credited with creating a “confession culture” via her more intimate confessional form of media communication.



23. A reference to when a tennis player places one toe just off the edge of the end-line as preparation for serving the ball into play.
24. Winfrey won an Academy Award for Best Actress in a Supporting Role for playing her role as Sophia in the film *The Color Purple*.
25. In tennis, "to wear the crown" is to be the incumbent champion of a particular major tennis tournament.

TWO-HEADED MONSTER #8  
JUSTIN BIEBER | ECKHART TOLLE



# # EIGHT

## JUSTIN BIEBER | ECKHART TOLLE

### PARADE

What do you mean<sup>1</sup> by this, America? You see them standing under your mistletoe.<sup>2</sup> You let them kiss your disposable goods while being disposable goods. America – is their purpose<sup>3</sup> to be believers<sup>4</sup> in your economy? Is their purpose to be believers in your monied miracles and catch phrases – to invest in your wretched investment while they mimic the moves of your curt choreography?<sup>5</sup> America – is the dream of this scheme still a no brainer?<sup>6</sup> Do you laugh as they buy your sold-out concerts and make you famous? As they put you on the world's stage and dance in your

front rows care-free?<sup>7</sup> As they carry out the plan of your pickpocket pundits with their printed paper? Are you the one,<sup>8</sup> America? Was it you who hid the soundcheck when the unplugged microphone was still enough?<sup>9</sup> Was it you who claimed lady liberty as one less lonely girl?<sup>10</sup> Was it you who lived a life without the journals of self-reflection?<sup>11</sup> America – who were you before your parents were born? Who were you before you touched the eastern shore, before you fled from Germany<sup>12</sup> to Georgia, before you pinned a new earth<sup>13</sup> onto Europe and floated toward Utah?

Who were you before the void appeared as sudden as yesterday<sup>14</sup> – and as strong as the power of now?<sup>15</sup> Somewhere in the hallowed halls and wooden chambers, you will fly by night to receive the answer. You will learn that stillness speaks<sup>16</sup> and see a signpost that signals a new identity. You will accept the story that a person is not a person – you will know the narrative of a nation is make-believe. America – they are waiting to hear beyond you. Play the music that draws them to their hearts. Let them have the epiphany. Give them the joy of life's parade.

## PARADE NOTES

1. A reference to Bieber's song *What Do You Mean?* from the *Purpose* album.
2. A reference to Bieber's 2011 album titled *Under the Mistletoe*.
3. A reference to Bieber's 2015 album titled *Purpose*.
4. A reference to Bieber's fanbase called "Beliebers."
5. Choreography is the act and art of designing dance.
6. A reference to Bieber's song *No Brainer*, a collaboration with DJ Khaled, Quavo, and Chance the Rapper.
7. A reference to Bieber's sold out concerts around the world.
8. A reference to Bieber's song *I'm the One*, a collaboration with DJ Khaled, Quavo, Chance the Rapper, and Lil Wayne.
9. A soundcheck is a test of sound equipment before a musical performance.
10. In 2010, Bieber partnered with *Nicole* by OPI to launch the nail polish line *The One Less Lonely Girl Collection*.
11. Self-reflection is a practice taught by spiritual teacher Eckhart Tolle.
12. Tolle was born in Germany and is now a resident of Canada.
13. A reference to Tolle's book *A New Earth*.
14. Tolle speaks of his awakening experience as being "drawn into a void."
15. A reference to Tolle's book *The Power of Now*.
16. A reference to Tolle's book *Stillness Speaks*.



# TWO-HEADED MONSTER #9

WIZ KHALIFA | JAGGI VASUDEV



## # NINE

WIZ KHALIFA | JAGGI VASUDEV

### LEAF

Mary Jane<sup>1</sup> is an American. She says 28 grams<sup>2</sup> is the weight of the world – she represents the people. She says another leaf<sup>3</sup> on their shoulders and they will buckle. They live on the precipice of falling for a rose<sup>4</sup> or discovering their true nature is a plot twist – where the sky is black and the street lights are yellow<sup>5</sup> and the smoke is rising<sup>6</sup> from the source. America – take heed. Don't let the lightness of the weeds<sup>7</sup> fool you. The gravity is as real as chasing clout.<sup>8</sup> From Pittsburgh<sup>9</sup> to Peru they're begging to burn the green<sup>10</sup> gap they found in being on your level<sup>11</sup>

of being. Uninvited, the patriotic roaches<sup>12</sup> in the garden fight for joint custody of your thoughts. America – the endless competition has taken its toll. Living in the sludge of us versus them has taken its toll. The strain of capital and the ivory tower has taken its toll. The constant cry of deal or no deal has taken flesh they feel pushing them early into the soil. Listen and you will hear the eternal echo.<sup>13</sup> Squint and you will see the pebbles of wisdom.<sup>14</sup> Quest and you will glean the mystics and mistakes.<sup>15</sup> All signs point to silence the revolution of your narrative, America. The grand event

