

## PICKING SCABS

by Brian Bell

Clawing into the flesh,  
catching hold beneath crusty skin,  
slipping out of it, off it,  
and digging in again,

seeking release,  
ripping at its bond,  
ridding the body of aberration,  
removing and healing,

removing and healing,  
removing and healing again,  
a slight imperfection becomes a lasting scar.  
As clot tears away from skin,

irritation, aggravation thaws to pleasure,  
and the blood flows to kiss the air.