

ADVICE FOR THE RESCUER

The body wants to live. This is all it wants.
You only must remind it how to continue.

The body will not last long in shock; it lives in want.
You are not wrong to be afraid, but you must continue.

Don't think of the body as a motor or a switch. Exhaustion wants
you to rest, to breathe, to have already succeeded. Continue

as long as you can. Remember: not everybody would want
your responsibility, your authority on what ends & what continues.

Forget fiction: electric paddles start nothing (body stiffened, heart wanting).
You are the engine – your hands & breath, your ear to the chest. Continue

until it is rhythm. Until your own body mirrors the other. Until you want
your breath in her lungs. Begin deliberately, yes, mindfully; but continue

bodily. Sometimes you'll give up. We know it's not what you want.
You want to save lives. That's why you're here. Continuity

feels so easy until it's lost. (Such emptiness: your own body no longer wanting
you somehow. We know.) No one ever asks to talk about the lost. We continue

because we must. Because someone must. The body acts; there is no space to want.
You count breaths. You listen for the heart. You never ask how long this can continue.