

MOVE ON

One Eye Open

Another dawn breaks through
my blinds,
Just one eye opens at this
time.

My big toe tells me all is well.
No numbness there that I can
tell.

ELEVATE



MOVE ON

I move my arms and then my
legs,
I reach for water and drink the
dregs,
My other eye begins to rouse,
My house is quiet as a mouse!

ELEVATE



MOVE ON

My thoughts now turn to time
and date;
Have I somewhere to be and
can't be late?!
Is this Monday or Thursday, or
even the weekend?
They all roll into one now, I
can't pretend.

ELEVATE



MOVE ON

I urge my mind to tell my
bones,
To gently move so I can check
my phone.
Did someone call or text that
I've missed?
But my hands won't conform,
or make a fist.

ELEVATE



MOVE ON

Auld age, they say, will come
in quick!

I'm only 51, already in some
nick!

Just move yourself, don't lay
too long,

Shift yer butt more often and
move along.

ELEVATE



MOVE ON

Oh god, I need to pee again!
I wish I could switch off my
brain.

But if I did, I'd move out this
bed never!

Motivate yourself wuman,
you'll no live forever!!

- Karen Boyle

ELEVATE

