

*A Scientist's Advice On Healing* (by Christy Ducker)

Try to accept  
this fat red hurt  
is your starting point, in the way a pen must be put to paper  
in one particular spot,

then move

beyond  
the globby flap  
of blame  
and past  
the mono-sulk  
of pain.

Change the subject,  
before it's too late.  
Sketch out  
what health  
you do possess,  
what signal-cascades,  
what flotilla of cells  
circumnavigate you,

then draw yourself back  
together again,  
in a language  
of your own.

Your body's talk  
is loose as lymph —  
it'll have you open out  
as a tree,  
or sneak up on pain  
as assassin,  
sidekick,  
or wolf.

Encourage this  
for healing won't come at you  
straight.  
Embrace the lack of heroics —  
this isn't Hollywood,  
it's you,  
in a plot  
that may  
or may not resolve.