

good advice w/thanks to shane

you're missing
something crucial
he said
the endgame
the hard work
misery
will be worth it
perhaps a year from now
when you can see
how much
you've improved
he said
the uncertainty
will have settled
like mud
to the bottom
he went on
if you aren't whole
you'll be less piecemeal
far less handicapped
he pressed
let your hope
feed itself grow
roots
let your hope
generate
neurons
let your hope
steep golden
medicinal tea
he got real
you might not
win
the goddam race
but you'll
get out
of that chair
dance
across the floor
again
he added
remember

to let your loved ones
help you
he finished
start your own
radio show
on-line
stay connected