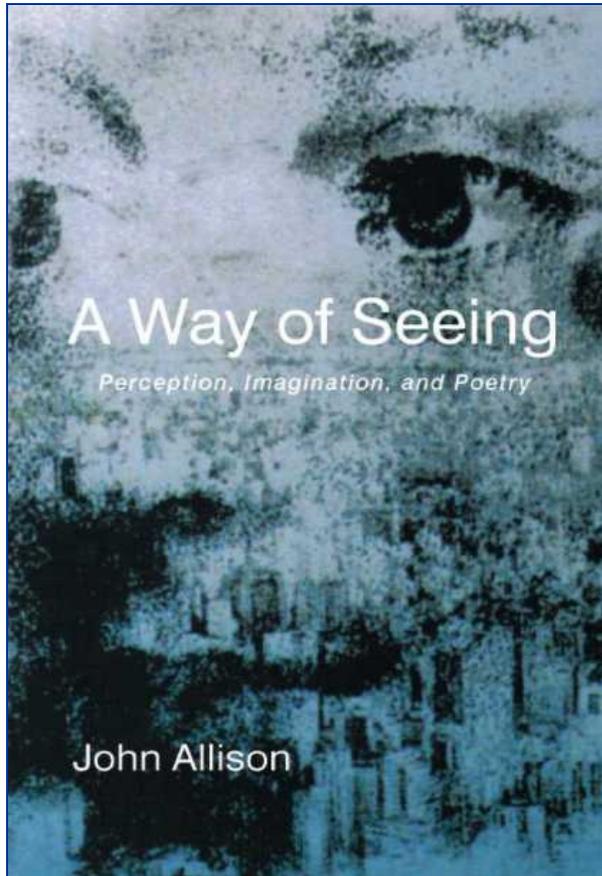# Lindisfarne Books

From 'Anamnesis'

Always the return, this dreaded journey
through the innards of experience
towards that moment when
the rope the three fate-weaving sisters
made so skillfully had come apart,
the frayed ends springing out,
untwisting from the core that was your life.
Always, this return is beckoning to you.

And you have known since that time
that if you ever do intend
to splice the rope and make it whole
again, you must return to stand
before the guarded gate.

A Way of Seeing

Perception, Imagination, and Poetry
by John Allison
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(Paperback)
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We usually think of imagination as a fanciful, whimsical faculty that has little to do with reality and truth. This beautifully written book by the Australian poet John Allison shows how ordinary imagination can be intensified to become an organ of cognition — a path of development to real knowing.

Allison shows how poetry — poetic knowing and seeing — can reveal aspects of the world invisible to science. Three lucid chapters describe the path to true imagination, where attention is the key. First we must practice it, then we must become aware of the processes involved in it. Learning to experience "poise," we must come to terms with the shadow — or all that says "No" in us. The combination of attention, equanimity, and assent opens the world in a new way.

Allison then examines how poets have actually developed and practiced the kind of "deep seeing" that "image work" involves. For this he draws on William Shakespeare, William Blake, Samuel Taylor Coleridge, John Keats, Johann Wolfgang von Goethe, Novalis, John Ruskin, Gerard Manley Hopkins, Rainer Maria Rilke, and Octavio Paz. The author concludes with a sequence of his own poems that exemplify the philosophy and practice he has developed.

Copies of this book can be purchased online from http://www.steinerbooks.org or in Australia from http://www.immortalbooks.com.au or else ordered through any other good Steiner bookstore.