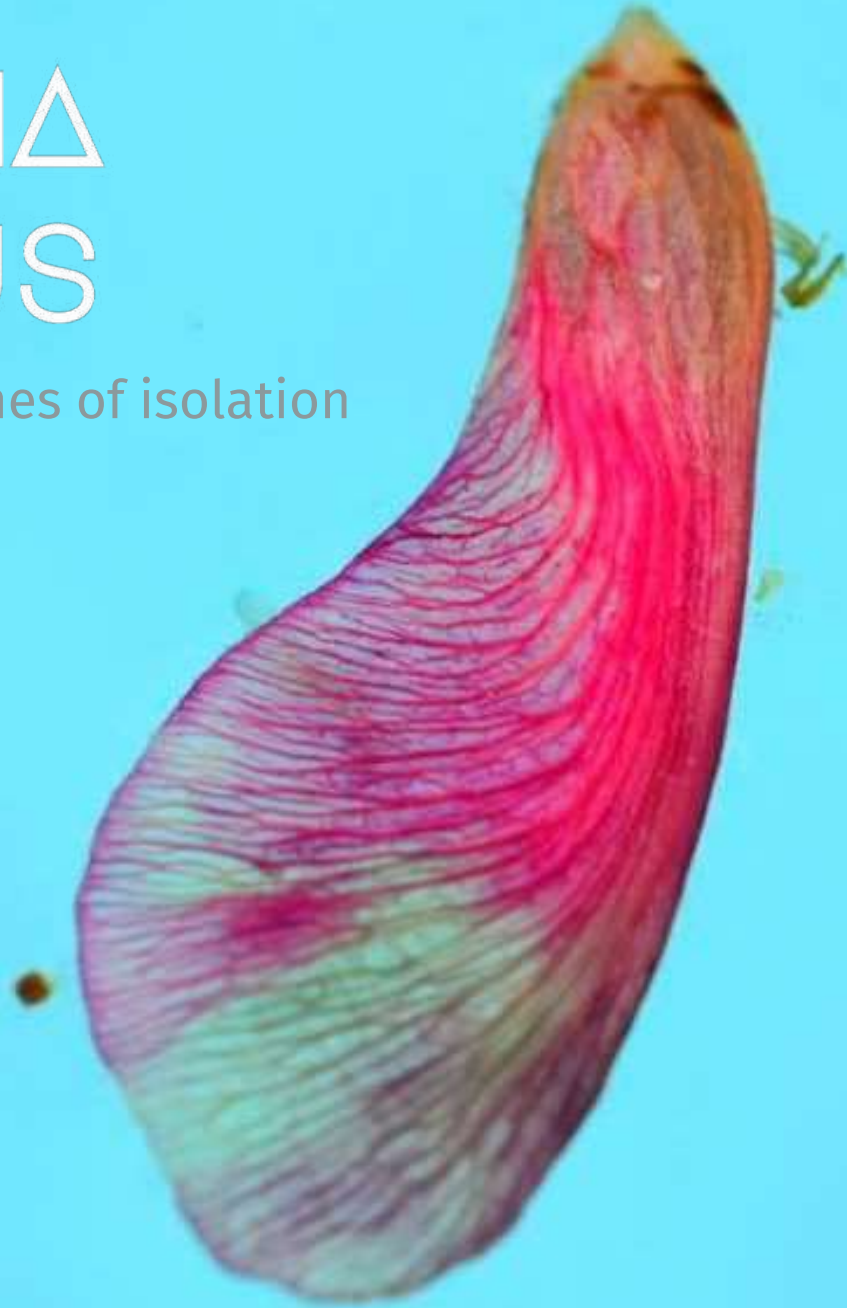


# CORONA HAIKUS

visual poetry in times of isolation



Edited by:  
Maria Christoforou,  
Sandra Gaudenzi and  
Sandra Tabares Duque

CORONA HAIKUS  
visual poetry in times of isolation

Editors: Maria Christoforou, Sandra Gaudenzi and Sandra Tabares Duque

Published by:



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Duque on behalf of the Corona Haikus Community.

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Organization.”

All visual haikus taken from Corona Haiku’s website [CoronaHaikus.com](https://www.coronahaikus.com) and  
Facebook group: <https://www.facebook.com/groups/226094118756231/>

Book design: Christiana Forbes

Cover image: Corona Haikus post by Valentine Goddard

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This publication is dedicated to the Corona Haikus Community, which taught us the importance of creating, sharing and caring during the challenging times of the COVID-19 pandemic. While the world seemed to have stopped, and we looked at its stillness from the confinement of our homes, nature kept going. Many contributors nourished themselves with the unstoppable flow of nature, as if by capturing and sharing images of the sky, the sun, the sea, the moon, of trees and burgeoning flowers, we could better grasp our inter-connection while co-creating together. The Coronahaikus.com website hosts a community-curated selection of 361 Corona Haikus (taken from the 1,200 on our Facebook group), but this book focuses on what we were able to see when we took the time to observe nature. Using our cameras, and the space of our internal silences, we contemplated the natural cycles of life and found refuge in them. It is this sense of creative and mindful contemplation that we would like to offer the readers of this book.

Nature is around and inside us, and we are part of her dance. The risk, post-pandemic, would be to go back into believing that she is detached from us. If we have learned a single thing during Covid, it must be about our co-dependence. We hope that this selection of visual haikus will act as a reminder of our constant interconnection with, and through, nature.

The two visual haikus aficionados behind this project, Sandra Gaudenzi and Sandra Tabares Duque, were having so much fun creating them that they decided to share their enthusiasm for this daily practice of “re-training the eye to see”.

Sandra Gaudenzi is an internationally acknowledged authority in the field of interactive and immersive documentary practice. Coming from TV production, she has been consulting, mentoring, researching, lecturing, writing, speaking and blogging about interactive factual narratives for twenty years. She teaches at the University of Westminster in the UK.

Sandra Tabares Duque is an international audiovisual producer of award-winning projects and films, and founder of Sandelion Productions with experience in transmedia, immersive narratives and impact production. Sandra also teaches at university and offers training at international film events. The Corona Haikus project occurred when COVID-19 pandemic was taking over the whole world and includes contributions from more than 1,100 artists, poets, scholars and writers from more than 30 countries.

The proposition was simple: 3 photos + a text/title. Participants shared three images from their experiences and observations during their Corona virus lockdown, were inspired by other people’s insights and discoveries, and ultimately learned something from the collective experience. It was about re-discovering our private habitat, learning to look inwards rather than outward, and using our phones to reconnect with ourselves rather than continuously getting overbooked and distracted by “the outside”. The project was an invitation to be mindful, to find ways to communicate our emotions and discoveries during our confinement... and to be creative with it.

It was also a collaborative project for the participants to feel united while sharing how our world is changing. The main idea was to create a visually poetic composition by capturing the essence of familiar objects, private gardens, moods and feelings of our everyday life.

When the first Corona 19 lockdown was announced  
it felt as if the world - as we knew it - had stopped spinning.  
We were shocked  
we canceled our plans  
we were stuck and physically grounded  
we were in limbo  
we had no control, no information, no second plan,  
no way out.  
We lost freedom, and gained dreams  
we lost movement, and gained creativity  
we lost physical encounters, and gained the evidence of their  
importance.  
Just when we lost all that defined us, we had to question who we  
really are.  
When everything is negated, it is easier to find what matters.  
It aches more, it screams more, it feels unfair, it becomes non-  
negotiable.  
The blessing in disguise might have been precisely to have  
touched the possibility of losing it all.

The Corona Haikus project gave me the opportunity to pause, to  
look, to search for ways to express that liminal space of  
potential change. It gave me a playful format to be creative, a  
language to explore borders, a space to share feelings and a  
community to be held by.  
I will be forever grateful to those who populated the Corona  
Haiku Facebook space with their generosity as well as their  
vulnerability, doubts and hopes.  
We have shared, learned, created together and, through such  
motion, we have found our own routes towards resilience.  
May we remember what we learned while in stillness, now that  
the world has started to spin again.

Those were the strangest, long and endless days  
a time of deep fear and relenting longing, of bodies stuck while  
the world stalled.

We lost freedom, and gained time  
we were both isolated and totally connected in such isolation  
it was a time to invent stories  
to touch our strength in the middle of such fragility, to find an  
escape when all the doors were closed.  
A time to rebuild ourselves as if in need to remind life of our  
worthiness so our human fragility wouldn't give up.  
Surrounded by terrifying news  
those were the days to stick to new dreams  
those that would keep us attached to what mattered most to us:  
aliveness, love, possibilities.  
In the middle of restrictions and solitude  
sheer beauty unleashed like wild life.

Daring to alter the gaze allowed for extraordinary explosions of  
the sublime day to day.

There were ways to fall in love with the dream that promised to  
save us from what we could not stand.

There were ways to look at the world in a different way.

I am grateful to everyone who accepted the invitation and  
reflected in each one of the visual haikus glimpses of the crazy  
outside world.

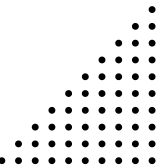
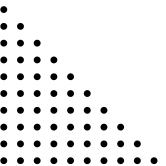
The pieces shown here are infused with the individual magic of  
each member of the community that was created.

