

00:00 white text centered on solid black background that reads ‘cataloguing care’

00:05 white text centered on solid black background that reads ‘a video poem by tamar ashdot’

00:09 silhouette shadows against a burnt orange brick wall of a person leaning onto a signpost with white italicized text centered on screen that reads ‘able to organ where once was absence’

00:14 ripples on moving water that reflect autumn tree foliage with white italicized text centered on screen that reads ‘able to sing with rocks in throat’

00:18 silhouette shadows on a burnt orange brick wall of a person leaning on a signpost with white italicized text centered on screen that reads ‘able to unknot lakewater from skin’

00:22 background of gray winter sky with moving clouds and snow covered roof with icicles melting into droplets with white italicized text centered on screen that reads ‘able to throat anger in underbrush’

00:25 old factory buildings, grain silos, bare trees, and electric cables before an afternoon blue sky and a visible nearly full moon beneath a dark gray cloudline with white italicized text centered on screen that reads ‘able to throat anger in underbrush’

00:27 background of gray winter sky with moving clouds and snow covered roof with icicles melting into droplets with white italicized text centered on screen that reads ‘able to chew teeth to bone’

00:29 illuminated windswept snow falls quickly and covers swaying branches at nighttime with white italicized text centered on screen that reads ‘able to chew teeth to bone’

00:31 illuminated windswept snow falls quickly and covers swaying branches at nighttime with white italicized text centered on screen that reads ‘able to spoon tunnels below ground’

00:32 river water reflecting the adjacent concrete structure and its wall of graffiti that has ‘dream’ written in blue capital letters with white italicized text centered on screen that reads ‘able to spoon tunnels below ground’

00:36 river water reflecting the adjacent concrete structure and its wall of graffiti that has ‘dream’ written in blue capital letters with white italicized text centered on screen that reads ‘able to ignite grief to flame’

00:37 brown tannic water rushes from a waterfall as white foam sprays and a green-leafed tree moves in the sun with white italicized text centered on screen that reads 'able to ignite grief to flame'

00:41 pond water beside a snowy bank in winter reflects a tree's branches river as a slip of white paper with 'body' written in black floats on the surface with white italicized text centered on screen that reads 'body of purple legs spasming electric'

00:45 pond water beside a snowy bank in winter reflects a tree's branches river as a slip of white paper with 'body' written in black floats on the surface with white italicized text centered on screen that reads 'body of cuticles cracking'

00:46 the body of a white person with tattooed legs rests on a metal bleacher bench covered in overgrowth and greenery with white italicized text centered on screen that reads 'body of cuticles cracking'

00:49 zoomed in view of the body of a white person with a leg tattoo of eucalyptus resting on a metal bleacher bench covered in overgrowth and greenery with white italicized text centered on screen that reads 'body of clay springtime'

00:51 zoomed in view of the body of a white person's feet and toenails brushing against green leaves growing on a metal bleacher bench with white italicized text centered on screen that reads 'body of scalpel severed muscles'

00:56 young sprouted corn stalks swaying in the wind with white italicized text centered on screen that reads 'body of stolen stewardship'

01:00 metal bleacher bench covered in greenery and overgrowth with white italicized text centered on screen that reads 'body in seated position'

01:03 foamy water in cream colored swirls amid dark tannic water with white italicized text centered on screen that reads 'body of water'

01:06 foamy water in cream colored swirls amid dark tannic water with white italicized text centered on screen that reads 'body of sweat'

01:07 rain droplets dot a car windshield where a pinkish rainbow is visible against a cloudy sky with white italicized text centered on screen that reads 'body of sweat'

01:08 rain droplets dot a car windshield where a pinkish rainbow is visible against a cloudy sky with white italicized text centered on screen that reads ‘body in toilet bowl’

01:10 rain droplets dot a car windshield where a pinkish rainbow is visible against a cloudy sky with white italicized text centered on screen that reads ‘body in milliliters’

01:12 iridescent ripples reflect sunlight onto clear shallow waters and ridged sand with white italicized text centered on screen that reads ‘body in milliliters’

01:13 iridescent ripples reflect sunlight onto clear shallow waters and ridged sand with white italicized text centered on screen that reads ‘body of borders scarring over’

01:19 a slip of white paper reading ‘care’ in black text floats on pond water filled with decomposing leaves that reflects bare trees with white italicized text centered on screen that reads ‘care refused birchbark sewn’

