

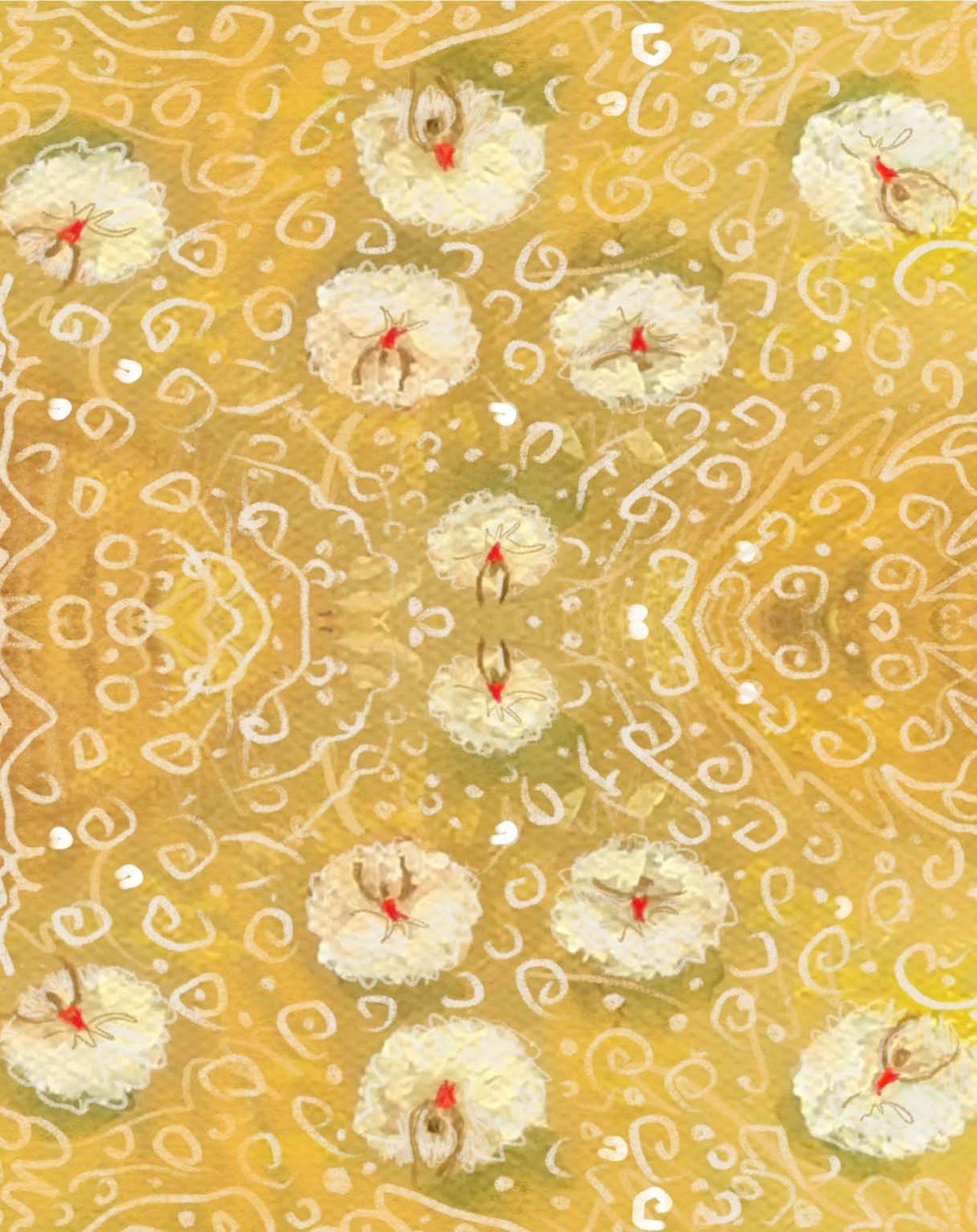
Lalleshwari

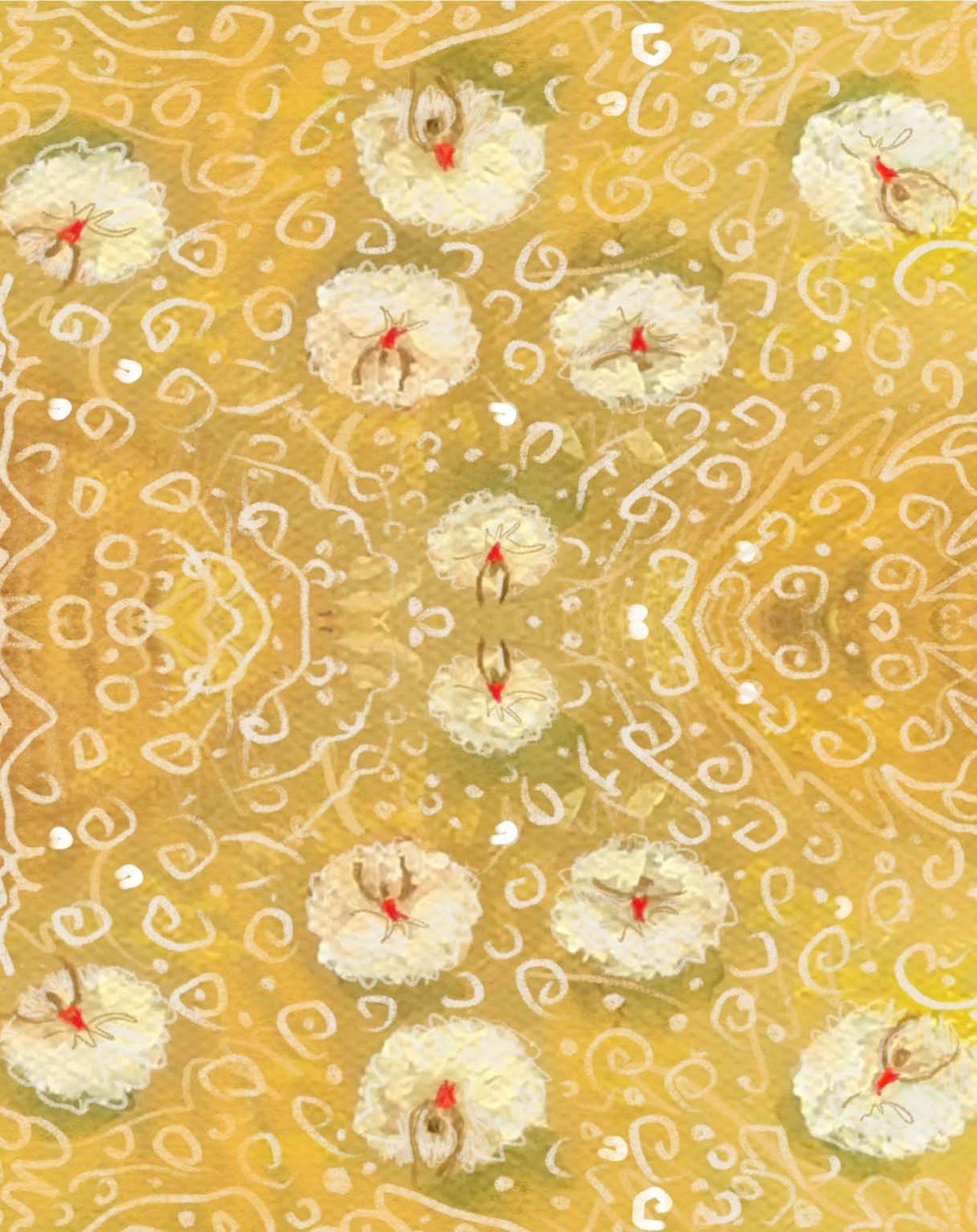
and the shadow king



from Linda Carter Holman











Lalleshwari

& the shadow king

Lalleshwari falls prey
to the shadow king
in a circle dance
along the way
and is rescued by Rope
from darkness into the light.

A narrative dance discribed with illustrated verse
from Linda Carter Holman

Lalleshwari
and the shadow king
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Linda Carter Holman

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*"This being human is a guest house.
Every morning a new arrival.
Everyday, too, at every moment a different thought comes,
like an honoured guest, into your bosom.
A joy, a depression, a meanness, some momentary awareness
comes as an unexpected visitor.
Welcome and entertain them all —"*

*Rumi
(13th c. Sufi mystic and poet)*

My aim in putting this little book together
is to share an observation.

Playing the part of the housekeeper
one day, years ago,
I found myself
emotionally up and down
all the while
dusting, sweeping, rearranging.