Corona Haikus gave me hope during those strange times. They opened the door to creativity and offered an alternative method of therapy and self-awareness. Cyberspace became the stage for expression that united people around the world. I felt a bond with every participant. Most of the time, the participants share the same emotions: fear, awe, wonder, understanding, sympathy, compassion, forgiveness, love, hope, joy, gratitude, empathy, vulnerability and self-awareness. There was a common need for emotional release, an evocation of a spiritual awareness expressed through images of nature and the physical parts of life. Contributors from different continents around the globe made time an interesting variable – was it linear or cyclical? For some people the pandemic became a major opportunity to re-evaluate the meaning of freedom. In my 71 days of quarantine, my virtual communication through the project depicted humour, hope, energy, loneliness, creativity, anxiety and scepticism. I was honoured to be the first curator and was able to observe closely what other participants were sharing! To be honest I loved every post and my challenge was that I should choose only five! I saw stories everywhere, in every little poem.

Every story shared common worries and feelings in those difficult times and the virtual space facilitated and connected them into one universal story, one voice, one emotion, one goal! I could see that we are all different and at the same time so identical! I have the impression that it is the first time in humanity that virtual communication felt so strong and so real. United by facing the same enemy, and sharing the same emotions, fears and problems from their homes around the world. For me the Corona Haikus project was a cathartic journey that taught me to listen to silence and see the big picture. And as the poem of Ithaka by Constantine Cavafy, says “When you set out for Ithaka hope your road is a long one, full of adventure, full of discovery...” I have kept this journey in my head and it continues in different forms and transformations.



LOCKDOWNS - WEBSITE-CURATED VISUAL POETRY





Never as today has my morning run felt so precious.

This dead tree stopped me. It caught my attention. An artist has used its wound to create art.

Could this be the way?

To create rather than deflate.

To look for beauty rather than forget it.

Sandra Gaudenzi

UK

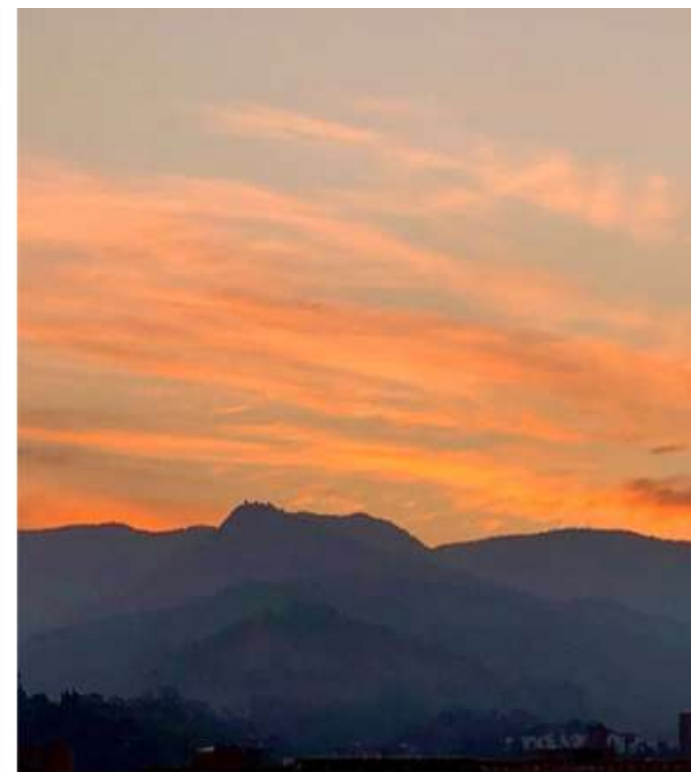
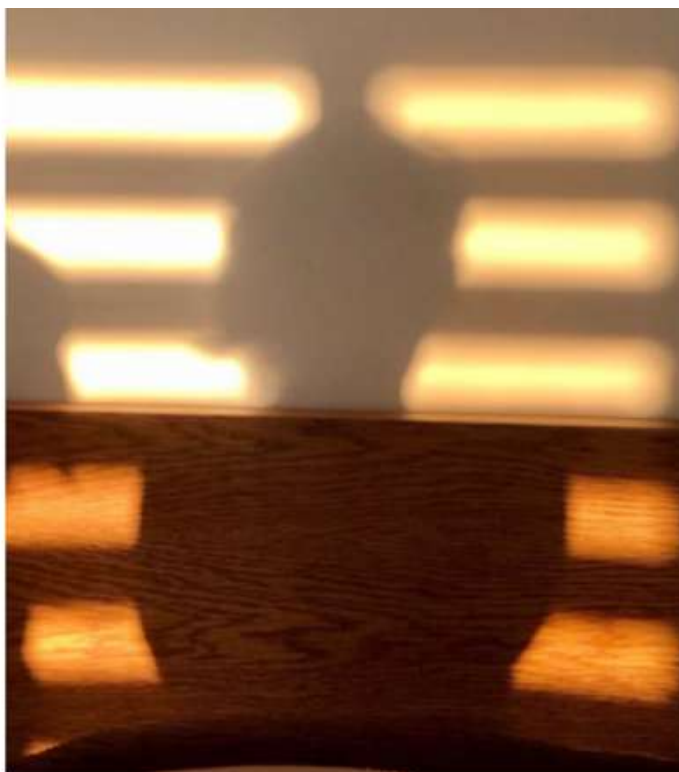
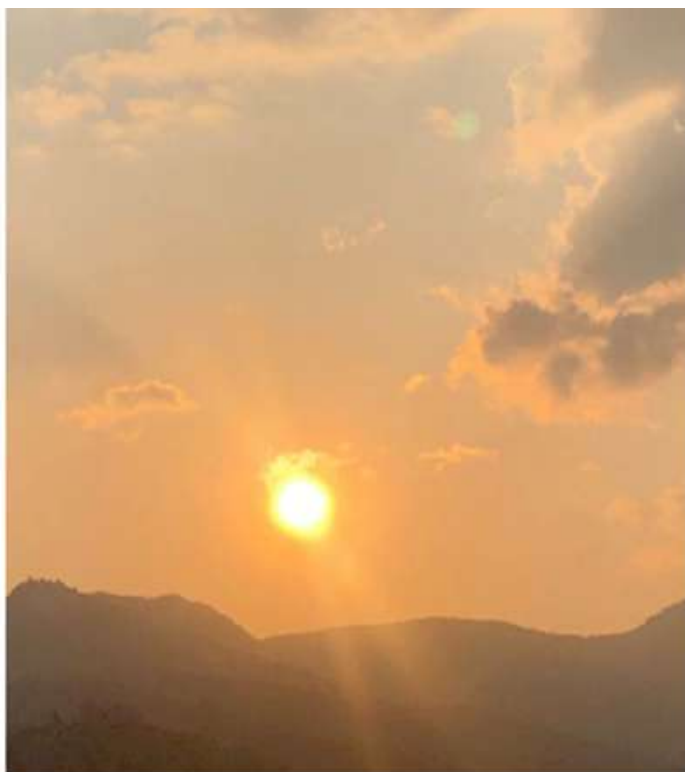
March 24, 2020

Lockdown day 1



It is not about preparing for the apocalypse.  
It is about the pleasure of witnessing growth, while everything else is at a still. And about nurturing too...

