

Feeling cold

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 running

 running up my sides

Shivering

 layers grey

 darkness hanging on lighter cloud

Sheltering in the corner table

Looking

 looking out

 see shades

 green

 white

 yellow

grass

clover

buttercups

Smell last night's rain

Breeze stirring

 hair on my hand

Then

17 minute meditation with a jittering walk

Anger at being thrown away

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And just for a moment

 dropping the thought

And stroking red flannel

“Form is the Shape of the Content” — Ben Shahn

“The Shape of Content”: (Charles Eliot Norton Lectures, 1956-57)

by artist Ben Shahn was an important book in my life — if only because I took away just one little piece of wisdom, the answer to the question, What is form? The form of something is, to put it simply, the shape of its content. And the example I recall is ... a tree ... an individual tree ... different from any other tree, taking the form of its own special, inner content ... and what I took away was to not worry about the *outer* form of what I am writing, but,

instead, to let the subject matter — the content — take its unique shape and become whatever it wants and demands to become.

I read Ben Shahn fifty years ago. Whittemore the author above captures the bit I recall.

My current writing is intended to reclaim a fifty year old style. Shahn shaped part of my world.

Recall.

- Poetry is read aloud
- Fewer words are better words
- Breath plays a role in line length
- Text placement on the page influences the reader
 - Eyes travel effecting the flow
 - Use grouping
- Word repetition
- Multiple adjectives
- Do what works
- Sensible
- Evokes a space, feeling