

Pamenar e-books

Leela in Lockdown

Sally-Shakti Willow



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info@pamenarpress.com

1. Estranged Shock

at times
like this
it's
easy

to use the adjective
"biblical" to the up

2. The Wanderer

britain's

economy signals
gross even
though the
virus

had

~~to take~~

~~held~~ the traveller

un.assuming

3. Hesitant [Bodies]

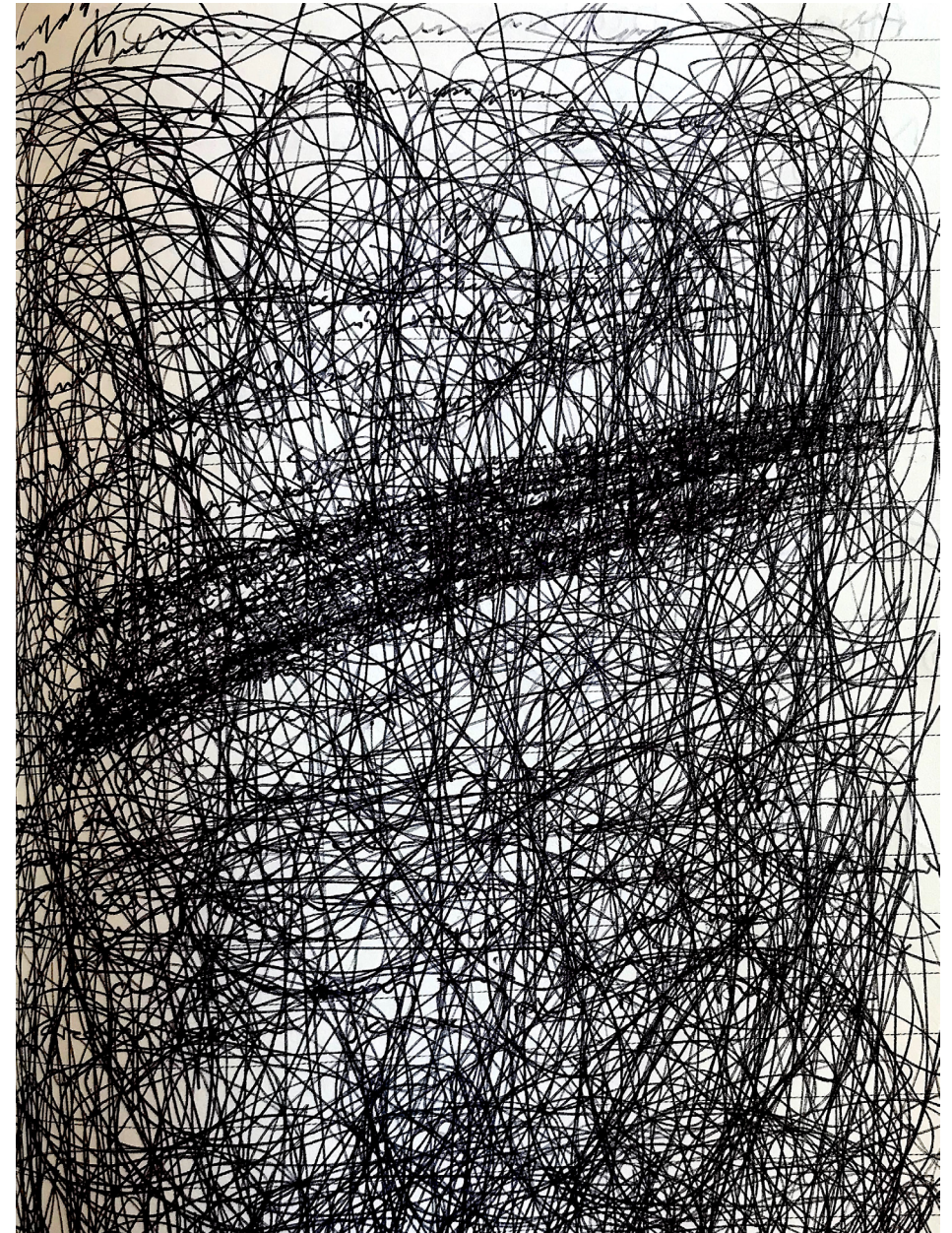
maintain
 organs w/
 desire
 &
 Greed
 only smudged
 or rosy thrilled
 the
body intervenes.

 the cOntact
 is ~~+~~ or no one .
or something. or excess

 isolation.

