

# The Balance of the Mind

Jonathan  
Lichtenstein

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
10. The facts
11. The Trance
12. Surfacing
- 13 I came to a stile near a hedge
14. The great Journey
15. Blackout
16. Suicide numbers

**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.

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.

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.

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.

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.

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.

Nu pot sa dorm. I can't sleep. Nu pot sa dorm. I can't sleep. Nu pot sa dorm. I can't sleep.

Nu pot sa dorm. I can't sleep. Nu pot sa dorm. I can't sleep. Nu pot sa dorm. I can't sleep.

Nu pot sa dorm. I can't sleep. Nu pot sa dorm. I can't sleep. Nu pot sa dorm. I can't sleep.

Nu pot sa dorm. I can't sleep. Nu pot sa dorm. I can't sleep. Nu pot sa dorm. I can't sleep.

### **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**