

Me and My Neurons

there's a new me in here, one that you can't see
from outside appearances,
you'd never know there was a new me in here
I look pretty much as I always have
talk the same, walk the same
laugh at the same jokes, cry with the same sadness
enjoy being with the same people
celebrate the same accomplishments

the new me is running the neurological
race of a lifetime
an ultra-marathon of nerve cells, competing with each other to reconnect
it's been quite the contest, a veritable axon battle
of who gets to fire up the nerves
that will re-unite
my inward balance

I can feel my neurons' enthusiasm
their devotion to the task
as my hand relearns to type
as my ability to calculate complexities returns
as I gain the strength to pick up my grandson

but this race is exhausting and my neurons let me know it
they are energy gluttons and demand
the lion's share of my stamina
they need rest
if I don't meet their demands
they sulk, lose their strength and often just up and quit

they stop showing up with me at get-togethers
they won't let me make sense of the over stimulating shopping centre
they refuse to keep my brain alert and focussed
they become confused
like neurological bumper cars
they bounce off each other
trying desperately to make sense of the chaos

and so, the ganglion gauntlet has been thrown
I either give them some rest breaks
or they will refuse to play the game
period
no room for negotiation

I schedule quiet time
a darkened room, eyes closed, no stimulus
relax brain, just relax
no need to think
just enjoy the silence, the calm, the peace and quiet
and the rest
for you
and all of your hardworking nerve fibres

let me do this for you
so that you can keep replenishing me
and make the old me and the new me
one and the same