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Crying Advice

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Crying Advice

Crying in heavy traffic is an efficient use of gridlock. Just remember not to look at other drivers—they'll worry you'll wreck.

Bawling on your back becomes pleasant when your ears fill with tears. The television sounds like it's under a grey ocean.

Avoid weeping along to pop songs. It feels like a teenager playing doctor pulls your internal organs out your throat.

When you weep, imagine Grief as a mute giant, your body limp in his gargantuan hand. Let him make your spine a rosary, his fingers working every vertebrae.

It won't make you Catholic, or holy, but it becomes necessary—unless you wish to be crushed—to give yourself over to something so enormous, so silent.

-W. Vandoren Wheeler
Portland, OR