01:23 a slip of white paper reading ‘care’ in black text floats on pond water filled with decomposing leaves that reflects bare trees with white italicized text centered on screen that reads ‘care full of daily blood’

01:26 dried wild grasses covered with snow move in the wind before a snowy steel rail track and graffiti on gray warehouse walls with white italicized text centered on screen that reads ‘care full of candlelight’

01:29 dried wild grasses covered with snow move in the wind before a snowy steel rail track and graffiti on gray warehouse walls with white italicized text centered on screen that reads ‘care full of grasslands’

01:33 dried wild grasses covered with snow move in the wind before a snowy steel rail track and graffiti on gray warehouse walls with white italicized text centered on screen that reads ‘care full of ceramic jugs’

01:35 turquoise flowing water glistens in sunlight with white italicized text centered on screen that reads ‘care full of ceramic jugs’

01:37 turquoise flowing water glistens in sunlight with white italicized text centered on screen that reads ‘care full of dates fermenting’

01:41 turquoise flowing water glistens in sunlight with white italicized text centered on screen that reads ‘care full of wastewater steppingstones’

01:44 vines of green leaf ivy and purple wildflowers grow abundantly on asphalt near tall grasses with white italicized text centered on screen that reads ‘care full of wastewater steppingstones’

01:45 vines of green leaf ivy and purple wildflowers grow abundantly on asphalt near tall grasses with white italicized text centered on screen that reads ‘care full of meadows overtaking concrete’

01:51 fields of tall grasses of yellow and white wildflowers sway in the summer sun with white italicized text centered on screen that reads ‘care full milk bowls brimming’

01:55 background mountains and open space with conifer trees reflect on a still lake at sunset with white italicized text centered on screen that reads ‘care refused midnight emergency halls’

02:02 purple, white, and yellow wildflowers move in the foreground of a clearing between trees for electric lines with white italicized text centered on screen that reads 'delicate like young wings’

02:05 purple, white, and yellow wildflowers move in the foreground of a clearing between trees for electric lines with white italicized text centered on screen that reads ‘delicate like lightening bug glow’

02:07 zoomed in yellow flowers of wild carrots sway as small insects fly between its stems with white italicized text centered on screen that reads ‘delicate like lightening bug glow’

02:09 zoomed in yellow flowers of wild carrots sway as small insects fly between its stems with white italicized text centered on screen that reads ‘delicate like memory’s distances’

02:13 prismatic rainbow lines reflect on rippling clear water in the sunshine with white italicized text centered on screen that reads 'delicate like dawnbreak alone’

02:17 zoomed in stalks of green wheat and wild grasses dance in the wind with white italicized text centered on screen that reads ‘delicate like stitching abdomen to soul’

02:22 zoomed in stalks of green wheat and wild grasses dance in the wind with white italicized text centered on screen that reads ‘delicate like tombstone bridges’

02:24 summer sunset rays reflect on a moving landscape of river, grassy banks, and background forests with white italicized text centered on screen that reads ‘delicate like tombstone bridges’

02:28 summer sunset rays reflect on a moving landscape of river, grassy banks, and background forests with white italicized text centered on screen that reads ‘ecology of marrow contracts’

02:31 children play in freshwater waves that lap against sandy shores of power plants in the distant horizon that emit plumes of smoke with white italicized text centered on screen that reads ‘ecology of dream carcasses’

02:35 children play in freshwater waves that lap against sandy shores of power plants in the distant horizon that emit plumes of smoke with white italicized text centered on screen that reads ‘ecology of soil rhythm stirring’

02:38 a riverbank grape branch grows out of a wooden bench in a grassy field with white italicized text centered on screen that reads ‘ecology of salt erosion’

02:42 a riverbank grape branch grows out of a wooden bench in a grassy field with white italicized text centered on screen that reads ‘ecology of old growth execution’

02:46 a white hand with painted nails holds a birch tree trunk covered in light green moss with white italicized text centered on screen that reads ‘ecology of punctured timber lungs’

02:52 a white hand with painted nails holds a birch tree trunk covered in light green moss beside a flowing creek with white italicized text centered on screen that reads ‘ecology of singed testimonies’

02:56 still freshwater reflects a blue sky and dozens of white clouds dotting the surface with white italicized text centered on screen that reads ‘feel storm cloud shadows waterheavy’

03:02 silhouetted shadow of a person raising their arm to wave on a bridge is cast onto the flowing river below with white italicized text centered on screen that reads ‘float sparkling stones along riverbanks’

