Understanding Autism Podcast

Season 1 Episode 3



by Nicole Kubilus

If eyes are the windows of the soul Then I must be staring into the sun

A supernova of ego and trauma Waiting to explode, turn into a black hole

I don't want to be sucked Into the vortex of your bias

Of your baggage filled With desires to be seen

When you can't see me I am Pluto

I am not really a planet I don't belong in your solar system

Look at me! Show me some respect

So, I do. I am blinded By your searchlight eyes

Like a dentist examining teeth *Straighten up. Polish your looks*

Cover up the parts That are rotting inside

Like a prison ward catching runaways You broke the rules. Face the punishment

Even if I trust you I'm not really looking at you

Unless you count the freckles in your irises And styes in your eyes

Each speckle and sequin Is my sensory escape

That's how I feel connected Without actually connecting

Otherwise, I'll stare at your nose Or the unplucked hair between your eyebrows

And get lost in my own thoughts And have a conversation with myself

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LOOK AT ME SHOW ME SOME RESPECT

Blue is not the color of your eyes But the color of fire. The heat

Of your stare, like stovetops My eyes are scrambled

They need a break So the blisters can callus over

So that double vision Isn't a hallucination

So that spots can become stars That are dim from a distance

Why can't You see that?

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