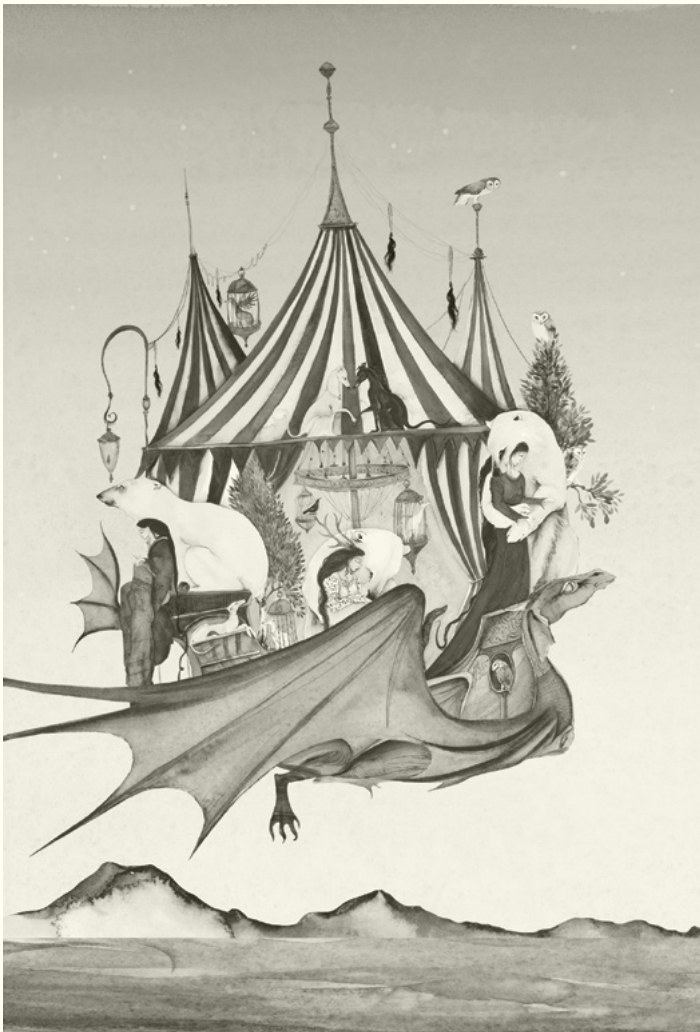


THE UNWINDING

JACKIE MORRIS



Notes BY *Eva John*



The words and images in *The Unwinding* and *The Silent Unwinding* invite your own individual response, but here are some suggestions, prompts, encouragements to help with the process of unwrapping and freeing your thoughts, ideas and creativity, for you to use or reject, as you wish.

reflect





CREATE YOUR OWN WELL-BEING PRESCRIPTION
TO SUIT YOUR INDIVIDUAL NEEDS

Design and write your own label, displaying it as
a reminder to ensure maximum curative powers!

the Unwinding



WHAT DIFFERENT POTIONS ARE BREWED IN
THIS TEAPOT AND HOW ARE THEY USED?

For each numbered chapter, concoct
your own tisane recipe and instructions,
detailing the effects the potion will have.



ONE



beginning

THE KEEPER OF LOST DREAMS

- What does the key unlock between dusk light and dawn light?
- What do the curtains indicate?
- Why is the background greyscale?
- What books are being transported in the wagon?
- Even if the memory of your dreams eludes you, create images of a wild, elemental dream. It may come in fragments.
- You could write it in a series of haiku (a 3-line poem of 5 syllables, 7 syllables, 5 syllables), using the title to add to the description.
- If you prefer, you could try the tanka form (a 5-line poem of 31 syllables: 5, 7, 5, 7 and 7)
- If you wish to write at greater length, you could write naga-uta (a poem which has no set number of lines, but each line contains either 5 or 7 syllables, alternating until you finish with two 7 syllable lines.)
- Create your own small book of dreams, designing the cover.
- Create a list or series of drawings of half-imagined things.
- Keep a bedside dream book, so that you can capture your waking impressions and emotions before they evaporate.
- Which creature would accompany you, if you were the Keeper of Dreams?
- How would you travel?
- In what form would you keep the collected dreams?
- What might happen to the dreams?



TWO



solace

A SONG OF A GOLDEN HARE

- Choose an object that has personal significance for you. Describe it so that you convey your feelings.
- How did it come into your possession?
- Why was this attachment formed?
- Create your own story of the golden hare – who has made him and how?
- Write of a time when the lady needed the hare and how it was of assistance.





THREE



myth

THE MIDNIGHT FISH

- 'How the monkey got his wings.'
Create your own myth for the winged monkey, thinking of the surreal nature of some dreamings.
- What is within the pages of the winged monkey's book?
- What is the creature's reaction to what he is reading?





