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## Listen to yourself

Jamie Heckert

June 15, 2008

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Retrieved on November, 18 2009 from  
[becoming-writer.livejournal.com](http://becoming-writer.livejournal.com)

Jamie Heckert is a political activist and author of various works on anarchism and sexuality. He is involved in a number of projects including the Knowledge Labs, a series of research events based around 'open source' principles. He received his Ph.D. from the University of Edinburgh in 2005 for his research into an anarchist critique of sexual orientation as the continuous effect of everyday state-like relationships of representation.

[en.anarchistlibraries.net](http://en.anarchistlibraries.net)

*Listen to yourself,*  
to the subtle flows  
of emotion, desire  
coursing through your body.  
You need not conform  
to any boxes, any borders.  
Desires overflow  
these simple lines  
designed  
to control,  
to contain.

*Love yourself,*  
what you bring to the world.  
Voices may say,  
“You’re not good enough,  
you’re not doing it right.”  
They speak  
from anger  
from fear.  
You need not hold  
these words  
in your belly.  
Let them go,  
when you are ready.

*Practice yourself;*  
do what moves you.  
Feel your breath, your body.  
Touch your heart.  
Caress your skin.  
Take in the touch you need  
of wind and water,  
earth and sun,  
food and drink,  
hands and mouths.