

WELCOME

MONSTER
FEELINGS

BY FOX
(OF TEAM
MEG-JOHN BARKER)

THE QUEST HOUSE, RUMI

THIS BEING HUMAN IS A QUEST HOUSE.
EVERY MORNING A NEW ARRIVAL.

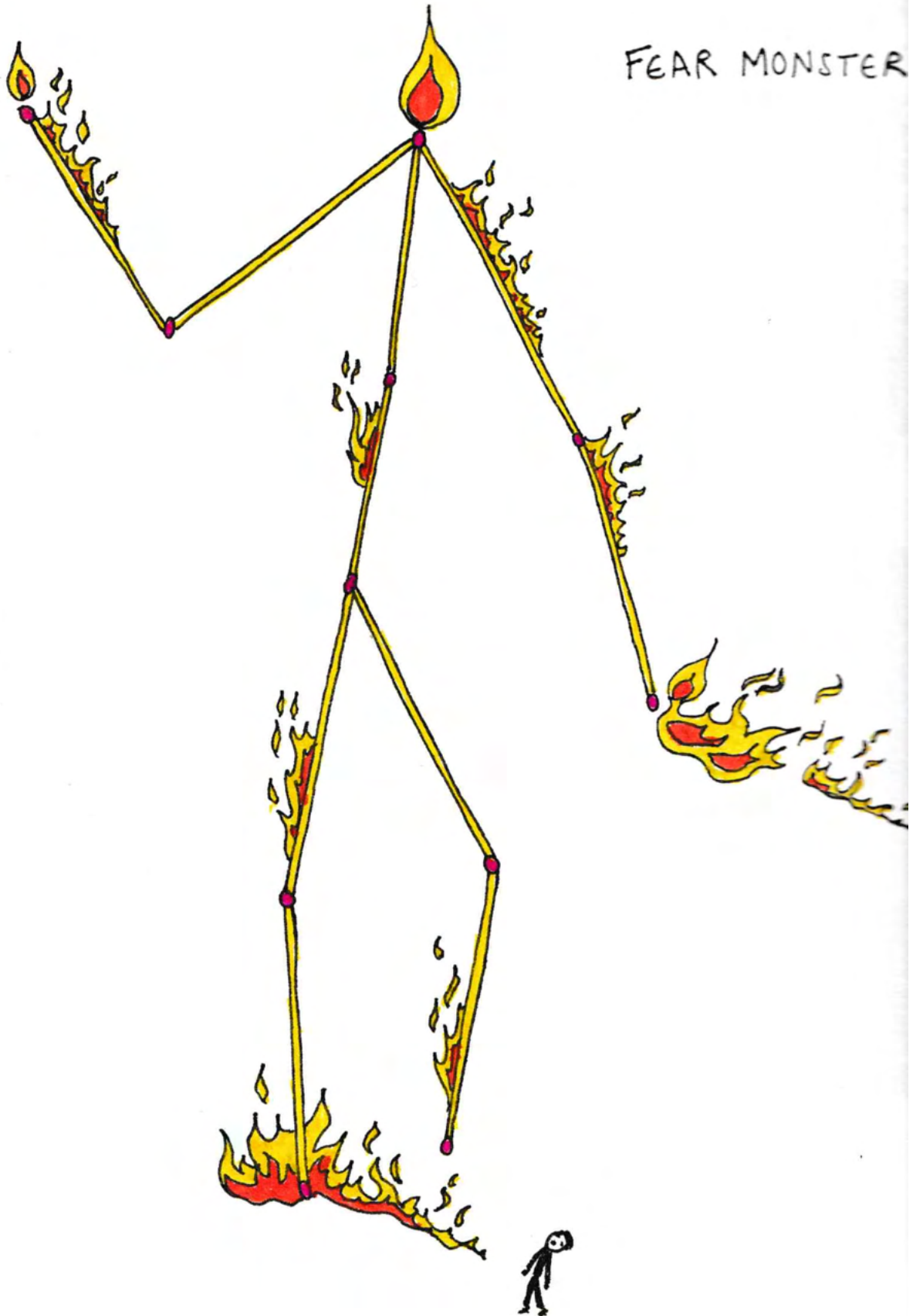
A JOY, A DEPRESSION, A MEANNESS,
SOME MOMENTARY AWARENESS COMES
AS AN UNEXPECTED VISITOR.

WELCOME AND ENTERTAIN THEM ALL!
EVEN IF THEY'RE A CROWD OF SORROWS,
WHO VIOLENTLY SWEEP YOUR HOUSE
EMPTY OF ITS FURNITURE,
STILL, TREAT EACH GUEST HONORABLY.
HE MAY BE CLEARING YOU OUT
FOR SOME NEW DELIGHT.

THE DARK THOUGHT, THE SHAME, THE MALICE,
MEET THEM AT THE DOOR LAUGHING,
AND INVITE THEM IN.

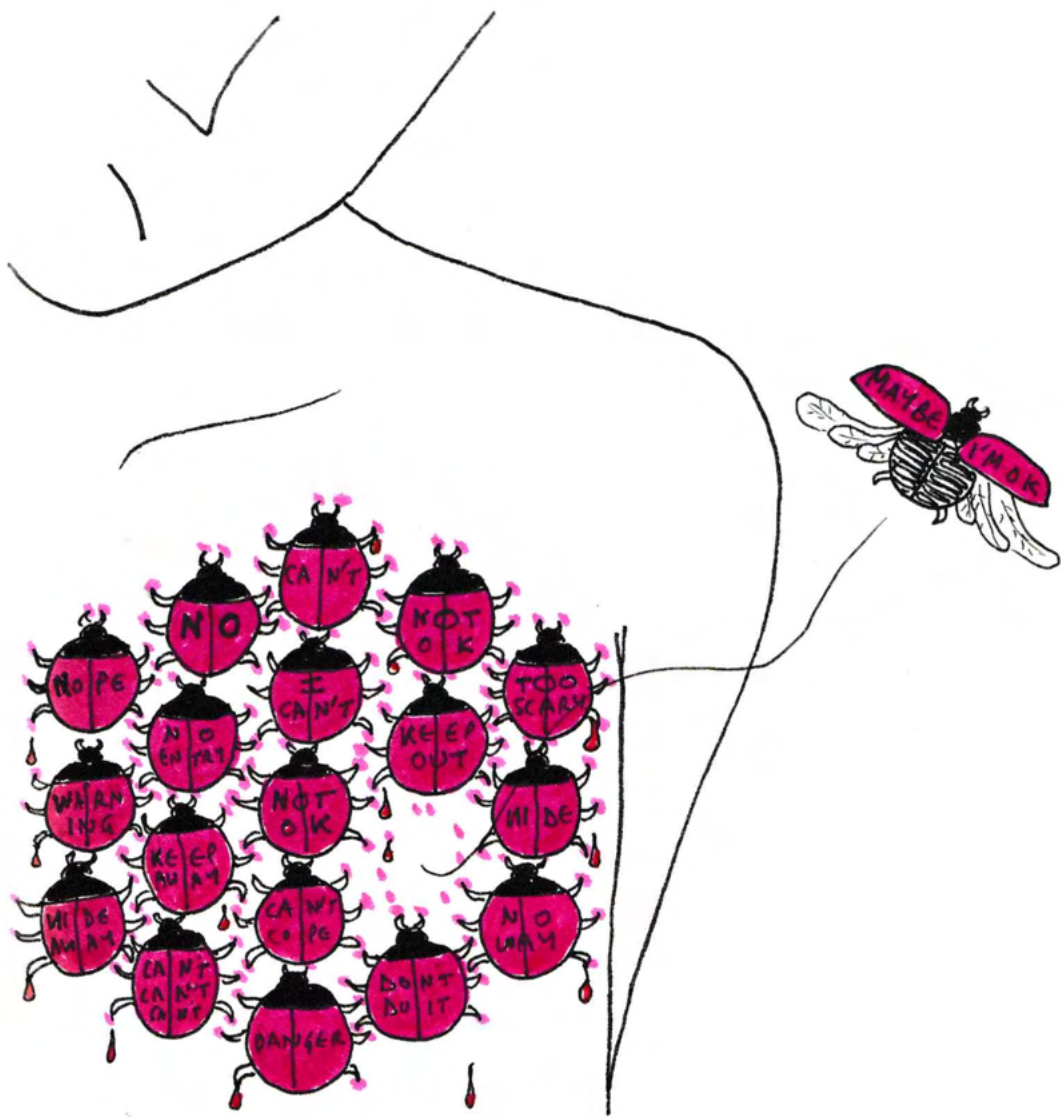
BE GRATEFUL FOR WHOEVER COMES,
BECAUSE EACH HAS BEEN SENT
AS A GUIDE FROM BEYOND.

