

ILENE'S

LIBIDO ISLAND

OF HIGH GEAR
LIBERATION LOVERS



BY MICHAEL FORREST

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COVER PAGE ... PAINTING OF ILENE
AND MICHAEL (She's In A Body Net Thong/Bra)

REVERSE COVER PAGE ... YOGA CHART

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MICHAEL FORREST

ILENE'S LIBIDO ISLAND OF HIGH GEAR LOVERS LIBERATION

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MICHAEL FORREST

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ILENE'S LIBIDO ISLAND OF HIGH GEAR LOVERS LIBERATION

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ILENE'S LIBIDO ISLAND OF HIGH GEAR LOVERS LIB

is an actual true story about a prison nurse who dis covers her extracurricular healing techniques as a profes sional via a jailhouse lawyer, author, suffering the affects of torture by agents of white supremacists. She becomes his nurse and they become contemplated lovers. The book is writ ten in poetic style from actual intervals as Island dialogues. Names, characters, places and incidents may change sporadi cally to protect the innocent and for security of book's tribution survival to reach global citizens. All mistakes, inad vertance, names, coincident/tri-incidents, are the product of the author's imagination. Any resemblance to current events locales, or persons living or dead is coincidental.

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ILENE'S LIBIDO ISLAND OF HIGH GEAR LOVERS LIBERATION

MICHAEL FORREST

INTRODUCTION

Poetry, lyrics, prose, epic songs and saga...

Libido land is where nurse Ilene Spring cultivates fertilizes and hatches her patients seeds in her eggs with explosion of psychic and sexual energy on her Island. Libido Island is the conscious elevation of mind from land mind to psychological mindfield, where she gives birth to healing for the harvest of spiritual children. These children can be this very back insecurity to stability, racism to conscious, suicidal to self love, mental/psychological prisoner to liberation, childhood to adulthood, psycho-sexual to maturity. Ilene a biological mother herself, recognized the puerile mentality of grown prisoners each time she'd make her rounds on medication delivery. Many of the prisoners would say the most vulgar asinine words to her while others would be complimentary and kind. Ilene consulted with prisoner Michael Forrest one day after he told her, "you see the sunrise this morning?" she said, "yes, it was beautiful," said Ilene! "Almost as beautiful as you," said Forrest. "Oh" I wish you would show some guys how to speak to me, will you? asked Ilene? We already do each time they see our healthy exchange of pleasantries, said Forrest. They are only a cross breed of prisoner patients and children of im potent revolt. They've been shut off from and deprived of everything from basic immunities to sexuality when there is sexual, sensory, sanitary and social deprivation like that. They're only throwing all they've got - struggling to survive the human being they think they have left. Some sell their souls, others try to advance on you, others snap out calling you names in fear of rejection, while others are intimidated by your raging libido, your highly charged sexual energy that appears to keep you in a good mood and healthy attitude.

ILENE'S LIBIDO ISLAND OF HIGH GEAR LOVERS LIBERATION

MICHAEL FORREST

INTRO-CONT:

So, what do you do to twist negative psychosis and energy to positive? Remain oblivious to negative stimuli. It's only erotomania[?]. Be in this world to do your job, but not of it. Develop a conscious level of reflex response as an offense and defense mechanism. This puts you in the drivers seat and immunizes you from the pain, torment and preconceived pre dilections patients and prisoners and co-workers have of you. You're not responsible for what fantasies, dreams, sketch freakism or erotica they choose to entertain in their heads. Your pleasant halos, have a good night, good good day, how are ya, smiles, laughs, giggles, do you want your cream today, inhaler, shot, etc., is a nurses purview; listening to their screams, hatreds, sobbings, pain, wanderings and inap propriations is the domain of your unofficial therapeutic choice, to point patients to self responsibility eg, self love to caretake for themselves; and/or libido consciousness escalates nurses and therapists to unofficial master social psychologists. Because of the many different personalities and characters Ilene deals with she does not realize how powerful the unmistakable physical and inner beauty she possesses and how she is a holistic healer without a licence. The actual story deriving from Ilene's voluminous intervals with patients in prison is written in poetic style. Michael Forrest shows her a reflection of her healing force through visualizations, yoga, t'chi, love making ceremony from India to Africa South America to American folklore in diaspora.

