**Phoenix Shower**

The concept goes a little something like:

death and rebirth.

Life layers you up with sediments and sentiments.

At the day's end you're extremely flammable.

There's only one thing to do.

Take hold of the shower's knob and steer.

You're skidding into dangerous new territory now.

The water has to burn because

you're not here for pleasure, so you can't forget the pain.

Blood rushes through the body.

Scalding reddish hues

unmask transparent fire.

Scrape off the excess, shed old feathers,

you'll never wear that cloak again.

Keep turning and dancing on

to find a patch of bareness left unscrubbed.

When you are fully engulfed,

douse the flames.

Shiver now in frigid waters that ebb all heat, let your cleanse drain.

Cease the flow, pivot now, step out anew.

The coal at your heart remains glowing.

You may proceed.

**Author’s Commentary**

*Duality - Body* suits this piece, which follows an internal and personal experience. The main binaries at work here are “soiled or clean” and “hot or cold” which physically evoke very different emotions. The visceral transformation taken through an act of cleansing works on a mental sense too, it presses a reset button. Many people enjoy “shower thoughts,” a term for the deeper (and sometimes hilarious) ideas you have when given the time for mental processing. At the end, we’re ready to move on to something different.