WYATT TOWNLEY

THE BREATHING FIELD

Between each vertebra is the through line of your life's story, where the setting sun has burned all colors into the cord. Step

over. Put on the dark shirt of stars. A full moon rises over the breathing field, seeps into clover and the brown lace of its roots where insects are resting

their legs. Take in the view. So much is still to be seen. Get back behind your back, behind what is behind you.

> —from *The Breathing Field* by Wyatt Townley (Little, Brown and Company, 2002). © 2002 Wyatt Townley. First appeared in *Yoga Journal*.