Sandra Gaudenzi  
UK  
March 25, 2020  
Lockdown day 2

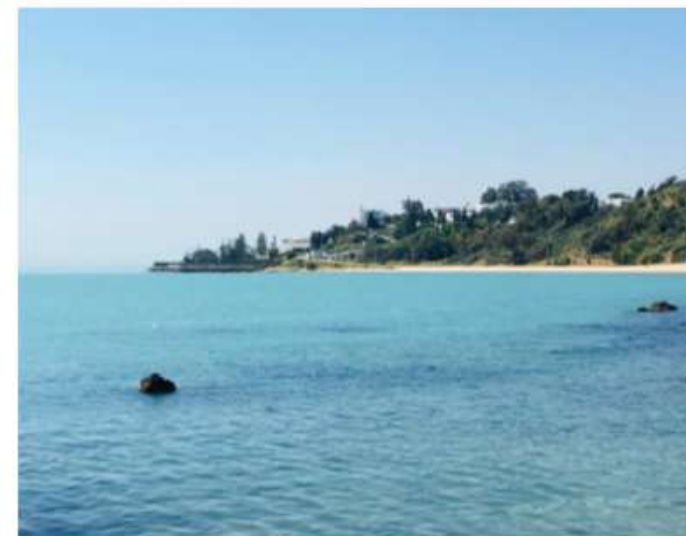


Today is not solitude  
but absence  
bright emptiness  
fragmented presence

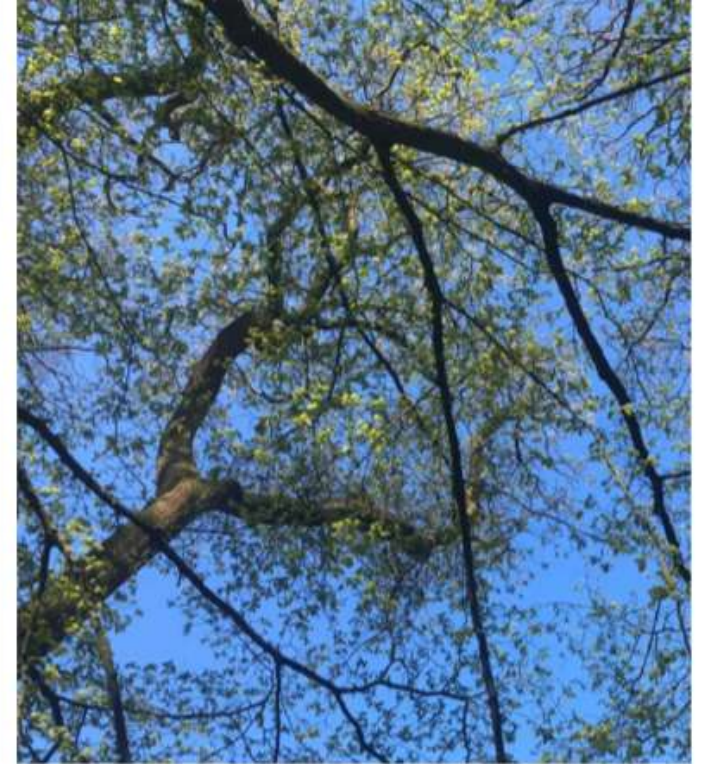
Sandra Tabares Duque  
Colombia  
March 28, 2020  
Lockdown day 8



Blue everywhere.  
Sky, sea, breeze.  
Endless blue .



Claudio Leonini  
Tunisia  
April 6, 2020  
Lockdown day Unknow



I always thought  
that we are all connected.  
But now  
I am starting to see it...

Sandra Gaudenzi  
UK  
April 7, 2020  
Lockdown day 15



PINK MOON When spring arrives the moon keeps its secrets under its pink coat.

Carmen Morlás  
USA  
April 8, 2020  
Lockdown day 26



Last nights' moon today's sun  
The following sunset and its sounds  
They all tell me we are all  
ligh, fleeting moments and eternal love  
This is our time  
Shine today my dear  
Today.

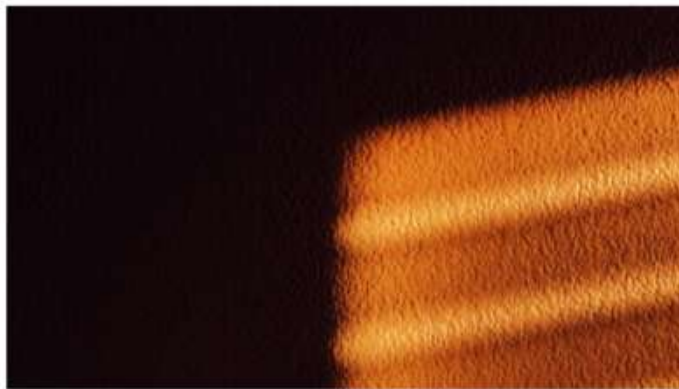
Sandra Tabares Duque  
Colombia  
April 9, 2020  
Lockdown day 20





From its bed of dark clouds the moon wakes up welcoming the travelers  
Miami, Fl. 8th of April of the Coronavirus year. 27th day of quarantine.

Carmen Morlás  
USA  
April 9, 2020  
Lockdown day 27



QUARENTINE IN HAIKU III  
sleep in the wind  
that hits the look  
your sand skin

Enrique Medrano  
Honduras  
April 10, 2020  
Lockdown day Unknow



The smell of a short April shower,  
traveling from nose to memories,  
from London to grandpa's yard,  
is cherished.



Balina Hanati  
UK  
April 12, 2020  
Lockdown day Unknow



Suben estrellas  
Verde sobre azul lienzo  
Trinos zumbidos

Alicia Guixá  
April 12, 2020  
Lockdown day Unknow



Morning walk.

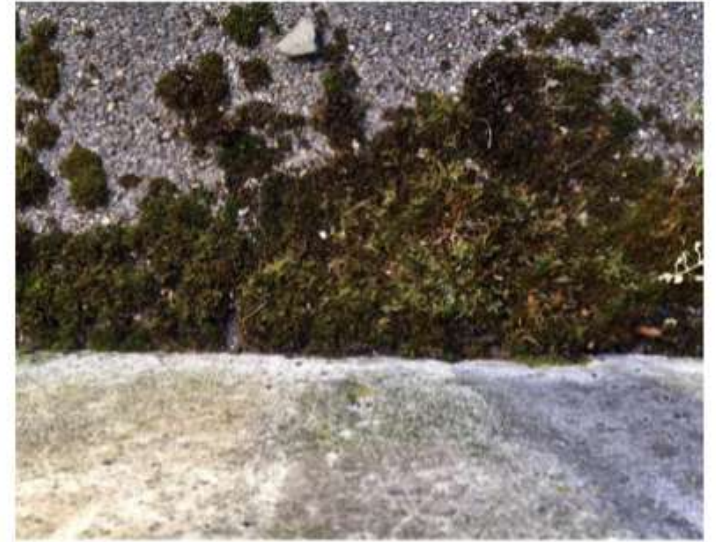


Gilbert Calleja  
Malta  
April 13, 2020  
Lockdown day Unknow



Social distancing is not new.. Trees have been doing it for ages as “crown shyness”. So far and yet so close to each other

Marc Maronah  
UK  
April 13, 2020  
Lockdown day 21



Spiky stars, hello  
Back to my island home for the night  
Cease travel- I do  
(But who can stop the eyes?)

AlexTzavella  
UK  
April 14, 2020  
Lockdown day Unknow



A stark reminder of constant change amidst a sudden and imposed stillness.

Tricia Hackett  
Colombia  
April 14, 2020  
Lockdown day 25





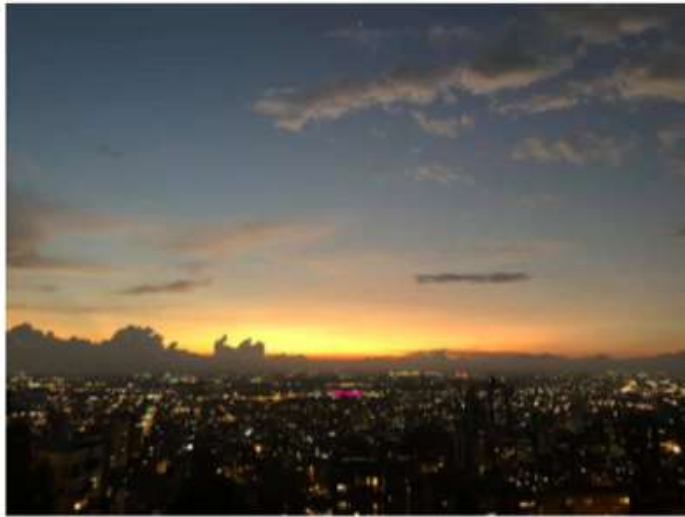
Quiet little lives  
And silent empty beaches  
Wild distant howling

Andy Acker  
USA  
April 15, 2020  
Lockdown day Unknow



She and I have lived together for three years  
Every day we give each other what we are  
When she flowers she only lets me see her  
for a few hours through the day  
Her offer is magnificent

Sandra Tabares Duque  
Colombia  
April 15, 2020  
Lockdown day 26



En el fondo, esas manos nos reciben

Edith Sierra Montaño  
Colombia  
April 18, 2020  
Lockdown day unknow



Good blue-skied-morning!  
Day nature walk, suddenly  
a starry night falls



David Delgado  
Denmark  
April 18, 2020  
Lockdown day 38



Descubri que en el pasto de mi jardín crecen flores silvestres, que cada día se cierran a la sombra y se abren cuando llega el sol.

Wild flowers grow in the grass of my garden, which close every day in the shade and open when the sun comes

Damian Kirzner  
Argentina  
April 18, 2020  
Lockdown day 30



Which part of the tree is keeping it strong?

The solid bark or its tender core?

Today, in the middle of the Corona storm, I reconsider: it needs flexibility to move with the wind and hardness to resist the cold.

In between tenderness and shield may reside what keeps us alive.

Sandra Gaudenzi

UK

April 18, 2020

Lockdown day 26



A walk in the park  
Reflections  
Shadows  
Flight.



Debbie Howard  
UK  
April 19, 2020  
Lockdown day unknow



The view from my balcony. Morning. Afternoon. Evening.

Liz Burke  
Australia  
April 19, 2020  
Lockdown day Unknow





April's fickle winds  
Solace for the tired mind  
Walking to unwind

Anne Bell  
Canada  
April 19, 2020  
Lockdown day Unknow



evening falls I am homesick the sun is resting (cae la tarde arriba la  
nostalgia el sol descansa)

Carmen Morlás  
USA  
April 20, 2020  
Lockdown day 39



Showtime.  
Burgundy, purple, white, yellow, blue .  
Just for one hour they are all mine .

