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The Truth of All This...

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The Truth of All This...

The Truth of All This . . .

Slow intake,
Slow exhale.
Breath after breath,

I'm only slowly starting to see it
to feel it all,
understand the concept—

malicious words spilling
from the tongues
of those revered

like unanticipated gestures—
hands jerking to and fro, while
feet thump an un-metered beat

the knee motioning up and down
and up, up, and down.
Surely the signs of erroneous words.

Where is the peace
 of mind
in all this?

Or am I just losing pieces . . .
of me—of truth and childhood memories,
and encouragement, and all things good—

Pieces that I try to breathe in,
each breath a grasp, a hope
for a better life yet to come?

Jodi Rowland Schott