

4.
Breathe in -
the slow perpetual cantus of the ocean
rising and falling
answering the aria of the moon

until once in a while two waves concur
as we turn over in sleep together
and the sea ceases
in a lull

Listen –

Breathe out
data
streams schedules warnings alarms
anxiety heartache panic blues
the hurly burly of trains clamouring past
leaving a wake of shock

and the sky's long melancholy spells of vapour
trails

lingering –

hush

***I want you to feel the fear I
feel every day***

5.
Breathe in -
a track of footprints
the pulse in your wrists
a sidewinder snake
orange blue gold black

crossing the ebb and flow of dunes of shadow
the radius of a thousand miles of silence –

What is the wind telling you?

Listen –

A speck of sand in the desert of time

Breathe out
mines shipping lanes smoke
stacks oil refineries
crude coffee silver gold
copper mercury lithium palladium

What will you give me? What will you give
me?

going once going twice going going
by the wink of an eye –

hush

***I want you to act as you
would in a crisis***

6.
Breathe in –
close your eyes
take the hand of the wind
cross the sun- and moon-hammered oceans to the ends of the earth

north south east west

balanced

by the dazzling compass of the sun where light meets itself

reflected refracted mirrored magnified
and time gazes deep into the silence of ice

Listen –

melting melting dissolving thawing

going going going going –

hush

***I want you to act as if our house is on fire
Because it is.***

Breath in
Breathe out
Breath in
Breathe out

Listen
Listen
Listen
Listen

[silence]