broadcast on your nightly news is war between an animal and mnemonics. America – it's time to begin the reconstructed outreach to the jaded prison<sup>16</sup> of people you've created. It's time to realize your inner engineering<sup>17</sup> is outdated. To imbue them with oil and coal instead of wind and sunlight is a travesty. Your yoga<sup>18</sup> stretches their hearts into an awkward position. They live where it's paramount to play the permanent pacifier without weakness, America. Let them have an enlightened encounter. Let them tame the mind's circus. Let them smell the flowers on the path of bold justice.

## LEAF NOTES

1. “Mary Jane” is a slang term used to refer to marijuana. Khalifa is well-known for having a penchant for smoking marijuana.
2. A reference to Khalifa’s 2014 mixtape titled *28 Grams*.
3. A marijuana plant features broad leaves, dense buds, and has a short bushy appearance. The marijuana leaf is a global symbol for all who love cannabis and the culture that surrounds it.
4. Khalifa began dating model Amber Rose in 2011. They were married in 2013.
5. A reference to Khalifa’s song *Black and Yellow* from the *Rolling Papers* album.
6. Marijuana is usually smoked in hand-rolled cigarettes called joints, or blunts which are emptied cigars that have been partly or completely refilled with marijuana.
7. “Weed” is a slang term used to refer to marijuana.
8. A reference to Khalifa’s song *No Clout Chasin’* from the *2009* album.
9. Khalifa was a military brat. His frequent moves lead to attending high school at Taylor Alderdice High School in Pittsburgh, Pennsylvania.
10. “Burning green” is a slang term that refers to smoking marijuana.
11. A reference to Khalifa’s song *On My Level* from the *Rolling Papers* album.
12. A roach is slang referring to the remains of a joint or blunt after most of it has been smoked.
13. A reference to Vasudev’s (popularly known as Sadhguru) book *Eternal Echoes: The Sacred Sounds Through the Mystic*.
14. A reference to Vasudev’s book *Pebbles of Wisdom*.
15. A reference to Vasudev’s book *Of Mystics & Mistakes*.
16. In 1998, Vasudev began conducting yoga classes for life-term prisoners in Tamil Nadu prisons. These classes are run through Vasudev’s organization, the Isha Foundation.
17. Isha Yoga’s flagship program is “Inner Engineering,” which introduces people to simple yoga practices and the Shambhavi Mahamudra.
18. Jaggi Vasudev, popularly known as Sadhguru, is an Indian yoga teacher, mystic, and author.



# TWO-HEADED MONSTER #10

TAYLOR SWIFT | KEN WILBER





## # TEN TAYLOR SWIFT | KEN WILBER

### SAP

Speak now,<sup>1</sup> America – even if your reputation<sup>2</sup> precedes you. Take a long, hard look at what you made them do.<sup>3</sup> It's time to worship the stripes of their instincts and to observe how their stars arise from blank space.<sup>4</sup> To kill their motive is to kill the bluebirds<sup>5</sup> and to grow the battalions. It's to whip the white horses<sup>6</sup> and to crush the blonde butterflies into red<sup>7</sup> brigades. America – from Tennessee<sup>8</sup> to Tanzania unleash the love of these new romantics<sup>9</sup> as your end game.<sup>10</sup> It's time to shake it off<sup>11</sup> and turn within. This is no longer political. It's a love story<sup>12</sup> without the sap.

To leave them spooked in their imaginations is to leave the metal cold against your skin. It's to leave their trigger fingers twitching. America – take them to the source of the imaginary. It's more than hope. It's the reverse of your righteousness. It's the pruning of the populist puzzle and the libel of liberal lip service. It's an integral<sup>13</sup> equation resting as the simple feeling of being.<sup>14</sup> America – as you sit eye to eye<sup>15</sup> with the eye of spirit,<sup>16</sup> there is only one taste.<sup>17</sup> There isn't a boundary<sup>18</sup> between you and them. The duke *is* the cornfield.<sup>19</sup> The queen *is* the razor blade. The king's

grace *is* the jester's grit<sup>20</sup> – it's formless. America – it's time to align the flag poles with the pace of the wind. It's time to take a journey that's a beacon born before the beginning – to show them misunderstanding is not a culture, that dropping the mind is not a trick. America – it's time to give them total forgiveness and let them forgive all that is conditional. It's time to hold their unbreakable hearts with fragility – to guide their achievement until only an absence is there to achieve. America – it's time to praise your mind as minuscule, to meld it to the point where there's no return.

