

POETRY

Listen to Me Breathe

Micah James

Do you hear the waves
Crashing against my teeth
Tiny pebbles on the shoreline
Sent tumbling with the tide

Listen to my ebb and flow
Do you hear the gentle rolling
Rippling tendrils of seagrass
Yearning for the shore

Listen to the sweeping inhale
Carrying everything out to sea
Into the depths of other horizons
Far into an unseen haze

Listen to the tumbling exhale
Resolutely stretching forward
Fading into ribbons of foam
Sinking into settled sands

Listen to the lapping waves
Tormenting whitecaps
Swirling away from land
Dropping into the murky depth

Listen to me breathe
Do you hear the sea
Churning inside my lungs
Forever rising and falling with the tide