 . ~~+~~
 have
 nEver
~~felt so.~~

[there echoes]
 our pandemic, which has
 dissolved
 The
 urbAn



4. Organise Your Army

you feed
youR belly and
you
feed your sad and
it is
fluid, there
is a base :of connection.

a Ritual" we chose
our alignments, sat
co-creating > this
i/mage
of wAter
within
earth like {w}ell
{sp}{r}ings,
hiddEn
~~ready~~
for
herbalists
across
america
[being]
trademarked
by cOrporations.

the
veRy act of
making
[is] resistAnce.
and
powerful Immune.

cut

~~the weeks.~~
~~boost~~
you
~~for the~~
~~brew.~~
~~4weeks. into~~
~~more,~~
you wait
~~+ you can.~~
~~{t}hyme, honey, always - that is~~

you fEed
belly and
not that
consciously but

5. Family Members Arrest [Of]

out oF
utopiA
More than people
everYwhere they arrest local.
~~aiMest~~
fortune
enriching much //
Support to
eAch other

6. Bite and Crack

Book
Is a geography where freedom
relieves
pressure ~~and~~ to find
room for growing out of
All
symptoms upon me - to feel

/ scramble to room :
to eat work {get off}

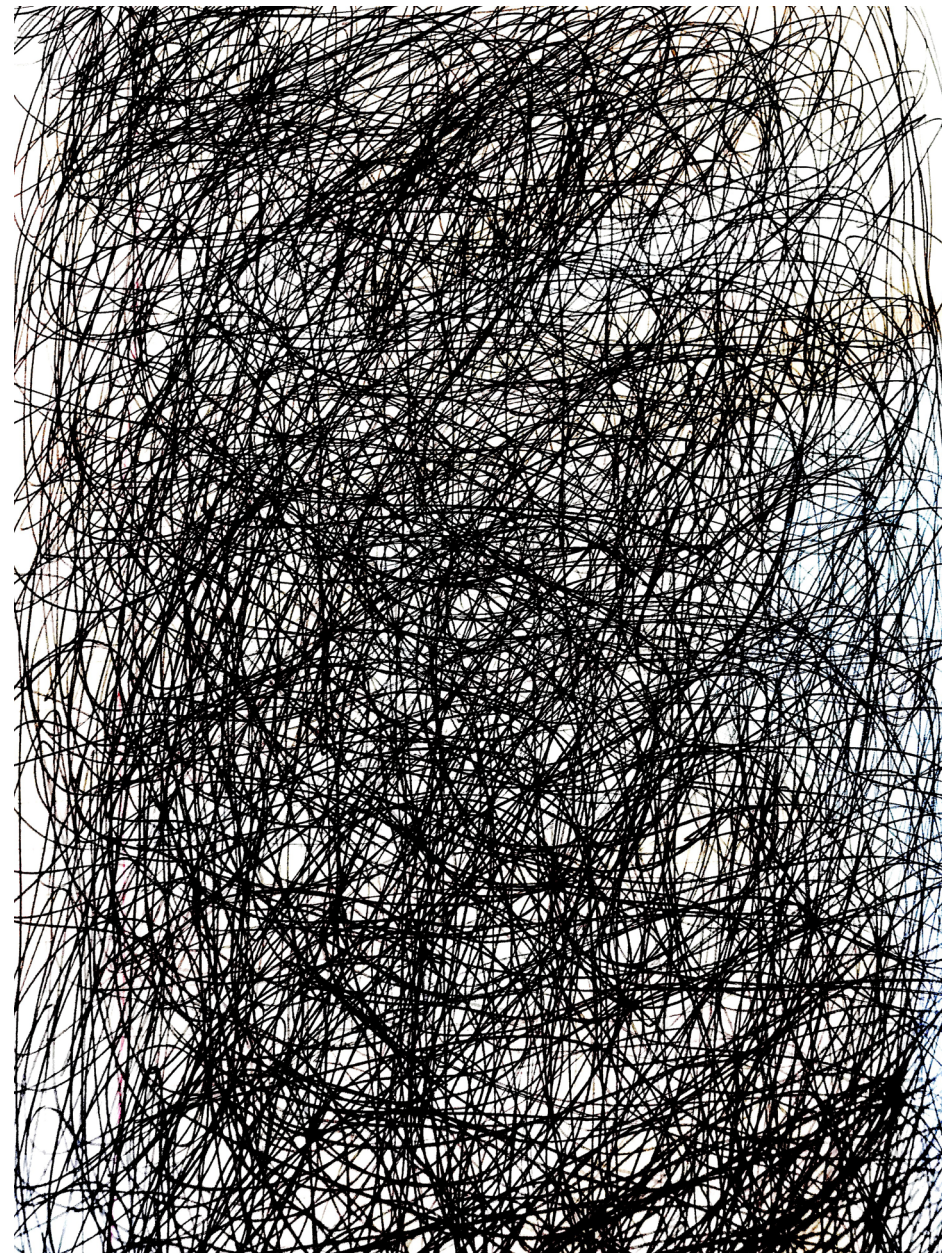
. why bother art;
the
groceries
getting though.

work it.

