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Deep Breathing

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Dietrich: Deep Breathing

DEEP BREATHING

You are the exhale

the slow, controlled
sinking chest, shutting eyelids,
softening muscles into soft
bedsheets

the release and
resulting relaxation you
are my sense of serenity
at the exhale of each breath
the rejuvenating rest
for my rigorously working
lungs

I must be the inhale
for together,

We are breath

MEGHAN DIETRICH

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