**Fear 1**

1.

fear is in the belly

the grip of an unforgiving hand

squeezing the entrails

trying to push you out of yourself

i sat at the edge

of the roof of a tall building

felt my belly flutter

like a wounded bird

i leaned out, looked down

and it came to me

a flash in a clear sky

i’m not dead

2.

fear is in the brain

the clouds that wrap the hippocampus

in a night always waiting

to push back the dawn

a spider crawled into bed with me

i’m not alive, just warm

i woke to feel it whispering

across my reluctant skin

for the briefest time

that spider was a dinosaur

dripping poison

and i killed it

3.

fear is in the chest

the weight of an ocean

crushing air from the lungs

an iron fist around the heart

my head caught in my sweater

i imagined myself stuck there

my arms trapped

in this goofy position

i found myself

holding my breath

in the waters of my ancient mind

i swam to the surface

4.

fear is in the hands

you raise them to your face

sacrificing touch for vision

turning away bullets with chips of bone

i saw before i felt

gravity pulling me down

my eyes like magnets

reaching for the concrete

i put out my hands

they came away red

tiny stones embedded

i was relieved by the pain

5.

fear is in the eyes

tight shut

against the brightness

that is the fire you loathe

there was an accident

people died

i looked

until i saw blood

then my eyes

wanted to close

i had to tell myself

to keep driving

6.

fear is in the gonads

the organs that cannot abide

the 10 000 nights

i spend alone

when i awaken

without you

i feel a tear

in my heart

my heart

is another word

for the hole

where my balls used to be

7.

fear is in the mind

the future

stretching out unending