

adrenaline surge.txt

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, wavecrest 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