

## Numbness

The disembodiment of it all  
feeling the slow but imminent  
panic rise to your chest and sternum.

Hitting  
Slamming  
Biting  
Anything to make what some call “pins and needles” go away.

None of it helps though.  
you cannot regain feeling  
To the appendage connected to you through  
veins, nerves, and bone.  
You just have to wait it out.  
Almost like physical silence has taken over.

