Notes for Sobriety

In the morning, eat nothing
& grits. Allow the wolf in the egg
called Wednesday the occasion to sit
angry at your table. You’ll be nervous
to eat the berries he brings
with more complicated names,
so pick up saw, harp, homemade banjo
& never play for anyone
whose middle name you know. Do it
yourself. Devote to it the day
entire. Given the jukebox, play Creedence.
Given the option, stay out of it.
What is it?—Never make a punchline
of your family name. Even if you plumb
its gutter for crimes, then publish them
in serial, or trade paperback, even if
you trash the installments
under the most impenetrable of public
pseudonym. Given the interview,
play dumb. Find real work
in a magnet factory making birds.
Learn to airbrush & etch Crossroads
of America at the foot of the cardinal
in the crotch of the racetrack. Clutch
at this work like thick rope.
Start smoking, so you can learn
to sit. Be always baffled, always in boots.
You should get some good boots.