The HOWL
https://thehowlmag.org
thehowlzine@gmail.com
@thehowlmagazine

Just breathe

Leah Mukhtarzad

The hallway felt too narrow
for the day.
The noise of everything
followed me.
Two simple words were carried through the gray;

“Just breathe”

The noise of everything
followed me.
Worries tangled themselves
into knots.

“Just breathe.”

Two words steadier than
my thoughts

Worries tangled themselves
into knots.
The world did not suddenly
become light.
Two words steadier than
my thoughts,

A handrail in the middle of

the night.

The world did not suddenly
become light.
The hallway still stretched
endlessly ahead.
A handrail in the middle of
the night.

Still,

I breathed.

The hallway remained.

So did I.