

ABRACADABRA POEM #3 – Workshop

(from an Allographic bibliomancy exercise to work from a supplied text)

We are struggling, all, to find new levels of
creativity, looking for treasure.
Recycled mythical adventures
haunt us and embroider. Fear grows.
Externalise the demons!
Lay aside your poise and
think about dying
in battle: take
the risk of
loss and
change.

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The supplied passages:

If you *are struggling to find* large pieces of fabric in the colours *and* patterns you want, *think about dyeing*, printing and hand-painting *recycled* fabrics to create what you are *looking for*. *Embroidery* and other embellishments can transform a plain piece of sheeting into a one off *treasure*.

(From “Sew Eco” by Ruth Singer)

The demons will *haunt us* if *we* remain afraid. *All the classical mythical adventures externalise the demons*. *In battle* with them the hero always *grows*, ascending to *new levels of creativity and poise*. Each inner demon holds a precious blessing which will heal and free you. To receive this gift, you have to *lay aside your fear* and the *take the risk of loss and change* which every inner encounter offers.

(From “Anam Cara” by John O’Donohue)