## SAP NOTES

1. A reference to Swift's 2010 album titled *Speak Now*.
2. A reference to Swift's 2017 album titled *Reputation*.
3. A reference to Swift's song *Look What You Made Me Do* from the *Reputation* album.
4. A reference to Swift's song *Blank Space* from the *1989* album.
5. Swift was discovered at an industry showcase at Nashville's Bluebird Cafe in 2005 by DreamWorks Records.
6. A reference to Swift's song *White Horse* from the *Fearless* album.
7. A reference to Swift's 2012 album titled *Red*.
8. Born and raised in Pennsylvania, Swift moved to Nashville, Tennessee, at the age of 14 to pursue a career in country music.
9. A reference to Swift's song *New Romantics* from the *1989* album.
10. A reference to Swift's song *End Game* from the *Reputation* album.
11. A reference to Swift's song *Shake It Off* from the *1989* album.
12. A reference to Swift's song *Love Story* from the *Fearless* album.
13. Ken Wilber is an American writer on transpersonal psychology and the creator of Integral Theory, a systematic philosophy which suggests the synthesis of all human knowledge and experience.
14. A reference to Wilber's book *The Simple Feeling of Being: Visionary, Spiritual, and Poetic Writings*.
15. A reference to Wilber's book *Eye to Eye: The Quest for the New Paradigm*.
16. A reference to Wilber's book *The Eye of Spirit: An Integral Vision for a World Gone Slightly Mad*.
17. A reference to Wilber's book *One Taste: The Journals of Ken Wilber*.
18. A reference to Wilber's book *No Boundary: Eastern and Western Approaches to Personal Growth*.
19. In his twenties, Wilber left Duke University and enrolled at the University of Nebraska.
20. A reference to Wilber's book *Grace and Grit: Spirituality and Healing in the Life of Treya Killam Wilber*.

# TWO-HEADED MONSTER #11

PHARRELL WILLIAMS | SRI SRI RAVI SHANKAR



# # ELEVEN

## PHARRELL WILLIAMS | SRI SRI RAVI SHANKAR

### LIVESTOCK

“I am other.”<sup>1</sup> This is the hidden figure waving from the coast of your eulogy, America. It’s the fake deaths that occur in the heartland where memory has been dropped like it’s hot<sup>2</sup> coal. It’s the illusive preamble that appears to songlessness and the evil alchemy that produces<sup>3</sup> the impossible scenario of love. To put pigeons and people in personal cages that pounce unwittingly like thunder without a signal is portentous. To turn excrement to gold or attempt happiness<sup>4</sup> from a field of separation is sinister. To play along is to reinforce the

original sin – to promote the first divide imagined. America – now is the moment to shift your pedagogy. You teach them to explore the trees when the trees are part of the exploration unexplorable. You teach them to eat the lemons<sup>5</sup> when the lemons are just existence itself. Experience is not something you do, America. It’s something that happens to the original happening – like swallowing ice cream<sup>6</sup> at a parlor. America – it’s existence that lives experience like ingested bodies beyond reason. It doesn’t put its soul up for sale like an auction for cheap garments.

It doesn’t push against your stone walls or sink and silently cry for mercy. It doesn’t build a billionaire boy’s club<sup>7</sup> with blurred lines<sup>8</sup> that buy hearts like livestock. America – from Neptune<sup>9</sup> to Nebraska, the cafes are empty. With people filling seats like single sutras,<sup>10</sup> the cafes are empty. Their hearts are full as conversations criss-cross wooden tables like mirrors reflecting deeper than the image. It’s the only common thread that strikes an intimate note when sleek fingers hold coffee mugs like mudras.<sup>11</sup> It’s the quaint simple science of being honorific.<sup>12</sup> It’s the art of living<sup>13</sup> where there is no other.



## LIVESTOCK NOTES

1. Williams owns *I Am Other*, a multimedia creative collective that serves as an umbrella for all of his endeavors.
2. A reference to Williams's song *Drop It Like It's Hot*, a collaboration with Snoop Dogg.
3. Pharrell Williams is an American rapper, singer, and record producer.
4. A reference to Williams's song *Happy* from the *Girl* album.
5. A reference to Williams's song *Lemon* (featuring Rihanna) from the N.E.R.D album *No One Ever Really Dies*.
6. In 2005, Williams partnered with Japanese fashion icon Nigo to create and launch the streetwear brands Billionaire Boys Club and Ice Cream Footwear.
7. See note #6.
8. A reference to Robin Thicke's song *Blurred Lines* which was written and produced by Williams.
9. In the early 1990s, Williams and three friends formed a four-piece "R&B type group" called the Neptunes.
10. Sutra is a type of religious literature present in many Asian traditions such as Hinduism, Jainism, and Buddhism.
11. A mudra is a symbolic hand gesture used in Hindu and Buddhist ceremonies and statuary, in Indian dance, and as a movement or yoga pose.
12. Ravi Shankar is an Indian spiritual teacher. He is frequently referred to as "Sri Sri" which means "honorific."
13. Shankar is the founder of the Art of Living Foundation, a volunteer-based humanitarian and educational NGO.

