

dissociate is to

~ helena fox

Dissociate
is to separate
is to alter
is to leave

Imagine your particles
(your particular self), imagine
you are driving
a while or only minutes
in a car on a road with your children

Two hands/ one wheel/ thinking of
nothing/ possibly Everything,
you feel the old pull out of your body, a tiny
snick, and you've shucked your skin

Now you are above the car,
you are rising, you have gone beyond the atmosphere
and reached, with no help from any science, the other side of the universe

(Please understand, please feel this: the
space where bliss is waiting)

Dissociate
is to apparate
is to appear
is to arrive

In the car your son is telling you a story
or your daughter is telling you a story or
both of them are telling you a story

You do not understand them, they do not understand:
you are not here

You are driving
/ you are not driving
you are on the free way
(and you are n't)

Dissociate
is to disassemble
is for language to end
is for words to turn to water

Note:

People who are driving on freeways but also aren't
might forget they are driving on a freeway

You are on a freeway (with your children)
with your children
(alarms sound in the faraway)

You must come back

You must force yourself into yourself, stuff
yourself into your skin (what skin), rattle
back inside those bones (what bones)
return your farflung molecules, the ones that have turned
to air

Please do it

so you can take your children down this freeway past
these hurtle monsters
groan stone barriers
zipthick whitelines
all this gaping nothing—
and safely home

You walk through the door again
as you do
as you do

Keys clunk on kitchen bench, footsteps on tiles, cat snakes through bare legs, mango
sheen in sunlit bowl, dog wags at the sliding glass window

Somewhere, someone moves through spacetime

Someone (a child) reaches out,
takes their mother's hand

Sweaty fingers, sweet press of
skin, here
here—

Here you are.