

El Metodo

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El Metodo

Can I pull this thread
without unravelling the garment?
Will it simply snap?
Or has it other plans in mind?

And should I give in to your demands?
How easy just to want what you want.
I have breathed in and out a thousand times –
el metodo – my method.

I am learning,
for the first time,
how to live with a loose thread.
It's like a scab I long to pick
but so many things heal
when left alone.

Sometimes,
you ask the same question
three times in a row.

I answer.
El metodo. El metodo. El metodo.

Just like a thread would say.