

Exploring the Liminal

Writing Poetry

in response to Visual Art

HUNDRED⁺
HEROINES₊

The concept of liminal spaces - or **liminality** - appears in various disciplines.

In anthropology, liminality is a condition where the usual practice and order are suspended before being replaced by new rites and rituals.

It is the **in-between** space.

The transitional and sometimes eerie quality of liminal spaces have been captured in art and photography through depictions of hallways, corridors and other thresholds.

In the wake of the Covid-19 pandemic, it feels as though we are all in this 'crossing-over' liminal space where we have left something behind
– **now in the in-between phase, waiting for what comes next.**



You don't know what nights are like? © Mitra Tabrizian

Art and Wellbeing

Many of us don't have, or don't make time, to just sit and put thoughts to paper.

During the lockdown Hundred Heroines piloted an informal, interactive wellbeing workshop with councillor and wellbeing practitioner, Sarah Erskine.

These sessions created spaces in which to explore the positive impact of art on wellbeing. Each session centred around engaging in a variety of creative writing activities inspired by images, whilst drawing on personal experiences.

Throughout the sessions, **poetry** emerged as a key medium to respond to art: a constructive way to explore and gain insights into ourselves and the world around us.

Participants wrote **lune** poems

Traditionally, **lune poems** depict a journey that results in some sort of revelation or understanding, making them a great tool to navigate the pandemic experience.

Their basic structure is simple: 13 words, arranged in 3 lines of five, three and five words, respectively:

5
3
5

That's pretty much it. Your lines can be fragments, or they can form a complete sentence or thought.

**Although the form is strict, it leaves room for plenty of flexibility.
The outcome, a reflexive poem which resembles a crescent moon.**

Cabinet of Remedies

a response to the Covid-19 pandemic

We want to explore art as a tool for self-understanding, rebalancing and growth;
to initiate dialogue between visual art and written word.

Drawing on the concept of liminality, we invite you to either write a lunc in response to any of the images in the Cabinet of Remedies exhibition or to draw inspiration from your own experiences.

Our aim is that these responses will become an outlet in a time when we are all coming to terms with the ways that the legacy of Covid-19 will shape the gradual process of reintegration.



This piece by Mitra Tabrizian, which hangs in our Cabinet of Remedies, was originally part of a billboard project commissioned by *Art on the Underground*, initially as a response to the launch of night trains. It focuses on the night time workers, 70% of whom are migrants, exploring the impact of night shifts on their lives. The project speaks to a wider community of night time workers who are living on the edge. It attempts to bring the margin to centre.

Keep scrolling to read two poems written in response to Mitra's image

You don't know what the nights are like?

by Amy Jasek

Darkness separates
color from form
blends fantasy with reality
makes it easier
to explain things away
maybe the click of electric sparks
is just a cricket in the wood
Walk this path alone,
learn to breathe in a vacuum:
lungs adapt to the
stifling cough of propaganda
that crinkles through
the smoke of burning pages
darkness covers,
the thick security blanket
makes it easier to forget
that the real safety
is in numbers

Still

by Vanessa Ansa

And so I start meditating;
Observe each day.
Keeping my eyes half open.

If you too feel inspired to write,

we'd love to read it

email your words to us at hello@hundredheroines.org

See your poetry, **lune or other**, in our **Cabinet of Remedies**.

HUNDRED HEROINES

No. 1 Business Centre, 1 Alvin Street, Gloucester, GL1 3EJ
Registered charity no.1190277, Company limited by guarantee registered in England and Wales no.12318478
+44 (0)7831 487606 | hello@hundredheroines.org