

BEGIN WITH LETTING GO: A FOUND POEM IN HONOUR OF CARL LEGGO

Contemplative Arts Collective

ABSTRACT

As a group of nineteen, we are pleased to offer a found poem that we co-created with lines from our contributions to a two-part special issue of *Artizein: Arts and Teaching Journal* (2018, 2019). We wove our words together with those of our dear friend, colleague, and mentor, Carl Leggo, who was integral to the emergence and energy of the special issue and to the work of this group. Further, we performed the found poem at an event in honour of Carl's life and work (*Canadian Association for Curriculum Studies Preconference Event—The Many Faces of Love: Celebrating the Lifework of Carl Leggo*. University of British Columbia, Vancouver, BC, June 1, 2019). We offer this found poem with boundless love, compassion, respect, and heart.¹

a time you learned something almost
always begins with letting go²

in the rising smoke, our daily prayers are
carried and offered humbly to Creator, Gitche Manitou,
sacred being that we honour within Creation
in service of "All Our Relations"

everything is a plea
etched in absence,
not desire
going where my heart wants to go
being in the moment
*in search of the miraculous*³

relax into whatever arises
with gentleness, care towards
ourselves and one another
silence solitude space
walk labyrinth, sit, pray, write, eat,
walk outside, make art

I have been a pebble picking itself up a thousand times
so I can throw myself back into the stream I have feasted
on nature's immeasurable worth all along the trail

the essence: behind the bend, beyond
the visible, in iridescent light
making me wish I was
blind once more for a glimpse into another world

the smallest perceptual moments of sight, sound, feeling,
or smell can reveal the ceaseless energy of the moment

time has another form here; in the territory of fertility,
where timelessness and time are
Lovers teach us to bloom again
towards our own beginnings

a wonderful open-minded community
welcomed with open arms hearts
listening giving receiving

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you were sitting on the edge of a star,
contemplating everything that would come,
accepting this strange film, without losing your smile

through the seasons, I visited this place
made time to witness changes in the world around me
I watched the river dwindle and slow,
freeze and babble, re-emerge and rise once more

from first encounter to taking flight—we invoke, evoke artistic practices
experience, embodiment co-exist make visible what matters

we thrive to inspire
grab hold of souls
try to make sense of it all
through creative process

under the sky where possibilities defy calculus
I am a radical rooted in earth, heart, and wind

a living being ever present: music—
become part of it, flow with it—
a meditative state of mind

true creativity grows out of meditateness,
music: just one of its expressions

Indigenous Poiesis, or “making”
contemplative arts-based practices
are like the offering of Tobacco into the fire of Creation
they create the possibility of a medicine way

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there is always a shadow beside my eyes where
I see the greys, the color of wisdom in my liminal mind
memories connecting souls to care
my love letter to the academy...

when does a relationship end?
what is that space between the model and the canvas?

our visual field is constantly flowing
with the movement of celestial bodies the ever-changing
angle of the sun keeps everything fresh

relationships matter...
and we surface...
the loneliness of an academic's burden and
desire for co-creation and belonging

through a matrixial gaze we touch primary compassion
potentially a fragilizing process opening to the consciousness
of the Cosmos—co-becoming
an invitation for others to cross the thresholds

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three rivers and a song of universal purpose
no singular ownership
Water—given by Creator
for universal purpose
used by everyone, in everyone
everyone brought into this world by water

together, we call for the co-creation of contemplative spaces for
silence gentleness wonder uneasiness
creating a circle of care

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ENDNOTES

1. See the two-part special issue of *Artizein, An Arts-Based and Contemplative Pause: Part One* (2018) at <https://opensiuc.lib.siu.edu/atj/vol3/iss1/> and *Part Two* (2019) at <https://opensiuc.lib.siu.edu/atj/vol4/iss1/> . In alphabetical order, the contributors to the two-part special issue—and authors of this found poem—are: G. Belliveau, B. Bickel, D. Conrad, A. Cuculiza-Brunke, A. Downey, L. Fels, M. Gardner, A. Garcia-Fialdini, Y. Gillard, V. Kelly, M. Khan, A. Kumar, J. Markides, R. Nellis, M. Searle, C. Snowber, R. Traill, J. Valdez, & S. Walsh.
2. Refrain from: Leggo, C. (2018). Perplexing pedagogy: Pensées, in “Holding fast to H: Ruminations on the ARTS preconference.” *Artizein: Arts and Teaching Journal*, 3(1), 16.
3. Ouspensky, P. D. (1949). *In search of the miraculous: Fragments of an unknown teaching*. Harcourt Brace.