Monica Rubio  
UK  
April 20, 2020  
Lockdown day Unknow



Afternoon walk



Gilbert Calleja  
Malta  
April 21, 2020  
Lockdown day Unknow



The field behind my home  
Was a land filled with fairies, queens and princes  
I traveled everyday in my kingdom

Valentine Goddard  
Canada  
April 21, 2020  
Lockdown day Unknow



One step and there's abyss  
Or maybe there's a bridge  
Zoom out and your stable now

AlexTzavella

UK

April 23, 2020

Lockdown day Unknow



From far it looked as a single soul  
from closer I noticed they were two  
and when even closer I got lost in their secret garden

Sandra Gaudenzi  
UK  
April 23, 2020  
Lockdown day 31



Presencias

Edith Sierra Montaño  
Colombia  
April 24, 2020  
Lockdown day Unknow





I'm in the garden.  
Listening to April's songs, trying to catch my neighbours' cat.  
An ambulance is wailing in the background.  
I close my eyes – it's difficult to trust this spring

Sofija Korf  
UK  
April 25, 2020  
Lockdown day 33



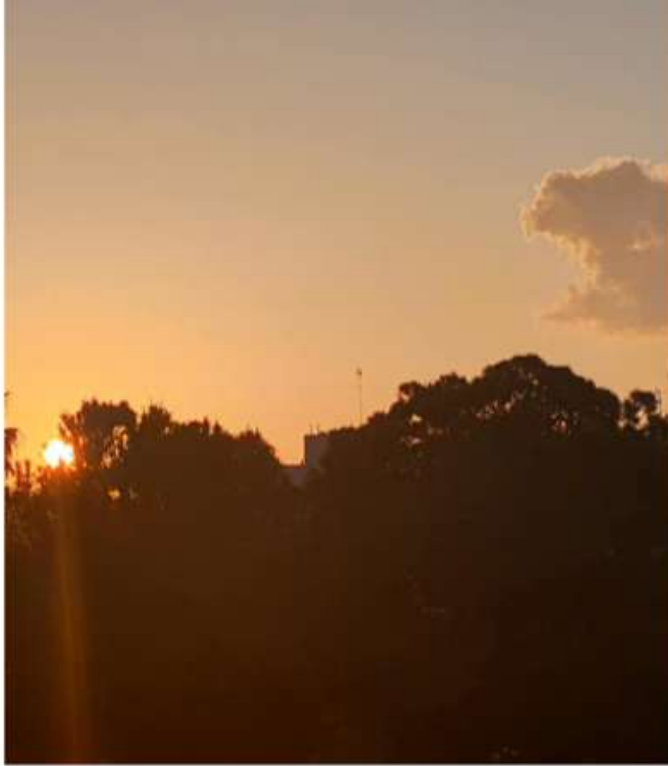
I dream of green forests I cannot reach  
Wide landscapes where the eye gets lost and the soul flies  
Though today, I'll just stay here with fears and tears.

Sandra Tabares Duque  
Colombia  
April 26, 2020  
Lockdown day 36



Stay Strong

Where there is a will, there is a way



Maria Christoforou

Cyprus

April 27, 2020

Lockdown day 48



Les journées se ressemblent  
Chaque journée est différente  
Il y a quelques jours, un monde existait  
Aujourd'hui, il est remplacé  
Aujourd'hui, je pleure un être cher disparu  
Les journées seront là  
Lui, il n'y sera plus  
RIP

Danielle Thibault  
Canada  
April 27, 2020  
Lockdown day Unknow



Corazones solaires  
Cabalgando el Cielo.



Edith Sierra Montaña  
Colombia  
April 28, 2020  
Lockdown day Unknow



Ciclos, transformación  
Aun en el encierro  
La vida continúa.

---

Cycles, transformation  
even in the confinement  
life goes on.

Luis Felipe Cardona  
Colombia  
April 30, 2020  
Lockdown day Unknow



Magical and rural Guatemala  
Simplicity, nature, beauty, social distancing and abundance.

Rodrigo Paris  
Guatemala  
May 1, 2020  
Lockdown day Unknow



It can feel so slow.  
Yet it's a strength beyond our control.  
So I trust change.

Valentine Goddard  
Canada  
May 1, 2020  
Lockdown day Unknow





She can barely see where she is going  
But she keeps on following that small voice  
Asking "Why are you burning to live?"

Alex Tzavella

UK

May 1, 2020

Lockdown day Unknow



If I close my eyes  
I can feel the breeze on my skin  
If I open my eyes  
I cannot see it  
Reality is negotiable  
What do I choose to believe in?

Sandra Gaudenzi  
UK  
May 1, 2020  
Lockdown day 39



Sun. A dragon,  
a star, the moon...?  
Before we forget how they look like.



Monica Rubio  
UK  
May 4, 2020  
Lockdown day Unknow



Every sunset  
with spring sunshine  
my dreams fly

-----

Al atardecer  
con sol de primavera  
vuelan mis sueños

Carmen Morl s  
USA  
May 5, 2020  
Lockdown day 53



There are silent lights  
And there is light  
that comes as sound  
As voice  
As deep bright love

Sandra Tabares Duque  
Colombia  
May 5, 2020  
Lockdown day 45



No news today  
Just noise  
As usual

Florian Thalsofer  
Germany  
May 5, 2020  
Lockdown day Unknow



Dandelion syrup

Nettle tea

The touch of nature delights and strengthens

Enjoy your healthy drink!

Jolanta Kujawa-Wełyczko  
Poland

May 6, 2020

Lockdown day 43

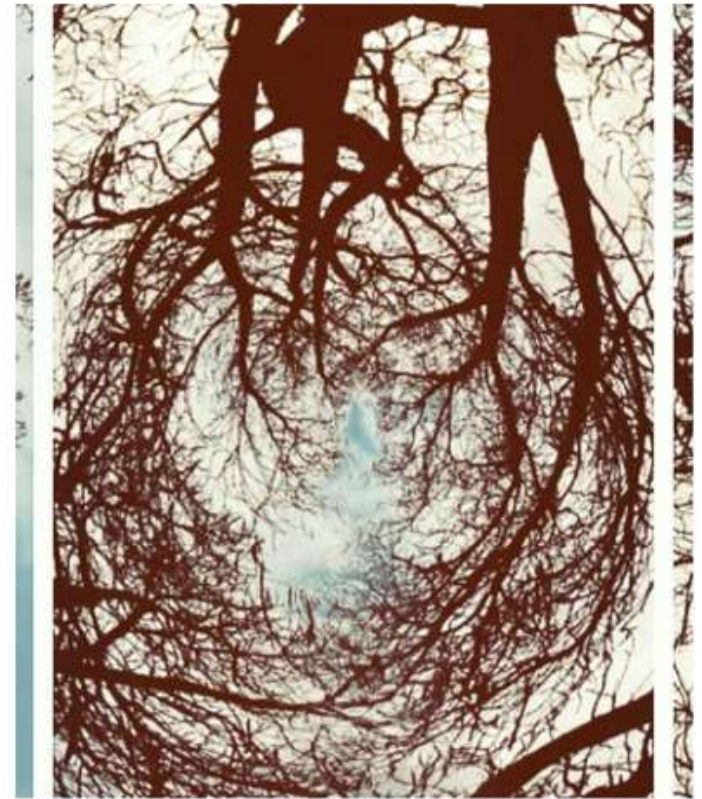


Fashion show mañanero  
Elegancia natural  
Observar lo mínimo  
Para admirar lo bello

-----  
Morning fashion show  
Natural elegance  
Observing the details of the world  
To admire the beauty

Maritza Blanco  
Colombia  
May 6, 2020  
Lockdown day 56





One pic, many possibilities.  
Reality is in the eye of the beholder.  
Beholder's privilege is to change their mind.

Valentine Goddard  
Canada  
May 7, 2020  
Lockdown day 55

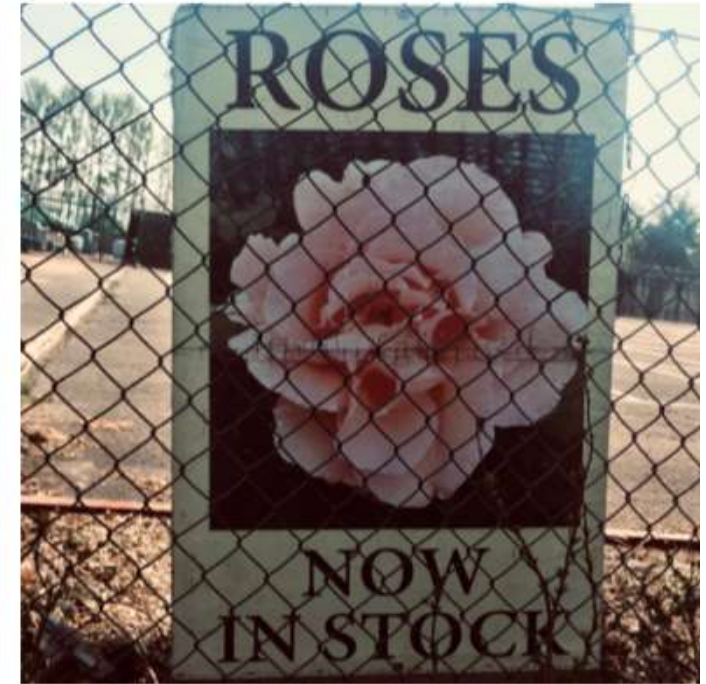


Flowers' super moon  
one lover is expecting  
a fleeting kiss

-----  
Luna de flores  
un amante aguarda  
un beso fugaz

Carmen Morlás  
USA

May 7, 2020  
Lockdown day 55



Roses with voices, they said I'm dead  
I used to live through others  
Now I'm an absence that goes ahead

Alex Tzavella

UK

May 7, 2020

Lockdown\_day\_Unknown



I went back  
I had to see what a Free Spirit's blossom  
looks like  
and there she was  
finally opened to the beholder...

