

Bite Me, Centipede: I am Wind, I am Chaos

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Abstract—I’ve been thinking about color. Like, how we call things by what they give away. Like: that apple is red because it gives us red. And the apple keeps what it needs to survive. The apple is blue and green. But we call it red. What if we called things by what they keep?

Index Terms—inwards, outwards

ANOTHER PANIC ATTACK - THE FUTILITY OF DESCRIPTION

Popping open, (almost popping, completely open) open, exploding, inside, my insides are exploding. Not so much in the bloody, bone-shattering way. Maybe: imploding. Maybe I’m imploding. Maybe I’m imploding. Either way, I need to sit. Either way, I need to go to the hospital. Either way, I’m glad you’re here. I handed you “Chess Openings: Theory and Practice” by Horowitz. And I sat on my cat rug, head on my knees. We sat on Mountain and I collected what was left of me in cupped hands (leaky, like all cupped hands are) and gradually carried myself back to my bedroom. Then the doctor was drawing my blood. I was sitting on my cat rug. I stood up, another wave: imploding, after all. I shaved my arms and I remember how the IV went into the top of my forearm. “It would have been easier if I had broken my leg or something simple.” I felt silly, sitting in the ER. I felt silly, sitting on my cat rug. See, the body has a shape. My body has a shape. But the mind. My mind. It’s a shapeshifter tonight. Square, circle, rhombus, formless, too much form, piercing, slow, heat, flashing, pounding, dizzying. Tightness, shaking, hot, lightheaded, faint, trembling. And I’m just a specimen to myself. But no talking please. Just focus on breathing. Take notes for later. Ride the waves for now. I’m safe, I’m safe, I’m safe. But not convincing enough to keep it together.

THEMES FOR FALL 2023

- Feral: be feral
- Self respect
- Stillness
- Judging based on action
- Not carrying dead weight forward
- Prioritizing things that reciprocate
- Routine (eating, exercise)
- Hermitage
- Active practice in being less anxious (for my health)