

# Breath

## Sheila Nicholls

We talked about loss and the patterns of past  
And the pieces of ourselves, we'd killed over time  
We thought then of love and surrendered our eyes  
And I looked for myself through your dissolving disguise  
My breath in is your breath out, we begin  
And for a moment lifting this  
Deception of being separate from you  
My breath in is your breath out  
We walk in, into the ocean  
Shifting my perception of being one drop of dew  
We talked about God and the limbs on the floor  
And the legalization of deviance  
We thought then of sense and how often its veiled  
And how the machines and their components have already failed  
It's been years and I'm still here  
Longing for what has always been true  
Life and death, us and them are two parts  
Of one whole just misconstrued

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