

What My Body Knows About Rest

it is the morning again
thank god for another shot
to make it all work again
to disappoint our loved ones
a little less today

i am annoyed by my body
for waking with the burning fear
that tells me to be running
towards the day's emergencies already

i must concede her instincts
have kept air in my lungs all this time

yet still i scold her primordial machinery
for not being more placid more peaceful
in the face of a life filled to overflowing
in a world whose face gets shot off every day

she knows that rest is not allowed right now
so her adrenaline blares us out of bed
by 4:00 in the morning

she is screaming
this is not our season of quietude
so scurry to your tasks and be grateful
your body carries you everywhere you want to go

