

emesis



There is, perhaps, grace
in the way my toes elevate
with each guttural heave;
predictable and precise,
like the slosh pound of saltwater
onto pilings of a weakened pier.

The commotion of swirl,
scent, and sound,
circulate around
my hunched shoulders;
a drown of gasps
among successive retch.

Feeble hands landlock
on wobbled knees.
The grotesque drip
of acidic scraps,
their frothy repel thick
from the lips.

A therapeutic cleanse,
repulsive. A rugated
stomach now hollow
from a purge and scourge.
The body, cleaning house
the way it knows how.

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