- the knowledge of
the stifled the revived
.

words work

in book / in

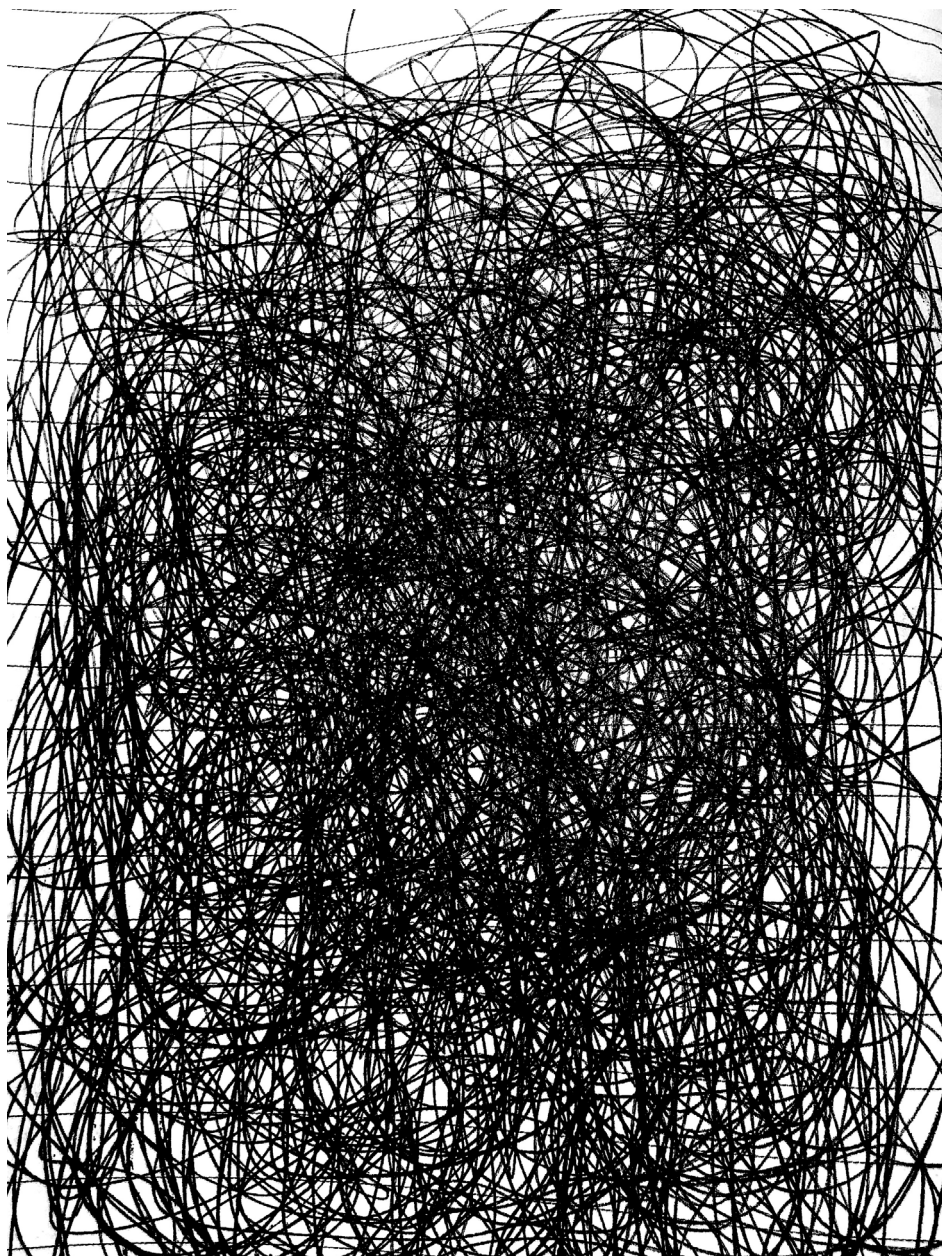


7. Youthful Folly

staying staying
 feet apart when
 you experience
 control
 of the present
 sporadic avoidances
 the restlessness the pain this
 irrepressible
 sense of
 morass : fear and
 language
 this virus
 myself in
 every
 possible
 turned far
 inside till i beat living
 life solitary / there
 was almost no out we
 have to live have to live through
 lockdown
 for least a protracted
 staying
 away
 from people mostly
 coffees shops
 and
 all
 activities that give life sustenance