03:03 sunset oranges blur into a gradient behind a skyscraper city skyline with white italicized text centered on screen that reads ‘float sparkling stones along riverbanks’

03:06 sunset oranges blur into a gradient behind a skyscraper city skyline with white italicized text centered on screen that reads ‘forage supermarket flowers for graveside’

03:08 silhouetted shadow of a person raising their arm to wave on a bridge is cast onto the flowing river below with white italicized text centered on screen that reads ‘forage supermarket flowers for graveside’

03:11 silhouetted shadow of a person raising their arm to wave on a bridge is cast onto the flowing river below with white italicized text centered on screen that reads ‘forget dust filled radiator bed’

03:13 wild leafy vines grow and weave into chain link fence with white italicized text centered on screen that reads ‘forget dust filled radiator bed’

03:16 a close up of green leaf vine atop a chain link fence with white italicized text centered on screen that reads ‘grow as in spouts coiling chain links’

03:18 wild leafy vines grow and weave into chain link fence with white italicized text centered on screen that reads ‘grow as in golden bales glinting’

03:26 zoomed in pond surface covered with vibrant lily pads and white water lilies growing with white italicized text centered on screen that reads ‘go as in burst forth beyond cement’

03:31 zoomed in pond surface covered with vibrant lily pads and white water lilies growing with white italicized text centered on screen that reads ‘go as in blue dwellings of migration’

03:33 whirring fields of glinting grass and telephone lines at golden hour where the sun is shining through the orange clouds with white italicized text centered on screen that reads ‘go as in blue dwellings of migration’

03:36 whirring fields of glinting grass and telephone lines at golden hour where the sun is shining through the orange clouds with white italicized text centered on screen that reads ‘go as in return the Lands’

03:41 aqua saltwater sprays white foam while crescent becomes wave with white italicized text centered on screen that reads ‘history of nomadic feet’

03:45 aqua saltwater sprays white foam while crescent becomes wave with white italicized text centered on screen that reads ‘history of chamomile flowering hills’

03:48 blue water stretching out towards a mountainous horizon in a lilac sunset sky speed by with with white italicized text centered on screen that reads ‘history of lumber flower down river’

03:52 freshwater beside tall pine cascades over dark gray boulders into a small waterfall with white italicized text centered on screen that reads ‘history of cruel birthdays’

03:55 freshwater beside tall pine cascades over dark gray boulders into a small waterfall with white italicized text centered on screen that reads 'history of steamboats'

03:56 close up purple vetch wildflowers and wild wheat in the summer breeze with white italicized text centered on screen that reads 'history of steamboats'

03:59 close up purple vetch wildflowers and wild wheat in the summer breeze with white italicized text centered on screen that reads 'history of railroads'

04:02 close up purple vetch wildflowers and wild wheat in the summer breeze with white italicized text centered on screen that reads 'history of blacktop taxonomy'

04:03 spruce trees stand before a bright reddish orange sun that glows above shadowy hills reflecting the sunset glow onto a lake with white italicized text centered on screen that reads 'history of blacktop taxonomy'

04:06 spruce trees stand before a bright reddish orange sun that glows above shadowy hills reflecting the sunset glow onto a lake with white italicized text centered on screen that reads 'history of desert sands'

04:09 spruce trees stand before a bright reddish orange sun that glows above shadowy hills reflecting the sunset glow onto a lake with white italicized text centered on screen that reads 'history of conifer trees'

04:10 tiny bubbles atop shallow water flow back and forth over the shore with white italicized text centered on screen that reads 'history of conifer trees'

04:11 tiny bubbles atop shallow water flow back and forth over the shore with white italicized text centered on screen that reads 'history of swimming freely'

04:17 a tiny tree branch pierces through a slip of white paper with 'intersect' written in black text with white italicized text centered on screen that reads 'intersect here where moss hums rain'

04:20 translucent shallow fresh water gleams in the sun with white italicized text centered on screen that reads 'intersect here where moss hums rain'

04:21 translucent shallow fresh water gleams in the sun with white italicized text centered on screen that reads 'intersect here where index swells into thumb'

04:24 scenes of a wintery wetland pass by as bare trees reflect in the swamp water with white italicized text centered on screen that reads ‘intersect here where index swells into thumb’

04:25 scenes of a wintery wetland pass by as bare trees reflect in the swamp water with white italicized text centered on screen that reads ‘intersect here where lullaby is car tire’