FEAR MONSTER

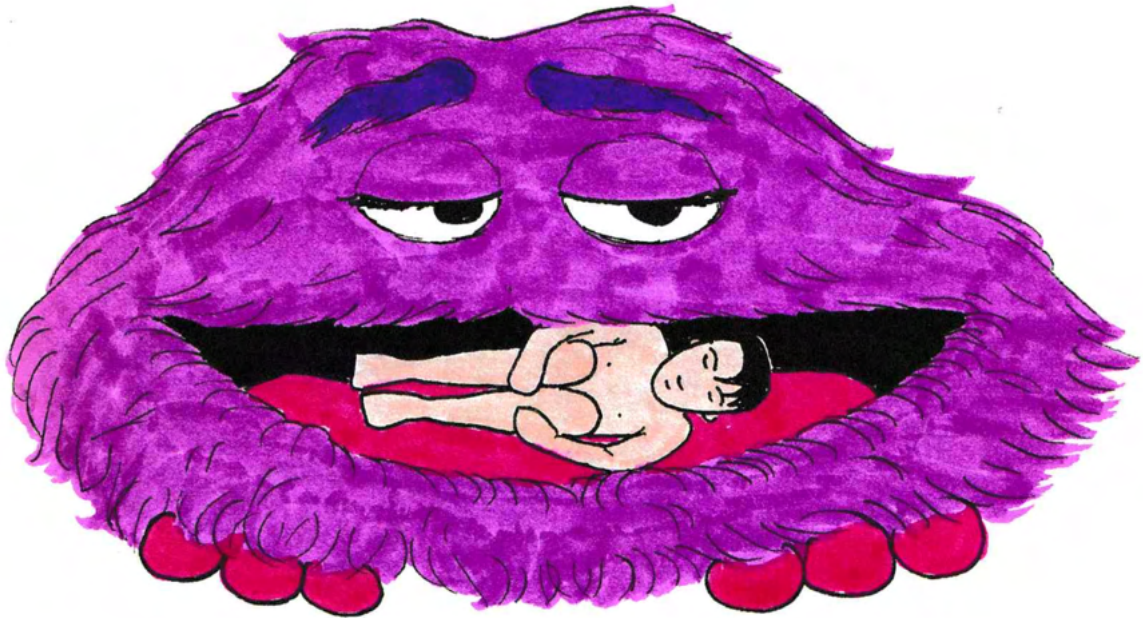




MELT DOWN MONSTER



THE CAN'T MONSTERS



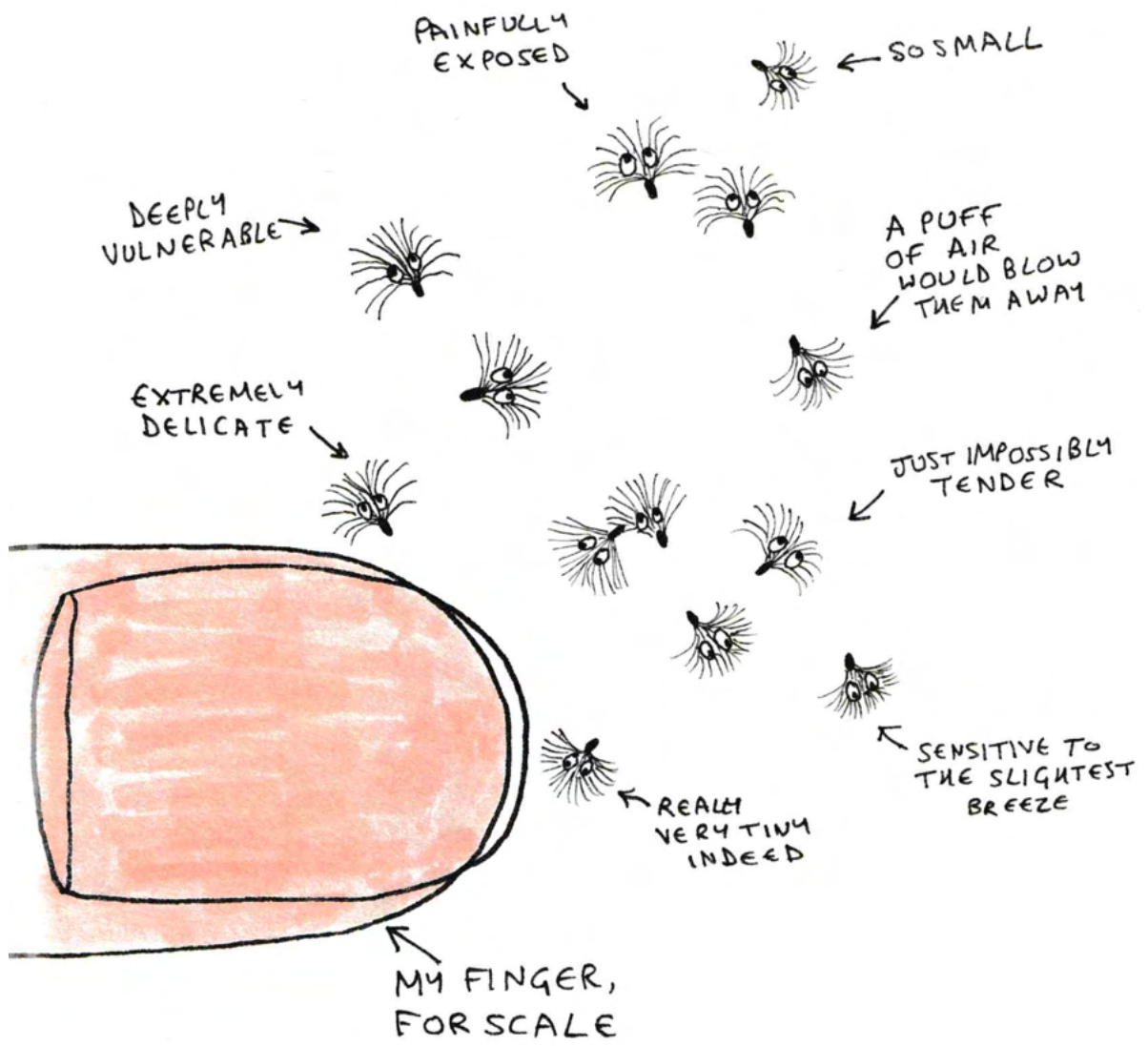
TIRED MONSTER

THE
EVERYTHING-WAS-HURTING-NOW-IT'S-NOT
MONSTER



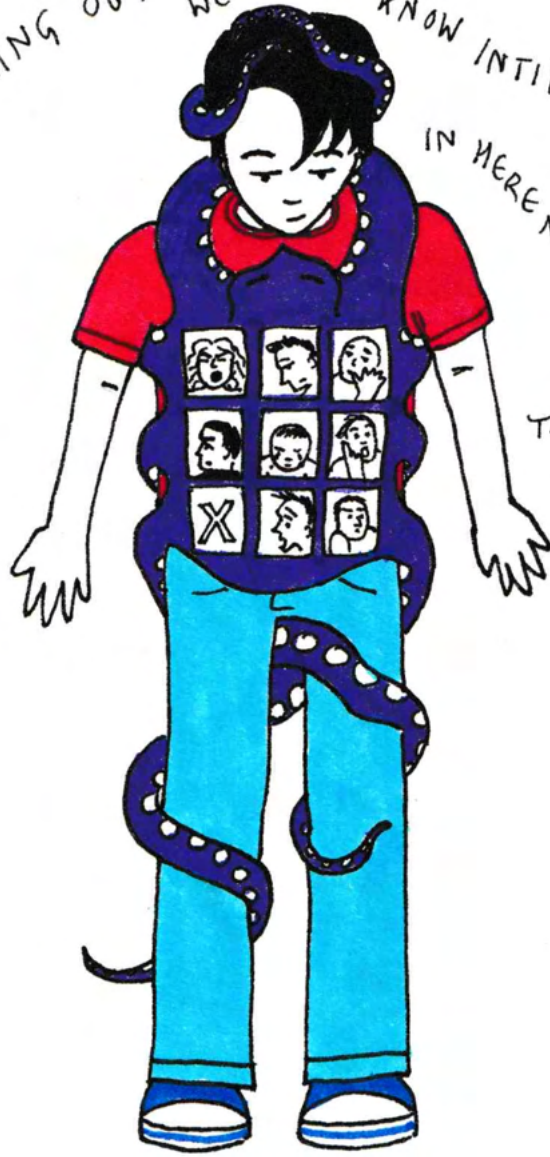


THE NOT-ANOTHER-DAY OGRE



THE TENDEREST OF TENDER MONSTERS

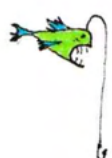
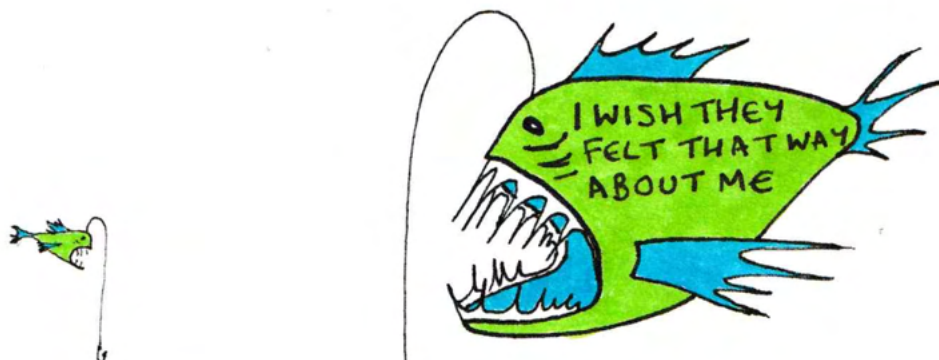
NOTHING OUT THERE THAT
WE DON'T KNOW INTIMATELY



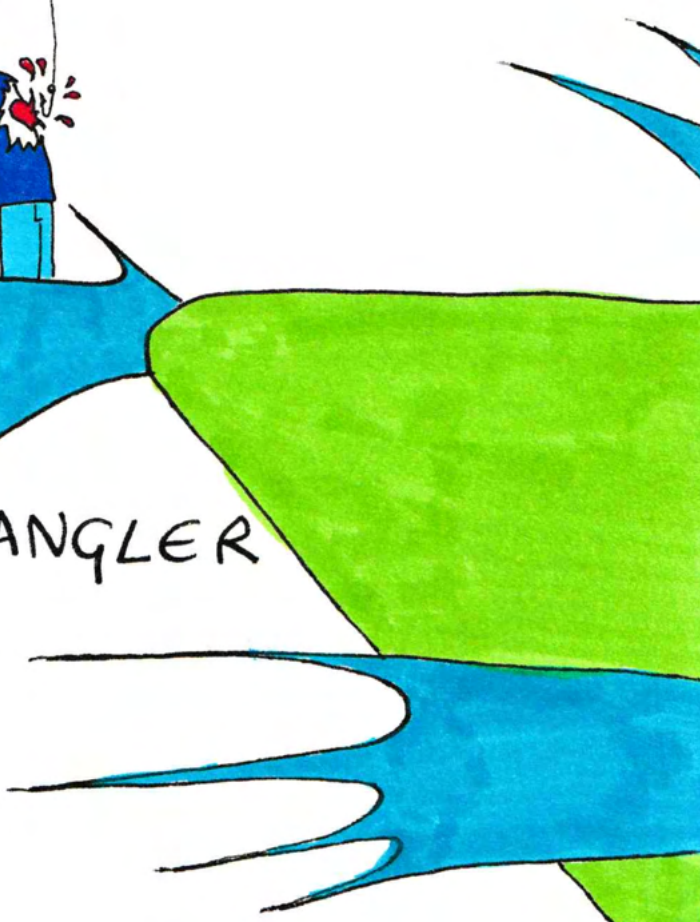
IN HERE NOW, MY LOVE.

