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## The Disappearance of Breath

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# The Disappearance of Breath

## **Cover Page Footnote**

n/a

## **The Disappearance of Breath**

It isn't the wear and tear of getting older  
even though it began over years and not  
days when I was still hiking mountains.  
Along with the occasional fire and stiffness  
in my knees and hips and neck I noticed that  
I could no longer breathe deep during meditation  
so I abandoned meditation out of frustration  
gradually, and thought no more of it until that  
sunny Thursday I ascended Cardigan.  
My friend ran when the summit was in sight  
and I followed until I felt the tightness,  
my lungs pushing against immovable ribs.  
I could not move I could not scream I  
could not make a sound I could only  
slap my chest universal sign for lack of air.