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Sweet Butter on a Burn

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Sweet Butter on a Burn

By Elizabeth Claverie

sweet butter on a burn

is NOT good
it falls into that category of
things that sound good for you

(like
listening to sad music
when you are sad
like not going to bed
or not getting out of bed
like drinking too much
or not eating enough
like talking to everyone about it
like talking to no one)

but really aren't.

like the morning cold
brisk and fresh...
a boxer, with both gloves
punching high and low and
unrelenting...

like sweet butter on a burn.