FOUR



shape

DREAMS OF THE WHITE BEAR I

Consider your answers to the questions in the text:

- What are the shapes of your dreams?
- Do you dream in words, images?
- Are your dreams colour, black and white, or colours only known to dreams?
- Are they visions, or something else?
- Are they chemical, scent, touch?
- Do they have a narrative, or are they abstract?
- Can you guide your dreaming?
- Do your dreams shift in the spaces between dreaming and waking?
- Do you remember your dreams on waking?
- Or do your dreams dissolve?
- Do you dream when you are awake?
- Do you imagine in words or images?
- Do you have regrets or hopes?
- Are dreams important to you?
- Do your dreams reveal part of the pattern of your soul?
- Do you share your dreams?

Add any other thoughts you have about your dreams.





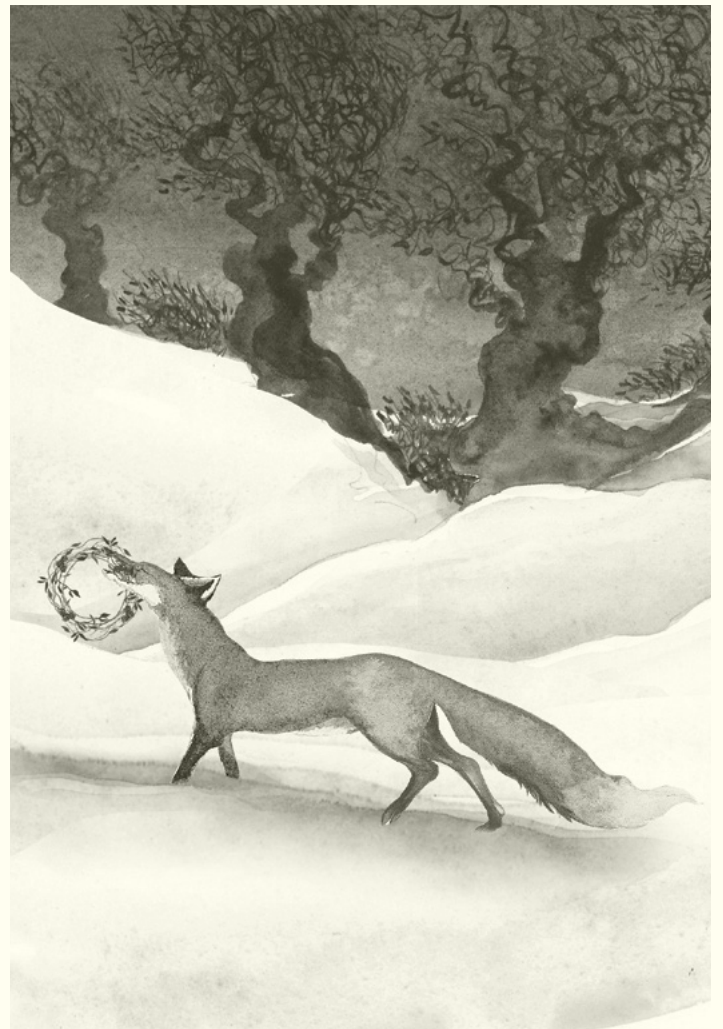
FIVE



dance

THE WINTER QUEEN
& HER FOX LOVER

Which season awakens the deepest part of you?
Capture details of the images this season evokes
when you think about it. Then convey the sense
of time passing, the cyclical nature of living.





