

## **I Lost My Mind The Other Night**

3/25/09

I lost my mind the other night  
I had it safely tucked away in a small box with a tight lid  
But in the bleak middle of the dark night  
I stubbed the box with my foot while stumbling to the bathroom  
The lid flew off and my mind flew out,  
Cackling in its freedom and flapping around like a trapped bat in a  
small room  
But before I could contain it,  
It slipped out the window into the wide night of possibility

Ever so often it comes back to me  
Like a nesting bird wanting to lay eggs in my brain  
I let it in and then let it out again  
It's better this way  
Because now there are no obstructions in my darkness,  
And no confinements  
In the daylight of my thoughts