INTRODUCTION, CONT

It is the unending fun, joy, laughter, during each encounter expressing libido healing, each meditation in poetry, prose, playwright, song and lyric that Ilene and her commune of lovers inspire that brings a whole new perspective to the faculty of love. It liberates open-minded readers from the dogmas and diatribes of American multi-cultures opposing love and sex as a panacea to the problem of war, racism, bigotry, sexism, chauvinism, subjugation, caste, superiority/inferiority complexes, alien self and the host of emotional psychological and social maladies prevalent globally. Spiritual commune is at the heart of life force. Ilene's Libido Island of High Gear Lovers is the only book of its kind to challenge sex therapists, sexologists, esoteric holistic healers and modern sacred feminists to full proof that libido commune, whether via spiritual intercourse or via orgasmic visualization in love making ceremony, is the only panacea in the world. It is antitoxin turning haters to lovers, low self esteem to sangfroid, insecurity to stability, savagery to civilization in Americas predatorial subculture.

Ilene's Libido Island of High Gear Lovers Liberation

Michael Forrest

ILENE'S LIBIDO ISLAND OF HIGH GEAR LOVERS ... GUST

NURSE ILENE'S SEARCH FOR LOVE turns out to be an archipelago of lust in typical american sex, used as therapy. Then the multiple personalities she is subject to interact unknowingly develops her into a master social psychologist. Until she meets a prisoner patient, Michael Forrest who takes her back to where it all began... AKEBULAN (land of the spiritual ones) when the world we lived in encompassed all human beings on one great land mass. Its inhabitants lived naked in the flesh, not out of lust, but out of spiritual intervention where couples did not call copulation sex... it was ceremonious love making to heal the sick, to invoke spiritual goals during orgasm to visualize what the couple will a-chieve for the whole Akebulan is Africa in its purist sense. All races from so-called caucasian, albino anglo saxon, European, Latino, Indian, Asian, Egyptian can be traced back to African diaspora. It was when this great land mass broke off into Islands, states, countries, ecological earth structural changes and climatic changes when the peoples complexions and contour changed, along with language, culture and way of life. Ilene and Michael attempt to bring back to humanity ceremony of the ages to help heal the wounds of time.

ILENE'S LIBIDO ISLAND OF HIGH GEAR LOVERS LIBERATION

MICHAEL FORREST

HAPPY LOVERS HOLIDAY

- 2 Same to ya Kissy!
- 4 "Whow" ... its kinda weird, laughs
- 6. I need a guy with a medium sized joy stick, and a chick with a liberated tongue?
- 8. Say, until multiple orgasmic trance.
- 10. for all lovers and potential lovers to find that state of ecstasiness without a trace to abusive spouse.
- 12. That would be great
- 14. No, not at all, I'm curious about the fee?



- 15. WOW!! really tid (sex to wea love war, ogymy, violence?)
- 17. Only by force the case of rapist or sexual slavery.
- 19. Thats inte Would it to say all gate

- 21. So we will not be hos, harlots, infidels, trash, loose moraled? considered
- 23. laughs!... this is so exciting!... when can I let my hair all the way down!?

- 1 happy lovers holiday danna
- 3 what will be your private specification and special interest?
- 4. GIGGLES
- 5. I doubt it be too weird for libido land
- 7. how long?
- 9. Whats your spiritual goal honey?
- 11. Well, our disguise artists can do you in mask and/or make you any complexion prior to ceremony, if you so desire.