SIX



moon

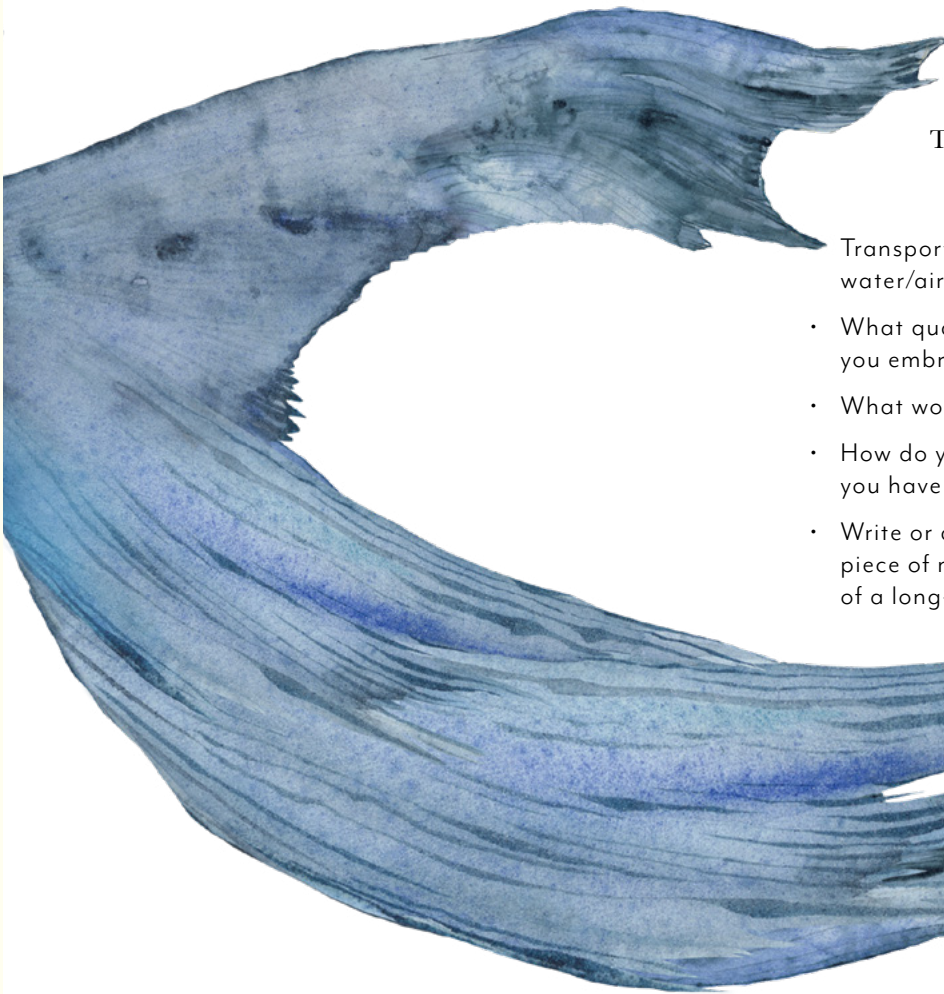
DREAMS OF THE WHITE BEAR II

- Think of a scent that evokes a strong reaction. What do you link with this scent – time, place, people, nature, feelings?
- Contemplate snow. How does it make you feel? What do you notice about snow? Think of all the senses and your emotional response. Do your feelings change at all?
- Are your dreams conditioned by your temperature, the time of year, whether sleeping during daylight/twilight/darkness/dawn?





SEVEN



calm

THE MIDNIGHT FISH II

Transport yourself to another medium – water/air/fire.

- What qualities and experiences would you embrace?
- What would you search for and why?
- How do you think you would feel, once you have found what you are looking for?
- Write or draw something, or compose a piece of music which captures fragments of a long-forgotten dream.





EIGHT



peace

THE DREAMS OF BEARS III

- Tell the stories of colours, or shades of one particular colour, or clashing colours, harmonious hues, using the range of senses to convey their qualities. These colours might be from the landscape of your dreams or the natural world about you.
- Which creature might evoke the sense of recognition in you, that the bear evokes in the lady? What gifts would you choose to bestow upon this creature?
- Create a colour-scape vocabulary for the aurora borealis.
- Investigate the wonderful range of names for different moths and entwine them in your words and designs.





NINE



shelter

THE COMPANY OF WOLVES

- Create your own poem, tale or picture of 'homecoming' and what that means to you.
- Evoke an understanding of what elements make you feel rested, warm and safe.
- Depict the tale of the girl – where she has come from, or tell the tale that she is reading in the book.





TEN



mirage

A FOXES' WEDDING

- Create a dream tale of opposites and the unexpected.
- Concoct a range of answers to the questions in the text, taking risks with your answers, playing with words and ideas, perhaps writing them on different slips of paper and turning them to see what fortune reveals.
- Choose your preferred ideas to construct a tale or compose a song to sing, as the full moon shines.





ELEVEN



harbour

A STRANGE BOAT

Choose a dreamscape from your mind.

You could innovate on 'Harbour' in your own writing of this dreamscape:

- Begin with a question
- Use two alliterative words to start the next descriptive sentence
- Break the next sentence into three parts: possibly a prepositional phrase, subordinate clause and main clause.
- Finish with a short sentence.

Create your own strange form of transportation, describing your companions and the purpose each of them fulfils.

Map your travels and discoveries.





TWELVE



truth

THE DREAMS OF BEARS IV

Innovate:

If I said my love for you was like ...

Would you ...

Or would you ...

And if I said my love for you is like ...

Would you ...

Or would you ...





THIRTEEN



hope

OUT FROM THE WOODS

THE EDGE: describe a transition zone and the feelings it evokes in those who stay behind and those who venture forth.

What manner of monsters live there?
Explore your fears.

Make a leaf rubbing and inscribe your hopes on your leaf.





FOURTEEN



rest

BEAR AND THE NIGHTINGALE

Retell one of the myths and tales referred to, researching them first, if they are unfamiliar.

Create a story which entwines the creatures and their qualities mentioned in The Blessing.

Choosing different animals, create your own myth and blessing.





beginning

peace

truth

shelter

dance

shape



FINAL THOUGHTS

calm

Taking on the role of storykeeper,
which stories, songs and paintings that
you have encountered in your life would
you choose to feature in your collection?

rest

Take the title elements and weave them
into a creation of your own (it could
be a poem, tale, picture, map, film,
3D piece, music composition)

myth

hope

harbour

solace

mirage

blessing

