

# *Life* as a *body*

by Aaron Silverberg

Lay the body down.  
Pick the body up.  
Touch another body.  
Wash/feed/clothe the body.  
Listen to the body's pain.  
Decide what to do with the body.  
Rest the body.  
Acknowledge you even have a body.  
Look at skeletons in a museum and shiver.  
Forgive the mind.  
Walk the body.  
Laugh the body.  
Dance in a larger body.  
Soak the body.  
Float the body.  
Soothe the body.  
Search out the body electric.  
Bring home the body.  
Give up the body.  
Admire other bodies.  
Want particular bodies.  
Push the body past its limits.  
Ignore the body.  
Heal broken parts of the body.  
Feel alone in the body.  
Fearfully refuse to ask on the body's behalf.  
Allow others the enjoyment of this body.  
Fail to find compassion for older bodies.  
Watch the body change.  
Long for a different body.  
Judge the body.  
Laugh at other bodies.  
Make do with this body.  
Leave the body



Selection from *Thoreau's Chair*, Off The Map Enterprises, Seattle. To order, contact Aaron Silverberg at [coachajs@attbi.com](mailto:coachajs@attbi.com), or call 206-527-6108.