THERE'S NO NEED
TO FEAR

THE MIRROR-WISDOM MONSTER



ENVY-ANGLER



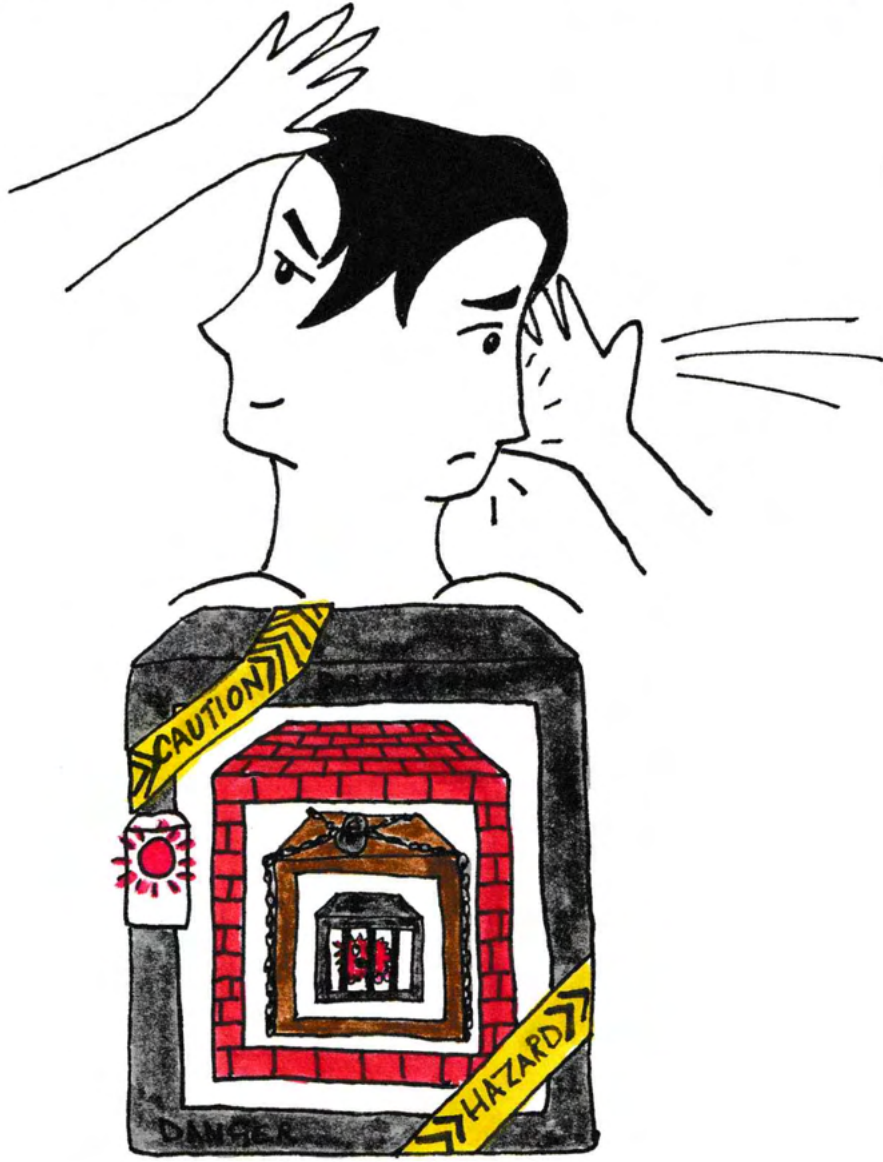


THE FRAGILE MONSTER OF OK-NESS
COULD BE BURST AT ANY MOMENT
BY ONE OF THE NOT-OK MONSTERS
FROM INSIDE OR OUTSIDE.
OR COULD HE?

THE
YEARNING-FOR-SOMEWHERE-I-FINALLY-
BELONG, SAFE-FROM-ANYONE-WHO-WANTS-
ME-TO-BE-SOMETHING-FOR-THEM
MONSTER

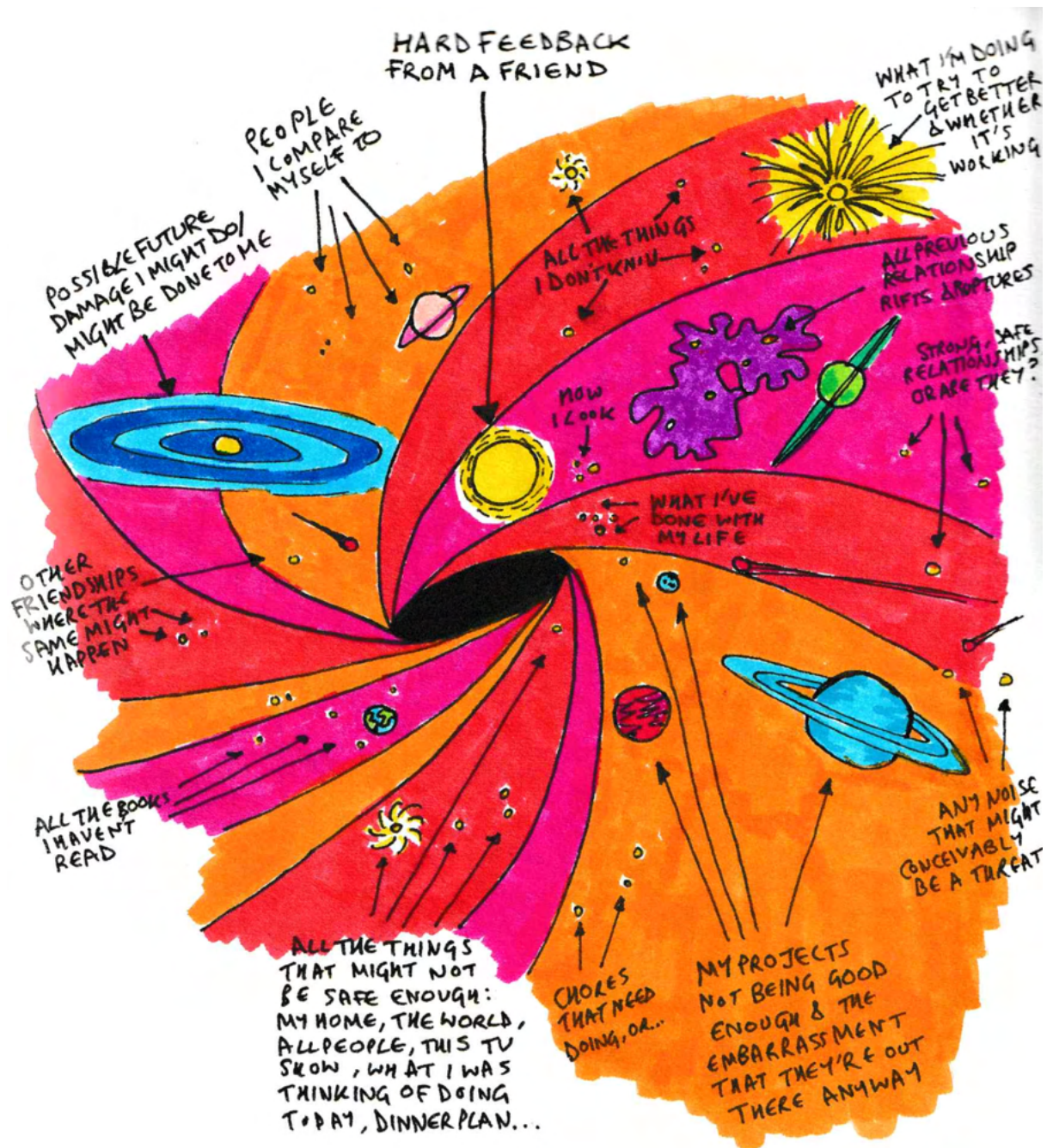


SOMEWHERE INSIDE WHEN I'M DOING WHAT I WAS TRAINED TO DO - BEING WHAT THEY WANT, AND TAKING THEIR PUNISHMENTS WHEN I CAN'T MANAGE THAT, BELIEVING I DESERVE IT - THERE'S A TINY MONSTER I CAN BARELY HEAR



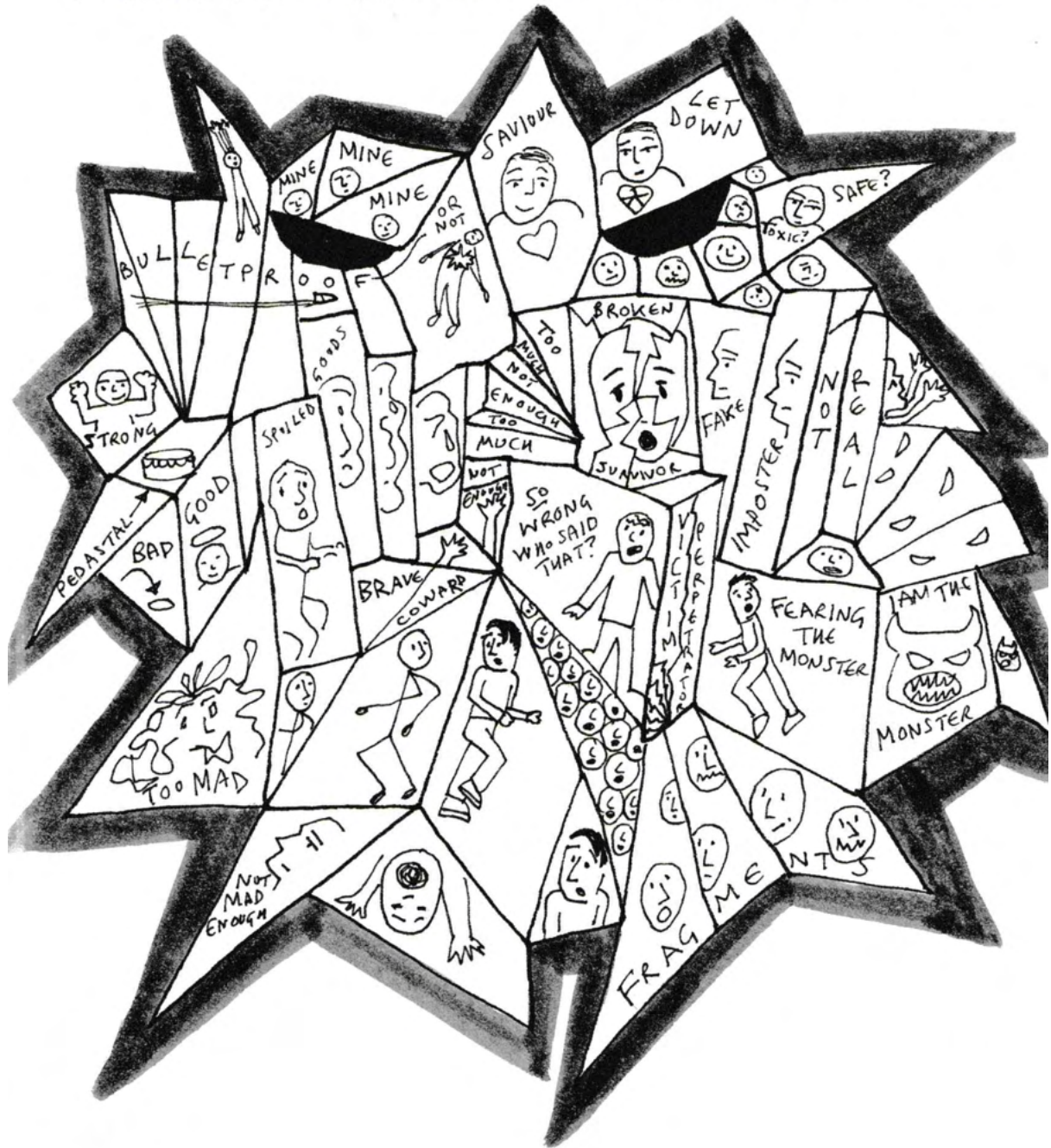
WHO WANTS TO EXPLODE OUT SCREAMING...





