

## Trapdoor

Get comfortable  
on your hospital bed.  
Close your eyes.  
Take a lick of salt  
and fly longingly  
over an ocean in your mind.

Now sniff this clipping of yellow gorse  
– beware the spines –  
and imagine yourself lying  
naked on an exposed rock.  
Learn the rhythms of the wind  
across your single nipple  
your scar tissue  
your glittering teardrops.

Above all, have faith;  
escape is close at hand.  
See yourself sliding  
through keyholes, under doorways.  
Feel yourself thinning out,  
skin and bone paling  
to transparency.

Now peel away from yourself,  
become weightless.  
Let invisibility unmask you.

Lengthen the gap  
between each breath  
until the gap is longer  
than your pain, longer  
than your desire  
to see their faces again.

And when the moment comes,  
be ready to take my hand  
– see, it's thinner than the wind –  
and I will pull you  
through the trapdoor.