

## umbilicus infectus

will you cut it  
or will it drag you down.

will it strangle you  
    leave you breathless and voiceless  
will it wrap itself around you  
    and twist you out of your own life.

that tether to her  
    once fleshy and vital  
was your first connection to the world  
    to anything  
    to anyone  
it fed you  
it breathed for you  
it gave you life.

now it's a bony spike stuck deep in your gut  
that sucks your life away  
    tangles you up  
    and pulls you back  
to a dark place and time  
that never existed.

in the beginning  
you were the parasite  
    now your former host feeds on you  
    with a hunger that never sleeps  
she needs your life  
she needs your juice  
    every drop  
she will never let you go  
    you can feel it  
    you know it's true.

so  
will you cut it  
or will it drag you down.

decide.