

Advice

Go swallow the stars,
the moon, those tunes
you both danced to
at the start of the *us*.

Swallow red wine, the meadow,
an ocean, the entire cosmos.

Then climb up a mountain,
scream it out in reverse,
mouth to the sky release
the river of her and all that hurt.

Maureen Sherbondy's forthcoming book is *The Body Remembers*. Maureen's work has appeared in *Southern Humanities Review*, *New York Quarterly*, *Calyx*, and other journals. Maureen lives in Durham, NC. www.maureensherbondy.com