

Poem Excerpt - ‘Grief Trick’

Natalya Gimson – Can Serrat 2019

‘... Allow the gentle wander
I inherited from her, city to city
Cascade mountains to Buddhist Christmas events
We arrive just in time
We arrived just in time
We will arrive just in time

Although the ending unknown, it existed before it arrived

A single life so small, complete as a circle

I’m holding her before I take my first breath and as she will take her last
She’s holding me as I take my last breath and before my first

Quantum equals, hands swinging side by side, content and shy
together wind moves us towards the smell of French toast
Early morning paired with hot chocolate
the dollop of whip cream leaning over
sitting in our classic diner
countertop reflects an 8-year-old face
Mom gets the check’

Soundcloud Link:

<https://soundcloud.com/user-621895916/grief-trick-excerpt/s-8rkT6>

Work Process:

Can Serrat lends itself to exploration, wandering through the many alleys of the mind and discovering new perspectives on works in progress or creating completely new work. It is a space to surrender and return to the truth; life and creative work are joyful. I found myself in a space of editing poems and short stories – although all I wanted to do was create new works motivated by the surrounding environment. I was inspired by the many rooms and corners of the property and found that every few hours, I'd pack up all my writing essentials and move to a new space. If I was stuck, confused or tired, this generally reinvigorated me.

I stayed engaged with my writing while I was cooking or doing activities with other artists by jotting down notes throughout the day. Frequently these were essential words, sentences or ideas that gave resolution to some theme I had been teasing out. The process was one of engaging intensely in the actual writing, then leaving it for a fun expedition while keeping it at a hazy distance – and allowing for sneaky and surprising additions to the work to come through.