Sandra Gaudenzi  
UK  
May 9, 2020  
Lockdown day 46



Sneaking in  
to paint in memoriam  
of sighing & strewn flowers



Anandana Kapur  
India  
May 9, 2020  
Lockdown day 53



some life



Gilbert Calleja  
Malta  
May 12, 2020  
Lockdown day Unknow



I had planted them on the 2nd day of lockdown.  
Yesterday they were nearly ready,  
although one was missing.  
Today they are all gone!  
I think I found the guilty one...  
no social distancing, no cueing for his turn, no sharing.  
Who said that nature is nurturing and generous to us?  
Cute thought...

Sandra Gaudenzi  
UK  
May 13, 2020  
Lockdown day 50



L'errance  
Le doute  
Confine la tête  
Chercher lumière  
Ouvrir voir autrement  
L'ailleurs du dedans  
Dehors résiste  
Confinée transformée

Danielle Thibault  
Canada  
May 13, 2020  
Lockdown day Unknow





Along the path  
the trees welcome  
the walkers

-----  
En el camino  
los árboles saludan  
los caminantes



Carmen Morlás  
USA  
May 13, 2020  
Lockdown day 62



Can I see through blinds?  
View through blinds  
Put up the blinds!  
I need fresh air...

Maria Christoforou  
Cyprus  
May 14, 2020  
Lockdown day 65



Last night's gentle rain  
Forest perfumed with birdsong  
Green against the grey



Anne Bell  
Canada  
May 15, 2020  
Lockdown day Unknow



See the crack  
acceptance  
Hold the crack  
hope  
Wait in the crack  
revelation  
Embrace the crack  
healing

Sandra Gaudenzi  
UK  
May 16, 2020  
Lockdown day 52



Water. Sun.  
Last days of desolated streets.  
Taking over emptiness.

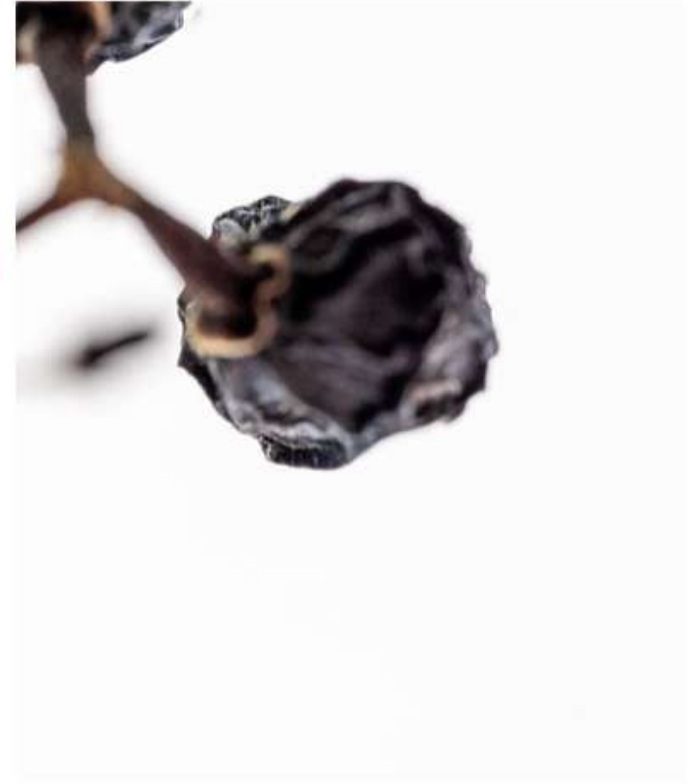
Monica Rubio  
UK  
May 16, 2020  
Lockdown day Unknow



Do you believe in love at first sight?  
Second?  
Ok, I'll do something to impress you

Alex Tzavella  
UK

May 16, 2020  
Lockdown day Unknow



I don't have time, I have to wait.  
Today I took the Wait for a walk.  
The walk made the Wait tired and the Wait fell asleep.

Florian Thalhofer  
Germany  
May 16, 2020  
Lockdown day Unknow



Gusting winds bringing direction  
Crossed Messages,  
Tell me how to listen  
To its whispers



Sandra Tabares Duque  
Colombia  
May 17, 2020  
Lockdown day 57





Ferns teach us about resilience.  
They untangle and transform themselves  
finding light  
even in the most shady spots  
and because of it  
they evolve  
into perfect fractals of delicacy.  
A primitive plant that can teach us a lesson...  
Ironic, no?

Sandra Gaudenzi  
UK  
May 17, 2020  
Lockdown day 53



Suspicious  
Coincidental corona shape  
It arrived but it left



Paola Castillo B  
Colombia  
May 17, 2020  
Lockdown day Unknow



Lights come down  
Strong tenderness in the air  
Time to commit



Valentine Goddard  
Canada  
May 18, 2020  
Lockdown day 65



Green Everest to climb  
Between nature and imagined  
All intertwined

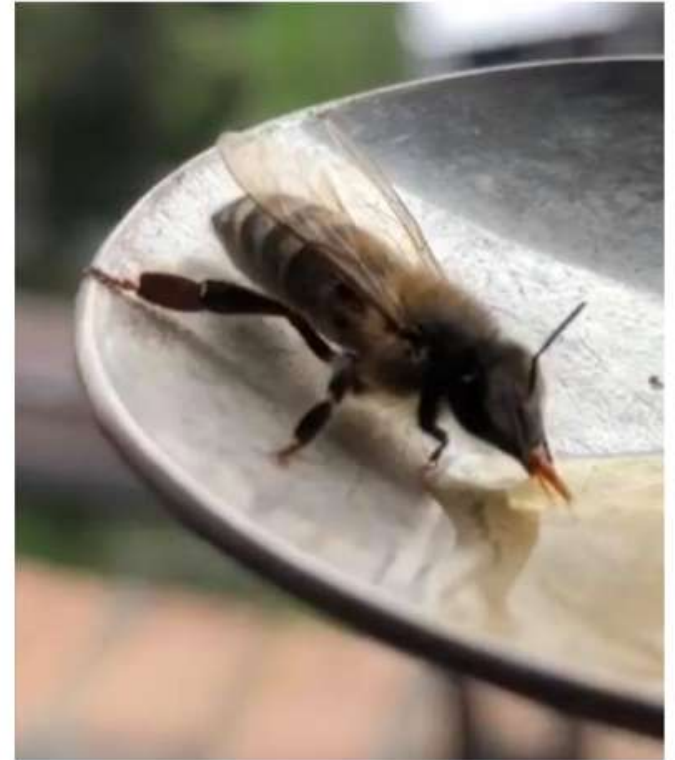
-----  
Everest à grimper  
Entre nature et imaginé  
Tout entremêlé

Laurence Finet  
Canada  
May 19, 2020  
Lockdown day Unknow



Below, heart held by shadows  
Up, sun flying through colours.  
As the love's child pick the view  
And dance in the middle

Sandra Tabares Duque  
Colombia  
May 20, 2020  
Lockdown day 61



Sutil vino a recargarse.  
Tomó un poco de su propio alimento,  
Conmovida lo compartimos y voló de nuevo.

Edith Sierra Montaña  
Colombia  
May 20, 2020  
Lockdown day Unknow



Otoño en buenos aires

Damian Kirzner  
Argentina  
May 21, 2020  
Lockdown day Unknow



Hoy salimos juntas a ver el atardecer.  
Ocasos Bogotanos



Edith Sierra Montaño  
Colombia  
May 21, 2020  
Lockdown day Unknow





Unveiling the night  
To kiss the morning  
on the other side



Sandra Tabares Duque  
Colombia  
May 22, 2020  
Lockdown day 63



We are allowed to have a day out... so we went for our first country walk...  
wind  
sky  
green  
air  
horizon  
bliss  
... and yet, for me the end of lockdown will be inviting friends for dinner at  
home...

Sandra Gaudenzi  
UK  
May 24, 2020  
Lockdown day 59



La tarde cae  
sobre el asfalto inerte  
aún hay vida.

-----  
Wild survival.  
The afternoon falls  
on the inert asphalt  
there is still life.

Laura Gutiérrez  
Colombia  
May 24, 2020  
Lockdown day 68



Principio  
Nudo  
Desenlace



Nicolas van Hemelryck  
Colombia  
May 24, 2020  
Lockdown day Unknow



Frenzy of green where  
Turmoil and calm meet like  
Entering an Helen Frankenthaler painting  
"Surface"  
Frénésie de vert où  
Tumulte et calme confluent comme  
Entrer dans une toile d'Helen Frankenthaler

Laurence Finet  
Canada  
May 25, 2020  
Lockdown day Unknow



The valley  
caper flower  
prickly pear



Gilbert Calleja  
Malta  
May 26, 2020  
Lockdown day Unknow



Blooming to the light  
Softened in the dark to find  
Somewhere in between

Laurence Finet  
Canada  
May 27, 2020  
Lockdown day Unknow



Adiós. Me voy con la nube y el viento.

