

How to Make Boundaries

Start with a large tree, preferably oak
or another hard wood,
and stand underneath it examining the places
where your soul folds under pressure.

Stand there all day.

the live long day the noon so high

day hey ho de-merri-o day

Reach high, higher than you can reach,
and let your skin fall off your shoulders,
leaving it puddled behind you.

Become a leaf.

a green leaf of early spring,

not a withered, crinkled leaf

that goes crunch, crunch, crunch

like your Autumn Wheaties

Now, put your thinking cap on
along with your homemade heart
made in 4th grade for Valentine's Day.

Circle 'round,

drop down into night,

bringing up stalks of yesterdays.

kiss the worms, kiss the dirt, make 'em cry

spit it out a' going 'round and 'round

Miss the tree by taking a walk.

Wander down to the creek,

touch the rocks and lay inside the water.

There is fear.

There is anger.

Let it go.

Remember where the lines drew you alive.

--C.E. Wagner