

Bourne
toWrite...
creative writing
workshops

How to Disappear

by Lauren Holstein

I could teach you
how to disappear.
It is very easy.

Stand up
Tall, Proud
Brave Face
or
Toothy Smile
Poise/d
Ready for a fight
or a photograph
Chest out, Shoulders up
Hands on hips/hilt
Now, tiptoes, please
Up Up Up
Float above the ground, if you can
Don't Waver.

Coat yourself in petrol
before you dress
Next, Solid Armour
Breastplate of Spit and Steel
Plackart of old Computer Screens
Greave of the skin of Winners
Fauld of digitally translated Bear Pelt
Codpiece of dead Philosophers and Stale Urine
Helmet – the most crucial –
This must be made from Your Own Dried Organs
strengthened with internet glue (connection)
Joints of Hammered Distraction
Comb of everted Gallbladder (or Spleen, both expendable,
it's up to you)

There must be no seepage
If needed, paste Facebook Profile Photos over each crack until

sealed

Now, decorate however you like –

A ball gown, a top hat, a pair of jeans and an Adidas tee

A sparkling net of diamonds, Red-Carpet-Style

Dungarees and a pitchfork

Your own skin

Someone else's skin

You can paste it with feathers

string yourself with pendants

paint a mural on yourself of children

holding hands or a tree or

a handsome face smoking a cigarette or

Frida Kahlo or

Mao or

Putin or

Obama or

Jesus or

A Stranger

You can wear Motherhood or

CEO or

Marxist Feminism or

Victim

Pack up a bundle of Martyr

Maker

Do-er

Survivor

A few crates of Lover

Addict

Heiress

Hesperus

Polaris

Solaris

Death Slinger

Guilt Keeper

Shame Spender

Stressor

Impressor

Phobic Possessor

Transgressor

Professor

Depressor

Apetite Suppressor

Don't forget the sack of Bloody Weapons used to extract your organs

for the weaving of your wears

You will need them again

and again

and again

(etc.)

And when you might fall under the weight of it all
Paint on a Clown Face
Take a Selfie
And Show The World Who You Really Are.
This Is You.
You Are Special.
Unique.
Fabulous.
Brave.
Admirable.
Hate-able.
Repeatable.

Goodbye, now.
(So easy.)

The tricky bit – The Trick – The Magic – is how to reappear.
or appear.

it is not instantaneous, as the word suggests
– sudden arrival, as if from nothing –
From nothing, yes. sudden, no.
Apparate, like Mr. H. Potter. Not quite.
Apparition – what a sad noun, really.
Disapparition.

Perhaps, Arrive. Become. Or, Be, here, now.

BeHereNow is slow.
to take it all off
to let it all drop away

releases a swarm of angry wasps
and terror-stricken sparrows
a herd of wild mustangs tearing free.

Oh, the tearing.

unmasked beasts with red pupils and matted manes
amputated legs and extra fingers
whispering messages in the dark, so close, so close
to your ear
you can feel its spittle.

These. These will be your closest friends.
And you will love them like children.

And one day a deep gurgle will speak softly from your pelvis.
It will say something kind.
And you will know who it is.
And you will know their words.
And you will lay yourself down in the dewy earth.

You will sink
down
inward
softly, slowly, still.

And when you hear only this voice
see your own sun-marked skin

and the greying hairs riding the breeze, just

there

on the other side of iris

when you feel the hairs on your legs settle
the sprinkle of rain melting your face
the gentle movement of your liver
and the flowing spirals of oxygen in your veins

when there is an axis in you

a spin

a pull

that matches those of this planet in its orbit

Nearly all of you will dissipate

disappear, yes.

Nearly.

And your lips will form a shape, and your throat will bring harmonic chords
together
and you will know

Hello.