

Concerning Meditation
by Andrea Perry

didn't mean to think about that – or that –
or this – didn't mean to go down a rabbit hole –
and when all's told – at the end of the minute –
be so far gone – downstream – off course – unhappy –
miserable – didn't mean to think about you – so
gorgeous – leaving me – in a pickle – at work –
as usual – crashing my car – getting the bill – crashing
your car – watching you confirm your speculations –
about leaving me – stranded – broke – alone –
unhappy – at work – as usual – not making enough –
to make it worth it – no time – no youth – soul slipping
away – slippery thing – silly thing – buried under my
liver – napping the day away – slippers up
on my sternum – a lazy freckle – on my small intestine –
hey there – let's see – some movement – some –
sparkle – a wave – or a tickle – put your dukes up –
and stand up – for me.

From a distance, you see, thoughts with steel toes on,
curbing my spirit.