04:30 a white tattooed hand with painted nails reaches towards lush green leaves revealing ripe red strawberries with white italicized text centered on screen that reads ‘intersect here where hipbone meets thighfold’

04:32 zoomed in white tattooed thumbs with pale pink nails pulling strawberry open to its juicy center with white italicized text centered on screen that reads ‘intersect here here hipbone meets thighfold’

04:34 zoomed in white tattooed thumbs with pale pink nails pulling strawberry open to its juicy center with white italicized text centered on screen that reads ‘intersect here’

04:37 a white tattooed hand with painted nails plucks a strawberry from green leaves and stems with white italicized text centered on screen that reads ‘where human is human is human’

04:40 zoomed in white tattooed hand with painted nails touching the strawberry’s inner flesh with white italicized text centered on screen that reads ‘invite archives of leaves’

04:43 zoom in on the strawberry center as it is peeled into two halves by light skinned hands with white nails. with white italicized text centered on screen that reads ‘invite corn kernel slowness’

04:46 large and hazy silhouettes of jagged mountains stand against a pink sunset sky that glints on a flowing bay with white italicized text centered on screen that reads ‘invite indigo mountain peaks’

04:50 large and hazy silhouettes of jagged mountains stand against a pink sunset sky that glints on a flowing bay with white italicized text centered on screen that reads ‘invite archives of prayer’

04:55 mossy forest trees loom above a clear river that rushes over dark stones with white italicized text centered on screen that reads ‘jewel of dewdrop before daybreak’

04:59 expansive snow blanketed fields and forests with dried wild grasses in the foreground below billowing white clouds with white italicized text centered on screen that reads ‘jewel of early magnolia safe from frost’

05:03 moving view of blue daytime sky and large white clouds with white italicized text centered on screen that reads ‘jewel of any bodies careening branch’

05:05 moving view of blue daytime sky and large white clouds behind wooden poles supporting electric cables with white italicized text centered on screen that reads ‘jewel of any bodies careening branch’

05:08 moving view of blue daytime sky and white clouds behind telephone wire as small propellor plane flies by with white italicized text centered on screen that reads ‘jewel of thunder resounding lilac’

05:10 wintery dusk purple sky with pine trees and telephone wires in the distance as a flock of birds fly above in a V shape with white italicized text centered on screen that reads ‘jewel of thunder resounding lilac’

05:13 wintery dusk purple sky with pine trees and telephone wires in the distance as a flock of birds fly above in a V shape with white italicized text centered on screen that reads ‘know spur from shoulder blade’

05:17 wintery dusk purple sky with pine trees and telephone wires in the distance as a flock of birds fly above in a V shape with white italicized text centered on screen that reads ‘know message from stone’

05:19 a small river flows along a partly frozen bank of snow covered rocks with white italicized text centered on screen that reads ‘know message from stone’

05:20 a small river flows along a partly frozen bank of snow covered rocks with white italicized text centered on screen that reads ‘know stomach from fury’

05:23 a small river flows along a partly frozen bank of snow covered rocks with white italicized text centered on screen that reads ‘know olive orchards burning’

05:25 zoomed in miniature pink wildflowers growing amongst grass alongside a cement sidewalk with white italicized text centered on screen that reads ‘know olive orchards burning’

05:26 zoomed in miniature pink wildflowers growing amongst grass alongside a cement sidewalk with white italicized text centered on screen that reads 'know vessel gratitude'

05:30 a zoomed in focus shifts beyond the wildflower petals onto the tendrils growing out onto the concrete of the sidewalk with white italicized text centered on screen that reads 'lay down defiant flesh expanding'

05:36 a zoomed in focus shifts beyond the wildflower petals onto the tendrils growing out onto the concrete of the sidewalk with white italicized text centered on screen that reads 'lay down moon gathering'

05:38 a different zoomed in focus on a set of pinkish purple wildflowers and tendrils growing beyond cement curb with white italicized text centered on screen reads 'lay down hunger prescribed'

05:42 a different zoomed in focus on a set of pinkish purple wildflowers and tendrils growing beyond cement curb with white italicized text centered on screen reads 'leave citrus peel'

05:44 a pine tree stands in the foreground before a glistening pond with a forest of evergreens in the distance with white italicized text centered on screen that reads 'leave pine branch'

05:47 a pine tree stands in the foreground before a glistening pond with a forest of evergreens in the distance with white italicized text centered on screen that reads 'leave creeks singing upstream'

