

# Kidney: Or, Instructions to your right on how to live a long life

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1. Wake up  
in the house  
with the fence  
and the trees.
2. Feel the stone resting inside you. It may appear like an asterisk  
or a blood moon. Development of the  
mineral deposits may be genetic, stress-induced.  
File an appointment with the doctor for Tuesday.
3. Prepare fluids, water or Epsom salt solutions.  
There may be some slight discomfort  
as the calcium works its way across the bladder  
unmoving diamond scrapes along passing flesh.
4. Take Tylenol for the pain. Your wife  
will ask how you are feeling.  
Lie.
5. Crescendos of red descend.  
Hold the child.  
it sleeps miraculously  
through the night.
6. Wish that you could too.

Urethra traversed, your body will produce oxytocins.  
death to the pain. hallucinate as the passion passes long after  
you are allowed to. think of Helsinki, magnolias, stagnation.  
cry for the soul that lost what it could grow up to be.  
words do not ask to fall into pattern  
starlets do not dream of \\\ the sky  
yet here we are  
bound to the inseminate friction of our lives

two /divided by six is just one-third  
sex without love is just fucking.

hold on in the broken mirrors and quinned drink of reality. List the things: an empty bed,  
a motel room  
a phone  
number, unwashed lace, and this  
child.

8. Come Tuesday, visit the doctor. Internist  
will be having a bad day. It's been a long day.  
There have been worse days.  
Tell yourself everything is fine.  
Everything is fine. How's the family.  
Fine.  
finefinefinefinefine

9. Come back to the wife and the baby  
in the house  
with the fence  
and the trees.

10. Repeat as needed.