

body memory

my elbow remembers
 riding my rocking horse off the front porch
my skin remembers
 slap of the flyswatter metal wire handle
my tongue remembers
 bar of soap shoved in my mouth
my hand remembers
 spilled milk on the first day of first grade
my stomach remembers
 crying in front of everyone 'cause I lost the fight
my knee remembers
 wait for me daddy before I fell + broke my leg
my feet remember
 please teach ricky how to skip
 pinned to my kindergarten shirt
my chin remembers
 falling out of bed into a
 daddy's mad again hot sunday night
my nose remembers
 can't breathe comic books in ragweed darkness
my fingers remember
 building model rockets in a cool summer basement
my neck remembers
 father's hands closing tight around my throat
my ears remember
 mother screaming *stop it dick stop it.*

time passes but nothing is lost
I can't fool myself
my body remembers everything.

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