

The Balance of the Mind

Jonathan Lichtenstein

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1. Afore th' morn.
2. Nu pot sa dorm. I can't sleep.
3. Blackout
4. To the depths
5. Blackout
6. Connecting to the tree of knowledge
7. Blackout
8. I am Oedipus
9. Blackout
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12. Surfacing
- 13 I came to a stile near a hedge
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1. Afore th' morn

FILM: Standing in trees at dawn

Fx: Birds at dawn

Înainte de dimineată

Înainte de lumină

Înainte de soare

Când membrele mele sunt nemiscate

Afore th' morn

Afore light

Afore Sun

When mine limbs are still

I beseech the earth to rise

Up and take me

By its arm

Along the walk

That is bounded on all sides by

Grace

The grace of

All that is and all that

Is gone

To offer

All who are present

And have been lost

And who have their time to come

That we should sit together

Beside the stream

That passes its embrace

Around us

And

In smiling contemplation,

Gain protection from the day ahead.

2. Nu pot sa dorm I can't sleep

FILM. Walking along a path surrounded by trees

Fx: Footsteps through trees

Nu pot sa dorm. Nu pot sa dorm. Nu pot sa dorm. Nu pot sa dorm. Nu sa pot dorm.

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Nu pot sa dorm. Nu pot sa dorm. Nu pot sa dorm. Nu pot sa dorm. Nu sa pot dorm.

Nu pot sa dorm. Nu pot sa dorm. Nu pot sa dorm. Nu pot sa dorm. Nu sa pot dorm.

I can't sleep. I can't sleep. I can't sleep. I can't sleep. I can't sleep. I can't sleep. I can't sleep.

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3. Blackout

FX: A sharp inhalation of breath

4. To the depths

FILM: Watching the Buffalo

Fx: the buffalo

It's the abruptness that gets you

Sends you under the surface

Under the exhausting ice

Then further

Into the depths

Though it is difficult to understand

What's happening

The reference points have been lost

The colour has been

Dialed down

Sounds

Become distant

The fade is gradual

You don't notice it

People begin to turn away

Their eyes avert

Their shoulders drop

Imperceptively

Before they leave

They tell you

You'll be alright

It's alright

Things are alright

Everything's alright

All's well

They say

And although you hear the words

They bounce off

The drab air that is now around you

They disappear

They give way to

The sweats

The waking at night

Alert

And the palpitations

And the fear

That runs

Torrentially through

All things

And will not stop

The torrent

That has no end.

The torrent.

5. Blackout

FX Rain

6. Connecting to the tree of knowledge

FILM: Trees in the wind

FX: Wind

I drank

A phial

Of wine

The moon hit its zenith

Rays irradiated

The spheres

It was quiet

It was loud

It was dark

It was bright with light

I connected to the tree of knowledge

It was wonderful

It was marvelous

It was intoxicating

It was ineffable

It was elating

It was bestowed upon me

The lexicon of the divine

The source of all life

Given to the few who are brave and wholly free

Who transcend their earthly bounds

How extraordinary

How intoxicatingly efficacious

How attuned to the mythological traces of our time

An effulgent lambent essence

Oh no! Oh no! Oh no! Oh no!

I cannot see! I cannot see!

7. Blackout

I cannot see. I cannot see

8. I am Oedipus

FILM: Three gates in a field

I am Oedipus.

I am in Thebes.

The dust of the land is blowing across the dry earth.

The goats are singing their sacrificial song.

Dionysius has arrived in the city

Her entourage is with her

There is dancing

There is laughing

Tiresias is here.

She is walking towards me.

She stands beside me

She is leaning towards me

She is whispering

In my ear

She is saying: -

You are the polluter of your own land.

It is you who brings misfortune and destruction to those around you.

It is you who have brought the plague upon us all.

No! No! That cannot be.

Misfortune is caused by others

You are the instigator of your own downfall

No! No!

It is you

IT'S NOT MY FAULT.

9. Blackout

Fx. A sharp inhalation of breath

Fx Crowd

10. The facts. U.K.

FILM: The barn

1988, 5892
1989, 5279
1990, 5502
1991, 5445
1992, 5423
1993, 5136
1994, 5041
1995, 5088
1996, 4873
1997, 4783
1998, 5300
1999, 5201
2000, 5036
2001, 4854
2002, 4717
2003, 4747
2004, 4816
2005, 4654
2006, 4469
2007, 4286
2008, 4562
2009, 4642
2010, 4476
2011, 4843
2012, 4843
2013, 5092
2014, 5116
2015, 5137
2016, 4,883
2017, 5,821
2018, 6,507

TOTAL OVER THE AVERAGE LIFETIME OF A PERSON (81.6 years)

412,000 –

11. The Trance

FILM: Grass blown around in a storm

Fx Distortion

I am in a trance

I am with Marmaduke

The shroud has begun to lift

It is a mysterium tremendum

I demand a tartan rug to sit on

I demand a macaroon

I demand to dance

I demand a purple linen suit

I demand a liquation of limoncello

I demand a wide brimmed lace hat

I demand an aquamarine kitten to sit upon my lap

I demand the Queen's cavalry

I demand the Sergeant at Arms

I demand a 17 hands white stallion

I demand lilac petals

I demand rose petal

I demand gold

I demand

Ah the stallion enters

Ah the gold arrives

Ah the rose and lilac petals fall

12. Surfacing

FILM: the Sea

One day you come up

You surface

You wake with energy in the morning

You don't know why

The world looks bright

It looks optimistic

It looks full of things to enjoy

You blow the water from your lungs

Your nose

From the bottom of your intestines

And there you are

Yourself

Oxygenated

Breathing

On land

And you didn't know

How you got into the sea

How you walked into the marsh

How you slid into the mist

How you fell from the cliff

How the forest surrounded you

How the river came to envelop you

How the motorway ran through you

How the precinct crowded you out

How you got back to the bank

Where before there was no bank

No mooring

And when you do moor

You say to yourself

As you place a tentative foot on land

As your eyes bend towards the stability of your surroundings

As your hands touch stones

That now seem solid

You say

So this is the puzzle

Not death

Or even dying

But Life.

13. I came to a stile near a hedge

FILM: Walking towards a stile near a hedge

Fx. The child speaks

Out in the woods

A woman climbed over a fence

She walked over cautiously on tiptoes

With her hands together
And started to speak.
She pushed her hair with her own hands
And fell to her knees

14. The Great Journey

FILM: Walking through the woods

I cast myself
Into the great journey
Immersed myself in
The great works
Communed with the poets, the philosophers, the writers
Thought about whom they have
Considered
Their ideas
A tapestry of thinking
A cloth of thought
An outfit of philosophies
I have come to understand how the human heart is made
Its ventricles and pounding chambers
Its valves and arteries
Its lilac blood
I have understood that
To be human

To glimpse the essence of all things

Requires the heart

To bear great tests

And I have passed these tests

I HAVE BORNE MY OWN HEART

I have journeyed to

Sit at the feet of the great minds

To find

There is no

Explanation

Not for the sparrow in the bushes

Not for the jackdaw on the path

Not for the railway line that passes through

Not for the pressure on my skin

Not for one wide eyed glance

Not for

One

Inhalation

15. Breath

Credits

16. Suicide numbers