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Release

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Release

Sierra Ausfahl

When your heart spends two months or maybe just two weeks
stuttering in ventricular arrhythmia,
surging in causeless adrenaline,
consulting experts
and unsure how
to beat,
or why,
it is simple liberation
to breathe deeply and free of weight,
a light, happy absence under your breastbone.
Just beat quietly in companionship with a fellow heart.