

Fixation

by Nicole Kubilus

Who knew that a high
Akin to pushing your body
In continuous, rigorous kinetics
Or sculptural, silent stillness
Was the transcendental euphoria

That your mind achieves by locking in
Not on repetitive breathing
Or the eradication of thoughts
When taking a step forward
Is a grueling gesture

But by being engrossed in a topic
That becomes your tunnel of light
Making you understand the world so deeply
When it has never made the effort
To understand you

Just think, every day
For your whole life, if you desire
You can chase the light
And wake up yearning to live
Rather than escaping...or ending it all

Humans feel the weight of gravity
Shoving against our shoulders
We wish to not to be Atlas
Carrying the burden of adulthood
To eternally float in the stars

Until we die and become one with them
We use Netflix, Instagram, alcohol
Exercise, healthy eating, hobbies
Family, friends, a spouse, a fuck buddy
Lulling us into amnesia of burden, ecstasy of dreams

Yet why would you conk out
When you crave to engage
In a topic that stimulates
In the most satisfying of ways
Strong enough to keep anxiety at bay
So what if what you love
Doesn't conform to the cursed norms
Of age, gender, race, religion, politics
Of education, profession, routine, mindset
You don't need to change or feel ashamed

It makes you prioritize your stamina
To listen to other people's special interests
It is your staycation from sensory overstimulation
Your liberation, your sense of purpose
To engage with the people that are part of your tribe

Your fixation is the vault that stores
What you hold most sacred
The vindication that you are seen
That validates your neurodiverse virtue
Never succumbing to neurotypical vices