

Last Breath

Last breath breathing
We don't know we're breathing
or breathing is going on
bringing oxygen in out of the air
We're not aware of it
Because we're too busy thinking about what we think and what we want and who
we are and why we're here and hoping we do the right thing and regretting all our
losses and denying all our faults and excusing all our failures and blaming all our
mistakes
on others
Or on life itself
Which is completely impartial about our participation
Lucky as we are to participate
To be given or allowed breath amongst breathing things
We should be grateful and Conscious
We should give thanks and make payment
We should get down on our knees
Because I'm telling you
It has already been said and said again
The last breath is coming
it's on its way
There will be a last breath
a final pulse of blood
Red
There will be
(In the heart)
I mean some kind of cognizance
as though a fiber or a wire
sentience of the breathing
Receiving oxygen into the blood
into the blood
Red red red
Blood pumped around this weird body
Containing all kinds of molecules and chemicals and foods
An absolute necessity
By the heart to the brain
and I'm not minded of it
At all
As They say it's
like the ocean or the stars
The ancestry and the progeny
Red red red
As time and eternity
And I forget about it completely

and utterly
Until the red liquid rushes
into the bottle
You're done the doctor says
you'll live
Another day or a month a year
Who knows
but avoid the sugar and cholesterol
And take your pills
Don't bother me in the meantime
And I rush out to the car
And I rush out of the building
And I drive out of the building
And I hate everybody driving
And I think I'm right
And I think it's a shame
And I have no idea
What to think
What to say
How to Be
Until the last breath coming
When the last breath comes.

Murray Mednick