TERROR-SHAME BLACK HOLE MONSTER
 SUCKING IN EVERYTHING

MIRROR MAZE MONSTER OF OTHERS' PERCEPTIONS



THE ALL CRIED OUT, YOU GOT THERE,
YOU CAN REST PEACEFUL NOW, MONSTER



LAKE OF OUR TEARS

NOT DOING THE THING



WHAT IF YOU TRY AND IT'S TOO HARD?

YOU ALREADY FEEL A BIT SHAKY. IT'S TOO RISKY.



EXCEPT WHAT IF YOU COULD HAVE DONE IT AND FELT GREAT?

AND NOT DOING IT WILL MAKE YOU FEEL TERRIBLE?

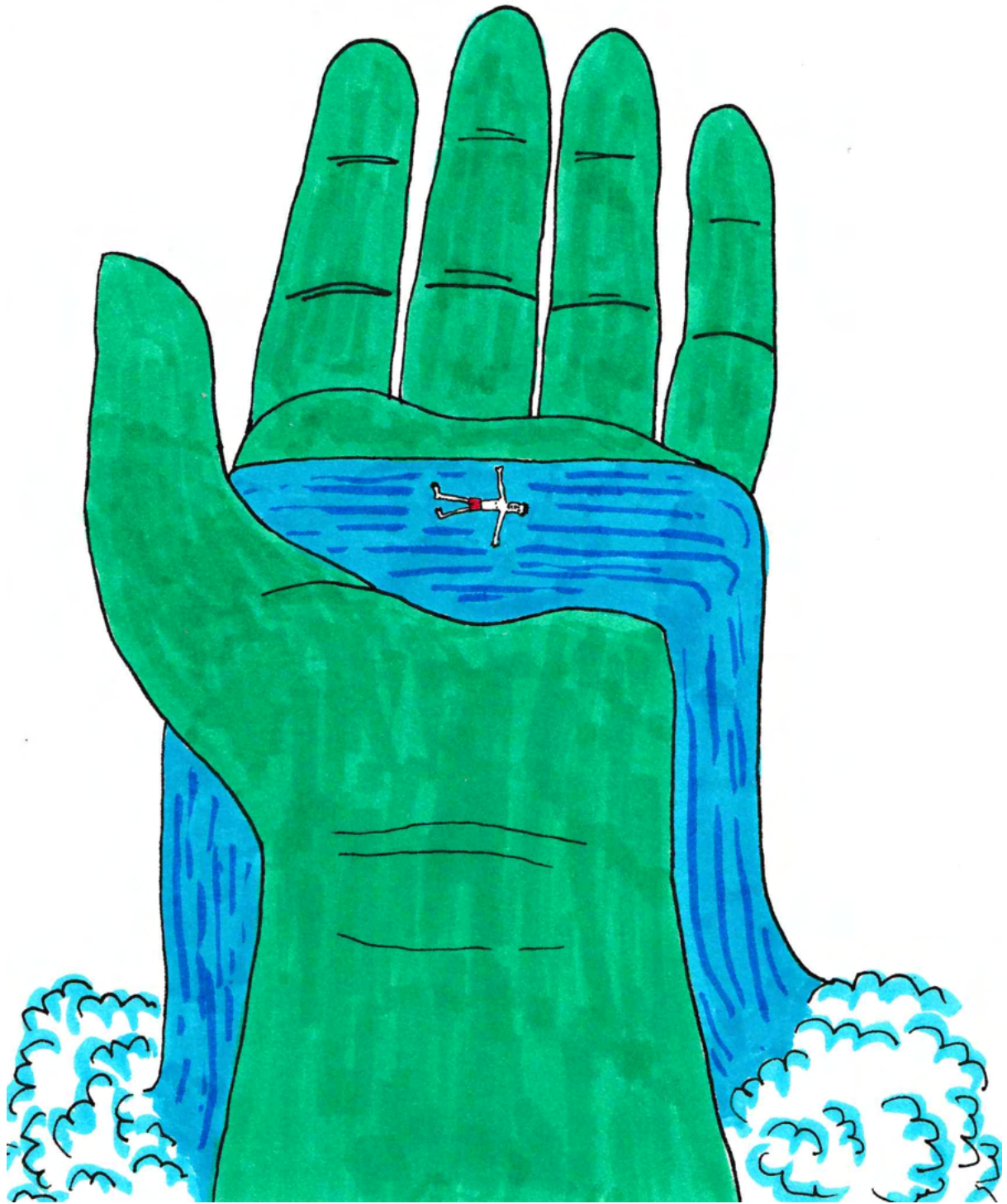
AND IT'S EVEN HARDER TO DO IT TOMORROW

DOING THE THING

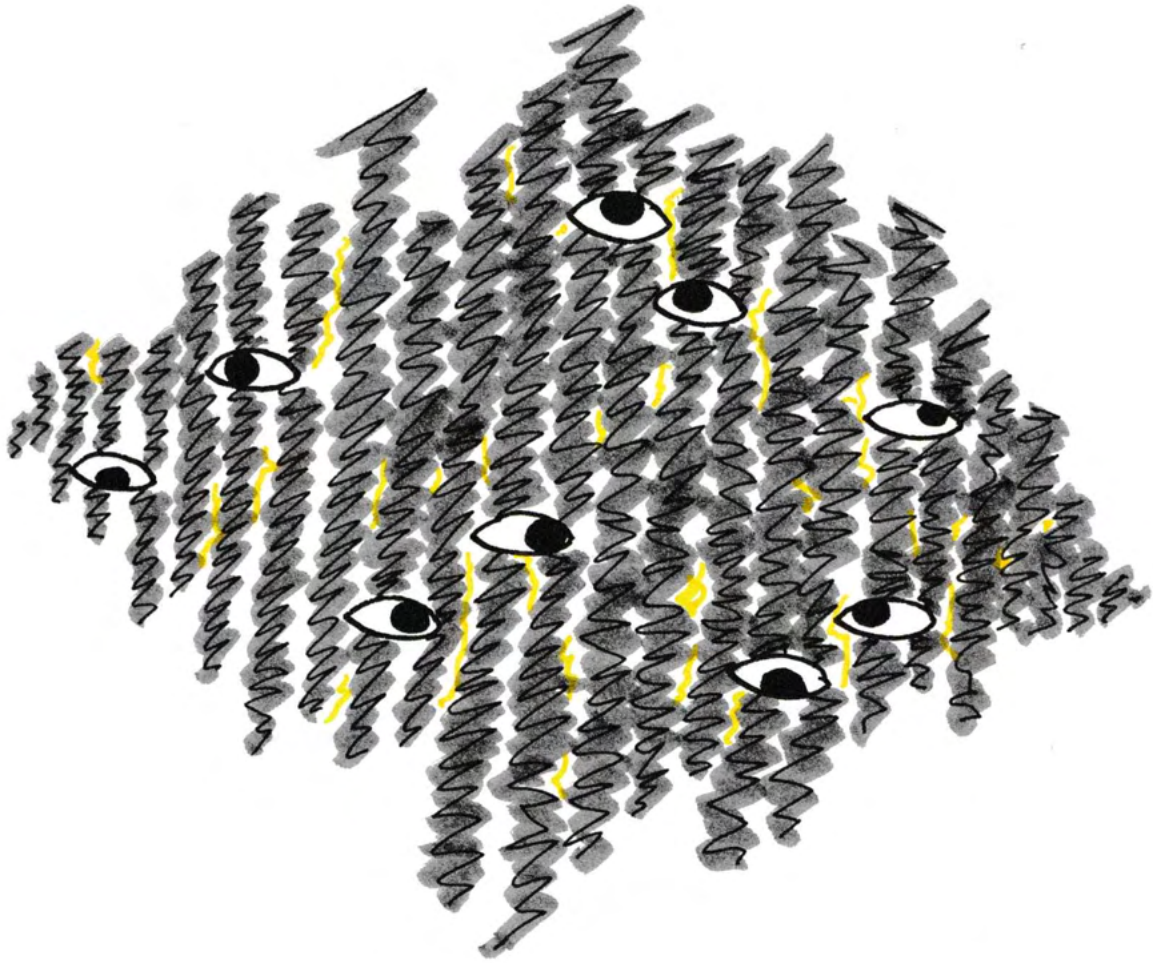
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A LONG WAY DOWN, PERHAPS FOREVER