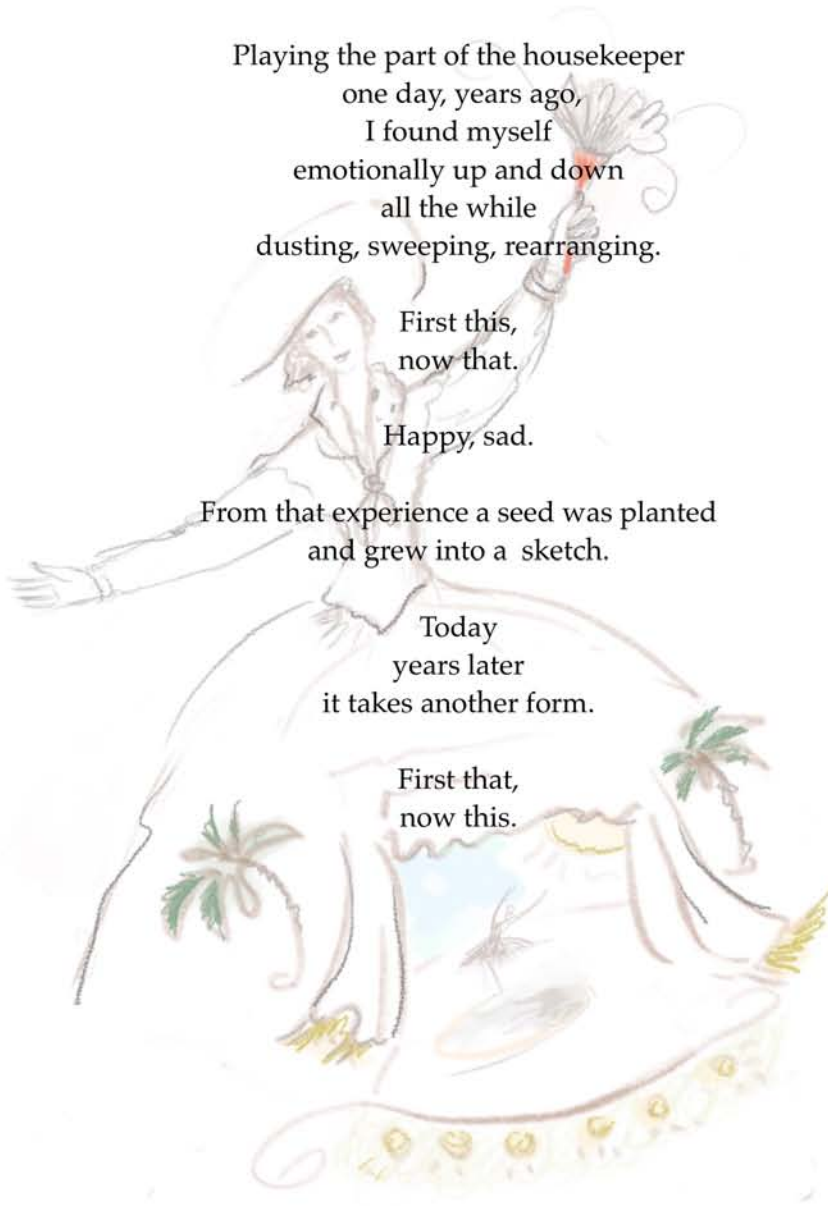
First this,
now that.

Happy, sad.

From that experience a seed was planted
and grew into a sketch.

Today
years later
it takes another form.

First that,
now this.





Lalleshwari Face to Meet the Sun

The sun rose and set
a world of this and that.
Lalleshwari entered,
and began the dance.

The shadow king
within the well of doom
soon whispered his sweet
honeyed gloom.

Round an' around black circle's edge,
deep and dark.
Yet above how the stars did shine,
bright down on slumberland.

On that blackest night
how the stars shown bright
down on slumberland.

Lalleshwari

All the day
back and forth
with whirling sway.
Back and forth.

On circles edge
round and round.
On circles edge
on and on.

Up and down
in and out.
Deeper, deeper,
dark.





*"The best things have come from madness
when it is given as a gift from god."*

Plato, Phaedo

Setting the Stage



Stars and planets, sun and moon
suspended from on high.
Set for dancers passing days.
A circle journey 'long the way.

