phantom pains

early morning and dim sunlight, a kaleidoscope –
white spots on white duvet this is not the first time
these hands have twisted and turned across soft sheets
to find soft skin and better yet, a happy yawn
how do you train, wandering limbs with a mind of their own
cool cotton can feel warm, pliable even if you believe it
twenty years of practice turned muscle memory - a lifetime
of repetition, what’s harder? making a habit or breaking one?
you never liked surprises these rituals are honorary
how do you preserve a memory? you never let it go