THE EVERY SINGLE CHOICE IN A DAY - EVEN THE TINIEST ONES - COULD BE WRONG IN A WAY THAT WOULD RUIN EVERYTHING MONSTERS

PEACEFUL MONSTER



UNEASY MONSTER





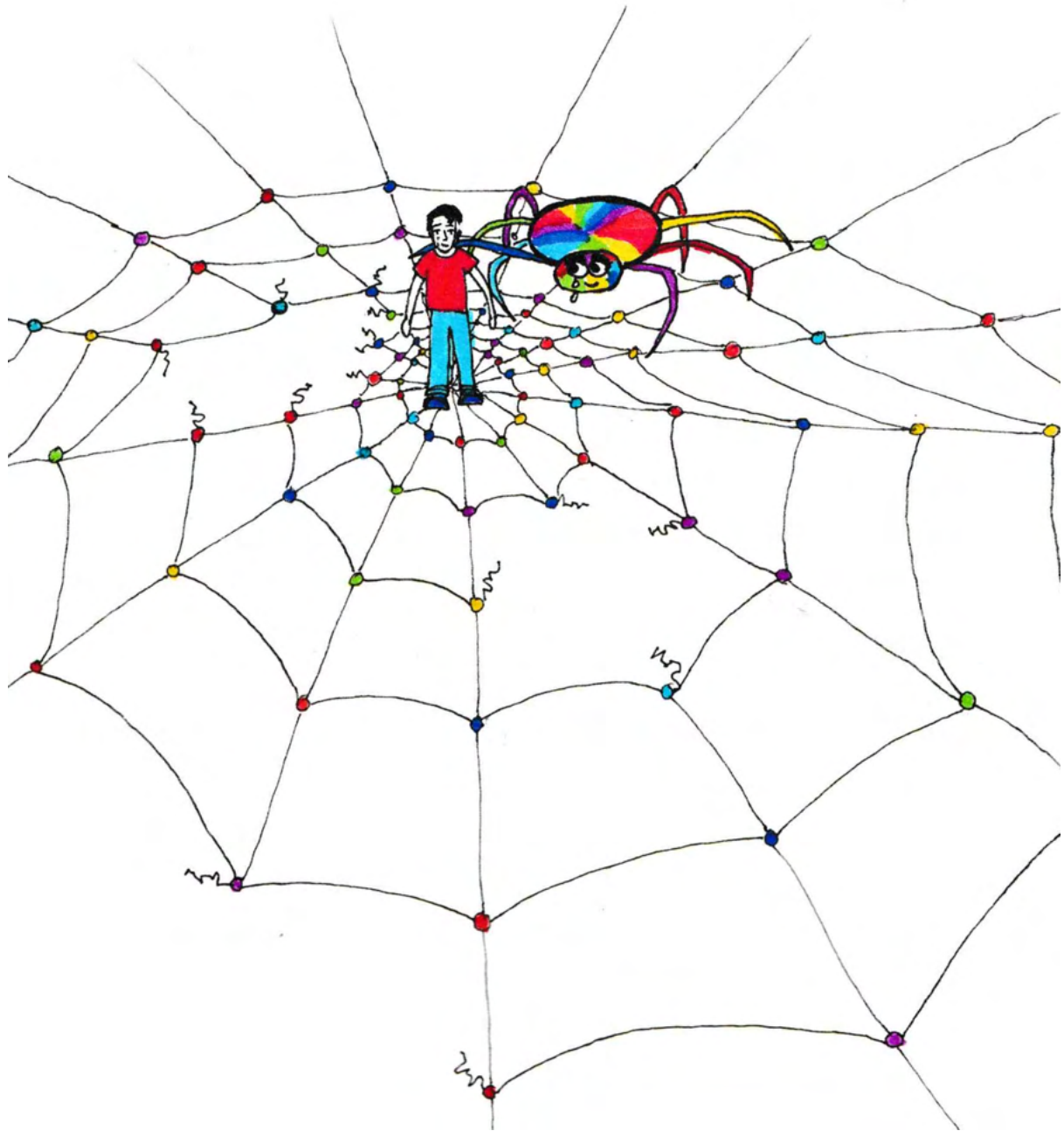
THE GHOSTS THAT HAUNT OUR CONVERSATION
STILL BELIEVING THAT I COULD SUDDENLY
SAY OR DO SOMETHING THAT WOULD MAKE
YOU TURN AWAY IN DISGUST FOREVER.

SWEET SADNESS?
THE SAD SWEETNESS OF THE GHOSTS
OF PAST ME I BUMP INTO IN THE
PLACES I USED TO BE, AND THE
FACT THEY HAVE NO IDEA WHAT'S COMING

NEXT STOP...



MONSTER OF TENDER CONNECTION BETWEEN
ME AND PEOPLE WHO SHARE THEIR CREATIVITY
AND VULNERABILITY WITH ME AND/OR APPRECIATE
MINE - WEAVING A BEAUTIFUL WEB OF KIND
COMMUNITY (WITH OCCASIONALLY SUCH TRAGIC
AND PAINFUL RUPTURES AND RIFTS)

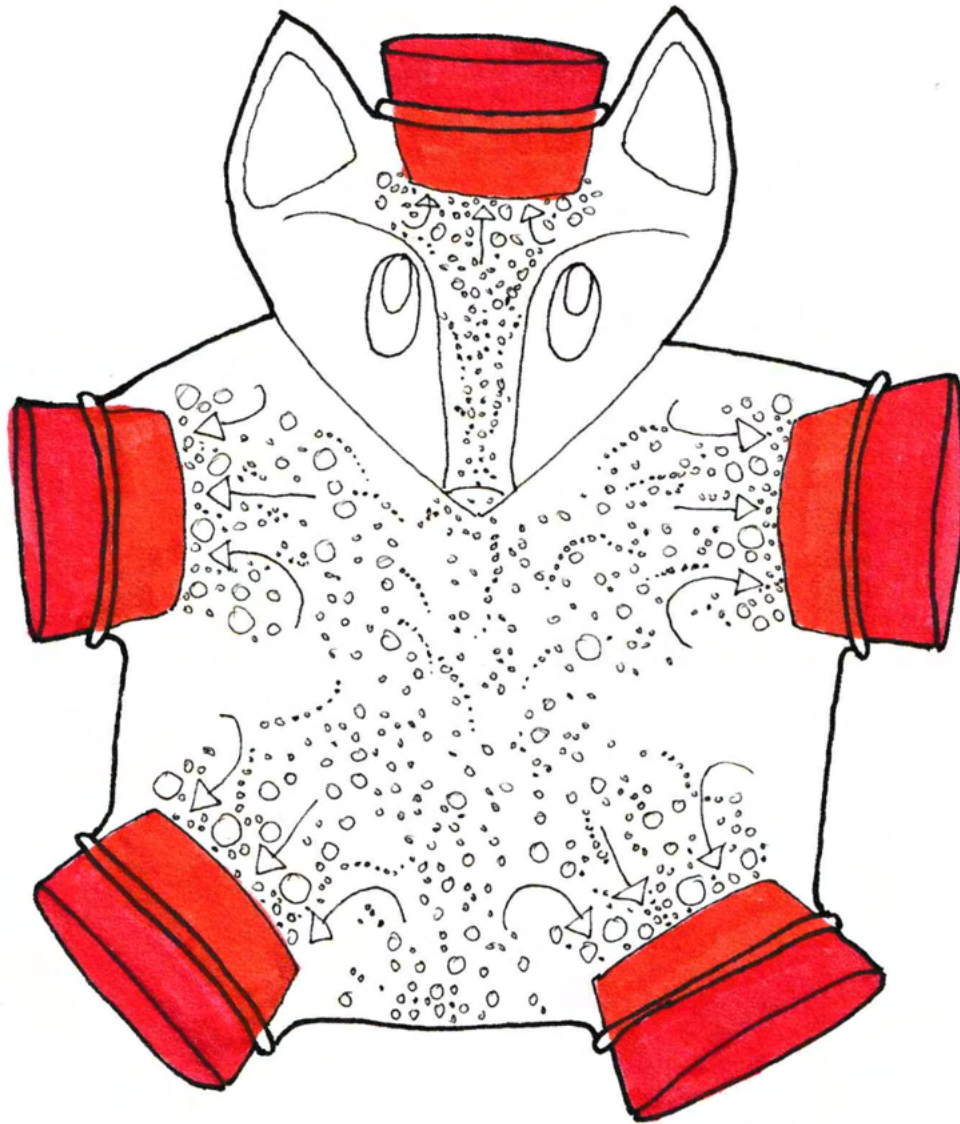


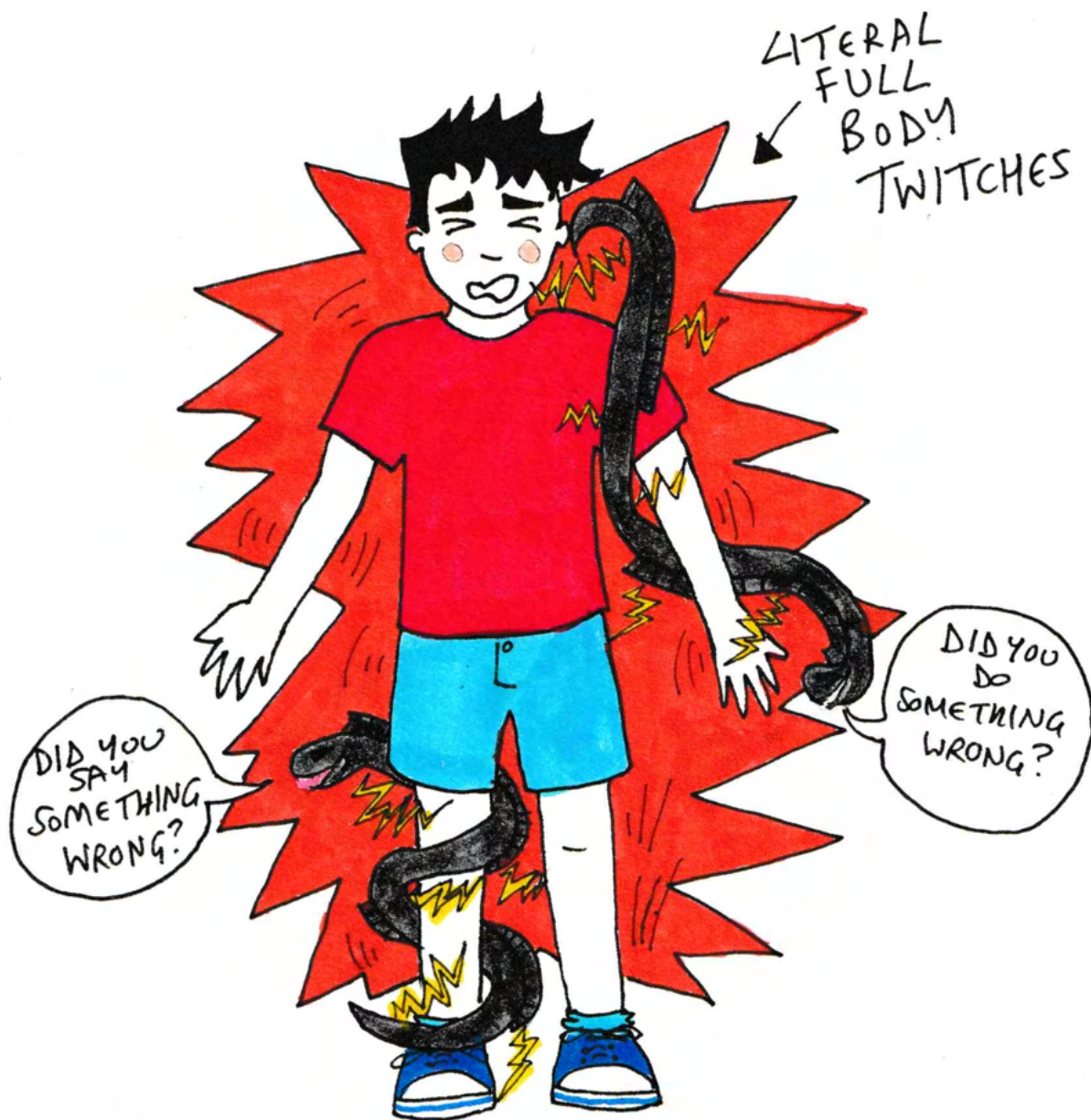
I HATE THIS GUY & ALL GUYS LIKE HIM. I HATE MYSELF BEING THIS WAY. I HATE EVERYTHING. I WANT TO HIT SOMETHING



A PAINFUL SEVERING (STILL!) WITH SOME GUYS INTO THIS STRIVING GHOST I'M DRAWN INTO BEING, WHO DOESN'T FEEL LIKE ME AT ALL, AND THE FURIOUS MONSTER ME BEHIND, POWERLESS TO INTERVENE.

