

you are the stuff  
of all creation  
and I sink deep  
inside my bones

the top layer  
of the bone pit  
where sparks of life  
leap  
into the sky.

-- David McFadden

The Health I Mistook Food

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My 8312th Will and Testament

I have been alive  
those many days  
each day  
taking all my will  
each day  
being a testament  
to what I am.

Faith is a  
shortcut declaration