

## MEDITATION ON MOVEMENT THROUGH AN ALS TELESCOPE

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**F**irst objects slipped out of her hands:  
cup, book, kettle. Chasm between thought  
and action wide as from California  
to North Star. Now legs no longer lift.  
Heavy galaxy. How to do anything,  
move or walk, stand or raise arm,  
when all the lonely constellations  
of muscles float in universe of her body,  
quiet and solitary. Yet, her thoughts are clear.  
Would it be easier if memory imploded into dense matter?  
Body of stars, body of comets, body of planets, body of moons.  
She remembers how her hips danced cumbia,  
percussion shimmy. Easy gait in heels,  
dress of New Year's sequins and silk.  
She knows this disease will only get worse,  
muscles will fall apart, dissipate slowly: throat and lungs.  
Out the window, the earth rotates into night.

*Editor's note: Amyotrophic lateral sclerosis (ALS), often referred to as "Lou Gherig's Disease," is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord.*