

### Just Keep Breathing

When in doubt  
 just keep breathing.  
 Forget thoughts.  
 They'll wait for your return.  
 Amuse yourself within the pause,  
 a lessening of action,  
 an interval without context  
 except to breathe.

Begin to rearrange the necessities  
 that stamp us  
 for re-entry  
 into this cause & effect  
 conundrum.  
 Priorities will wander away  
 looking for another volunteer  
 to carry them along.  
 Meanwhile,  
 just breathe.

### Oxygen Therapy

I don't worry anymore.  
 The CO2 in my blood  
 is monitored  
 on a breath-by-breath basis.  
 Like a vending machine my lungs open,  
 diaphragm drops  
 and light-fingered oxygen  
 pries away those carbon filaments  
 that would love to funeral me.  
 Sometimes I gasp -  
 breathing has my full attention.

I inhale as if snagged by a train  
 pulling from the platform,  
 flagged by biochemical guardians.  
 Exhalation  
 drives those hefty carbons,  
 unrequited lovers of photosynthesis,  
 out of the station  
 to beg another meal.  
 Inhale  
 exhale  
 inhale  
 exhale  
 Breathing  
 Who knew it would be so  
 compelling

### To Breathe

Oh, my love,  
 I love to breathe  
  
 And when caught  
 by that steady stream  
 of unrequited thoughts  
 I forget to breathe.  
  
 I love to not  
 breathe, that is  
  
 To breathe  
 or not  
 to breathe  
 is the  
 question  
 we never forget  
 to forget

### My Hunger

I hunger for  
 a breath  
 that will not conquer  
  
 For time that  
 moves in zephyr stillness  
 between my thoughts  
  
 I will the moment  
 to cease,  
*becoming*  
 while I inhale  
  
 And hunger  
 becomes an exchange  
 for what  
 will not be conquered

**Oxygen Therapy**



**Jan Keough**

Please recycle to a friend!

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'Fractal Winds'

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