

How the Mind Races the Body

Maybe there's something in physics a formula
or theorem or whatever this isn't my area
anyway to explain how the mind races
the body and always wins even when it's tied
ankle to raw ankle arms outstretched to the finish
line the body just beginning to wake and move
its rusty bulk over the start the rest left somewhere
in between stretched like a sheet a ghost wavering
flickering from being to not-being and back again

They never taught me how to be alive never
handed out a worksheet on figuring out
the difference between winning and crash landing
is how many broken bones I can bear