

## Keeping You Safe<sup>1</sup>

I've planted some snowdrops,  
daffodils, and tulips—done quick  
quick quick in a hurry. I teach

you to heal the fragility of the poppies,  
under stormy skies at sunset.  
More manifesto than narrative, there

was a time when we confronted  
difference. I teach you now to heal  
the wings of the mill, a rose, or an ice cube.

Our brains are master storytellers. I teach you  
to heal the science of significance—I've been  
chipping away here and there. Leave your thoughts

here, in the middle of the wheatfields.  
The horizon is very high,  
keeping you safe.

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<sup>1</sup> This found poem is made up entirely of Instagram content. Sources are Instagram accounts: sadhguru, vangoghmeuseum, the.holistic.psychologist, jo\_at\_plot2, Litquidity, newyorkermag, colour.mill. For more detailed information please refer to: 'Appendix'

## Appendix

Below is a list of the accounts whose material was used in collaging ‘Keeping You Safe’ (Each number marks the end of a separate snippet):

### Keeping You Safe

I’ve planted some snowdrops,  
daffodils, and tulips (1)—done quick  
quick quick in a hurry (2). I teach

you to heal (3) the fragility of the poppies (4),  
under stormy skies (5) at sunset (6).  
More manifesto than narrative (7), there

was a time when (8) we confronted  
difference (9). I teach you now to heal (10)  
the wings of the mill (11), a rose, or an ice cube (12).

Our brains are master storytellers (13). I teach you  
to heal (14) the science of significance (15)—I’ve been  
chipping away here and there (16). Leave your thoughts

here (17), in the middle of the wheatfields (18).  
The horizon is very high (19),  
keeping you safe (20).

- 1) [https://www.instagram.com/jo\\_at\\_plot2/](https://www.instagram.com/jo_at_plot2/)
- 2) <https://www.instagram.com/vangoghmuseum/>
- 3) <https://www.instagram.com/the.holistic.psychologist/>
- 4) <https://www.instagram.com/vangoghmuseum/>
- 5) <https://www.instagram.com/vangoghmuseum/>
- 6) <https://www.instagram.com/colour.mill/>
- 7) <https://www.instagram.com/newyorkermag/>

- 8) <https://www.instagram.com/newyorkermag/>
- 9) <https://www.instagram.com/newyorkermag/>
- 10) <https://www.instagram.com/the.holistic.psychologist/>
- 11) <https://www.instagram.com/vangoghmuseum/>
- 12) <https://www.instagram.com/newyorkermag/>
- 13) <https://www.instagram.com/the.holistic.psychologist/>
- 14) <https://www.instagram.com/the.holistic.psychologist/>
- 15) <https://www.instagram.com/sadhguru/>
- 16) [https://www.instagram.com/jo\\_at\\_plot2/](https://www.instagram.com/jo_at_plot2/)
- 17) <https://instagram.com/litquidity?igshid=YmMyMTA2M2Y=>
- 18) <https://www.instagram.com/vangoghmuseum/>
- 19) <https://www.instagram.com/vangoghmuseum/>
- 20) <https://www.instagram.com/the.holistic.psychologist/>