05:51 a wall of cinderblock covered in wild ivy overgrowth and low hanging broken electric wires with white italicized text centered on screen that reads 'liberate bleached air suffocating'

05:53 fields of tall grasses sway in the wind with forests of trees in the background with white italicized text centered on screen that reads 'liberate bleached air suffocating'

05:56 gentle tide pulls reflective water above small-ridged sand below atop an iridescent body of water with with white italicized text centered on screen that reads 'liberate plastic zip ties slicing'

06:00 whirring landscape of corn stalk farm fields passes by below an overcast sky with white italicized text centered on screen that reads 'liberate broken husks'

06:05 whirring landscape of corn stalk farm fields passes by below an overcast sky with white italicized text centered on screen that reads 'liberate barbed wires floodlit'

06:06 towering pines and tall grasses grow beside a flowing river with white italicized text centered on screen that reads 'liberate barbed wires floodlit'

06:11 a slip of white paper with 'memory' written in black text floats on the surface of a shallow body of water as tiny waves move with white italicized text centered on screen that reads 'memory of apple tree'

06:13 a slip of white paper with 'memory' written in black text floats on the surface of a shallow body of water as tiny waves move with white italicized text centered on screen reads 'memorize the anguish'

06:17 zoomed in focus on a white person's upper arm tattoo of cherries and hearts in front of blurred green leaves with white italicized text centered on screen that reads 'memory of dagger reflecting'

06:20 zoomed in focus on a white person's upper arm tattoo of cherries and hearts in front of blurred green leaves with white italicized text centered of screen that reads 'memorize the ripened'

06:23 zoomed in focus on a white person's hand with blue painted nails holding two reddish yellow cherry fruits in the sunshine with white italicized text centered on screen that reads 'memory of untrue fences'

06:26 blue painted nails on a white hand reach for the branch of a cherry tree to pluck the fruit with white italicized text centered on screen that reads 'memorize the riot call'

06:30 zoomed in cluster of reddish yellow cherries growing on a cherry tree branch glowing in the sunlight with white italicized text centered on screen that reads 'move only with feet'

06:32 zoomed in focus on a single reddish yellow cherry and its stem amidst green leaves with white italicized text centered on screen that reads 'move without feet'

06:35 zoomed in focus on a single reddish yellow cherry and its stem amidst green leaves with white italicized text centered on screen that reads 'move without arms'

06:37 a bushel of cherry clusters amongst green leaves high up in the tree shining in the sunlight with with white italicized text centered on screen that reads 'move only with arms'

06:39 blurred tree bearing red cherry fruit on a sandy shore with white italicized text centered on screen that reads 'move only with arms'

06:40 blurred tree bearing red cherry fruit on a sandy shore with white italicized text centered on screen that reads 'move only with eyelids'

06:42 blurred tree bearing red cherry fruit on a sandy shore with white italicized text centered on screen that reads 'move metallic'

06:43 blue sky dotted and wispy white clouds behind backside of traffic light as a small white plane passes in the lower right corner with white italicized text centered on screen that reads 'move metallic'

06:44 blue sky dotted and wispy white clouds behind backside of traffic light as a small white plane passes in the lower right corner with white italicized text centered on screen that reads 'move unforgiving toes'

06:47 blue sky dotted and wispy white clouds behind backside of traffic light as a small white plane passes in the lower right corner with white italicized text centered on screen that reads 'move weightless'

06:50 blue sky dotted and wispy white clouds behind backside of traffic light as a small white plane passes in the lower right corner with white italicized text centered on screen that reads 'move horizons'

06:53 zoomed in focus of a spider web covered in raindroplets weaved between blades of grass with white italicized text centered on screen that reads 'nature of green seedling witness'

06:56 pale yellow wildflowers growing amongst tall grasses with white italicized text centered on screen that reads 'nature of washing angels feet'

06:59 pale yellow wildflowers growing amongst tall grasses with white italicized text centered on screen that reads 'nature of clover sprawling fragrant'

07:00 plastic garbage is strewn across yellow wildflowers and growing weeds with white italicized text centered on screen that reads 'nature of clover sprawling fragrant'

07:03 pale yellow wildflowers growing amongst tall grasses with white italicized text centered on screen that reads 'nature of dark caves hugging'

07:07 pale yellow wildflowers growing amongst tall grasses with white italicized text centered on screen that reads 'nature of oases glistening in sand seas'

