

Heart Attack

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[click mouse to begin]

Heart Attack

50, menopausal
and sitting in the car
strapped in with
traffic all around
listening to a Bach Cantata -
“Heart Ever Faithful”

The violin music knots at my chest bone –
Just where the bra sits tight.

Silly tears slip from my eyes
Did I swallow the aspirin well enough?
Are they caught there undigested?
A catch of breath
Frame of mind
Swallowing a lot of hurt and anger

What is real – the over-riding love?
The circumstance of age?

Or physical truth?

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