

## **Pull Your Heart Off**

### **Aleena Deutschman**

Pull your heart up off your sleeves and lift it to the sky. Show the earth you have an offering and let the mother hold it close. She can pin your heart up on the fridge with little magnets shaped like teacups.

She can fold it up

and

tuck it in

her back pocket

if it makes it means that much.

She might even slip in inside her pillow case and listen to the crinkling of the paper under her head as she lays down each night.

All you have to do is

take the heart off your sleeve.

You can drop it in the washing machine late at night. Hang dry it until noon the next day. Just please don't put it back on. Leave

it off

your arms

today.

Hold them up towards to light; watch your skin as it glows bright.

Mother will be proud of you, seeing clean arms on those sleeves. Let

joy surround your souls and fill up any tiny holes. Mother brings

happiness to brains and hearts. Hearts that wait upon your sleeve.

Count the moon two by twos and remember patience is a virtue.