



don't allow this moment to consume you
stay within yourself
breathe
deeply, entirely
consider who you want to be
cradle this and consider it
the moment, this moment, is here for you alone

pause, think back to your impatience
your blind rage and directionless aggression
you are counted upon

breathe
tolerate
breathe, moron
accept

you've clawed and shifted your expectations
reviewed your role, slow deliberations
there was a time where impulse ruled all
but now anger subsides, reactions stall

be who you want to be
breathe

this moment is yours
as is the next
as is the next

be methodical
control your psyche
exist
breathe

-fred whitacre, jr.