8. Prop.r[ie]ty (Subordinate)

steps
 from
 embrace.s /
 a
 sudden
 turn
 to
 force
 not
~~necessarily~~
 [of] tranquillity
 sojourn tangible
 in home
 [birthplace]
 very
 [un]familiar
 territory
 the
 change one
 might
 find
 in a
 state
 of suspension



9. Gradual Development

eating
 into other realms
 provides
 illumination
 and
 gaining knowledge
 dream of
 apples
 grown [in]
 awareness
 they are about / to make
 continuum of : control

the [epidemic] testing

~~for~~ people \ infections
 moment of action .
 and when we ch[o]se
 to leave this world &
 travel
 to the otherworld -
 eyes of patrol
 double down restriction/s
 in such a way that it could

10. Fellowship / Comradeship by Organisation

yourself allow
yourself be seen &. enough /:
here.
the emphas.is in
opening
often

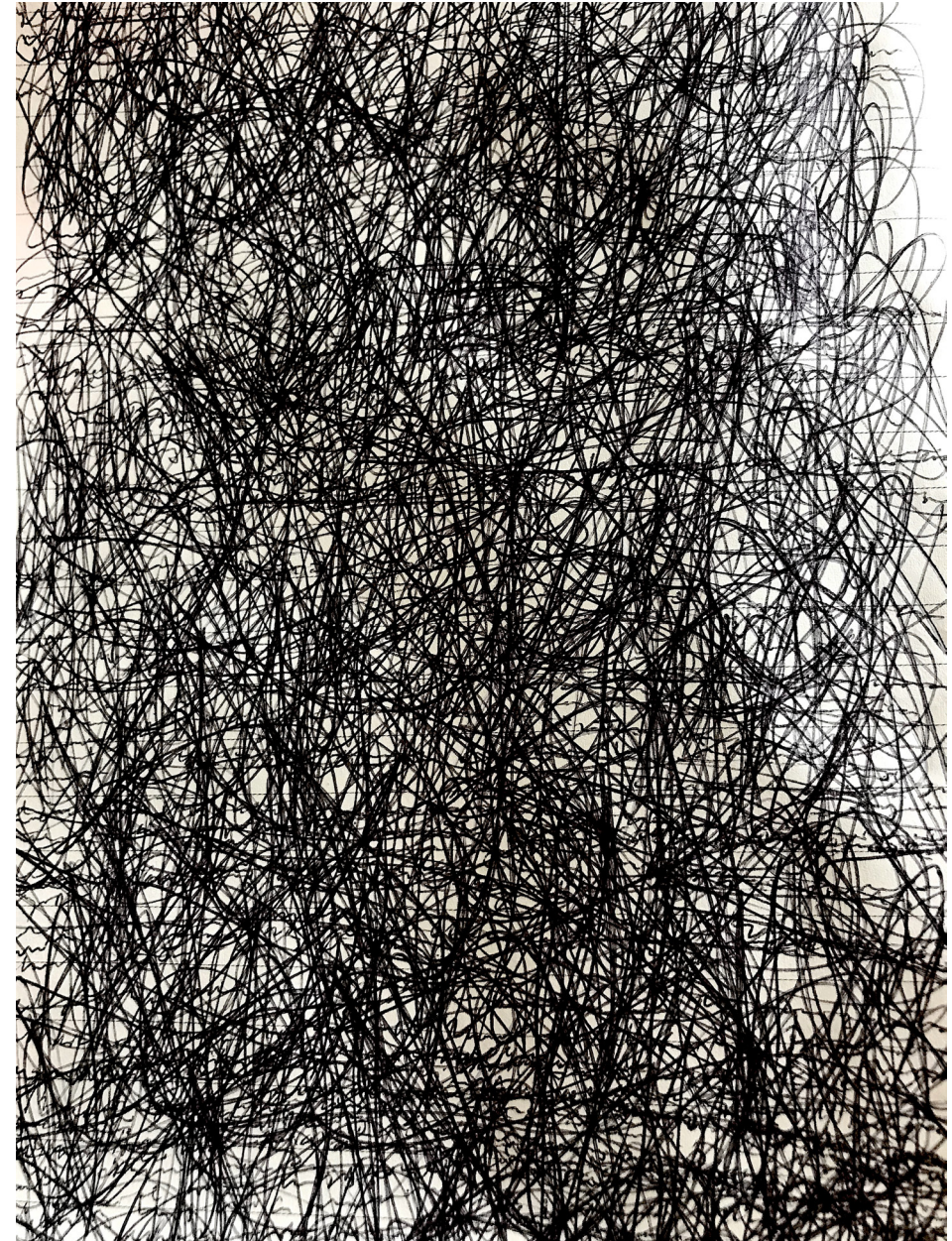
{h}and
in process

expose[d] /
what i
for wisdom
courage & integrity truthfulness
/ left. [on the/]

sinistre
scorpio moon
come from
sensual
potency of
how
much} i can express [my\ anger emotion
{is}

