

First Jump

The highest three feet
you can imagine.
Only four steps up,
then walk the plank
and jump.

Soft water and
welcoming arms.
How hard can that be?
I watched the others do it.
It seemed so easy.

Until I get up to the ladder.

It's hard to describe
eternity
in every step

a skinny little birch with my
innermost leaves shaking...
an extremeness with
every molecule
anxiously trembling...
overpowering weak knees
permeating my entirety...
no conscious thoughts
as distant voices
pass directly through me unheard...
my gut a tensely twisted knot
with my dry withered throat
tangled in my spineless legs
as a tightly anchored coil...
intense panic
of my central cells
pulling me
into shreds
between pleasing
and escape.

I have come to the edge!
How did I get here?
What will I do now?