

phantom pains

early morning and dim

sunlight, a kaleidoscope –

white spots on white duvet

this is not the first time

these hands have twisted and

turned across soft sheets

to find soft skin and better

yet, a happy yawn

how do you train, wandering

limbs with a mind of their own

cool cotton can feel warm,

pliable even if you believe it

twenty years of practice turned

muscle memory - a lifetime

of repetition, what's harder?

making a habit or breaking one?

you never liked surprises

these rituals are honorary

how do you preserve a memory?

you never let it go