

What Happens to Your Heart

It goes like this:
you will be floating
your skin will become thirst.
Submerge your face
a metamorphosis starts
blood retreats, heartbeat slowing
your mind an almost-state.
If you choose
dive, the transformation
grows. You become water
mammalian. On land
the equivalent pressure
kills. The first few feet
the lungs buoy you, afterward
contracting air shrinks you.
Go deeper. You swim
into a gravityless space.
Here is where the ocean
stops pushing you away.
Further, the pressure trebles,
the Master Switch kicks. Your heart
ticks even slower. Below
it plummets - 14 beats or lower.
You should be unconscious.
300ft, your chest size halves
organ walls work as release valves.
Now, turn back up.
Everything switches
re-inflates, races.
You are land again, of and on.
Your heart broke laws.

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