

## 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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