

SCORE

for “the mind is the house the body is a meat cave” by Romily Alice Walden

Take a deep breath and hold it if you can
Or become aware of your breathing
Or ignore these instructions
Shut your eyes
Imagine that you are somewhere else
Imagine that you are someone else
Imagine that your needs are all fulfilled
Hold your breath
Try to make it real
Exhale when you can't hold your breath anymore

Take a deep breath and hold it if you can
Or become aware of your breathing
Or ignore these instructions
Shut your eyes
Imagine that your blood is water
Imagine that your spit is piss
Imagine that your pain is a joke
Hold your breath
Try to make it real
Exhale when you can't hold your breath anymore

Take a deep breath and hold it if you can
Or become aware of your breathing
Or ignore these instructions
Shut your eyes
Imagine that there is no body
Imagine that the body is only air
Imagine that you are dust
Hold your breath
Try to make it real
Exhale when you can't hold your breath anymore

Repeat.

