

Janet Dale

(it breaks)

I.

it's been exactly 56 days since your body was

~~next to~~
~~atop~~
~~against~~

inside my body

II.

women know these things

we have been charting our bodies for as long as we have had bodies:

menstrual / follicular
ovulation / luteal

III.

the moon passes through double the number of phases as a woman's body:

new / waxing crescent
first quarter / waxing gibbous

full / waning gibbous
last quarter / waning crescent

IV.

that Friday night (which I didn't know at the time would be the last time), we were so close we mimicked the sun & moon—together, above the horizon at the same time

New moon / 0% illumination
Luteal phase / Day 26

an unfertilized egg cell disintegrated, uterine lining was preparing to be shed

V.

this Friday night (did you know back then the last time would be the last time), the moon is orbiting the earth counterclockwise, moving away from the sun

Waxing crescent / 10% illumination
Follicular phase / Day 6

an egg cell has been stimulated to grow

VI.

the moon & the body

recycle ✓
continue ✓
move on ✓

but what does the heart do