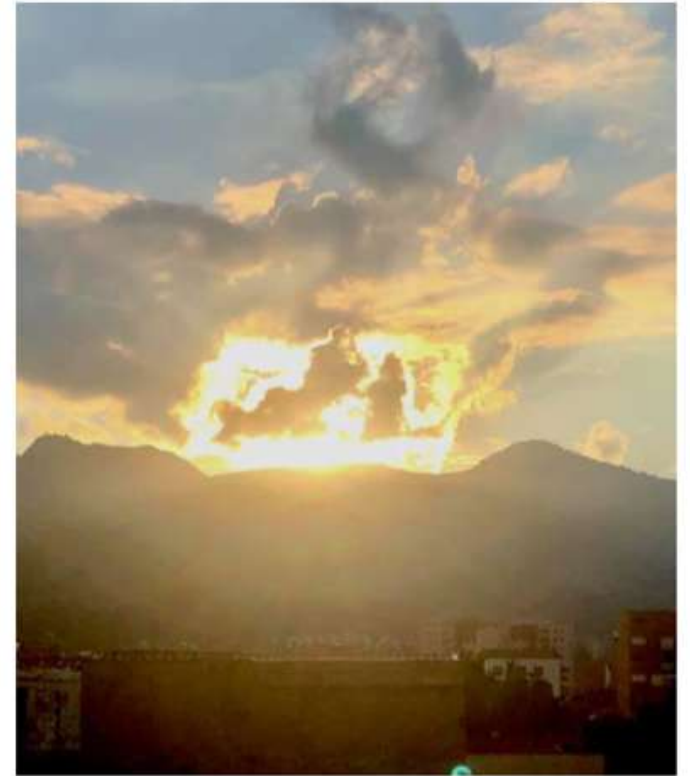
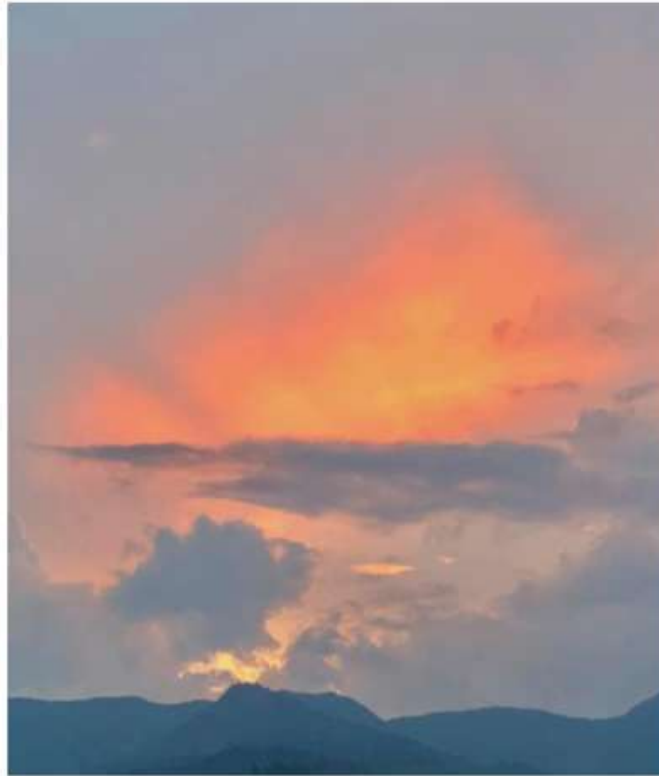
Maria Margarita Herrera Sabogal

Colombia

May 27, 2020

Lockdown day Unknow





Never far despite the distance  
Loud inside me in your silence  
Necessary sense to guide me.  
...Newly discovered force  
Please be my permanent guest.

Sandra Tabares Duque  
Colombia  
May 28, 2020  
Lockdown day 69



A simple hospital appointment.  
Usually a stressed drive crammed into a hectic day.  
Instead a walk in the sunshine through nature, cherishing the moment.  
I need to learn from this time.  
I need to do less and live more.  
I vow to try and take this with me afterwards.  
I'm grateful for this time, all I've learned.  
Less, indeed, is more.  
Thank you.

**Debbie Howard**

UK

May 29, 2020

Lockdown day unknow



Dans l'espoir d'y voir fleurir un inattendu qui émerveille,  
sous une feuille, je me recueillerai;  
sur une feuille, j'écrirai.



Valentine Goddard  
Canada  
May 29, 2020  
Lockdown day 76



I want a layered normality  
where there is space for diversity and complexity  
I want to feel rooted to my values  
in private, at work, and in society too  
I want to fly high  
have the freedom to go far  
to then come back and enjoy stillness  
I want less screen-time and more me-time, or maybe just be-time  
But above all, I want connection,

Sandra Gaudenzi  
UK  
May 29, 2020  
Lockdown day 64



Tears aren't dry yet it's time to move forward.  
Rediscovered inner worlds celebrate, throwing colours up in the air.  
New directions are calling. I follow the flicker.

Valentine Goddard  
Canada  
May 30, 2020  
Lockdown day unknow



layered thoughts  
and water transparencies  
play  
in my ricochet mind  
ripple  
through my floating body

Sandra Gaudenzi  
UK  
May 30, 2020  
Lockdown day 65



For the relevance of newness even in the old everyday  
where the essential is never taken for granted  
and to walk, run or dance in solid or shaken grounds happens  
as the soul is free and the gaze aims tall.

Sandra Tabares Duque  
Colombia  
May 30, 2020  
Lockdown day 70



Welcome visitors arrived overnight



Joanna Wright

May 31, 2020

Lockdown day unknow





The palm tree said to the lavender  
“We belong to different realms  
but when we let the light touch us  
we can unite and dance with the wind”

Sandra Gaudenzi  
UK  
May 31, 2020  
Lockdown day 66



Evening by the sea

Gilbert Calleja  
Malta  
May 31, 2020  
Lockdown day unknow



In rare occasions  
It's is possible to see  
Much more beauty created  
When the flower stops being the flower to spill its charm.

Sandra Tabares Duque  
Colombia  
June 3, 2020  
Lockdown day 75



How many times did I hear this sentence?  
How many times did I say it?  
But now I mean it every time I pronounce it.  
Now I appreciate it every time I hear it.  
Now I learnt to take care of myself and of what surrounds me.  
Nature can flourish only if watered.

Sara Albo  
Italy  
June 3, 2020  
Lockdown day unknow



The natural order?

Gilbert Calleja  
Malta  
June 4, 2020  
Lockdown day unknow



I love you and I hate you,  
That's why I always run away,  
That's why I always come back.  
Almost 6 months in my hometown.  
This is the longest time I have spent here since I was 19,  
I'm maybe appreciating its beauty for the first time in my life.

Sara Albo  
Italy  
June 4, 2020  
Lockdown day unknow



The mind says: do more and be worthy  
The body pleads: do less and show me love  
The mind: you won't get anywhere  
The body: where do you think you'll get without me?

Sandra Tabares Duque  
Colombia  
June 4, 2020  
Lockdown day 77



I have felt stuck like a secular tree,  
Which is on the same ground forever.  
I then explored this new reality,  
Looking at it from another perspective.  
Now I am trying to figure out how I can get through it.

Sara Albo  
Italy  
June 5, 2020  
Lockdown day unknow





“Tangled”  
Underneath, still  
Touching the surface and  
Stay here for a while  
“Emmêlé”  
En-dessous, encore  
Effleurer la surface et  
Y rester un instant

Laurence Finet  
Canada  
June 5, 2020  
Lockdown day unknow



The partial lockdown that we had in Malta has been mostly lifted. Today, people have been asked to return to work, and gyms, bars and restaurants have re-opened.

Thank you all for being fantastic companions during this trip. Farewell dear friends.

Gilbert Calleja

Malta

June 5, 2020

Lockdown\_day\_unknow



I have been observing the art of floating lately  
lightness needs little effort  
and yet,  
I would not give it for granted...

Sandra Gaudenzi  
UK  
June 5, 2020  
Lockdown day 71



In quarantine  
the miracles of life  
are my reality

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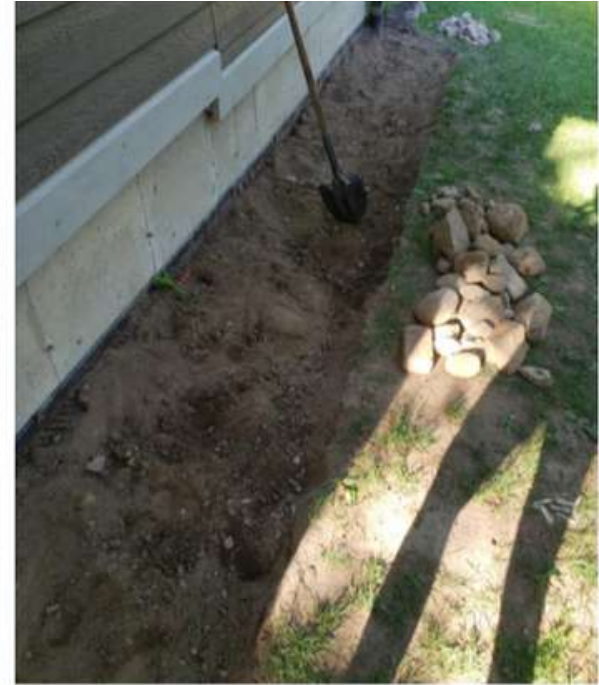
(En cuarentena  
los milagros de vida  
son mi realidad)

Carmen Morlás  
USA  
June 6, 2020  
Lockdown day 84



You are the messenger tonight  
Tell of my permanence, bathe us in light  
Distant here and there  
To never be alone.

