what use is this inoculation?  
love          love

can we immunize against fear?  
love          love

is anywhere a vision that’s clear  
love          love

where is it?

here –  
take mine.

**

i’m stuck i can’t move  
pressure – feel it

i’m stuck i need your help  
pressure – lift it

i try to breathe  
pressure – it bruises

i’m too bruised to move  
pressure – see it

pushed up from up under  
like air pushes water

ripple into me  
come back — love

i am trying to breathe  
but i freeze

i am trying to see me  
but i freeze
cold and frozen
solid stuck

what use is inoculation
if it won’t prevent these fears?

i once had a vision so clear
where is it?

where is it?
here

here

not a dream
not sunglight
like waves pushed up
from up under

i see it
(pushed up) pushed up
from up under

i can see – me

i can see forgotten yesterdays
clear as an ocean breeze
push up from up under
with wonder

here –
take mine