

Bourne
toWrite...
creative writing
workshops

Count the Breath

by Saffron Swansborough

In

1. Breathing
2. Inflate. Deflate.
3. Lungs are automatic,
4. Making space for you.

5. The body is a mood
6. The mood is an unpredictable weatherfront
7. Peace can be a high wind dropping
8. Or it can be a June breeze rustling
9. Through leaves of a yew grown from an acorn
10. Seeded at the fall of the Roman Empire in 400AD

Out

1. Now
2. Here and.
3. Living in the
4. Not then is Being.

5. The body is an echo
6. Of Thought that thinks it's God,
7. Roadmap, almanac, artefact, tattoo and tree rings
8. Breathfighting from the birth moment, the last gasp
9. At the end. A life lived in moments. Unlike yews,
10. Fattening in churchyards, we forget how to breathe. Inhale. Exhale.