- 13. is there a fear caveat or any thing you're allergic to?
- 15. No need sweetie. Partisan Academy/Society (sponsors of Hktt) makes this day of refuge in appreciation of you for being born, for being liberated from the shackles of Corporate Capitalism, and for sharing all of the power of your love energy to enjoy a cumstantid popularity of a peoples paradise
- 16. Can you imagine anyone ever being violent, hateful, warlike, when making love?
- 18. Well sex is the only panacea prelude to love. No-one has ever had pain during spiritual and physical intercourse.
- 20. EXACTLY
- 22. No because, once we enter as clients or patients we turn out to be therapists

PROMISCUITY, SLAVERY OR SURVIVAL

what's your concept of promiscuity?

do you mean

for thrill, pleasure, lust or business?

healing, revenge or revolution?

can you define each?

well, thrill, pleasure and lust

can mean one is weak of the flesh

high sex drive or freak lovers

or fever for human flesh colors

business can mean a professional

call girl or boy, escort, partisan or therapist

who work to heal their select clientele

via private specifications or special interests

then we can't leave out those out for

revenge from different holocausts

bio chem and germ warfare (embolla, aids, hep, drugs)

paradoxically multiple sex partners

have occurred out of survival

and those who love and fuck for the revolution

that's deep

not really

not when we look at

how so many peoples of the world live in an

involuntary tri-state of

modern legal slavery, white slavery and the traffic in

black flesh modern diplomatic extortionist pedalers

slave owner, pimp, politician, priest, corporate executive predators

are all capitalist, licensed and legal

american whoristic eagals. +

TIENE'S LIBIDO ISLAND OF HIGH GEAR LOVERS LIBERATION

MICHAEL FORREST

I WANNA BE A THERAPIST

ILENE'S LIBIDO ISLAND OF HIGH GEAR LOVERS LIBERATION

i don't want to be just a nurse
 i want to be a professional therapist
 ilene, you are already a professional
 you don't need a license
 for what you were born to be
 the conscious level of therapy
 is first to get your patient
 into hypnotic trance
 your aesthetteness
 already does that each time you appear
 the public gives you a standing ovation
 thats a highly emotional charge
 a trance
 you're so lovely
 subliminal seduction
 drops clients guards
 and they spill their guts out
 thats where your professionalism
 zeros in to determine
 whether they are suffering from disorder
 of psycho sex, alien self, cultural amnesia, reckless
 eye balling, hearing voices, suicidal tendencies
 or are they just playing a game?
 and since you free them from being self enemies
 you teach them not to blame
 to take full responsibility of their idiosyncrasies
 minimize their inferior obstacles
 paint a necessary new picture of life
 to reconcile joy, happiness and balance
 after the trance
 the patient can dance
 then they can thank and pay the cleverist
 therapist

MICHAEL FORREST

3

LOVE HEALING YOGA, TI CHI FOR NIRVANA

forrest
what is ti chi yoga style love making?
well, vanilla scrumious,
you remember the falungong practitioners walking
from china?
yes, to get tuned
they sit in a yoga position in meditation
in a commune
sending their energy against evil forces
like the communist party who kidnap
merge with more evil discourses
murder and sell body parts
and resort many to slavery in human trafficking
ti chi is a martial art
used in yoga for self-determination
and so during meditation
via sexual orgasmic trance,
you and your partner
combine copulation posture
with yoga and ti chi
to facilitate oneness with healing
via visualization
like this
Ilene's gown dropped to the carpet
straddling Forrest
penetrating herself with his phallus
our meditative goal
is to deliver the world from evil
yes, Ilene
eradicate our infernal obstacles
and keep within our radar screen
our superior plans
okay, relax
nirvana

