
HIGH-LOW SEED

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I finally caught up with my schoolwork,
& then I woke up.
In my twin size bed & I read the clock
timed at 5:18, remembering that this
was the week everyone would be
worrying about housing & their living
space & here I was all drowsy in
my bed living inside my head.
You see I used to believe that I
was bred to be ready for anything & everything
but it's been so hard to remember
simple things like getting my ass to
class. But time has been moving so
fast but slow at the same time & I
don't know how I should go about
the situation & I'm not patient
enough to plan it out and it leaves
me just shouting out "help."
But you see I have just been yelling
at myself in my head hurting myself
with words of resentment. & I'm behind because
I fail to be patient in class and
even if I'm physically present, I'm not
present because my head is spinning
and I'm beginning to lack belief
in myself & it's selfish of me
to wallow in sadness but I would
drive myself towards madness if I'm
not kind to my health so ...

(breathe) breathe.
I'm trying to see the bigger picture
but the pictures that hang in my room
make it challenging to resume my life here
& now & even though my vision
is cloudy & I feel so drowsy
all the time I know it will work
out. But only if I put in the
work & have faith, remember to take
breaks, & never give up. & I am
too damn stubborn to be defeated
& I want to look back at this
in the future & realize that all
I needed were my loved ones. The ones
like my family, friends, & mentors.
Loved ones near and far,
The ones that fill my life with
joy & fun to talk to &
ones that teach me new things.
& Now I am beginning to see
a brighter side so ...
(breathe) breathe
& remember you have so much
still ahead of you
so keep your chin up
look high up into the sky
& soar side by side
with the other eagles.