

Changes

Birdpen

Muddy sunlight creeping in, a room lined in silver
Grounding keeps you safe from everything outside
Radiation, WiFi, telephone, TV, radio, lights off
Estimated time left on the sundial
Lightning in your brain, the pulse races, breathe deep
No running, stay safe in here now
Headaches, fatigue, muscular pain, memory lapse, dry eyes
Changes start by breathing in, you cannot go outside
Muddy sunlight creeping in, a room lined in silver
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