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Resuscitation

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Stale and stilted inhales and exhales:
a striking absence of contentedness.

This neuroplastic beast of a brain-
wired with the wonder and wisdom to thrive

and yet, too, the demons
clinging to dendritic branches
choking cellular expression.

I can hear myself screaming
for a serotonergic surge
then goading the glia:

*start pruning any circuitry that has died from shame
and find a neurogenesis waiting to be unearthed.*

Sometimes, layers upon layers have to be excavated
before the brain's resuscitation allows for easier breaths.

Competing Interests

None declared

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