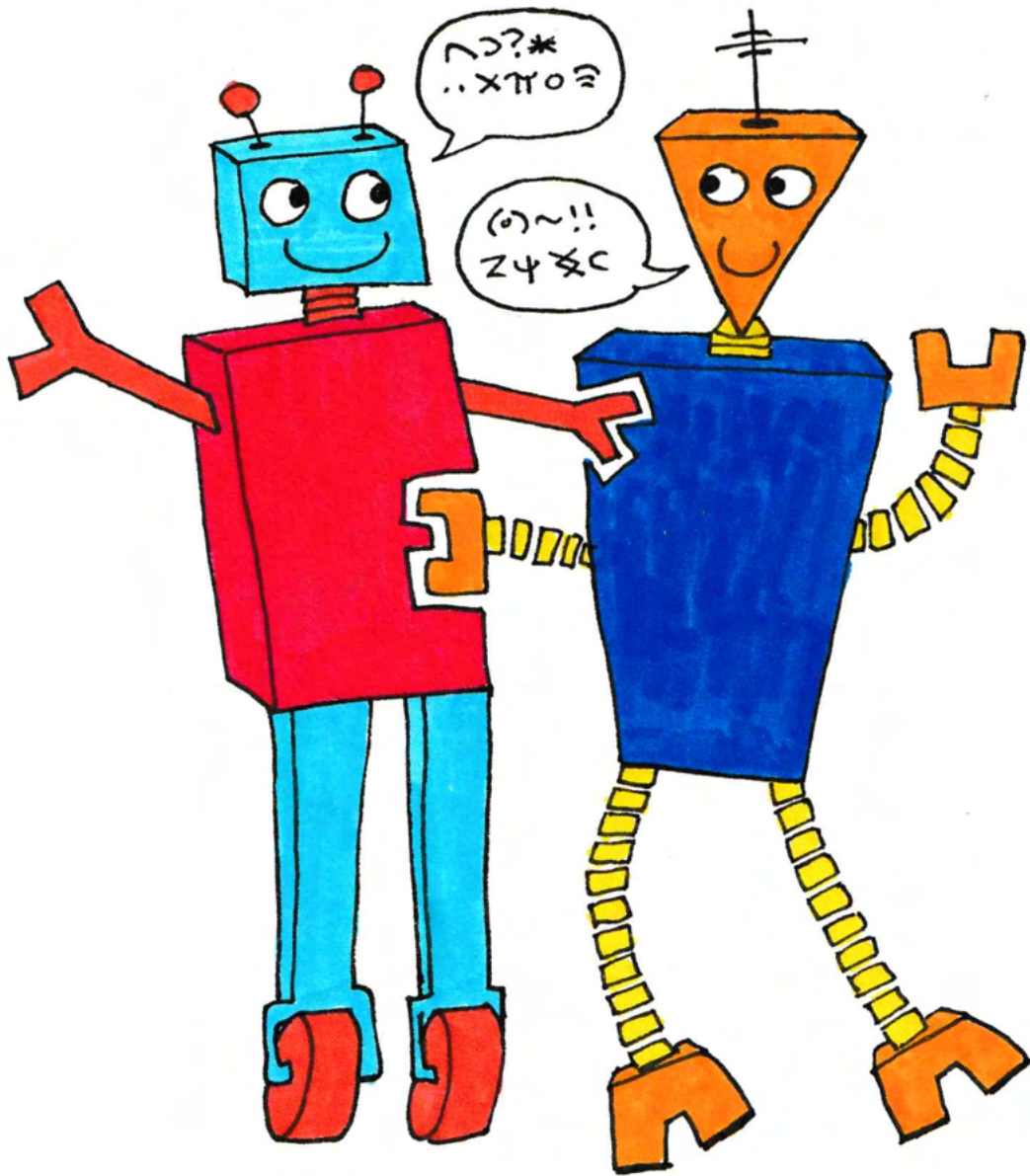
SO FIZZY FROM HANGING WITH
AMAZING FRIENDS I'M GONNA EXPLODE
MONSTER

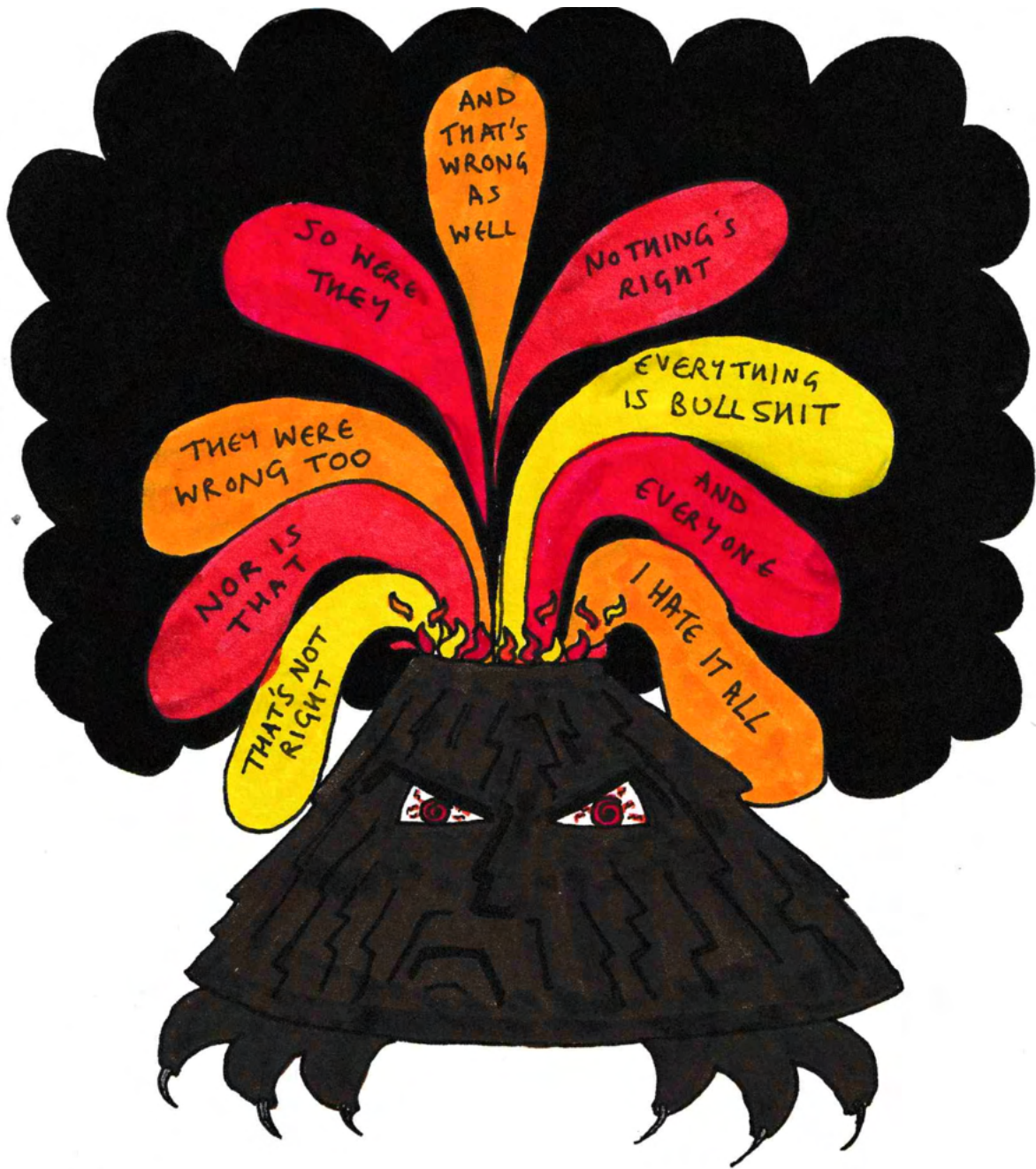




THE TRAUMA-TWITCH
'DID-I?' EELS
THAT HIT AS SOON AS I GET HOME

THE MONSTER^S OF RELIEF AND DELIGHT
WITH FRIENDS WHO DON'T EXPECT ANYTHING
I DON'T FEEL ABLE TO OFFER AND WHO REALLY
APPRECIATE THE THINGS I LOVE TO OFFER
AND FEEL COMFORTABLE TALKING ABOUT THIS





