

Breathing

Breathing gives life. Breathing purifies the air. Breathing cleanses the soul. This past year, I didn't know what it meant to breathe. I thought I could simply swim through the polluted mud, but all I did was sink deeper. I struggled and struggled until I was suffocated in it. When I think back on 2023, I picture a word that could purify the sludge and help me float above it, it could wash away all the dirt and grime, the word: Breathe. To breathe is to purify the soul. With breathing I will alleviate the stress. This year, I will breathe.

