

**110 BPM/A Partial Cento Based on Narrative #10**     *by Margaret Chase, © 2020*

In the hole

maced

trouble, breathing,

**100 BPM**

suck, fresh air, the vent air

hurt

scared

can't breathe

paranoid

give me my inhaler

chest pains

Pray to God, so --

Just because you've got the power doesn't mean it's --

What is normal in this world?

I'm not normal.

not afraid

Don't know what normal is.

Schizophrenic "incident"

Twice a day now helps

I didn't know.

can't have a loose mind.

In-hale-er

Inhale-her My sister I miss

Find my way back way back

When my sister was murdered

My sister was murdered

Sister murdered

mindgoesplaces

murdered

I gave up The Poetry Love The Music Love

find my/found my

Love murdered

**100 BPM**

60, 70 days in the hole

Don't look down

suffering

For speaking up!

60, 70 days in the hole

My one, my two inhalers

breathe

Not gonna stop!

find my way back

King David went through worse

You're gonna treat me better!

don't look down

in the hole

don't look down

on me