# TWO-HEADED MONSTER #12

FLYING LOTUS | MOOJI



## # TWELVE FLYING LOTUS | MOOJI

### JOYSTICK

America – you're dead!<sup>1</sup> Let them have a moment of silence. Let them have a moment of hesitation<sup>2</sup> to feel the angel who doesn't hesitate. This is who you are, America. The tumbleweeds of the southwest can't make a ripple. The grand ideas and corruption cannot shake the leaves. It isn't the flag that blows in the wind, America. It's your selection of individuals who were unfit to lead as individuals. Passing a joystick<sup>3</sup> from one dead man<sup>4</sup> to another while alive is a pile of old tires resting in the dust – an out-dated story flanked by an arsenal that melts the morals of the world. America – this is not

duality.<sup>5</sup> It's understanding the adults swim<sup>6</sup> a stone's throw<sup>7</sup> from heaven. It's letting go as they sit on a flying lotus,<sup>8</sup> feeding their brains<sup>9</sup> with the indescribable. It's letting them warp the records<sup>10</sup> and letting them begin to map the countries yet to come.<sup>11</sup> From Jamaica<sup>12</sup> to Jamestown, their constitution is written on water.<sup>13</sup> From Portugal<sup>14</sup> to Pennsylvania, their truth is more vast than the sky.<sup>15</sup> America – can you see the smoke from a pre-existing pyre rising from fire that's white<sup>16</sup> in their hearts? Can you see the fork in the road that's non-existent in a graveyard undisturbed? America – this is not

a funeral. The chorus has passed away on the seashore and the music is the ocean rhythm without a beat. It's in harmony – a medallion around the neck of no one. Deep between the sounds, you'll find a mental stream, not the mind's spaces. Between the mind's spaces is a hidden clue. Between the clue and the mind is the melody that keeps their feet in the sand undivided. It's a dream outside a dream that's sold to them as un-American. It's under the surface like a presence under a window sill. America – you'll never abuse them face to face. You'll never catch them<sup>17</sup> until the quiet comes.<sup>18</sup>

## JOYSTICK NOTES

1. A reference to Flying Lotus' 2015 album titled *You're Dead!*.
2. A reference to Flying Lotus' song *A Moment of Hesitation* from the *You're Dead!* album.
3. A reference to Flying Lotus' penchant for sampling audio sources from video games. He has his own radio station called FlyLo FM in the video game *Grand Theft Auto V*.
4. A reference to Flying Lotus' song *Dead Man's Tetris* from the *You're Dead!* album.
5. A reference to Flying Lotus' mixtape titled *Duality*, his first rap mixtape under the persona Captain Murphy.
6. Flying Lotus, whose given name is Steven Ellison, has produced much of the bumper music on Cartoon Network's Adult Swim programming block. Adult Swim is the adult-oriented programming block of the children's cable network *Cartoon Network*.
7. Early in his career, Ellison was an intern at the pioneering hip hop label Stones Throw Records.
8. A reference to Steven Ellison's stage name Flying Lotus.
9. Ellison is the founder of the record label Brainfeeder.
10. In 2007, Ellison signed with Warp Records.
11. In 2012, Ellison announced a multimedia project with filmmaker Miwa Matreyek to be titled *The Mapping of Countries Yet to Come*.
12. The Advaita teacher Anthony Paul Moo-Young, better known as Mooji, was born in Port Antonio, Jamaica.
13. A reference to Mooji's book *Writing on Water: Spontaneous Utterances, Insights, and Drawings*.
14. Mooji has lived in Portugal since 2011.
15. A reference to Mooji's book *Vaster Than Sky, Greater Than Space*.
16. A reference to Mooji's book *White Fire: Spiritual Insights and Teachings of Advaita Zen Master Mooji*.
17. A reference to Flying Lotus' song *Never Catch Me* from the *You're Dead!* album.
18. A reference to Flying Lotus' 2012 album titled *Until the Quiet Comes*.





## A NOTE FROM THE AUTHOR

ONE WAY IS ONE WAY, ANOTHER WAY IS ANOTHER – BUT THE  
DREAM OF AMERICA HAS NO WAY UNTIL THE WAY IS ENTERED.

NOT SEPARATE,

MICHAEL RICHARDSON-BORNE  
2019



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