

# NO EXIT PLAN FROM THIS ALTITUDE

E J COUSINS

head stuck on loop again sparks in sweet molasses try  
not to think about work but still think about work b/c  
if not that then what? what else? like unpack & pack  
a suitcase filled with sweaters try to make room  
when there is none & whenever you are late for  
the plane you say *it will be ok* a lot of the time  
it is true but also sometimes it is not & I find  
the subjectivity of it all exhausting it all being  
a reference to me &/or how I am feeling generally  
&/or in a specific moment which I am supposed  
to share more often w/ others & for the most part  
I feel so out of touch w/ nature like all I know is  
the panic before flight like *got to run don't know  
how* & is it possible to be bored & terrified  
simultaneously? I esp. love the documentaries on wild  
life photographers & slow creeping ice I like that  
sometimes there is classical music sometimes there is  
someone to tell me why everything is happening the way  
it is why the pride takes down the elephant how  
thoughtless & wild it becomes when there are too many  
to run from w/ their hunched bodies dark against the light  
off the wet bank it feels like there is nowhere to run to  
again no exit plan from this altitude sometimes they have  
to keep the tape rolling hr after hr waiting for something  
to happen & maybe there will be someone to tell me

why we are happening  
to say *it's ok go to sleep* & the brain will parrot back  
*it's ok it's ok* but it's hard to believe what you hear