

## The dilemma of cardiac prometeutics

### O dilêma da prometeutica cardíaca

Jefferson Petto<sup>1,2,3</sup> , Marvyn de Santana do Sacramento<sup>1,2</sup> , Ana Marice Teixeira Ladeia<sup>3</sup> 

1. Actus Cordios Reabilitação Cardiovascular, Salvador, BA, Brazil

2. Centro Universitário Social da Bahia, Salvador, BA, Brazil

3. Escola Bahiana de Medicina e Saúde pública, Salvador, BA, Brazil

As Prometheus I am punished for taking the flame to humans<sup>1</sup>. Paradox that I carry in me since my awakening. Interweaving of myth and reality from those who emanate good and evil, from those who decide between life and death.

Today I live this paradox more intensely, because I feel like a countdown timer who insists on extending it. The sound of the instruments that surround me already sounds familiar and I recognize the high and long notes that precede a stir in the corridors. Misophony cycle that has become constant this past month.

And in the preamble of this final act, memories appear random, unusual in an irregular way, as my song is today.

These are sad memories, like the departure of my friendly and confident heart, the confirmation of my sudden and disabling illness.

They are reminders of the simple routine that give meaning and flavor to what was different.

Memories tied to noble feelings, sometimes vile. Counterpoint that balances existence. That is why I attest, even if it is contradicted by scientific Cartesianism, as the biblical maxim is true - "From me all the desires of the soul depart!"<sup>2</sup>.

They are memories of happiness, like the appearance of my first and second seeds, pieces of me that still pulsate. How to win my first marathon, how to kiss my one and only love - Eros! need to say.

And so it welcomes us and deceives us, as Manoel<sup>3</sup> used to say, drops of happiness surrounded by routine and suffering, which give us the hope that at some point they will be able to irrigate our garden again.

These memories give me breath and I cling to them as the mind, body and soul cling to me. With them I resist, I insist!

But I am tired, technically exhausted. After all, it was 78 years and the load I carry today is distressing.

Once again, Prometheus' dilemma torments me. The selfless intention to keep the flame burning, linked to continuous suffering. The fictitious and real dyad is once again confused and intertwined.

Dilemma that I do not share, because my world, once immense, today comes down to a cold and monochromatic environment, populated by alternating and unknown faces. That is why I continue my irresolute soliloquy.

I wish my last act was like the first: unscathed, naive, without memories. It would be easier and lighter my farewell. Nihilistic wish of the poet Pessoa<sup>4</sup>.

Silence ... A long pause is followed by a resounding hiss.

They try to revive me! I'm the one who decides, I'm the one who needs to decide.

Still confused and inert I am taken by a feeling of eternity ... I will remain in the love that still lives, in the memories of the friends that still remain and I will collect simple and summer smiles as simple and summery as my existence was.

A new shock! I need to decide, I'm the one who decides and exclaims: !

Dedicated to the good hearts that in 2020 ended his poetry.

## Notes

1. Prometheus, Titan of Greek mythology who was penitentiated for bringing fire to humans. His action generated the wrath of Zeus, who ordered him chained to a rock, in which an eagle every day tore at his liver, which had constantly regenerated, resulting in continued suffering.

2. Reference to the Bible verse from Proverbs 4:23.

3. Manuel Bandeira (Manuel Carneiro de Sousa Bandeira Filho). Brazilian poet, born in Pernambuco on April 19, 1886. He was part of the first generation of Brazilian modernist poets. The excerpt alludes to the poem "A Vida Assim Afeiçoa" from the book *As Cinzas das Horas*.

4. Fernando Pessoa (Fernando António Nogueira Pessoa). Poet born in Lisbon, Portugal, in 1888. One of the main names of Portuguese Modernism and adept at nihilism.