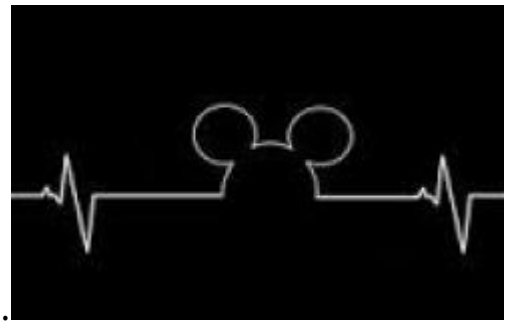
I just checked my pulse. I'm still here. I am thankful. That simple. ♥



Although at times I swear mine must look like this…



"Ah, Nothing is too late, till the tired heart shall cease to palpitate."
– H.W. Longfellow

"Each heartbeat begins with a single, electrical impulse, or "spark." The distinctive sound we hear through a stethoscope, or when we place our head on a loved one's chest, is the sound of the heart valves opening and closing in perfect synchronicity with each other. It is a two-party rhythm – a delicate dance of systole and diastole, which propels the heart's electrically charged particles through its chambers roughly every second of the day, every day of our lives."
– J. Kirby

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