ILENE'S LIBIDO ISLAND OF HIGH GEAR LOVERS LIBERATION

MICHAEL FORREST

-4-

SACRED FEMININES' PSYCHIC & SPIRITUAL FORCE OF PANACEA

michael, why are woman so subordinated
subjugated, abused and degraded?
its because of misogynists, dictators
who dispised the sacred feminines' power
as psychics and spiritual healers, creators
of life, itene,
so they were dominated by chauvinists
inferior submen who subdued them with intentions
to make them hate
to push them off balance from all of their inventions
of healing through love
love is the woman's nature
it was women who found healing
from the plant king/Queendom
for many illnesses
frangrances from flowers
herbs and balms for ceremonious
love making, incense and sessions of power
where they assembled judicial bodies
making decisions to conduct government
for and by the people
and for civilization
ungrateful submen hated her predominant presence
as lovers, healers and nurturers
accused these women and their mates
as being warlocks and witches
despite her incredible ability to nurse
dispel the curse
resolve disputes
entertain and amuse
so, like during slavery
the culture of their language
psychic and spiritual power to heal with love ceremony
was taken away like slaves coongas, drums
even todays nurses, psychs, doctors, healers
in america are ruled by a secret anti madonna, anti santa maria
to prevent the sacred feminines' psychic and spiritual force of panacea

ITENE'S LIBIDO ISLAND OF HIGH GEAR LOVERS LIBERATION

MICHAEL FORREST

-5-
YOU'RE A SHERO IN HEARTBREAK HOTEL

Some days you're a riot
Some days you're a masquerade
no matter how much I defy it
you're an accolade
pivouetting from cell to cell
in corridor dungeons of modern hell
prisoner patients
do not know how you drive to work
like a mad woman via these hills
it's because you care how much we hurt
it's because you're a decent nurse
you're freakier than a mink in heat, though,
no such thing saying you're a white girl
you've got gusto
you're of the ancient species of the world
although you've lost your way
from your queendom
I've saved room for a lady
in my kingdom
I've known you when you're hot
for a mandingo
you turn as pink
as a flamingo
Some days you cause prisoners
to bang and entertain
Some nights patients go wild
and scream your name
you're a healer at each wake of heartbreak hotel
you are a shero among rebels

Ilene's Libido Island of High Gear Lovers LIBERATION

Michael Forrest

-6-
JUST ANOTHER SEXIPOD

now
i'm going to lie down on my back in bed naked
naked?
you start inching up from my toes
like a frog
but don't leap
your hot steamy legs straddling mine
your cream puff on fire
once it gets lips full of rodo rooter
but don't push it in
let me get a mouth full
of your delicious boobies
and a big squeeze of your honey buns
ooops, you slid it in
now try to leap
i can't
uh uh you sai -don't put-
this isn't part of the lessen
you know
i know, but we can work it in
work it in?
you're already working it in
up down around and around
just take me, love me, freely
amour amour amour!
umhm yes, yes, there, there
im cum, cumming
now visualize
i'm comming too
i forgot the plan
the what
the spiritual goal
well, its just another sexipod!!

I I ENES LIBIDO ISLAND OF HIGH GEAR LOVERS LIBERATION

MICHAEL FORREST

-7-
FUCKIN FOR THE REVOLUTION

ILENE'S LIBIDO ISLAND OF HIGH GEAR LOVERS LIBERATION

from eldridge cleaver's
soul on ice
to jungle fever
to akebulan's⁵
lost avatars
lovers are known beyond
the history of world wars
motivated by the passionate
the fondly
almost extinct
antiquated adjacent
monitoring
a revised lovers toast to a ship that won't sink
in troubled waters
across borders
arks
and sail among the sharks
withstand the tails
of killer whales
love making in the matrix
of unconscious rendering in a stronghold
appreciating the sacred
invocation surrendering to equipoise of thunderbolt⁶
until both beings shake
shiver
quiver
mouthing
tonguing
oblivious to diatribes
visualizing our lives
without children of impotent revolt
but giving birth
to new generations
without the curse
of afro-latino-euro-asio diaspora constitutions
fuckin for the revolution
7

Michael Forrest

Your reasons
free of the devils horns
can give birth to our quiet storm
not naked wild
devils island style