\also/ how
[much i
can express the upwards the

everything*



11. Hesitating Penetration

left me
 posSibilities of
 resistance
 creating
 nEW ways
 like sTepping out into
 [thin] aiR
 Almost
 Two months
 since
 peOple
 began
 to up
 rEstriction/s
 ~~never~~ Seen
 statistics
 oN world population
 Economics
 remind~~e~~ us too
 that
 [just] rich
 subject/s matter &
 measure.s
 preveNt
 bEing .
 richeSt
 billionaires from
 billion To
 billion

 that said i
 constrict makeE/s
 iNventive
 wE
 must
 arT the
 wor[k]
 and
 [y]our freedom
 is ~~a fact~~
 bEing engulfed

 makeS me
 alert while
 we\
 establish
 control
 system ruN

 [it/] [\\for]

12. Separating Family Members

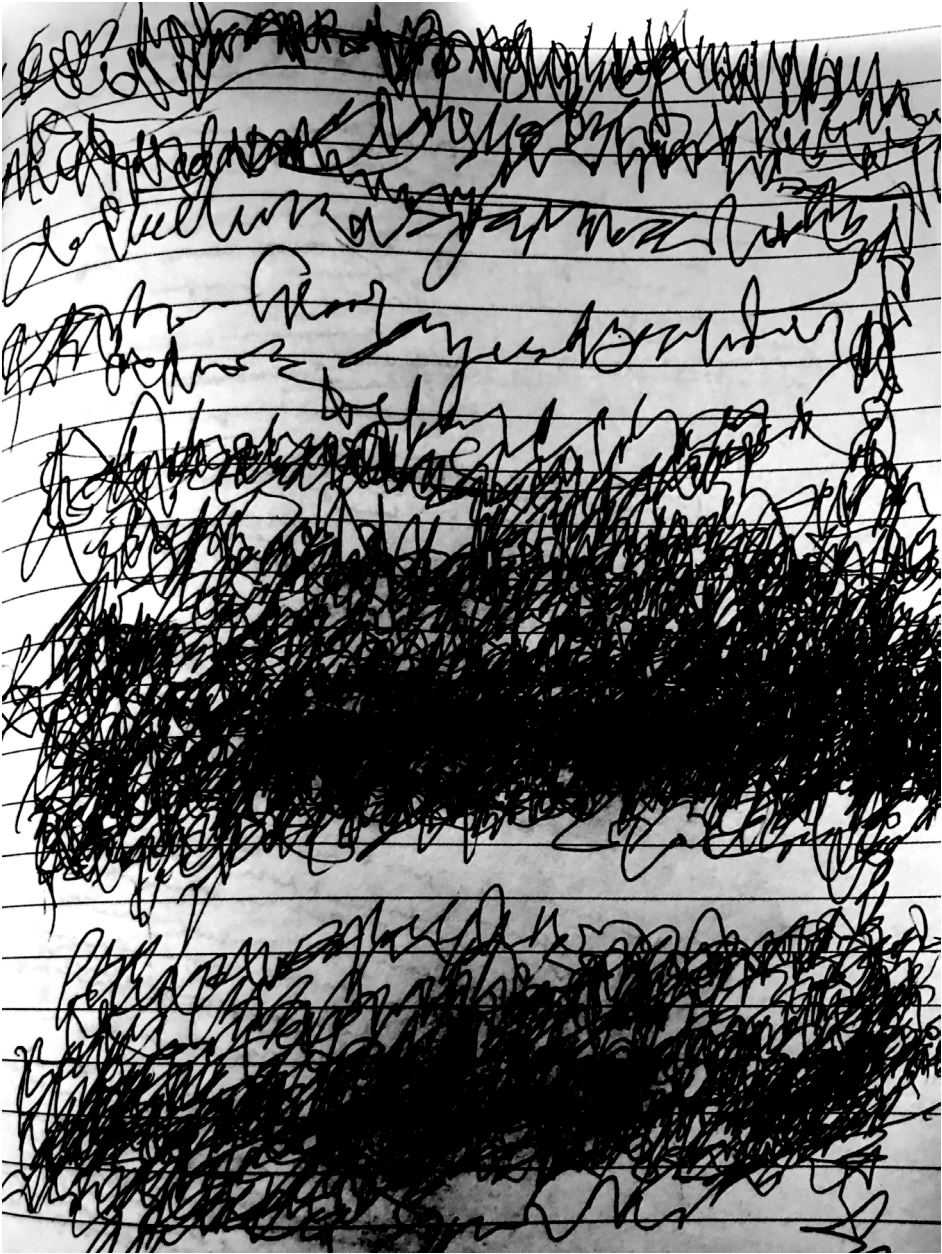
squeezed
by
tears
like heavy rain
each /other
up dies down

smaller in the [and]
is how and will
each time
+
get less feels
like
all past summer/s
interrupt +
crisis of i
>.

