I Am Everything I've Ever Thrown Away

The laughter at the bottom of a wine bottle.
A dried-up toner cartridge tired of reading my poems.
Batteries dead from running in the wheel.
Holes where clothes used to be.
An old cigarette box full of stale kisses.
What's left of a meteor propping up my chair leg.
A calendar of holidays I didn't observe.
Four unused tickets to my final surgery.
This,
and all that I surrendered after sentencing.
I am everything I've ever thrown away.
But I can be recycled and then,
sprinkled on your garden.

Jeffrey Bryant

Jeffrey Bryant lives in Los Angeles. He has been published in the L.A. Weekly, the Los Angeles Times, Poetic Diversity Literary Journal and in the anthologies "The Coiled Serpent: Poets Arising from the Cultural Quakes and Shifts of Los Angeles," from Tia Chucha/Northwestern University Press; the 2020 Altadena Literary Review from Shabda Press, and Shadowplay from the University of Arkansas. In past lives he was a video and visual artist in the collective Damaged Californians and a musician with the bands Killer Wail and Starving Hysterical Naked. He holds BA and MA degrees in political science, and a far more useful certificate of completion from bartender's school. https://jeffreyjamesbryant.pubsitepro.com/