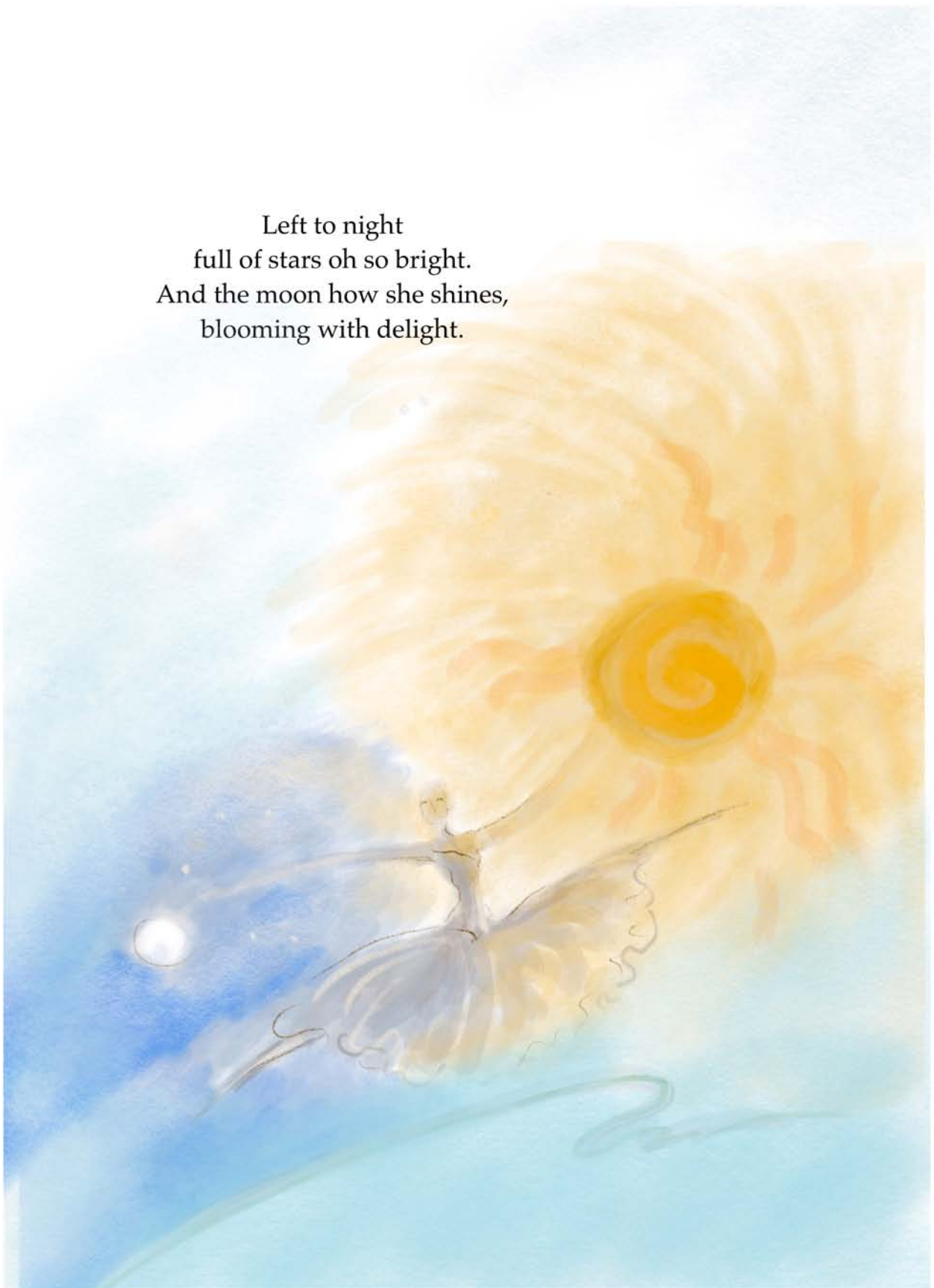
Why or why not are we so
caught up in such drama?
Snared and tangled
in a shadow's web!



*"Do not go but stay and hear what wisdom says
of this very life which with such inexplicable
gaiety unfolds before our eyes."*

Sappho

Left to night
full of stars oh so bright.
And the moon how she shines,
blooming with delight.





*"Above the cloud with its shadow
is a star with its light."*

Pythagoras

the shadow king

From the pit
shrouding truth with lies
he conjures blackest clouds,
to dam the sacred sky.





"We are mighty robber kings, benevolent lords of the mountain. Since you don't know our names, I'll tell them to you: Eye-seeing Happiness, Ear-hearing Anger, Nose smelling Love, Tongue-tasting Thought, Mind-born Desire, and Body-based Sorrow."

Journey to the West, 16th c. Chinese novel I

Lalleshwari
lost in dreams.
Couds burst
and tears fell.



Again and again
without hope.
Day tonight,
night today.



*"I am neither living nor dead
and cry from the narrow in between."*

Sappho



Oh bright spot,
light the way home.
Lift and fly me
back.



*"Upon this path my guide and I now trod,
to seek again the world of light."*

Dante

Spinning on
happy sad,
this that,



me you.
Now and then,
round and round.
Back and forth.



*"God turns you from one feeling to another
and teaches by means of opposites,
so that you will have two wings to fly, not one."*

