

learning to breathe

I'm learning to breathe again
but it's painful.

when I breathe I feel
the pressure of my sorrow
the weight of 10,000 uncried tears.

when I breathe I feel
the power of my shame
a jagged chunk of black ice lodged
deep in my throat.

when I breathe I feel
the animal life
animal fear + animal sadness
animal panic + animal loss.

when I breathe I feel
the screws in my chest beginning to loosen
+ the life I've known for so long
coming to an end.

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