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listen, share, reminisce and get inspired.
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Episode 29 -Inbetween Spaces

We'd love to hear your thoughts about the show and have you be part of the Harmony Hub Magic. We are really keen to hear about a memorable, favourite song and what it means to you or to hear a recording of you reading a favourite poem. If you have anything you'd like to share or need help to share something, please get in touch with me, Kaye, on 07591157841 or by email at kaye@awakeningarts.co.uk

This week on Harmony Hub Radio, we'll be reading poems and hearing songs and stories on the theme of in-between Spaces. These are the poems I'll be reading on the show and I'd love it if you'd read along with me.

The journey by Mary Oliver

One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice—
though the whole house
began to tremble
and you felt the old tug
at your ankles.
"Mend my life!"
each voice cried.
But you didn't stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations,
though their melancholy
was terrible.
It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.
But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do—
determined to save
the only life you could save.

Still Life At Dusk by Rosemerry Wahtola Trommer

It happens surprisingly fast,
the way your shadow leaves you.
All day you've been linked by
the light, but now that darkness
gathers the world in a great black tide,
your shadow leaves you to join
the sea of all other shadows.
If you stand here long enough,
you, too, will forget your lines
and merge with the tall grass and
old trees, with the crows and the
flooding river—all these pieces
of the world that daylight has broken
into objects of singular loneliness.
It happens surprisingly fast, the loss
of your shadow, and standing
in the field, you become the field,
and standing in the night, you
are gathered by night. Invisible
birds sing to the memory of light
but then even those separate songs fade
into the one big silence that always
seems to be waiting.

Dana Gioia - from her longer poem "Insomnia"

But now you must listen to the things you own,
all that you've worked for these past few years,
the murmur of property, of things in disrepair,
the moving parts about to come undone,
and twisting in the sheets remember all
the faces you could not bring yourself to love.
How many voices have escaped you until now,
the venting furnace, the floorboards underfoot,
the steady accusations of the clock
numbering the minutes no one will mark.
The terrible clarity this moment brings,
the useless insight, the unbroken dark.

Art Activity

This week our theme is Inbetweens. Here are some ideas for how you could create an image on this theme. As ever, please feel free to interpret the theme in anyway that feels right for you, these are just some ideas or starting points.



This painting, by Van Gogh, captures that in-between space of the night when everything is uncertain, undefined and a little bit topsy Turvey.

When do you feel that in-between space most? What could you paint that would depict an in-between space? This painting shows the inner world swirl of the painter, expressed in the external world.

This painting shows that inbetween space of waiting. There's a feeling in this painting as if time is suspended... we are waiting with the woman in the painting.

Is there a time you felt you were in that in-between space, where were you and when and what was it like? Could you paint it?

