

Just Breathe

By Roseanne Ganley

I refuse to breathe.
My lungs have collapsed,
My mind in a frenzy
Is this the life I envision?

Night is falling
I am on my knees,
This is what it feels like to be human
My mind pondering on what could have been.
Sleepless nights,
Endless days
Misery and torment
The mind is a touchy subject.

Our hopes and dreams
Dependent on the actions we take
And the memories we make
Life doesn't stop for anybody.

This is what it feels like to be human
Holding on
Reaching out
New horizons
New beginnings,
I feel alive.
I am.