

Cultural Daily

Independent Voices, New Perspectives

Aspen Leavitt: “Bed”

Aspen Leavitt · Saturday, May 7th, 2022

Bed

Start sleeping in the middle of the bed.

It's yours now.

Act like it.

No longer relinquish a healthy and alluring half to a ghost,
Refuse to honor a memory long since past simply out of habit,
Not respect.

Sleep fruitfully and restfully with your limbs splayed from side to side,
Pillows placed in the middle with purpose.
Twists and turns of your spine aligned with deep patterns of relaxation.

You will not always get your whole life back.
Your heart may sometimes take lifetimes to heal.
Aches and pains may plague you eons beyond when you thought they had left,
Old sounds reacting to coming rain.

But the bed is reclaimed ground.
Push your presence to every corner of it,
And fill it.

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