

Inspiration

By Jose Miguel Esteban

What is the breath that sustains *me*?

The narratives that fill my lungs,
saturate my blood.
The stories that flow through me,
out into the world.

I move through stories.
These stories exhale our movement.
We story through moves.
These movements inhale my stories.

What is the breath that sustains *us*?

The breath...
...from which our movement finds life and power.
The breath...
...through which our life and power sustains...

Inhale...
our lungs are filled.
Exhale...
we are emptied.
we are emptied into the world.
we are emptied through each other.
filled by each other.
filled by the world.
filled.

Exhale...
...a breath lingers.

Inhale...
...a lingering breath.