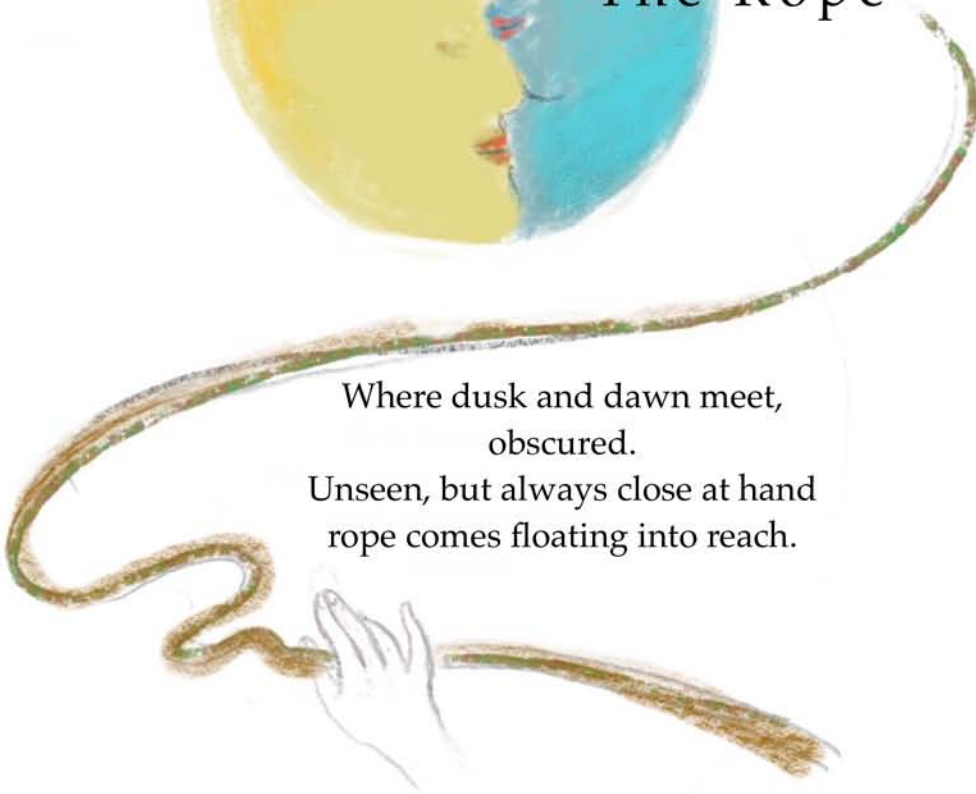
Rumi



The Rope

Where dusk and dawn meet,
obscured.

Unseen, but always close at hand
rope comes floating into reach.





*"Our revels now are ended. These our actors,
as I for told you, were all spirits and are melted into air,
into thin air."*

William Shakespeare, The Tempest



Opened eyed, hand outstretched.
Lalleshwari takes hold
and is lifted from the shadows.
Into the light of day.



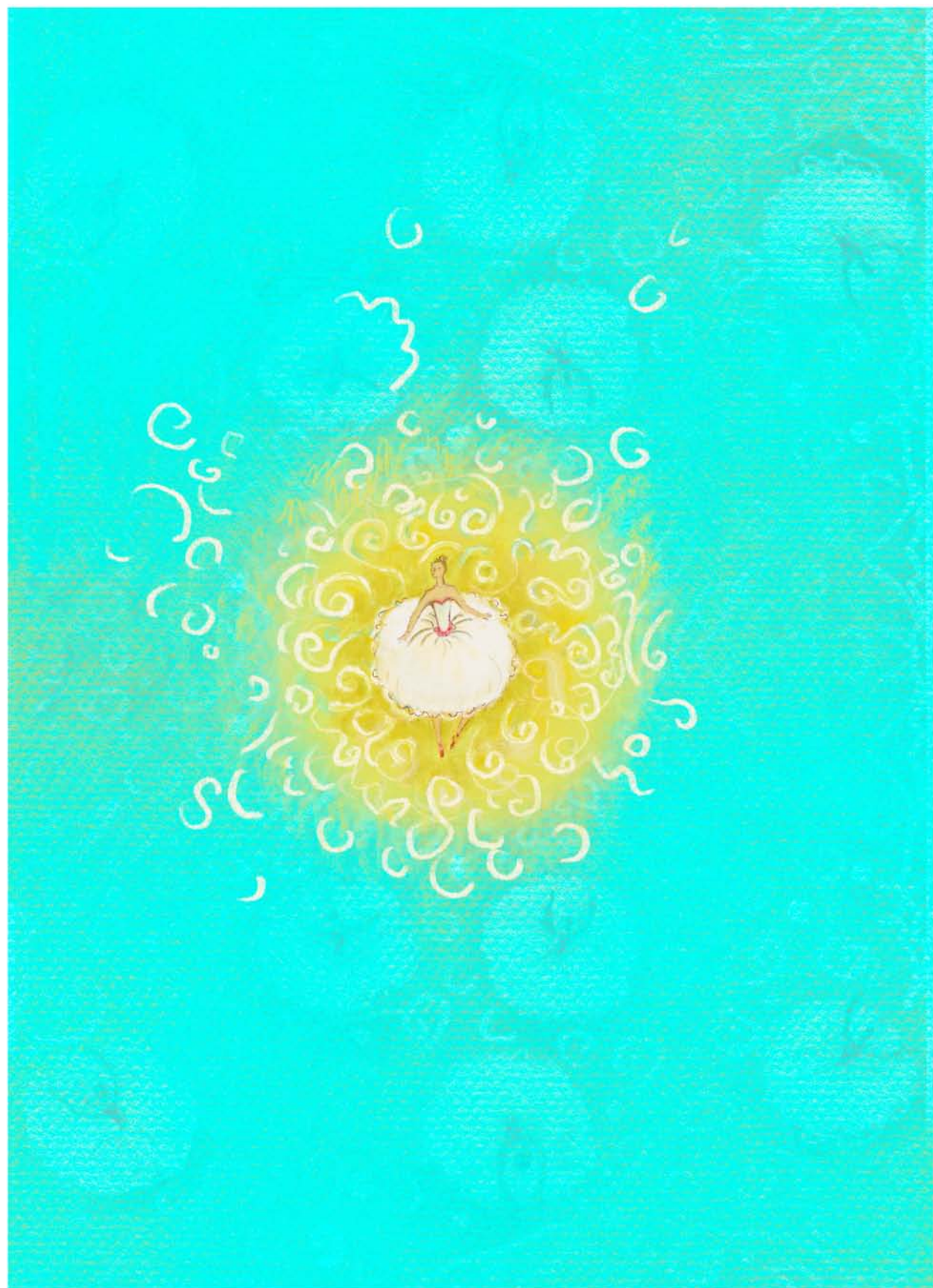
"We are grasped by what we cannot grasp."

