You Feel Unsettled

You know there were many ways you felt unsettled–and what they are. Extreme politics unsettle you. Approaching storms unsettle you. Death from the sky unsettles you. War unsettles you.

For Martin, most unsettling in his life was chicken fried rice.

Waking with a vague feeling of something wrong, worse as the morning progressed–until he realized it was his bloated gut. It was probably what he ate, but what? At first he thought it was gluten–nope. Perhaps it was the quick intake of sugars from white rice. Perhaps the food itself did not matter, it could be anything he ate. He never knew until the next morning.

He spent enough time on the throne he got a wooden, brown one that felt better than plastic.

Everything in your body is interconnected. You may not realize your eyes are bothering you but you feel it somewhere else, disorientation. You know something is off when you wake in the morning, an unsettled feeling, something inside you not right. It grows worse until it declares itself. You may think you know your body. Do you listen to it? You hear aches and pains—what about the rest?

Do you hear the alarm clock?

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