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Cinnamon is the Secret

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CINNAMON IS THE SECRET

Cinnamon is the secret
she said, stirring the chowder
very quiet and without sadness.
You have to add it slow
like rock chipping away in a slow
stream, like a woman
sleepwalking through pain
in a story. And it must be
like a story
told purely, remorseless
as that ending
you spend your life trying
to change, that ragged lack
of a scar where the last spice
dissolves.