WISMA GIBAK LIVES ISLAND OF DEVILS LIBERATION

10349

XX0047

POCAHANONK

994X



DEVILS ISLAND STYLE

" ahuhh, ya see we're linked
i caught ya, potential porn star
you may think
i do not know who you are
you're the devils daughter
i may be labeled a criminal
in a white mans cage
its only subliminal
when reciprocal liberated rage
silently you can break
your chains without hate
tacidly we can be set free
together
but if your daddy and its demons
do not control your weather

-9-

HEY YOU... ITS ME!

hey you
now its time for me
to drop something inside your mail box
i've watched you
even when you thought
i was not looking

yes
it was my voice
that velvet tongued
she must have been sent
from paradise
to show us
what true beauty really is
"echo"

lady
every time you walk
through these dungeon corridors
the heavens speak
have a lovely, lovely day
you may not think
I heard you say
a wispering wobbly thank you
you may not think

i saw you exit this pod
to another
to reappear
glancing via the hallway window
playing hiding seek, catch, tug, prancing
our eyes, dancing
gotcha free
me.

ILENE'S LIBRARY ISLAND OF HIGH GEAR LOVERS LIBERATION

MICHAEL FORREST

BRAIDS AND BOOTS DRIVE THE FELLAS CRAZY
WHITE GIRL

halo

forrest, how are you?

hi vanilla lovely

did you see that breath taking sunrise this morning?

yes... it was:-

almost as beautiful as you

"oh forrest"

i wish you would tell these guys

how to speak to me

we already do

each time we exchange pleasantries

makes a statement

why do they talk to me that way?

children and psycho patients

its a day care center and mental asylum

will you help me?

sure, if you ware those sexy boots

i saw you with

giggles

the guys say i should ware high heels

no

the prancy sexy walk the girls get

from run way heels you already have

but i'd still like to see you in braids

well you know i'm just a white girl

and i don't think its —

girl are you kidding me?

girlfriend, tina turner and madonna a boderic

where braids and boots

and drive the fellas crazy, white girl

giggles

helpes your meds

have a nice night

Ileanes Libido Island OF High Gear Lovers Liberation

MICHAEL FORREST

-11-
ECLIPSE OF SYMPHONY AND SAGA

ILENE'S LIBIDO ISLAND OF HIGH GEAR LOVERS LIBERATION

ilene
you stare at me like
you've lost your bee hive and your best friend...
why do you like me like?
i'm just a small town girl
a mother with a husband of my child...
despite you're soul telling me a story
mirrored through your eyes of joy in the wild
you have the inner glow of laughter, pain and glory
i've once known
you have the external beauty
of a goddess, princess, a queen
you are truly
what having a friend really means
you cannot hide from me
what your hungry soul surrenders
with you i feel free
healing me so tender
i intend only to enjoy the cusp
of the domain you own
i will not interrupt
your happy home
its just at this matrix
of my life
where your aura tames the beast
in my twilight
even if i cannot pierce my blazing tongue to crease
your soft lips
at least i can eclipse
a momentary love song
of our periodic melodramas
you are the sacrosanct savoir fair of symphony and saga

PROMISCUITY IN COMMUNE



WOMEN'S LIBIDO ISLAND OF HIGH GEAR LOVERS LIBERATION

your extracurricular thriving
 love ceremonies
 gives vitality and truth in defining
 - immaculate visualization
 the ultimate commune
 spiritual intercourse
 without touching under silver moon ♥
 in stocatto you control a life force
 only known to the gift
 of being born of the female species
 every adolescent or womanchild lifts
 into adulthood
 unless succumbed to the brainwash
 of racism intricacies
 the mentacide
 of bigotry
 indoctrination names
 of chauvinism
 in skin color games
 of white and black sloganisms
 multiple sex partners cultivated
 in the mindfield frontal lobe
 is the only unadulterated
 truth on the globe
 although no-one openly admits
 most everyone mumbles
 runs into the jungle
 stalks their prey naked, wild, hungry, consumed
 healing in commune

