

Eyes closed,
concentrate on awareness,
breathing consciousness.

Remember the nightmare: to be in a cave, dark rock above and all
water below. To get out you have to dive. But you're never sure
you'll take another breath.

How glorious it will feel
to breathe the air of freedom.

Breathe! Celebrate the eighth full month without the burden of
boredom and nicotine addiction. Tobacco sux, don't be a sucker.
Easily said, easily done with a lot of help and still at risk. Breathe!
Enjoy the purity of clean night air, enjoy all there is to enjoy right
now, take a deep breath and dive into the unknown dark embrace of
maybe future or fast suffocation (illumination or asphyxiation).

See? Return to
the light, up
either way.

