



WRITERS
GUILD
INITIATIVE

Sloth Medicine

By Jori Marie Rillera

i think most people
with chronic illness
can relate
to sloth medicine
rather than the speed
of light or sound
we move at the speed
of sloth
our energy must be
conserved
every action must have
time for rest beforehand
and recovery afterward

oh there are times
this careful living
is discarded
but it is with
the heavy knowledge
that we will pay
for heedlessly
living our lives
with days of bedrest
alas
we can't help
being human

our quest
is to discover
the small moments
within
every moment
to live
thoughtfully
mindfully
to find
the small dance

the small song
the movement
in stillness