

## Healing Ritual

WHATEVER, DAD

Healing process begins with a shower  
Bike to the museum so I can sit somewhere  
Actually quiet  
The woods are too close to the roads  
And that place is too tender  
For now anyway

How peculiar  
For I'm almost certain that our conversation Results came out n  
et positive

Yet my body's reaction feels the opposite  
Synthesis, has something gone amiss?

Reach out a hand  
To touch the nettles as an entire refrain  
Until it turns out  
The leaves are rather weak  
It seems as if it's easier to seek feeling Immediate hurt

Look for the house by the church

I try to move forward, and start to revert  
Into myself  
The sound in the room overwhelms  
And it swells  
How it hurts  
I house my own noise in the style of a shell  
Is it worse  
To share in the same space in this way of  
Sudden reverse?

And yet, and yet, and yet  
The face becomes ugly and wet

It takes me a while to know what to get  
Especially when this menu has excellent images, images, images  
Images, images, images  
To distract me from  
Satiating what I came here for

Walk me to my steps instead of the door  
Maybe it's not beneficial to draw parallels  
But repeating the ritual helps  
To a certain extent