[re]writing in
rereading
[allows
the again and /again*
: during

13. Progress

now making
work
Groups
of four
gathered / collective
current body in current mo[ve]ment
you
are holding
continuum un/like
~~fever~~ wondered ?



14. ~~Gentleness~~ ~~{&}~~ Restraint

question p[l]ace

 & present direct/ion

 Lockdown
 thE world[s]
chaos

is financial

~~cost~~ ~~[of]~~ ~~pounds~~ //

tumble[/]d

[f]risky : matter.s

15. The Well

well is
associated
w/ unconscious
like fear inspiration -
as government shuts
[human] down :
the recover is climate



Leela in Lockdown

During the first wave of the Coronavirus pandemic, in April 2020, I was living in spiritual community at Osho Leela in Dorset. Leela means play, it's a Sanskrit word referring to the Divine Play of the Universe: Creation in the process of Creating, of being Created, of Being. I was at Leela, in lockdown. And I was curious to explore what it meant to be under imposed constraint. How I felt about that. What were the possibilities for creative play, creative freedom, within constraint.

I chose a constraint-based poetic form, John Cage's Mesostic, to give rules and restrictions to my creative practice – and I found ways to express my autonomy within that. I was exploring the dance between subjectivity and objectivity – which I have also explored at length in my thesis on Utopian Poetics.

I used the U Penn (ModPo) Mesostic Generator here: <http://mesostics.sas.upenn.edu>.

Cage gives a lengthy explanation of the detailed formal constraints of the Mesostic, before adding: *"Then I take out the words I don't*

want. With respect to the source material, I am in a global situation. Words come first from here and then from there. The situation is not linear. It is as though I am in a forest hunting for ideas." (John Cage, my emphasis).

If Cage allowed himself to take out any words he didn't want, I would also allow myself to add in any words I wanted. I would alter the lineation, capitalisation, and visible traces of the spine word – giving myself the creative freedom to make the poem according to what felt most appropriate visibly, rhythmically, energetically and intuitively, within the limited resources available to me and instigated by the initial exercise in constraint.

I wrote: "Cage allowed himself to take out any words he didn't want. Autonomy. Subjectivity. Creative interplay between subjective & objective. I will also allow myself to add in any words I want. Co-creativity. Manifestation. Abundance. Limitless Possibility. Expansion. Growth."

With respect to the source material, I also am in a global situation. My source materials were gathered from the internet, from emails, from my own notes, from poetry readings, from conversations and from whatever I could copy and paste during those early days of the pandemic.

I asked myself the questions:

What happens if I...?

What happens when I ...?

To whom will I give the power to decide whether lockdown is a tool of liberation or oppression?

I set out to practice co-creativity in lockdown. To find limitless possibility within limited form with limited resources.

And I took note of Laynie Browne's words: "No one knows exactly what they are setting out to do because poetry is a living transmission whose evolution is linked to other bodies in time" ('On the Elasticity of the Sonnet and the Usefulness of Collective Experimentation' 2010). I linked my poetry to other bodies, other beings, other words and others' words.

Huge thanks to Ghazal Mosadeq at Pamenar Press for connection, conversation & publishing these poems.

I dwell in Possibility

- Emily Dickinson

Sally-Shakti Willow
2020

Notes & Source Texts (Numbers refer to I Ching hexagrams):

1. Estranged Shock

I Ching 38, 51

https://humanitieswatch.org/2020/04/covidian-catastrophes-m-nourbese-philip/?dm_i=56G9,6REU,2FSDHM,PZ1S,1 M. NourbeSe Philip

<https://www.bfi.org.uk/news-opinion/news-bfi/lists/100-great-films-streaming-netflix-amazon-prime>

2. The Wanderer

I Ching 56

<https://www.theguardian.com/business/2020/apr/11/the-big-shutdown-tracking-britains-covid-19-slump-in-real-time>

3. Hesitant [Bodies]

I Ching 16

<https://www.newyorker.com/books/page-turner/why-anxious-readers-under-quarantine-turn-to-virginia-woolfs-mrs-dalloway>

