

Breathe

Inhale to the night; exhale to the day.

Inhale to sparkling stars, to bioluminescent phytoplankton, to the full moon;

Exhale to the sound of cars driving, horns honking, subways passing.

Inhale to the sound of cool spring waters, to mossy logs and salamanders climbing;

Exhale to the golden smog, the tv left on too long, the city grit and concrete screech.

Inhale to the sound of crickets in cool night air, of revelers stumbling home, to the beauty of the luminescent moon;

Exhale to a life passed too soon.

Inhale to the garden dew, soft wet grass, and early morning rays of sunshine.

Exhale to the rhythms of the seasons, to the flux of years, the circle of a life well spent.

Inhale to the day; exhale to the night.

- Kelly Ilseman

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