**Tipping point**

I’m lying in bed

not thinking nothing

I stretch out my foot

it pops in four places

sudden relief

I wasn’t planning this

surprised myself, again

every time I do that, it’s unexpected

it reminds me of the lizards

in the tanks in my room

they cling to the glass, move sluggishly

have nowhere to go

their tiny worlds never change

what makes them decide

“now is the time to move,

now is the time to raise my head?”

I wonder

is there a chemical in their brains

that builds and builds

until it must be released?

what makes the fish in the pet store

swim from one end of the tank to the other?

there is nothing there for them

they turn this way, turn that

pain is a chemical, an electrical field

ok, I don’t know that

but it adds up slowly, and it reaches the tipping point

my foot stretches and is popped

there is a moment

when you realize

you must urinate

That is a small magic.

you’re human, aren’t you?

now excuse me