

after 'Antidote 'by Luka Lesson

healers used to keep snakes
so she had a snake for twelve years
it smothered her
sapping her strength
its poisoned tongue was sharp
its words stabbing at her personality
it sat on her head
wrapping itself in her every thought
she was weak from struggling
she thought she had no fight left
then she cut her hair, a fringe
she made a decision on her own
the snake began to lose its power
it tried to remind her of all her failures
but she built on the decision to
listen to her own mind
to rely on herself
for healing

Jo Beth Gray