

# Grinch, Snakes And Ladders

Breathe  
And let the bad air in  
Flesh gone numb down the bone  
Like stone  
But moving fast as thought  
Trip from a bed of pain to the unknown  
Arise  
Beneath a different sky  
The new sun beats down a blue -black glow  
A rush  
Like no one's ever felt  
Until my senses begin to overload...  
Shock  
In the flesh again  
Gone for a spilt second  
Back feeling somehow changed  
Flushed with new sensations  
On this path I climb  
Descending, ascending  
Up out of my body...or mind?  
Higher and higher  
Climbing rung by rung  
Dropping further and harder  
Now