

# Cultural Daily

Independent Voices, New Perspectives

## Aspen Leavitt: Two Poems

Aspen Leavitt · Sunday, June 7th, 2026

### A BODY'S JUST AN ANIMAL

A BODY'S JUST AN ANIMAL  
 I'VE GOT TO KEEP ALIVE  
 If I want to keep the show going.  
 It's FICKLE and FIGHTS ME, but  
 PROTECTS ME and DELIGHTS ME?  
 I'm driven to MADNESS by all the DECISION,  
 The MAINTENANCE of CLEANING and FILLiNG it.  
 MY NEEDS DON'T GET TIRED  
 butmyeyesstillfallclosed  
 I'm busy but still need the bathroom,  
 Need haircuts but don't instruct hair to grow?  
 And SOME DAYS it simply doesn't work at ALL,  
 I've done everything I can to do right,  
 I AM FRUSTRATED by human FAILINGS,  
 Despite my every try,  
 And emotions sweep all that HARD WORK away.  
 SOMETIMES I REMEMBER ALL ANIMALS,  
 Are complex and mutable creatures,  
 JUST TRYING TO SURVIVE,  
 So I guess my mission's  
 some sort of success?  
 And I get another day  
 TO KEEP THIS ANIMAL ALIVE.

\*

### Breath

And just like that,  
 It's empty.  
 Cavernous,

Expanding.  
The exhale,  
Demanding,  
But the inhale,  
How like a soft landing.

The breath that leaves,  
runs ragged.  
The breath which returns,  
refills with life.

No matter the weather  
Regardless of refuse  
The breath returns  
The cycle renews.

Dulls the aches,  
Resets the pace,  
It leaves each space  
pristine.  
Quiets the din,  
Breathe out,

*Hold. Consider. Savor.*

Breathe in.

\*\*\*

*(Featured image from Pexels)*

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