

...april 9, 2020...

yesterday i forward tripped
scraped my knee and pulled my back
on a corner sidewalk curb
in these days of quarantine –

there was no one to see or hear
or ask if i'd hurt myself –
just me limping to a wall
to rest and gather in my shock –

yet if i'm so powerful
that i create reality
why did i create this fall
in these days of quarantine?

perhaps i'm needing to slow down
instead of rushing to meet lights
perhaps i'm needing to wake up
instead of striding half asleep –

perhaps some inside part of me
wanted time to be alone
with an excuse for quietness
within the haven of my home –

perhaps I need to understand
that curious insanity
of media that says we're all
a sickness spreading evil germs –

perhaps I need to look again
at the stupidity of news
telling us that masks will heal
by robbing us of oxygen –

perhaps i just need to recall
that even if i trip and fall
i'll be ok and all is well
in these days of quarantine.

