

# WOUNDS



when a loved one dies  
it's a schizophrenic existence afterwards  
life goes on  
you know that thing, life?  
it tells you  
you have work to do  
calls to make  
letters to write  
you can always see your friend  
tomorrow  
next week  
next month  
next year?  
and then you can't  
you go on with momentum  
and then it dawns on you  
they're gone  
they die on you  
over, and over, and over again  
it's not denial  
it's resistance  
the growing sense

that you don't want to go on anymore  
without your lovelies  
it's forgetfulness  
and momentum  
the lapses of memory  
of the loss  
grow longer and longer  
like a moving picture  
you don't see the individual frames  
you see the flow  
so when it's moving  
if a frame or two has been cut out  
eventually  
you can hardly tell  
those frames don't disappear  
they lie on a cutting room floor  
somewhere  
all that's left  
is the illusion of continuity  
acceptance of that illusion  
is what we call healing

—Eric Jay Miller ©March 2014