4. Organisation (Army)

I Ching 7: Organise Your Army

<https://www.independent.co.uk/news/uk/home-news/coronavirus-lockdown-pubs-50-million-beer-wasted-camra-a9462206.html>

https://docs.google.com/document/d/1R31FdXKkhQKuuOJVX-l1oDJDUQb7MJz3m8DFxY2N0Nil/edit?dm_i=56G9,6UKM,2FS-DHM,Q46I,1&pli=1 Fertile Souls: Evolving Covid Resource Doc
Initiated by artist Ayesha Tan-Jones, who as part of Shadow Sisters Fight Club was an ICA Social Creative Network artist-in-residence, Fertile Souls is a roaming survival school offering skill shares for collective healing. As part of the school's online offerings, Tan-Jones created this evolving resource document which includes a recipe for an immunity-boosting fire cider, and will soon announce an open call for a digital survival handbook.

Nydia Swaby

ICA Daily 15 April 2020

<https://off-guardian.org/2020/04/14/50-headlines-welcome-to-the-new-normal/>

5. Family Members Arrest [Of]

I Ching 37: Family Members changing to 13

<https://www.theguardian.com/us-news/2020/apr/15/los-angeles-black-brown-activism-1960s>

https://glowbarldn.com/shop/yonni-moon-milk?mc_cid=5f29913691&mc_eid=11ab8940e1

[https://www.theguardian.com/technology/2020/apr/15/ama-](https://www.theguardian.com/technology/2020/apr/15/ama-zon-jeff-bezos-gains-24bn-coronavirus-pandemic)

[zon-jeff-bezos-gains-24bn-coronavirus-pandemic](https://www.theguardian.com/technology/2020/apr/15/ama-zon-jeff-bezos-gains-24bn-coronavirus-pandemic)

<https://www.eclecticenergies.com/iching/consultation?Ins=787677>

6. Bite and Crack

I Ching 21: Bite and Crack changing to 52: Keeping Still

<https://lithub.com/fairy-tales-and-facts-siri-hustvedt-on-how-we-read-in-a-pandemic/>

<https://www.laphamsquarterly.org/roundtable/letter-quarantine>

<https://www.eclecticenergies.com/iching/consultation?Ins=986987>

7. Youthful Folly

I Ching 4: Youthful Folly

https://www.theparisreview.org/blog/2019/02/08/notes-from-kathleen-collinss-diary/?dm_i=56G9,6YD5,2FS-DHM,QMBP,1

<https://www.theguardian.com/world/2020/apr/17/uk-govern->

ment-extends-coronavirus-furlough-scheme-until-end-of-june

<https://off-guardian.org/2020/04/22/six-feet-apart-in-the-sun-shine/>

8. Propriety (Subordinate)

I Ching 54: Propriety (Subordinate)

<https://scarletimprint.com/publications/trinity-star-trinity>

https://www.poetryfoundation.org/harriet/2019/09/poetry-as-magic?fbclid=IwAR2c2fBd3hTWVYfmDZTsUTYa7Wc-qgMsZtpLTn75rGqSudsEE_S-ys0wrBHY

https://www.ica.art/learning/how-to-write-pleasure?dm_i=56G9,6YWV,2FSDHM,QP8F,1

<https://off-guardian.org/2020/04/23/the-seven-step-path-from-pandemic-to-totalitarianism/>

<https://www.landlordsguild.com/no-ban-on-coronavirus-rent-increases-says-minister/>

Obeah Man by Exuma: <https://www.youtube.com/watch?v=Q-4gnxxtPtI>

Obeah Woman by Nina Simone: <https://www.youtube.com/watch?v=gZxnwrGPQEs>

9. Gradual Development

I Ching 53: Gradual Development

<https://oghamdivination.wordpress.com/ogham-alphabet/trees-of-the-ogham-apple/>

<http://www.thegoddesstree.com/trees/Apple.htm>

<https://www.biblehub.com/genesis/3-6.htm>

https://libcom.org/files/David_Graeber-The_Utopia_of_Rules_On_Technology_St.pdf?fbclid=IwAR3fvx0PBze9BQeAA3QGu4Fv55drh-40bMfkzwXNsMVv8BQiqm-wXVFQzG0w

http://blog.wbkolleg.unibe.ch/wp-content/uploads/Benjamin_Illuminations_Philosophy-of-History.pdf

<https://www.theguardian.com/politics/2020/apr/25/boris-johnson-lockdown-dilemma-grim-virus-data>

