

Poetry and Images

By Toril Pursell

SELF CARE

Please place the oxygen mask
on yourself before assisting
others pantomime
I have
been reminded to breathe
deeply and walk
slowly
sometimes
forgetting.

Toril Pursell, 2009



Toril Pursell, 2009. 'Resurface', Digital photography, canvas transfers and mixed media on linen.

A DIALOGUE BETWEEN SELF AND OTHER

S: Just write, just write, is it so hard to write?

Why is there such self-imposed pressure to make it just right?

O: Perfectionism can choke words – why be concerned when you can return and reconstruct?
Just write, just write, let your words breathe.

S: But no, it is not right. If I write freely I relinquish control and the impermanence of suspended words. I risk leaving a record that can trickle back with consequence.

O: Just write, just write, the letters on each page will eventually dissolve to light.

S: But I am trying to write about hardship, not to be taken lightly. I don't want misrepresent or misconstrue what seems to be true.

O: Just write, just write, 'truth' can be arbitrary and revisited. And is there harm in putting thoughts onto paper, to be reconsidered later? Is it that you might be writing and revealing something about you?

Toril Pursell, 2009



Toril Pursell, 2009. 'Be-long-ing', 12x18cm. Linoleum print and acrylic on canvas.