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The Acupuncturist Explains Blood

By Elizabeth Wilson

Blood, the acupuncturist says,
collects and contains a vital
record of every experience,
retained, like a cassette tape
captures sound: magnetic
tape activated by metal
coils in the head. My mind
wanders. I can't stop
thinking of my blood, inside
the cassette player, spooling
from supply to take up
reels, playing the soundtrack
to my life. The thought
sticks in my head like a song
I hate but can't stop singing.

Elizabeth Wilson is a chronic illness advocate, Rising Voices of Narcolepsy speaker and aspiring tap dancer. She won the 2021 Patricia Dobler Award and her first book, *Windowpanes*, won the 2021 Sappho's Prize in Poetry. Her poems have appeared in *Asheville Poetry Review*, *Cold Mountain Review* and *Voices from the Attic*, among others. She received her MFA from Hunter College and resides in the North Carolina mountains with her partner and son.

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