

Bodies

Michael R. Collings

Weight —
heavy weighting down
of airier stuff
in birth

At first lifting a hand, leg
head
strains spirit

and parents boast
when baby turns, sits,
and stands

proof that matter has now grown
beyond the spirit's
weightlessness

Weight —
heavier weighing down
of life:

muscles, tissue
calcium
age, disuse, disease

lumps of cancer
blacken lungs
squeeze air
and breath

and death — that touch
which separates
weight from waitlessness

and spirit soars again
purified
and rises to the skies
in light

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