

Boxing Shadows

By Shauna Wessely

Shadowboxing on the shores of Lake Michigan

settles me:

Upper cut the Pressure,

Jab the Doubt,

Hook the Peace that exists...

breathe it all in.

Should you find me at the shoreline,

you won't see a boxer's constitution:

Eyes to the ground in a persistent scan,

Knees bent to retrieve rocks, glass or other treasures,

I am the picture-perfect scavenger.

But make no mistake-

each bauble brings me one round closer

to Victress,

defeating my fiercest opponent:

Me.

My insecurities that abound elsewhere

all melt away after a bout beside Michi Gami.