After Christmas: Leone Flemons

It’s as if you’ve been on a diet of rich food: you are feeling a bit hyper

It's as if you are in a hot air balloon,

and want to land.

You may touch down briefly,

then up again,

Swirling in the excitement of a weekend

of family and friends and food.

It's like you need to get off the

diet of opulence,

and back to your homely fare -

and to care

for your embattled senses:

Let them rest awhile.

Body, mind and spirit  -

Let them reconcile.