VOLCANO MONSTER OF
MOLTEN RAGE SPEWING
ALL OVER EVERYTHING



PANIC MONSTER - EACH ALARM TRIGGERS MORE AND MORE

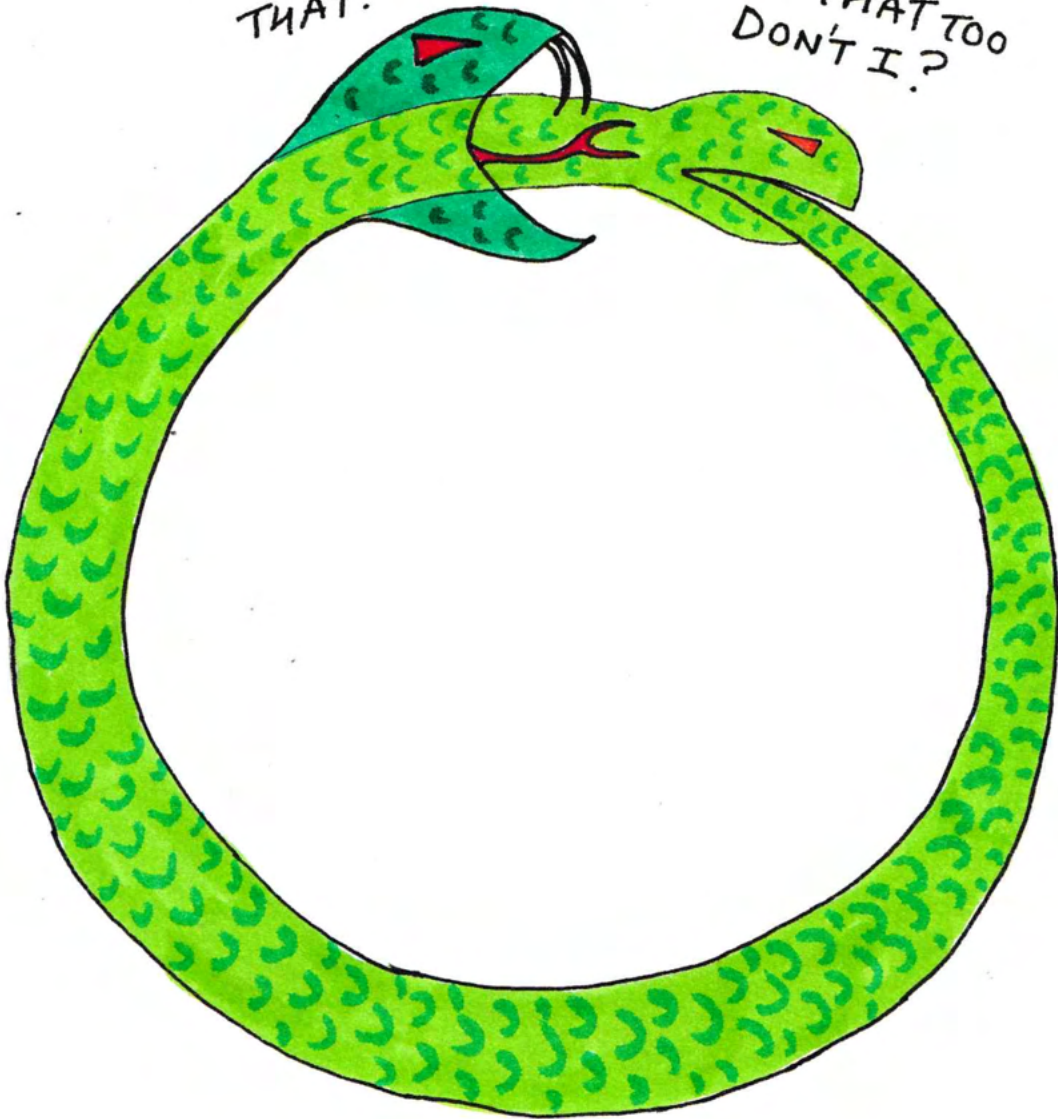


THE INTEGRI-TREE MONSTER

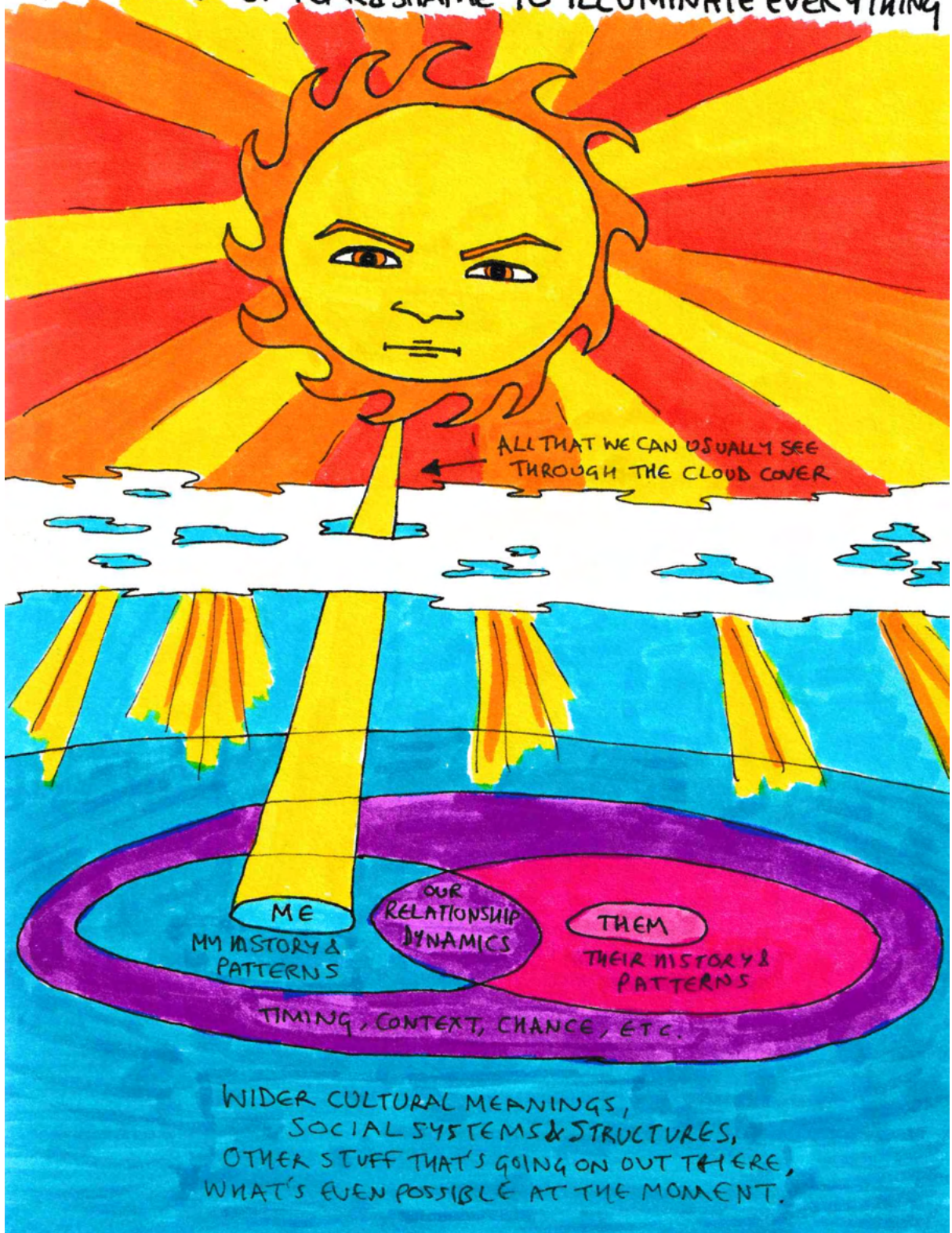
THE FURIOUS SNAKE MONSTER WHO EATS THEIR OWN TAIL

I HATE
THAT!

OH CRAP
I DO THAT TOO
DON'T I?