MICHAEL FORREST

PRECLUDING ALZHEIMERS SYNDROME

Ilene's Libido Island Of High Gear Lovers LIBERATION

alzheimers is caused by axonic sheering
 of the brain
 lack of perceptual stimulation
 going from libido domain
 to a fire brain core
 to simplify the solution
 one must galvanize
 mental and libido charges
 to create brain cells at a rate
 faster than they are being destroyed
 sexual ceremony
 with a spiritual goal
 visualizing what you will achieve
 with ones partner
 with each orgasm
 each session for about  4-7 hours
 at least three times per week
 for the most potent brain power
 the damaged old brain cells
 will be replaced with new healthier
 brain force
 to combat idleness
 worry, guilt, phobias and weak commune
 combining post ceremony meditation
 with reading for anti dementia immune
 producing new nutritious ideas
 making anticipatory  decisive demands
 executing plans
 based on love for oneself
 rebuilding the brain-child
 cultivating the need for life
 and livelihood
 for a happier mental neighborhood!!

Michael Forrest

DEJAVU
EURO-SILENT CAVEATES & DIATRIBE
CHAINS OF BONDAGE

hi forrest!... ilene
hi vanilla liquish nose!
do you, ah, want your nortriptoline?
no, that's nigger control
what?
no matter what truth i attack whats unjust
you've trained not to admit i'm right
never to agree or arguendo
due to proviso
in the culture
you've been raised
but just because you've been chained by vultures
predators of all races
doesn't stop me from loving you
or recognizing your breathtaking beauty
it just makes me fight harder
against what governs your continuity
with arbiters
disguised as people of authority to trust
sworn to secrecy
to keep non whites in slavery, plus,
by enslaving poor whites mind♥
hiding empirical evidence
of caucasian, anglo saxon, white folk, europeans
are traced back to africa
this really makes you something special
"oh", i'm special now, huh?
you'll always be special to me, my dejavu
loving every moment i liberate you!

ILENE'S LIBIDO ISLAND OF HIGH GEAR LOVERS LIBERATION

MICHAEL FORREST

ALZHEIMERS ARCH ENEMY: THE FOUNTAIN OF YOUTH!!

you can play with it like a toy
its alzheimers greatest horror
it can be your greatest joy
once you meet the ultimate partner
who has the techniques and tenderness
of stretching deeply inside of you
to burst and earthquake the essence
of the fountain of youth
tossing and turning together
in the heat of taoist
love making positions
transforming into dual yogists
in a double helix ceremonious mission
moaning, singing screaming to whispers
against the odds of lifes aging chapters
the sensation: body peach fuzzy hairs and whiskers
tickling in naked fun and laughter
exploring the many love star-gates
visualizing new anxious libido worlds of relief
you realizing you're the star-date
of multiple stress release
oblivious of all of the dangers
in the aging world where we were strangers
although you could note
those mornings you passed by
you always knew your antidote
is where our spirits fly
although you could not take my note
although we did not have a choice
to choose
i had to part with this toast to the fountain of youth!!