<https://www.eclecticenergies.com/iching/consultation?Ins=889899>

10. Fellowship / Comradeship by Organisation

I Ching 13: Fellowship

https://www.etymonline.com/word/sinister?ref=etymonline_crossreference

Notes from Metamorfosis healing session with Dagmara Zet

Notes from Scorpio Full Moon meditation with Sally Griffyn

11. Hesitating Penetration

I Ching 16: Hesitating changing to 57: Penetration

Corporeality: 9 essays Compiled by Murat Adash
<https://www.e-flux.com/readers/328086/corporeality>
ICA Daily Monday 11 May

Olivia Laing: <https://bombmagazine.org/articles/olivia-laing/>

Boris Johnson: <https://www.gov.uk/government/speeches/pm-address-to-the-nation-on-coronavirus-10-may-2020>

12. Separating Family Members

I Ching 30: Separating changing to 37: Family Members

<https://tribunemag.co.uk/2020/05/radical-publishing-in-a-pandemic>

<https://lithub.com/doesnt-everyone-reread-their-favorite-books-all-the-time/>

<https://www.thestar.com/entertainment/books/2020/05/15/heather-oneill-it-was-eerily-quiet-and-then-the-strange-loneliness-of-the-world-set-in.html>

<https://www.eclecticenergies.com/iching/consultation?Ins=787967>

13. Progress

I Ching: 35. Progress

<http://counterpathpress.org/the-body-in-language-an-anthology-edited-by-edwin-torres>
including Monica de la Torre & Fred Moten

<https://www.eventbrite.com/e/our-bodies-in-language-a-series-tickets-103394204850>

<http://csseashell.com/shells-as-religious-symbols-and-the-meaning-of-life/>
conch shell, shankh

Tell Boris Johnson to Build Back Better. Call on the UK government to deliver a coronavirus recovery plan that protects our public services and delivers a Green New Deal. Sign now here: <https://act.350.org/sign/build-back-better-uk/>

14. Gentleness [&] Restraint

I Ching 9: The power of the small (Gentleness and restraint)
<http://counterpathpress.org/the-body-in-language-an-anthology-edited-by-edwin-torres>

https://beducated.com/mag/ep4-conscious-masturbation/?tl_inbound=1&tl_target_all=1&utm_source=activecampaign&utm_medium=email&utm_campaign=nl-29-05-2020

https://beducated.com/stayhomestayfrisky/?utm_source=activecampaign&utm_medium=email&utm_campaign=nl-29-05-2020

<https://foreverconscious.com/the-rose-of-venus?fbclid=IwAR1c-D0ndQgeQv-ZxJZt4ryTlck5UWsexH5ag26YdS5qVHZJAJN1wV-fU91xg>

<https://www.theguardian.com/business/2020/may/18/investing-in-firms-with-better-record-on-social-issues-pays-study-finds>

<https://www.theguardian.com/world/2020/may/18/uk-coronavirus-tests-advised-for-people-who-lose-taste-or-smell>

15. The Well

I Ching 48: The Well

<http://www.soundartradio.org.uk/tomorrows-transmissions/being-coming/>

<https://luna-rhythms-yoga.com/blog-2/2020/6/3/full-moon-in-sagittariusnbsp>

"It's been 11 days since a Minneapolis police officer killed George Floyd. The last week has seen police enacting escalating violence towards protesters worldwide. This is clearly a time to state, unambiguously, that black lives matter." Greenpeace email, Unearthed: 5 June 2020.

I Ching 48: The Well

One's inner strength is like a bottomless well.

The Well is associated with unconscious activity like fear and inspiration. It can also symbolize things that do not change in life. These can represent situations that are unfathomable and can only become clear over time; like the start of a relationship. In work, the Well can symbolize the depth that you already have to meet the challenge.

Sally-Shakti Willow researches, writes and performs utopian poetics as ritual to open up [r]evolutionary space for positive transformation. She has a PhD in Utopian Poetics from the University of Westminster (2020).

She shares her passion for visionary writing through her business WRITING & THRIVING. She has taught poetry, creative writing and Wellbeing When Writing at the University of Westminster. Publications include: *The Unfinished Dream* (Sad Press, 2016), *Atha* (Knives Forks and Spoons Press, 2019), *[un].holy : 33 sonnets for Brigid* (Hesterglock, 2020) and *Writing Utopia 2020*, an anthology of utopian poetics co-edited with Sarer Scotthorne (Hesterglock, 2020). Sally-Shakti's other writings and reviews are published in *The Journal of British and Irish Innovative Poetry*, *Studies in Arts and Humanities Journal*, *The Contemporary Small Press* and *Bombay Gin: The Journal of the Naropa Summer Writing Program* published by the Jack Kerouac School of Disembodied Poetics.

