

F455i Writing and Practice: Art-ing Across Genres
Week 4 - March 2021
T Holtham

L2 - List Poem (Recipe Format)

Ingredients for Inspiration

Five cups of open-mindedness
Extract the doubt and leave to rest
Boil with the approximate number of blockages
Until evaporated

Peel your ears so they are equipped
Slice any words that join your imagination into the pot
Take two forms of exercise
And mix into the daily routine
Three level tablespoons of determination and a pinch of self-belief

Stir all the consequences lightly
As too much seriousness will delay the cooking time
Add conversations to taste
And let the exchange simmer into stimulus
The required consistency will foster curiosity

Mix a little to deepen the flavours
Then pause to let thoughts and angles transpire
Pour the heated elements into a lined tray of courage
Turn the oven to the mid-way point
And leave to contemplate for ten minutes

Let the ideas jump and expand
For approximately an hour
Leave the oven door shut so the facets can facilitate

When ready, the pot can be left for a minute to cool
The contents should be golden
Elements will assist ideas to breath
Enjoy with a cup of influence