Rainer Maria Rilke

Timeless space at circles edge,
oh, dream within a dream.
Pass through the secret door.
Go round no more.







*"We existed ever before and will exist
forever.
We permeate all, did so earlier and will
continue prevailing all, forever.
The immortal soul shuttles between life
and death, the sun ceases not rising and
setting;
nor is it destroyed.
Shiva ceases not coming and going."*

Lalla - Laleshari

Lalla Ded (Lalleshwari)
(1320-1392) was a mystic of
the Kashmiri Shaivite sect.
She wrote many devotional and
mystic poems, expressing her
longing for the Divine.

*"I've been unchained from the wheel of
birth and death."*

*Lalleshwari
translated by Andrew Schelling*



Notes to Self

Don't settle out of fear.

Overcoming "good enough" takes courage.

Trust your inner voice.

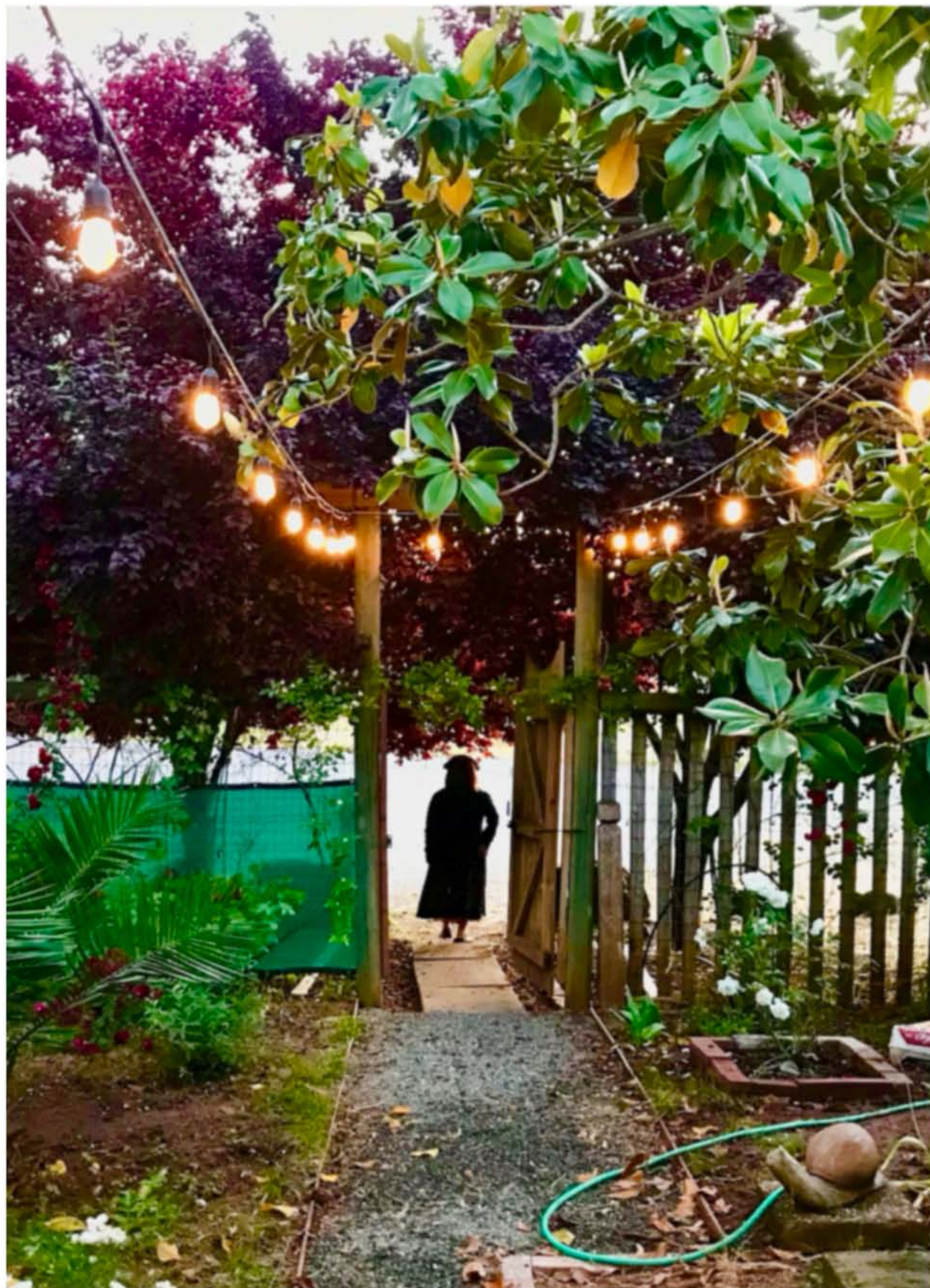
Let persistence be your guide.

