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Heart Rate Cento

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Danika Stegeman LeMay

Heart Rate Cento

in the construction of the chest there is a heart

and I am aware of my heart: it opens and closes
its bowl of red blooms out of sheer love of me

I cannot heave my heart into my mouth

of the heart they say too much the heart the heart

I'm terrified at the moral apathy—the death of the
heart—which is happening here in my country

to further compromise an already compromised heart

a heart that's full up like a landfill

deep in the heart of the land

look into the dark heart and you will see what the dark eats
other than your heart

the actual heart is an ugly machine

it doesn't stir the heart like a true wild rose

admit that the heart, though not useless, lacks the thing needed
for some miracles

I had a friend whose heart was too heavy to hold,
yes there's blood on the median like a boat without oars

nobody broke your heart, you broke your own

Heart Rate Variability is shaped by trauma

oh yeah I, I got a heart of darkness

won't you feel for me from your heart

there in your heart something that's never changing

it's time to decide while my heart mourns
I sit heart-stricken at the bloom

in between a heart and home

today I will say my fears into a molting bag
and let them mean away in there as doom means doom
and love means love when I'm waiting here
calibrating my heart

I found your beating heart half-buried in the woods

yardsale heart just like mine

i carry your heart with me(i carry it in my heart)

crowned in our sins, velvet hearts

and you kept us awake with wolves' teeth
sharing different heartbeats

lay your head where my heart used to be

and I will remove the heart of stone from your flesh
and give you a heart of flesh

heart we will forget

some relaxed uncondescending stranger,
the heart's release, and while the fireflies are failing
to illuminate these nightmare trees

leave my heart down by the water

SOURCES:

Robert Creeley "[The Heart](#);" Sylvia Plath "[Tulips](#);" William Shakespeare *King Lear*; George Oppen "[Res Publica: 'The Poets Lie](#);" James Baldwin "[A Conversation with James Baldwin](#);" Eric Nelson—defense attorney in the trial of Derek Chauvin; Radiohead "[No Surprises](#);" Kid Dakota "[Age of Roaches](#);" C.D. Wright *One With Others*; Hanif Abdurraqib "[Lights Out Tonight, Trouble in the Heartland](#);" Harryette Mullen *Urban Tumbleweed*; Reginald Dwayne Betts "[Mural for the Heart](#);" At the Drive-In "[Ebroglis](#);" Elliott Smith "[Alameda](#);" Bessel van der Kolk *The Body Keeps the Score*; Sparklehorse "[Heart of Darkness](#);" Blonde Redhead "[Elephant Woman](#);" George Harrison, "[Love Comes to Everyone](#);" Autolux "[Anonymous](#);" Shannon Lay "[Evil Eye](#);" Li Bai "[Ch'Ang-Kan Village Song](#);" Chistopher DeWeese "[The Valley](#);" Zachary Schomburg "[I Found Your Beating Heart Half-Buried](#);" Lenguas Largas "[Yardsale Heart](#);" e.e. cummings "[i carry your heart with me\(i carry in my heart\)](#);" Sun Yung Shin "[명부전 – 冥府殿 Myeongbujeon, the Hall of the Underworld](#);" The Knife "[Heartbeats](#);" Tom Waits "[Green Grass](#);" [Ezekiel 36:26](#); Emily Dickinson "[Heart, we will forget him](#);" Elizabeth Bishop "[While Someone Telephones](#);" Mazzy Star "[Bells Ring](#)."