4-25-2018

Mechanisms of the Mind

Nicole R. Elliott
Gettysburg College, ellini01@gettysburg.edu
Class of 2019

Follow this and additional works at: https://cupola.gettysburg.edu/mercury

Part of the Art and Design Commons, and the Creative Writing Commons

Share feedback about the accessibility of this item.


This open access poetry is brought to you by The Cupola: Scholarship at Gettysburg College. It has been accepted for inclusion by an authorized administrator of The Cupola. For more information, please contact cupola@gettysburg.edu.
Mechanisms of the Mind

Author Bio
Nicole Elliott is an English major and minors in Writing and Economics.
Mechanisms of the Mind

Just breathe.
But what can you do when
the air burns like smoke,
and the smoke feels smoother than air?

Inhale.
Hold it.

Let the body take control.
Let the heart’s pulse increase.
Let the pulse’s growing intensity be felt in your veins,
throughout the body.

When your throat begins to silently scream,
when your toes curl, your fingers twitch,
and emerging from every nerve is shooting pain.
Hold it.
To figure out which reigns,
Hold it.
The mind or the body?

Exhale.

Was it a choice?