The fun is in the journey.

The creation of art,
in all its diverse forms
allows each one of us
to sing the song anew.

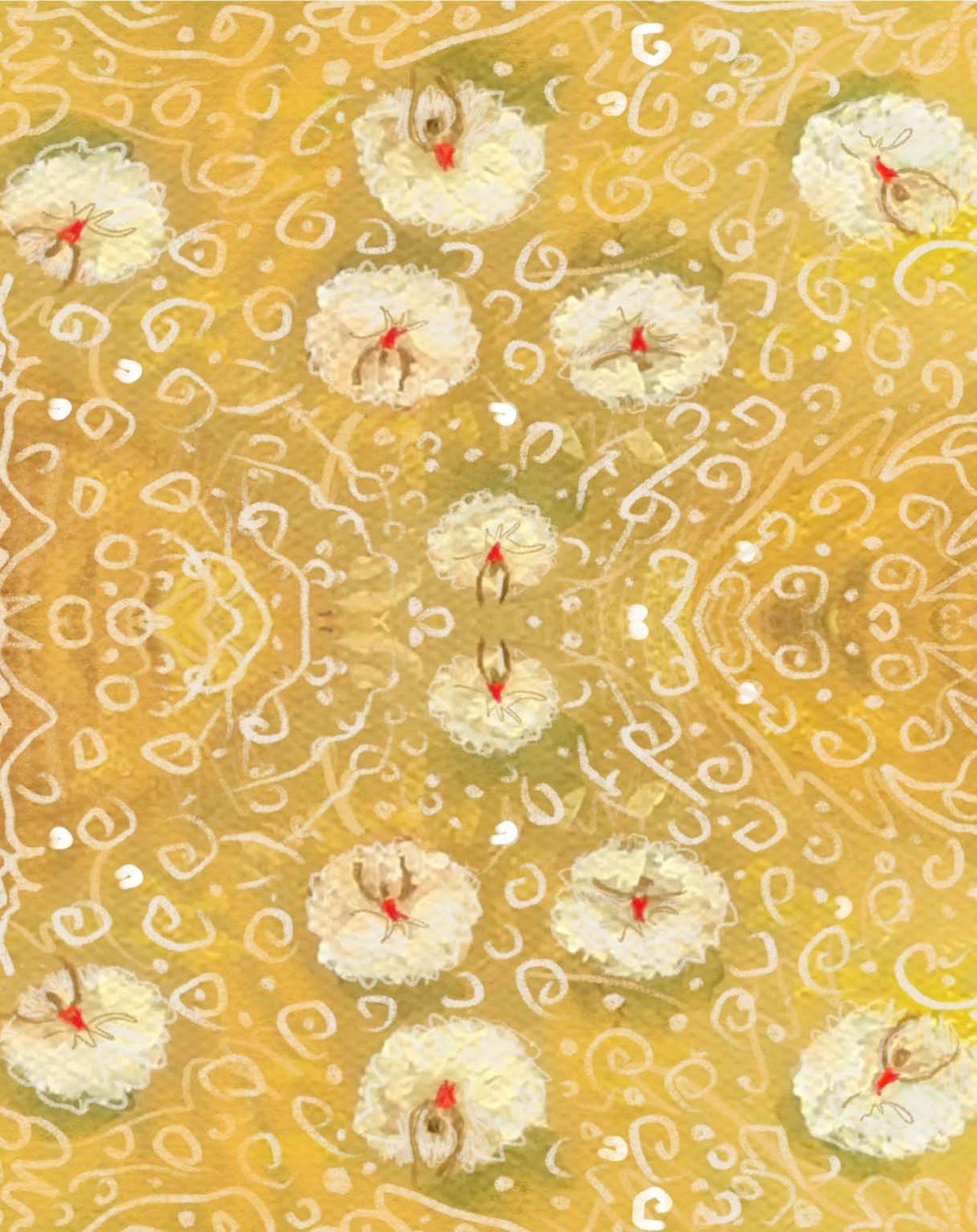


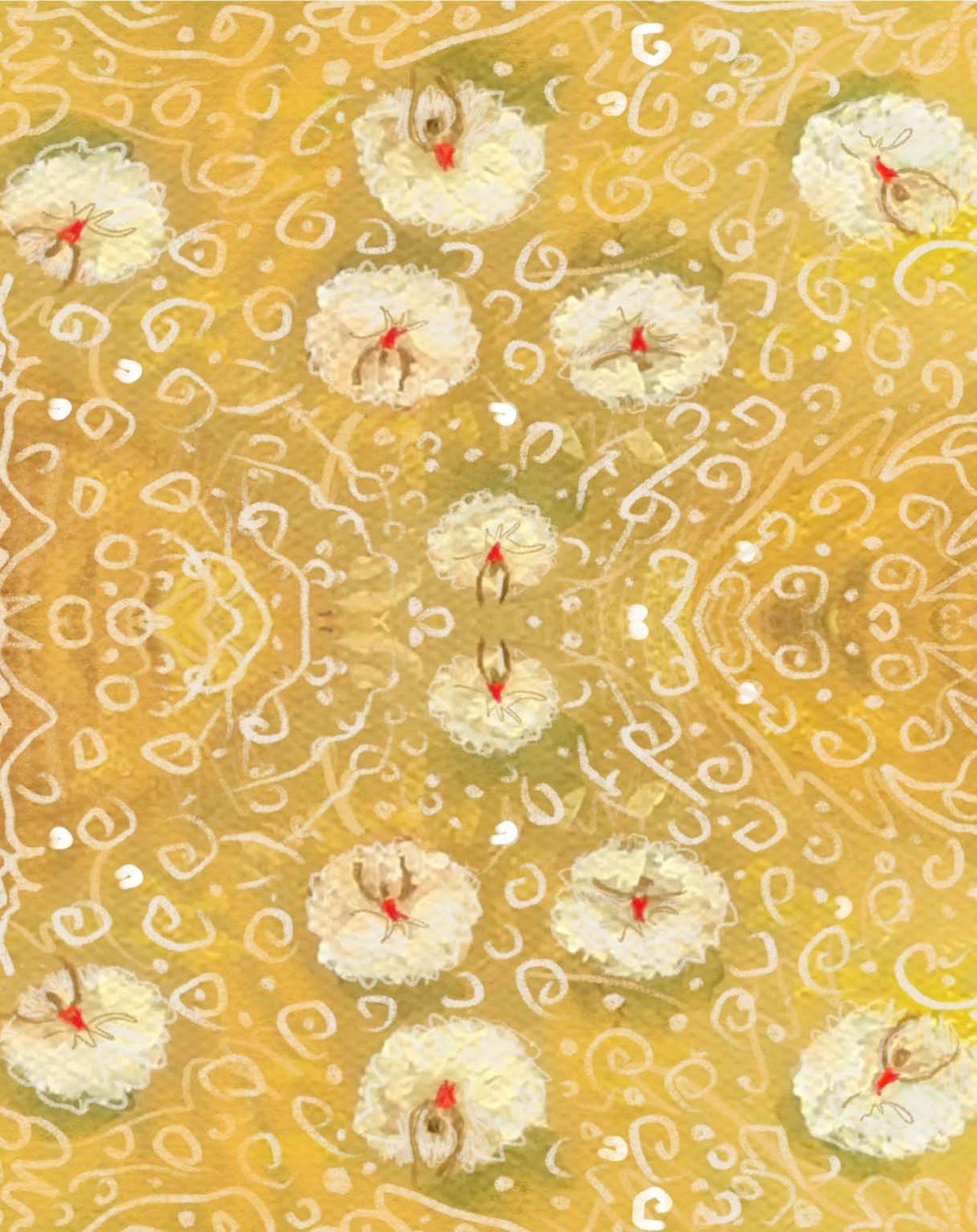
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*"This whole creation is essentially
subjective, and the dream is the theater
where the dreamer is at once:
scene, actor, prompter, stage manager,
author, audience, and critic."*

Carl Jung







Lalleshwari
discovers the shadow king
in a circle dance along the way
out of darkness to the light.



*"The lantern of the world
approaches mortals
by various paths." Dante*