

The Prairie Light Review

Volume 44
Number 1 *Fall 2021*

Article 51

Fall 12-1-2021

Race for the Mind

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Recommended Citation

Knott, Judy (2021) "Race for the Mind," *The Prairie Light Review*: Vol. 44 : No. 1 , Article 51.
Available at: <https://dc.cod.edu/plr/vol44/iss1/51>

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Race for the Mind

Sorrow looks back, worry looks around, faith looks up.

-Ralph Waldo Emerson

Her fingers unknowingly rake thick Arizona
sunset hair. Forcing knots, release of tangled fists.
Heavy-lidded from night deprived of dreams.
Subconscious swollen with yesterday's ghosts.
Dissonance aches solution and final rest.

Anxiety sets agitated pace on
deep ruts of intimate track. In frantic pursuit
of refuge for shadows of
weighted worry and spirits of unrest.
Lap after lap, section after section,
every seat taken.

It's standing room only.
A tumultuous crowd of
vagrant, familiar haunts and wrenching concerns
in the audience today.

The checkered flag drops and they're off.
We have Anxiety desperate to win and in the lead,
Chronic Impatience behind at close-to-crash second
and Weary Frustration lagging at distant third.

- Judy Knott