07:12 a bright yellow daisy stands tall among wild grasses growing in an asphalt lot with white italicized text centered on screen that reads 'nature of taillights percussing rain'

07:17 zoomed in focus on a different daisy among wild grasses growing in an asphalt lot with white italicized text centered on screen that reads 'only to cry freshwater tears'

07:19 iridescent turquoise clear freshwater laps against a black rockface with white italicized text centered on screen that reads 'only to cry freshwater tears'

07:21 iridescent turquoise clear freshwater laps against a black rockface with white italicized text centered on screen that reads 'only to bite into ground onions'

07:25 white metal exterior of boat in foreground as small streaks of pinkish red sunrise begin in the sky above a calm dark water with white italicized text centered on screen that reads 'only to make it home before sunrise'

07:29 silhouettes of large rocky sea stacks and pine trees atop against a burnt orange sunset behind waves lapping on the shoreline with white italicized text centered on screen that reads 'only to tangle hair with spruce needles'

07:34 deep blue river water rushes with greenish white foam between frozen ice as snow flakes fall with white italicized text centered on screen that reads 'only to pave over red rock roads'

07:39 light orange and blue sunrise clouds reflect on an expansive and calm moving water with white italicized text centered on screen that reads 'only to snake steel under glacial waters'

07:44 moving landscape of vibrant light green grasses in the foreground of pine forests with white italicized text centered on screen that reads 'only to emerge suncharred'

07:47 a pink cosmos with a yellow center grows in the small rocks of an old cement curb with white italicized text centered on screen that reads 'only to emerge suncharred'

07:50 zoomed in groundlevel focus on tiny bumblebees pollinating many small purple clover flowers with white italicized text centered on screen that reads 'power in beehives'

07:53 zoomed in groundlevel focus on tiny bumblebees pollinating many small purple clover flowers with white italicized text centered on screen that reads 'power in arteries'

07:54 tall green trees border a rushing shallow river and large boulders with white italicized text centered on screen that reads 'power in arteries'

07:55 tall green trees border a rushing shallow river and large boulders with white italicized text centered on screen that reads 'power in river bending boulders'

07:58 zoomed in groundlevel focus on tiny bumblebees pollinating many small purple clover flowers with white italicized text centered on screen that reads 'power in blood soaked gauze threads'

08:02 clear cloudless blue evening sky with nearly full moon above a silhouetted large treetop with white italicized text centered on screen that reads 'power in matriarchs storming forests'

08:06 clear cloudless blue evening sky with nearly full moon above a silhouetted large treetop with white italicized text centered on screen that reads 'power in ocean tide'

08:07 dark blue ocean waves spray white mist on a dark rocky shore along the horizon of blue sky and tall gray rocky sea stacks with white italicized text centered on screen that reads 'power in ocean tide'

08:10 dark blue ocean waves spray white mist on a dark rocky shore along the horizon of blue sky and tall gray rocky sea stacks with white italicized text centered on screen that reads 'protect highway wildflowers blooming blue'

08:11 zoomed in pinkish orange and purple clouds illuminated at sunset with white italicized text centered on screen that reads 'protect highway wildflowers blooming blue'

08:14 zoomed in pinkish orange and purple clouds illuminated at sunset with white italicized text centered on screen that reads 'protect rabbit footprints frozen midwinter'

08:15 shimmering flowing clear water reflects rainbows in the sunlight with white italicized text centered on screen that reads 'protect rabbit footprints frozen midwinter'

08:19 zoomed in focus on tall wild grasses beside purple clover flowers where a small blue dragonfly pauses on a stem with white italicized text centered on screen that reads 'quiet stones for lament'

08:23 zoomed in focus on tall wild grasses beside purple clover flowers where a small blue dragonfly pauses on a stem with white italicized text centered on screen that reads 'quiet canyon ridges silvering'

08:24 tree leaves blow in the wind against a blue sky and white clouds with white italicized text centered on screen that reads 'quiet canyon ridges silvering'

08:27 zoomed in focus on tall wild grasses where a small blue dragonfly pauses on a stem with white italicized text centered on screen that reads 'quiet emerald oaks canopying'

08:30 zoomed in focus on tall wild grasses where a small blue dragonfly pauses on a stem before flying away with white italicized text centered on screen that reads 'release feet from floor'

08:32 pale pink flowering milkweeds sway in the wind in a beige and green grassy field with white italicized text centered on screen that reads 'release feet from floor'