ILENE'S LIBIDO ISLAND OF HIGH GEAR LOVERS LIBERATION

MICHAEL FORREST

MAJOR LEAGUE TUKALOCKA TEQUILA SPLIT TONGUE EROTICA

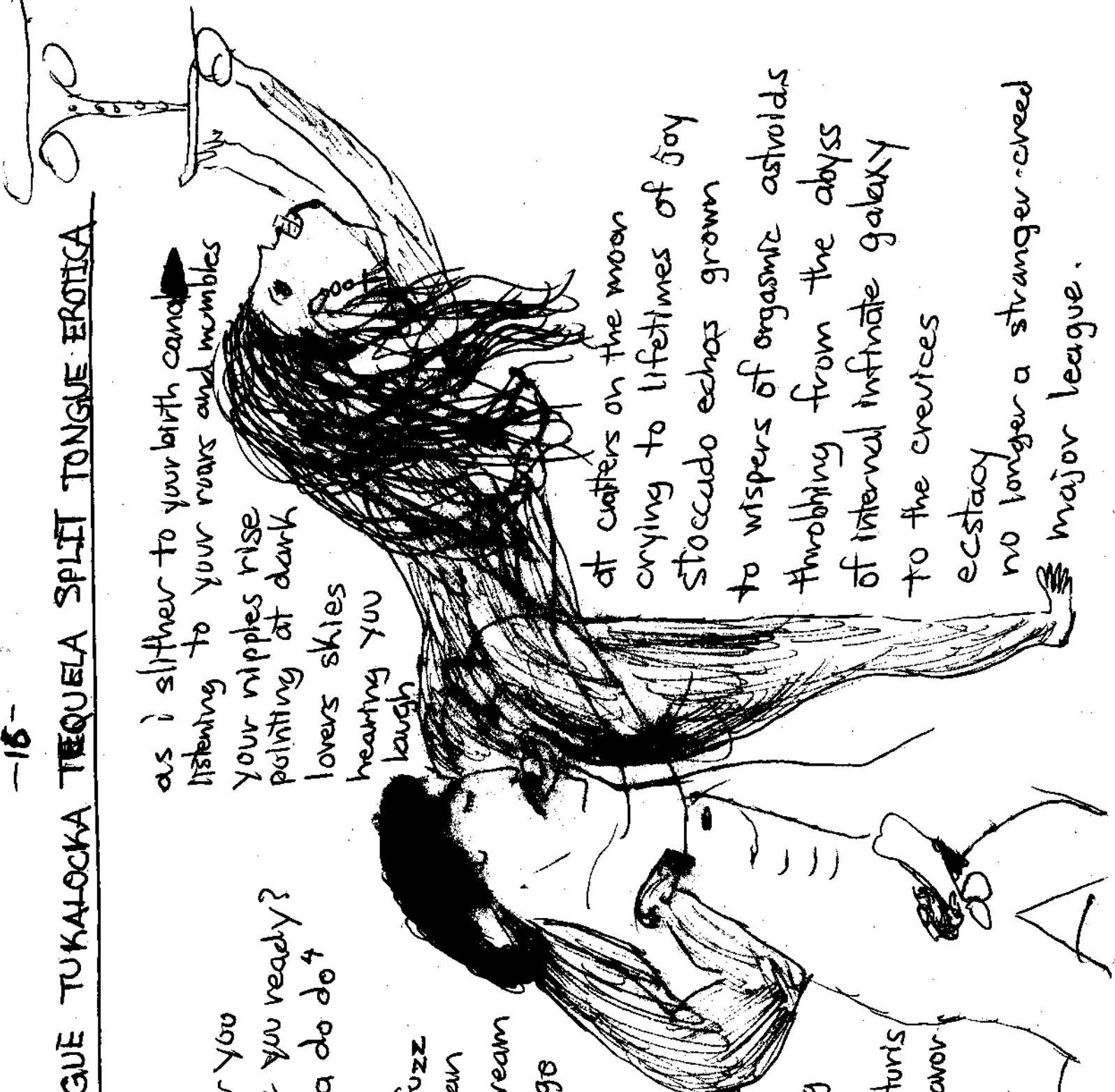
hold steady
no-one can hear you
I asked you, were you ready?
You said aba daba do do 4

Ilene
with your peach fuzz
honey buns so cheein
Is my tukalocka dream
You're my hostage
in erotica

cottage
cheeze harmonica
blowing dee melloidin
tunes
under the savoring
silver moon
humming your clitoris
tongutiny for conanov
OVS
in you to meow
every cat
in the jungle

as i slither to your birth canal
listening to your roars and mumbles
Your nipples rise
pointing at dark
lovers skies
hearing you
laugh

at caters on the moon
crying to lifetimes of joy
Stoccedo echos grown
to wispers of orgasmic astroids
throbbing from the abyss
of internal infinite galaxy
to the crevices
ecstasy
no longer a stranger-creed
major league.



High Gear Lovers Liberation
Stevens Lizards Island of