Fear part 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

spider was dinosaur

i killed it

sacrificing karma for comfort

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 a straitjacket of softness

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 it before i felt it

raped by gravity

my eyes like magnets

pulling me down

i put out my hands to stop my fall

they came away red

tiny stones embedded in my skin

i was relieved by the pain

5.

fear is in the eyes

clenched, shut tight

against the brightness

that is the flame 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

fright burning holes in my retinas

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