08:34 pale pink flowering milkweeds sway in the wind in a beige and green grassy field with white italicized text centered on screen that reads 'release ribbon to river'

08:36 pale pink flowering milkweeds sway in the wind in a beige and green grassy field with white italicized text centered on screen that reads 'release ribbon to river'

08:37 tall wild grasses sway in the foreground of a dark cloudline at sunset with white italicized text centered on screen that reads 'release song from lips'

08:40 dark cloud covers a soft yellow sunset while tall grasses sway in the wind. with white italicized text centered on screen that reads 'resist with stones'

08:42 red industrial cargo boat passes in the river with white letters that read 'canada steamship' as a person in a blue shirt watches it pass with white italicized text centered on screen that reads 'resist with words'

08:45 red industrial cargo boat passes in the river with white letters that read 'canada steamship' as a person in a blue shirt watches it pass with white italicized text centered on screen that reads 'resist with sailboats'

08:48 red industrial cargo boat passes in the river with white letters that read 'canada steamship' in the background behind green leaves and vines with white italicized text centered on screen that reads 'resist with kites soaring'

08:53 zoomed in focus on a small green and yellow caterpillar climbing green herb sprouts with white italicized text centered on screen that reads ‘shape of wispy dandelion ghosts’

08:57 bright orange monarch butterfly flutters around milkweed plants on a river bank with white italicized text centered on screen that reads ‘shape of arm veins’

08:59 a monarch butterfly flutters around the ground and grasses beside with white italicized text centered on screen that reads ‘shape of tree roots’

09:03 tall dried dandelions and blooming white daisies in a field with silos on the horizon move in the breeze with white italicized text centered on screen that reads ‘survive the din’

09:05 tall dried dandelions and blooming white daisies in a field with silos on the horizon move in the breeze with white italicized text centered on screen that reads ‘survive the holy’

09:08 blue summer sky and white clouds above pine trees surrounding a small lake with white italicized text centered on screen that reads ‘survive mother’s warmth’

09:12 zoomed in focus of yellowish orange buds on a wildflower with white italicized text centered on screen that reads ‘survive dawn’

09:13 purple wildflowers surround an electrical box while a person’s shadow walking is cast onto the metal exterior in golden hour light with white italicized text centered on screen that reads ‘survive harmonies orbiting’

09:18 yellow wildflowers and grasses growing through cracks in a cement parking lot with white italicized text centered on screen that reads ‘try as in uncut grass’

09:21 purple wildflowers surround an electrical box while a person’s shadow is cast onto the metal exterior in golden hour light with white italicized text centered on screen that reads ‘try as in rocks unmined’

09:21 purple wildflowers surround an electrical box while a person’s shadow moving their leg outward is cast onto the metal exterior in golden hour light with white italicized text centered on screen that reads ‘try as in icicle water’

09:28 purple wildflowers surround an electrical box while the shadow of a person’s outstretched arms are cast onto the box with white italicized text centered on screen that reads ‘true the long shadows’

09:31 zoomed in close up of yellow wildflowers growing through the ground of a parking lot with white italicized text centered on screen that reads ‘true the new leaf’

09:33 zoomed in close up of yellow wildflowers growing through the ground of a parking lot with white italicized text centered on screen that reads ‘true the mountain silence’

09:34 ground level view of roadside wildflowers at dusk as cars drive by in the background with white italicized text centered on screen that reads ‘true the mountain silence’

09:36 ground level view of roadside wildflowers at dusk as cars drive by in the background with white italicized text centered on screen that reads ‘true the river pebbles’

09:39 ground level view of roadside wildflowers at dusk as cars drive by in the background with white italicized text centered on screen that reads ‘true the prophet’

09:41 pinkish white sunset clouds in a blue sky behind the top of an illuminated parking lot lamppost with white italicized text centered on screen that reads ‘true the fireflies’

09:43 pinkish white sunset clouds in a blue sky behind the top of an illuminated parking lot lamppost with white italicized text centered on screen that reads ‘true the poem sprouts’

09:47 pinkish white sunset clouds in a blue sky behind the top of an illuminated parking lot lamppost with white italicized text centered on screen that reads ‘understand the night was a child’

09:48 purple sunset sky behind electrical wires where a bird is perched before flying out of frame with white italicized text centered on screen that reads ‘understanding the night was a child’

09:50 white wildflowers and green grasses sway in the breeze alongside rusted railroad tracks with white italicized text centered on screen that reads ‘understand the gilded stream flowed’

