

Reclamation

I've been colonized
mind and body claimed
by Apple
Facebook
Instagram
Google
TikTok

Occupied
by Republicans
and Democrats
independents
and conservatives,
liberals,
progressives,
and even the Green Party

I've been enslaved
by Wells Fargo
Chase
Discover
the IRS
and the US Treasury

Assimilated
by Christianity
Capitalism
democracy
Robert's Rules of Order

I've been subjugated
first by a pocket knife,
then by a hunting knife,
then by a shotgun,
then a rifle,
then a handgun
and I'm expecting
some assault rifles
Any day now

WHERE THE GROWTH BEGINS

I've been settled
by Gilligan's Island
The Brady Bunch
Get Smart
Hogan's Heroes
and Sanford and Son

I've been conquered
by elementary school
middle school
high school
college
graduate school

they have all come
in their big ships
traversing distant oceans
trampling on my ground

into my veins
into my brain
cutting me up, annexing
my limbs
redrawing my borders
appropriating my sections

taxing the cells
taxing the tendons
taxing the veins and arteries
collected a toll on every breath
and every heartbeat

renamed a hundred times
I had no idea
who I was

And so I set out
to find myself

traveling the back roads
of my memory
the off-trail sections
of my consciousness

DR SCOTT SIMPSON

looking for signs

and along the way

I found fresh raspberries

beside the trail

a chattering squirrel cracking

acorns on a branch

morning sun

warming my head

dew wetting my calves

from the long grass

swaying around me

I take three deep breaths

heart beating like a newborn

I have begun

the journey

of reclamation