ANXIETY AS OUROBOROS

You need to understand the snake
        marauding the peace in my stomach,
the venom of the blood,
        the fangs, the scales,
                the writhing choke
        swimming
                through my organs.

                It has taken
my tongue with its own,
        swallowing
        from the inside,
                makes me dormant
                on the inside.

I want to slip under stone,
        I want to break something's neck,
                I want to bite and bite
                                until
        silence,
                                trees,
                birdsong.

ELLEN WEBRE

Ellen Webre is a poet, artist, and educator in Southern California. She is a co-host of the Two Idiots Peddling Poetry Open Mic, a social media marketing specialist and videographer for Moon Tide Press, and has filmed performances featured at The Definitive Soapbox and Pondwater open mics. She is the former managing editor for Spillway Magazine, and a former editor of Freezeray Magazine. Her debut book of poetry, A Burning Lake of Paper Suns, was released in October 2021 and won a Best Indie Author Award in 2022.

Cobalt Poets Series # 698 ~ February 24, 2026