## Low and Slow

Tired of dying, but without interest in being uploaded, I read up on *panpsychism*. More a current than a school, though everyone from Zeno to Spinoza was an adherent. Skrbina's lucid exposition – how amazed I was when he was mentioned, slammed in the press for being Kaczynski's editor! (But really, the fact that one is the Unabomber is nothing against one's prose.)

The idea that mind isn't a distinct thing, but diffuse ... Nothingness waiting for space-time like a hot date; plasma maturing into suns and stone; then the juvenile adventure of *trees*, which hate being uprooted, which think themselves superior to the wind ... And later, more tasteless episodes. But always, stone, stone – indifferent to size, glad to be crushed, looking forward to silt, new earth, black holes, the point where all that's left is an occasional proton and something evermore about to be.

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Frederick Pollack is the author of two book-length narrative poems, THE ADVENTURE and HAPPINESS, both published by Story Line Press. Has appeared in *Hudson Review, Salmagundi, Poetry Salzburg Review, Die Gazette* (Munich), *The Fish Anthology* (Ireland), *Representations, Magma* (UK), *Bateau, Chiron Review*, etc.

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