

Börkur Sigurbjörnsson

Energy transfer

flash fiction



Urban Volcano

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Energy transfer

I walked out of the office building after a full day of meetings. I was mentally exhausted, but craving for physical activity. I needed to release some of the static energy that had been building up in my body during the day and turn it into mental energy. Rather than going directly to the nearest underground station and taking the first train home, I decided to walk to a station further downstream along the route.

As I walked through the park across the street from the office, I could feel the fresh breeze rinsing my lungs of the stale

meeting-room air. I enjoyed watching the squirrels run and listening to the birds tweet. When I reached the street on the other side of the park, my shoulder muscles relaxed, I straightened my back, lifted my head and started a mindful observation of the world around me.

After one sweep across my surroundings, I felt a knot in my stomach. My mind jumped to last week's terrorist attacks. My brain started racing. Was it safe to be in the streets? Was I doing a stupid thing? Was it a folly to take such an unnecessary risk? Was I insane to deliberately expose myself to the terrorists — to their vans, knives and explosives?

I felt my muscles stiffen, my heart beat faster, my breathing become shallow. I distrusted people with backpacks. I felt wary of white vans. I feared crossing the street. My mindful observation was replaced by paranoid scrutiny. I turned around and rushed as fast as I could to the nearest underground station.

About The Author

Börkur is an avid storyteller with a keen eye for quirky characters, funny dialogs and vivid scenario descriptions. Much of his writing falls within the genre of realistic fiction and his stories are more often than not based on real events in the author's life. Although the tales contain grains of truth, they are melded with fiction, making the reader curious to know the line between reality and fantasy.

Books

Among Other Things, flash fiction (2024)

Talk To Strangers, short stories (2019)

Flash 52, flash fiction (2017)

999 Abroad, short stories (2012)

Links

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