Sandra Tabares Duque  
Colombia  
June 6, 2020  
Lockdown day 78



Looking at life  
With a slowed down lens and  
Increased aperture  
The essential revealed  
For my last Haïku,  
I wanted to go to the city  
Stroll around and take pictures  
But I didn't have the heart or the energy.  
Instead I built gardens and felt invincible.

Laurence Finet  
Canada  
June 8, 2020  
Lockdown day unknow



Je ne sais pas  
Le confinement  
Le deconfinement  
Du corps  
De la tête  
De ce qui peut s'appeler l'âme  
Je ne sais pas et je ne sais pas si je trouverai la réponse  
Une réponse  
Des réponses  
Est-ce qu'il faut des réponses ?  
Chercher c'est déjà beaucoup  
Déjà une réponse  
Je n'ai pas été au bout du chemin  
J'y suis j'y reste  
Du moins aujourd'hui

Danielle Thibault  
June 8, 2020  
Lockdown day unknow



'...but there is no other way. The river can not go back. Nobody can go back. To go back is impossible in existence. The river needs to take the risk of entering the ocean because only then will fear disappear, because that's where the river will know it's not about disappearing into the ocean but of becoming the ocean.' -Khalil Gibran

Thank you all for this beautiful, ephemeral, unexpectedly poignant sometimes irreverent space.

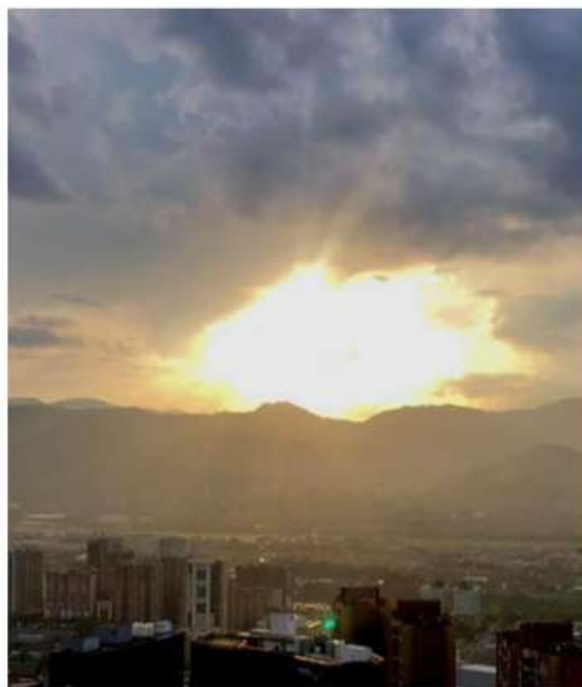
Tricia Hackett

Colombia

June 9, 2020

Lockdown day unknow





As my body is more rooted than ever  
I wanted to have grown wings  
So my eyes could go beyond the crest of the mountains that surround this  
valley...  
Instead, from the same place I've seen an endless horizon  
My soul gently held by  
generosity, trust and the shared need for connection  
I've flown higher than I could imagine  
I've boundlessly discovered my surroundings

Sandra Tabares Duque  
Colombia  
June 9, 2020  
Lockdown day 82



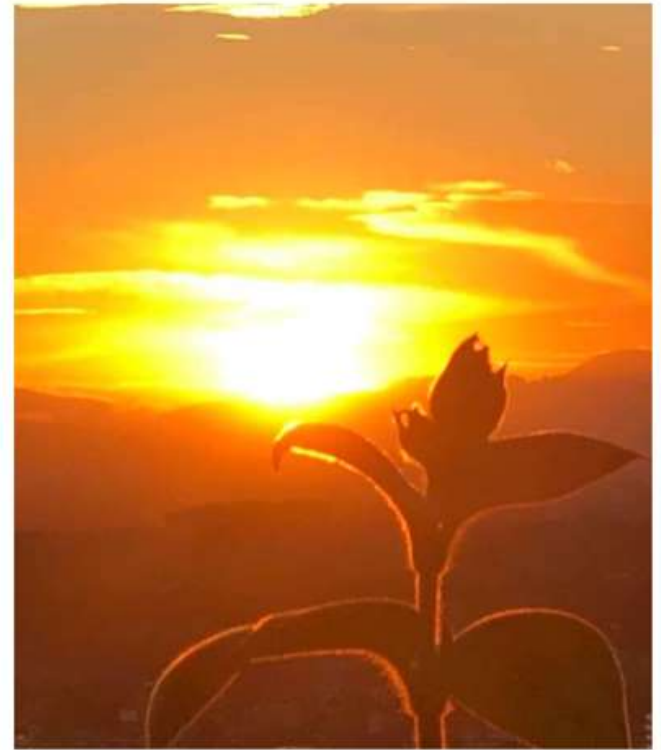
As I focused on the bars, I moved incrementally out towards the view of my present world. Then I saw the sky. Our world will get bigger but we have spent months observing the miniature details of a reduced present. That in itself is a gift, for we have regained a childlike sense of wonder.

Laika Dajani Lebreton

UK

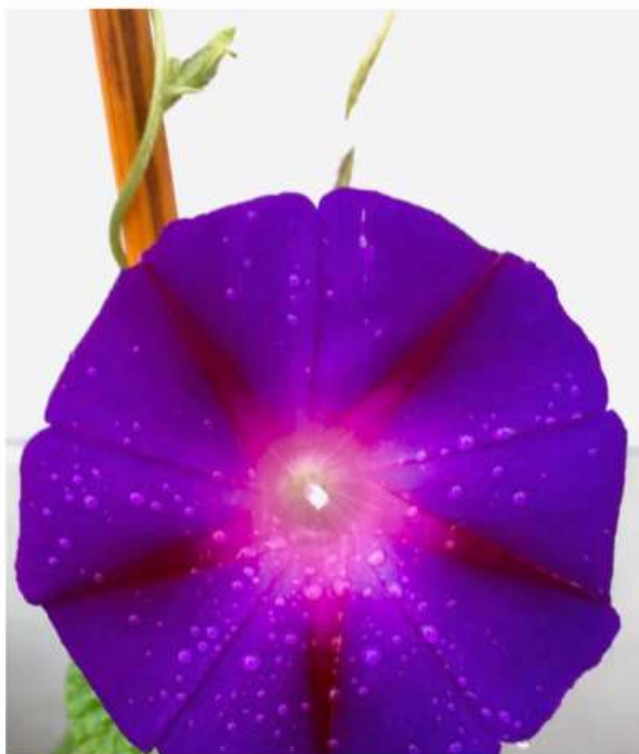
June 9, 2020

Lockdown day unknow



outside raised by the sun. outside continue the presences that have always transformed and that cross the existence, without rejection, of each being.

Edith Sierra Montaña  
Colombia  
June 9, 2020  
Lockdown day unknow



Nature changes  
One changes  
Everything changes  
And like spirals, we continue

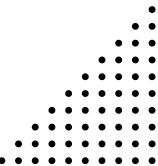
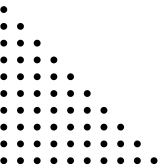
Paola Castillo B  
Colombia  
June 10, 2020  
Lockdown day unknow



Bird song  
afternoon sun  
muggy day  
a writer I admire  
the buzzing of a fly against the window  
the bumble of the air conditioner in the windowsill  
I don't know how to write in form  
or what the form should be  
but I'm grateful for this group.

