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Mechanisms of the Mind

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Mechanisms of the Mind

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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?