

Wave After Wave

Sleeping at Last

What if is a waste of precious time
And space
It dims the lights of this vibrant place
What if every cell in my body changed?

I am the sail, the plank
The mast that breaks
And gets replaced
I am remade, repaired
Reshaped
But somehow still the same
Even after every cell
In my body changed
I know my name

Wave after wave
I'm more afraid
It's been a hard year
It's been a high tide
I can make it make sense
But my body decides
I keep telling myself
Again and again
It's been a hard year
Healing takes time
Routine test results
I'm probably fine

I know better
I know better
But it doesn't really matter

My body decides
One part at a time

I am the sail, the plank
The mast that breaks
And gets replaced
I am remade, repaired
Reshaped
But somehow still the same
Even after every cell in my body changed
I know my name
I know my name
I know my name
I know