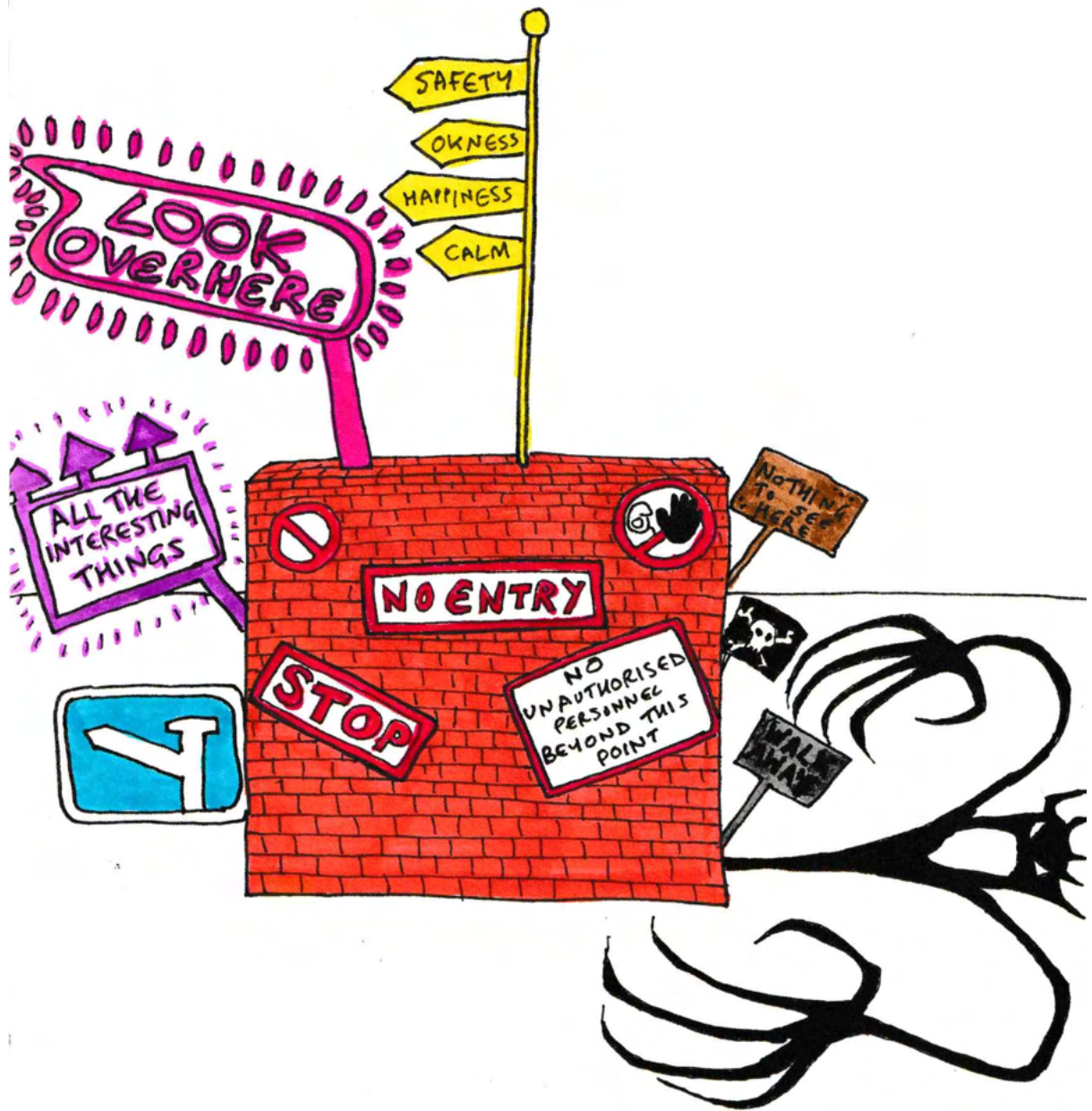


CLEAR-SEEING ANGER MONSTER BURNS THROUGH THE CLOUDS OF FEAR & SHAME TO ILLUMINATE EVERYTHING

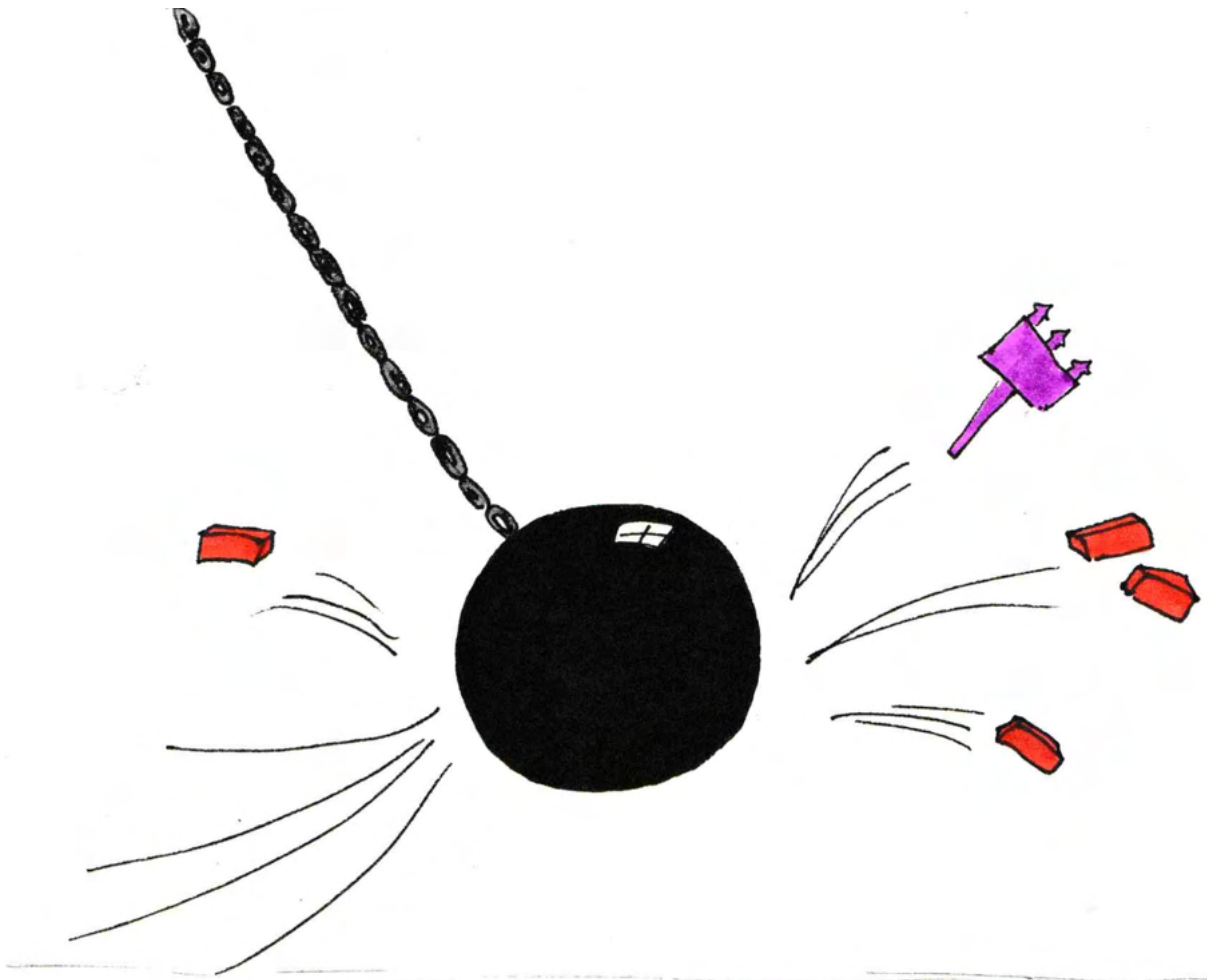




TENDRILS OF THE DREAD MONSTER -
INVADING ME, FILLING ME WITH SHAME,
SUCKING ME DOWN INTO THE SHAME SWAMP.



THE FEELING OF SOME ONE TRYING NOT TO HAVE A FEELING



THE MONSTER BEHIND THE WALL

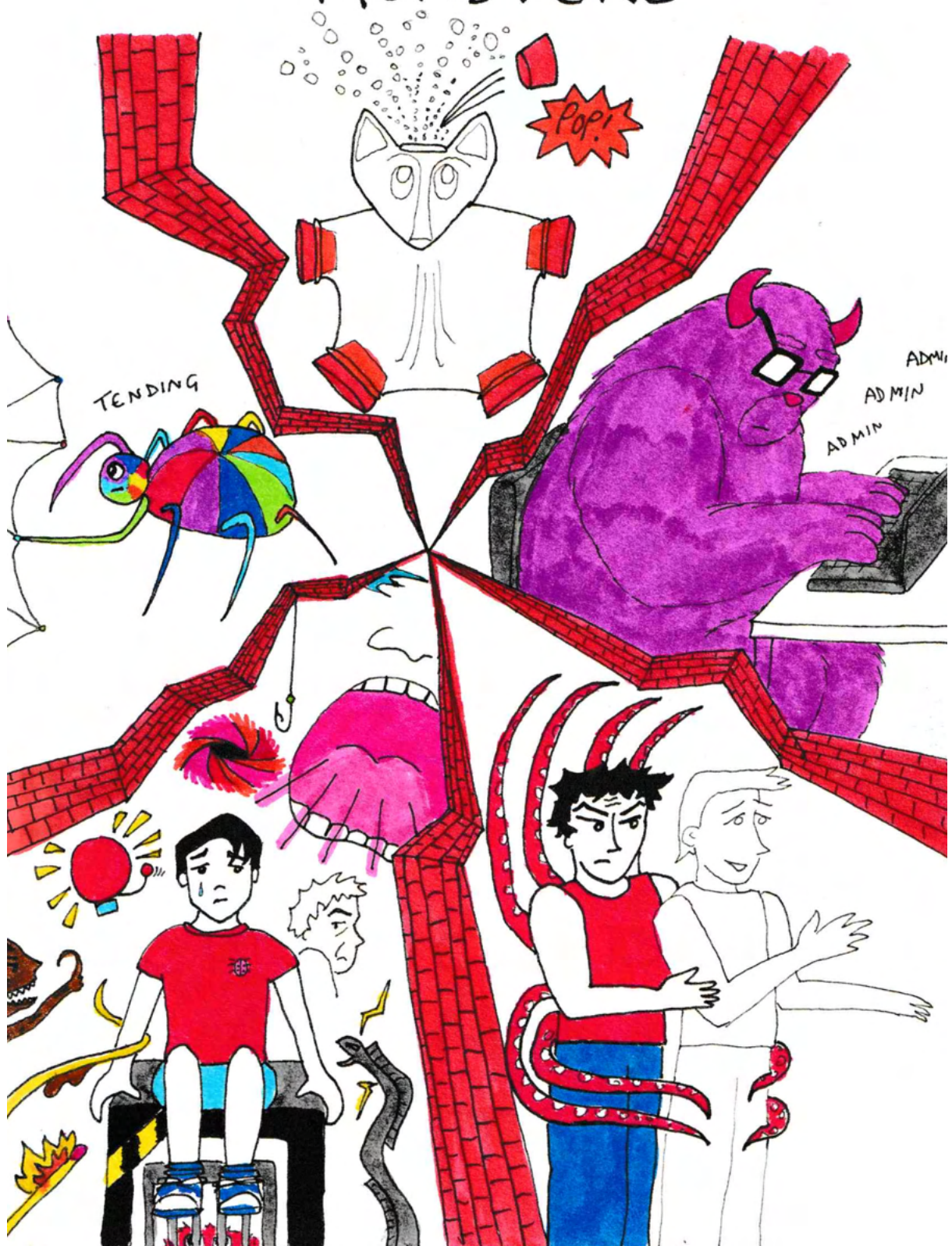


UNDERNEATH THE RAGE I JUST
FEEL SUCH A FOOL FOR TRUSTING THEM



THE HOLDING
AND HEARING MONSTER

SCATTERED/FRACTURED MONSTERS





CONNECTED
LOVING
MONSTERS

MONSTER INSPIRATIONS

OUR MONSTER PRACTICES WERE INSPIRED BY:

- PIXAR'S *INSIDE OUT* AND *MONSTERS INC*
- GAVIN AUNG THAN'S COMIC OF RUMI'S 'THE GUESTHOUSE': ZENPENCILS.COM/COMIC/RUMI
- LYNDA BARRY'S COMIC *100! DEMONS!* AND OTHER WORK
- HANNAH EATON'S COMIC *NAMING MONSTERS*
- LAMA TSULTRIM ALLIONE'S WRITING ON *DEMON FEEDING* (LIONSROAR.COM/HOW-TO-PRACTICE-FEEDING-YOUR-DEMONS)
- *FOCUSING PRACTICE* (SEE ANN WEISER CORNELL'S *THE POWER OF FOCUSING* AND OUR *STAYING WITH FEELINGS ZINE*)

FIND OUT MORE

THERE ARE MANY MORE FREE ZINES AND FREE BOOKS ON OUR WEBSITE, PLUS INFO ON HOW TO MAKE YOUR OWN MONSTERS, IF YOU'D LIKE TO TRY IT

- REWRITING-THE-RULES.COM (SEARCH FOR MONSTERS)
- REWRITING-THE-RULES.COM/ZINES
- REWRITING-THE-RULES.COM/ALL-FREE-BOOKS

SUPPORT OUR WORK

IF YOU ENJOYED THIS ZINE, AND YOU CAN AFFORD TO, PLEASE CONSIDER SUPPORTING OUR PATREON, OR MAKING A ONE-OFF DONATION TO OUR PAYPAL.

- PATREON.COM/MEGJOHNBARKER
- PAYPAL.ME/MEGJOHNBARKER