09:50 white wildflowers and green grasses sway in the breeze alongside rusted railroad tracks with white italicized text centered on screen that reads ‘understand the orange trees blossomed’

09:54 greyish blue waves make white crests on a shore of rocks and short grasses beneath a cloudy sky and a long bridge in the distance with white italicized text centered on screen that reads ‘understand the orange trees blossomed’

09:58 greyish blue waves make white crests on a shore of rocks and short grasses beneath a cloudy sky and a long bridge in the distance with white italicized text centered on screen that reads ‘understand the cedars young’

10:01 a narrow vibrant rainbow moves in blue sky above green tree tops and electric poles or wires with white italicized text centered on screen that reads ‘understand the wind drifts answering’

10:05 rusted metal scrap hangs on a metal bar attached to broken concrete beside a flowing blue river with white italicized text centered on screen that reads ‘visualize a ground never torn’

10:10 orange and gray and black and dark green pebbles shine below clear freshwater lapping with white italicized text centered on screen that reads ‘visualize a midnight color’

10:14 orange and gray and black and dark green pebbles shine below clear freshwater lapping with white italicized text centered on screen that reads ‘visualize a harvest of good’

10:17 translucent water laps against a split orange brick covered in dark green moss and brown twigs with white italicized text centered on screen that reads ‘visualize an everflowing creek’

10:21 translucent water laps against a split orange brick covered in dark green moss and brown twigs with white italicized text centered on screen that reads ‘visualize ropes unbound’

10:22 cracked concrete walls covered in faded red and black graffiti with the text ‘jesus was palestinian’ beside a flowing river with white italicized text centered on screen that reads ‘visualize ropes unbound’

10:26 cracked concrete walls covered in faded red and black graffiti with the text ‘jesus was palestinian’ beside a flowing river with white italicized text centered on screen that reads ‘wait for propagations’ roots’

10:29 a sandy shore with turquoise water below a sunny blue sky and white clouds beyond the trees with white italicized text centered on screen that reads ‘wish for music of blessed return’

10:34 orange cosmo flowers and white wildflowers grow beside a steel guardrail with white italicized text centered on screen that reads ‘weave fatigue with new petals’

10:37 blurred orange cosmo flowers and white wildflowers in the foreground of cracked sidewalk with white italicized text centered on screen that reads ‘x the soil with collected seeds’

10:41 zoomed in focus on orange and white flowers with white italicized text centered on screen that reads “x the body with collected words’

10:45 tall grasses and wild flowers growing as a child passes on a bicycle in the background with white italicized text centered on screen that reads ‘yes, there will be wound tending’

10:47 zoomed in ticket on beige paper with black text issued by City for ‘overgrown grass’ with white italicized text centered on screen that reads ‘yes there will be wound tending’

10:49 zoomed in ticket on beige paper with black text issued by City for ‘overgrown grass’ with white italicized text centered on screen that reads ‘yes there will be grief alleyways’

10:51 yellow daisies and white wildflowers grow in concrete slabs alongside a river with white italicized text centered on screen that reads ‘yes there will be grief alleyways’

10:54 yellow daisies and white wildflowers grow in concrete slabs alongside a river with white italicized text centered on screen that reads ‘yes there will be termite trails crisscrossing’

10:56 a white arm with a pine tree tattoo leaning on a rock under lapping water with white italicized text centered on screen that reads ‘yes there will be termite trails crisscrossing’

10:59 a white arm with a pine tree tattoo leaning on a rock under lapping water with white italicized text centered on screen that reads ‘yes there will be searing rage’

11:01 a red ladybug rests on a wildflower stem swaying in the air with white italicized text centered on screen that reads ‘yes there will be searing rage’

11:04 a red ladybug rests on a wildflower stem swaying in the air with white italicized text centered on screen that reads ‘zoom in on landscape’

11:05 zoomed in waterside wildflowers beside a pond covered in lily pads with white italicized text centered on screen that reads ‘zoom in on sanctuary’

11:10 a red ladybug rests on a wildflower stem swaying in the air with white italicized text centered on screen that reads ‘zoom in on morning’s resolve’

11:17 white text centered on solid black background that reads ‘the videos seen in this film were documented by the poet themselves, wherever their body could reach - ’

11:23 white text centered on solid black background that reads ‘footage was captured in three different modes of video – 2023 Canon EOS R50, 2008 Canon Powershot & iPhone 13+’