

The Crucifix

The crucifix, the crucifixion
The spirituality of the barbarian
Or is it
For a moment
take up the form
And thus enter an encounter
Prayer as practical reality

So
Stand
imitate the Christ
Stretch out your arms
But notice that to breath
Jesus had to pull up his frame
Through the pain
to fill lungs with life
Thus here the humble bent head
and crouch of introspection
has no place
your skull pulled back
your vision forced forward
looking out

Strange

feel the nerves at the tips

of your reaching fingers

panic

lack of control

the only possibility

is to let go

let go

absorbed

into this death

this life

absorbed

Then step down

from the cross

and begin again

onward

onward