Savor the rare adrenaline surge when crisis strikes:
A dropping feeling, as sympathetic tone catapults and gut motion ceases.
Mind narrows, eyes widen, pupils dilate. Adrenal cells ignite (a release for which they have waited so long).
The eternal few seconds waiting for epinephrine to pass through to the other side.
Now observe carefully.

The heart is first to be saturated. Like a whipped stallion, wakes from daydream, lifting chest vigorously
tsunami of blood flows out, wavecrst dilating arteries,
muscles swell
arms thn legs
  sk in drains
  feet buz z
can't re m br
see his eyes
do not waste this