Wake Up

Malisha Oge
Nova Southeastern University
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Author Note
I want to be a great writer someday! Someone who people look to for inspiration, for laughter, for wisdom. That is what I aspire to. I love that feeling of being finished and feeling proud of what I’ve written.

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Movement
MALISCHA OGE

Foundation.
Solid, smooth, cold, firm. Just right.
Leaps and slides glide. Appearing effortless, feels effortless.
Pain that it should inflict only a figment of the imagination
Unnatural but so natural. Breathing. In and out untaught but felt through every fiber
Smile, breathe,
Complete.

Listen
MALISCHA OGE

Even to the things not actually said
Eyes to see, ears to hear, brain to know
And a heart for that
Not a mindreader
But literate, considerate,
A mind reader.

Wake Up
MALISCHA OGE

Take a break from your thoughts
Breathe. Thoughts can strangle, coil, consume
Your positivity, optimism, smile.
Like a snake that never ends never ceases.
It’s good to be alone with thoughts.
It’s bad to stay alone with thoughts.
Like a weight that builds on your head, your chest, your shoulders.
Piled up.
No start. No end.
Sleep finally frees.
Sleep to wake up.
Stop thinking. Sleep. Then wake up.