Michelle Wruck  
June 11, 2020  
Lockdown day unknow

ΔFTER THE FIRST LOCKDOWN - FACEBOOK VISUAL POETRY

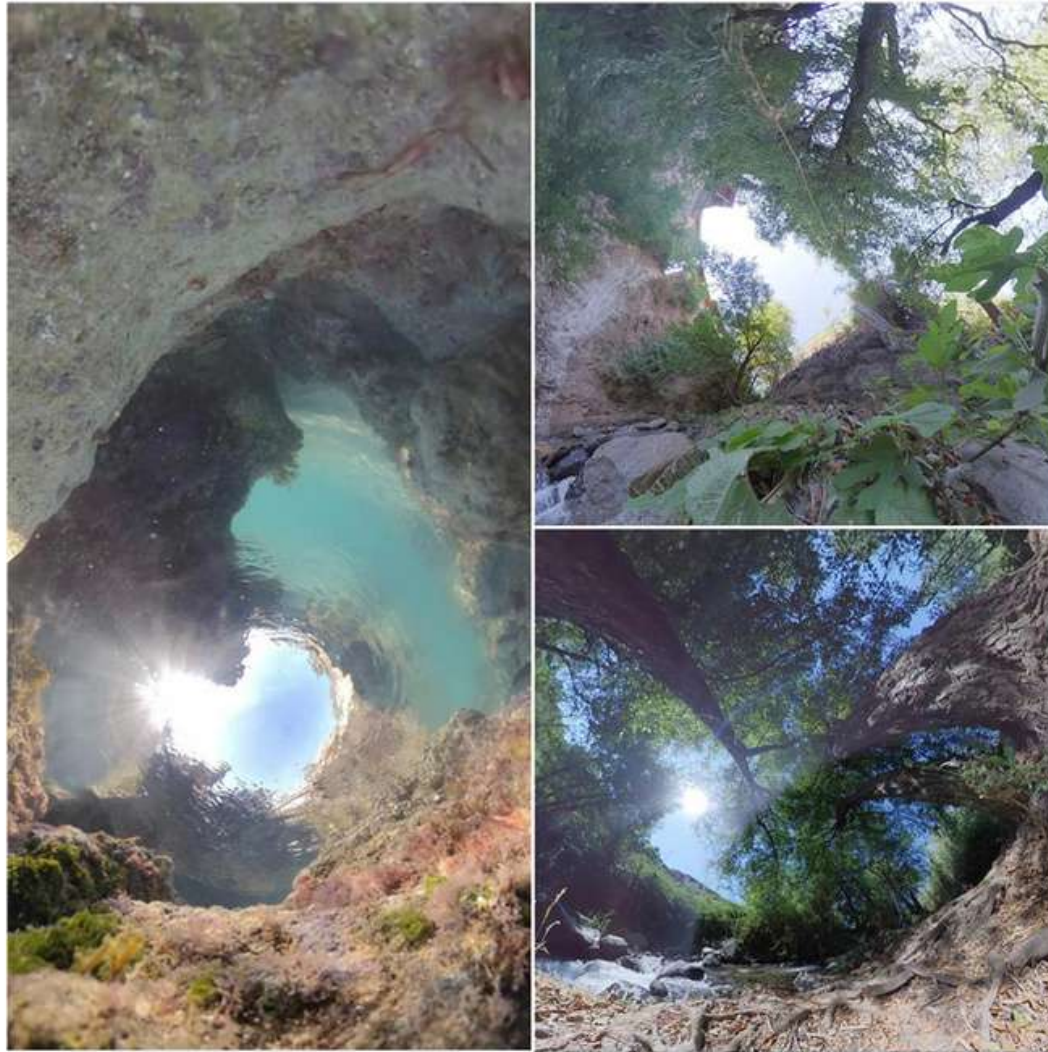




Grabbed  
By earth's Celebration  
In colour paradise  
Sandra T. Medellín. 07-11-20. CH Phase 2







"A heart is a strange thing, the more you  
waste it, the more heart you have"  
Costas Montis

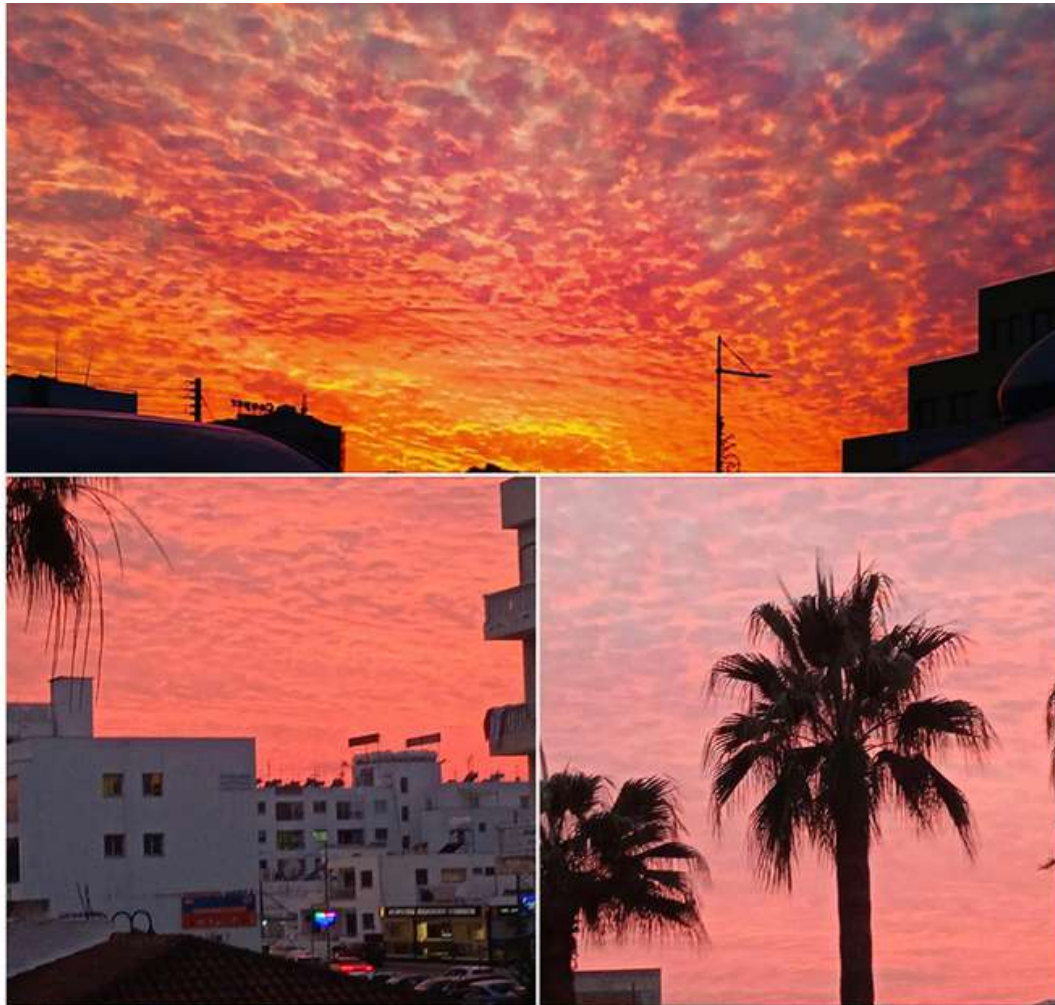
[Maria C, 18.11.20, Cyprus, CH Phase 2, Heart]





Between a void and a hope  
There is often fear  
A force that pushes up or down  
Sandra T. Armenia. 26-11-20. CH Phase 2





I stopped to admire the miracle of nature Thoughts out of my heart are coming in my mind  
Is that the fire inside us?  
Is that the dragon we are dealing with?  
Is it a mysterious message from the divine?  
[Maria C, 4.1.21, Cyprus, CH Phase 2, Red Sky]





In the turbulences of this 3rd lockdown  
only large open spaces  
and deep felt sharings  
seem to quieten my restless mind  
[Sandra G., 17.01.21, London, UK]





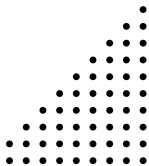
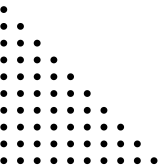


Looking back  
to a year of pandemic  
3 strong internal movements:  
Fear  
Acceptance  
Hope

[version 2, Sandra G, London, 2.05.21]



GOODBYE NAIKU





As It was requested...

A Good bye Haiku post with the red dress!

Passion, Fear, Courage, Anger, Love, Power, Strength...All strong emotions that we shared together during this journey. ❤️

Maria Christoforou

Cyprus

May 25, 2020

Lockdown day Unknow



My good-bye to you

On the first day of lockdown I asked myself through a haiku :  
"Could this be the way? To create rather than deflate?  
To look for beauty rather than forget it?"

We could have gone through lockdown alone  
but we took the risk and opened to the unknown  
we shared with strangers and formed new bonds  
and as a result never felt alone  
we have created we have not deflated  
we looked for beauty and dared to share it

Good-bye my friends and thank you again!  
through you I trust more through you I believe again

[Sandra G., 9.06.20, UK, lockdown DAY 75]



As my body is more rooted than ever  
I wanted to have grown wings  
So my eyes could go beyond the crest of the mountains that surround this  
valley...  
Instead, from the same place I've seen an endless horizon  
My soul gently held by  
generosity, trust and the shared need for connection  
I've flown higher than I could imagine  
I've boundlessly discovered my surroundings  
I've shared as never before,  
Wings come in many shapes  
With love, awe and gratitude.  
Thank you friends. Thank you!

Sandra Tabares Duque  
Colombia  
June 9, 2020  
Lockdown day 82



magic  
beautiful  
ungraspable  
fragile



Sandra Gaudenzi  
UK  
May 6, 2020  
Lockdown\_day\_44



The real test of pandemic cohabitation:  
making sure vanity is respected  
despite your lack of hairstyling skills.  
After that experience I choose to embrace castaway chic for myself.

Sandra Tabares Duque  
Colombia  
May 9, 2020  
Lockdown\_day\_49



My red dress in hiding in my closet  
So am I!



Maria Christoforou  
Cyprus  
May 18, 2020  
Lockdown\_day\_69

