

## Black Morning / Viscera

Jenny Hval

I woke and found outside my door  
A black lake rippling against the hand  
Its tongues lick the flesh from my bones  
And replace skin with waves  
A bulging eye  
I called into the black lake and dove head  
Over heels into the water  
And pulled out my heart from the seaweed  
A pounding eye  
O it's golden, it's golden, it's golden

I came back with a broken summer and a broken spine  
Grazed by the heat and stung by the night  
Tried yoga, couldn't do yoga  
Wasn't the stretches, nor the downward dog  
It was a breathing thing  
And upside down, I felt my organs fall  
Through my throat  
One by one: liver, lungs, lungs, liver  
Lungs, lungs, lungs, LIVER!  
They came fast like fingers  
Inside-out in one snap  
And then the vocal cords  
Flowed like seaweed out of my mouth