

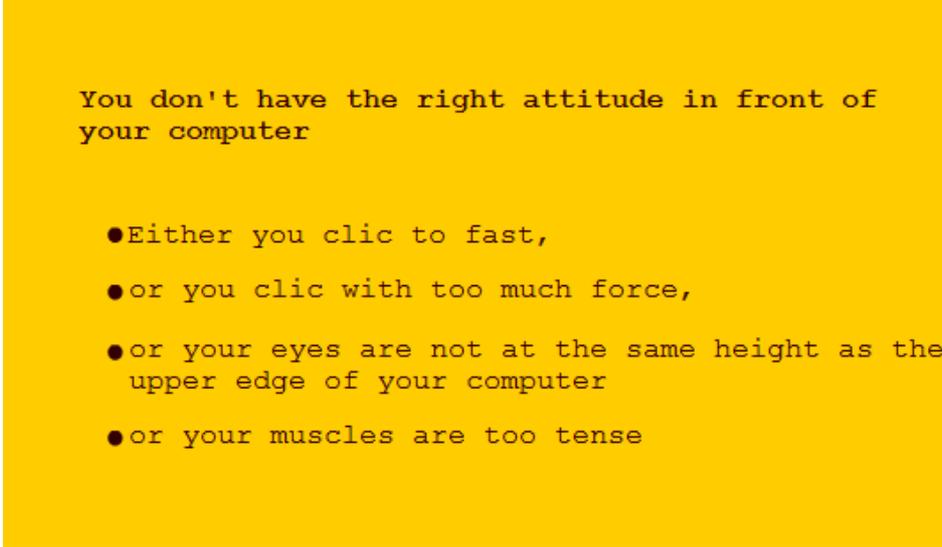
Separation Poem Documentation of Separation after discontinuation of the Flash plugin April 2021.

Originally it was an interactif Flashpoem called **separation/séparation** bram.org/separation by Annie Abrahams, co-production Panoplie.org, 2002 2003, Programmation William Pezet.

You can see Annie Abrahams performing this work at “A Toast to the Flash Generation,” hosted by Dene Grigar of the Electronic Literature Lab at Washington State University Vancouver and the Electronic Literature Organization (31/12/2020) in this video. <https://vimeo.com/496282798>

At the beginning you were confronted with an empty screen. By clicking on it you could reveal the poem one letter a time in a slow pace. Every now and then the poem would be interrupted with an exercise that you had to execute for a certain amount of time – no interaction with the computer was possible during.

Alerts might pop up any time you clicked too fast - the computer recognized the number of clics per minute - no interaction possible for 12 sec, then you could try again)



You don't have the right attitude in front of
your computer

- Either you clic to fast,
- or you clic with too much force,
- or your eyes are not at the same height as the
upper edge of your computer
- or your muscles are too tense

Separation Poem

Lonely soul,
not knowing how to differntiate between you and me,
you don't feel my pain

Show the pain

Open mouth and lips as wide as possible, simultaneously raising your eyebrows as high as possible. Hold for count of 5 and repeat a few times.



30 sec.

Your body became mine
you are interesting
involving
absorbing
demanding

Shrug the shoulders

Standing or sitting drop your hands loosely at your sides. Shrug your shoulders up then let them relax down as far as possible. Repeat several times. This exercise helps to counter our normal tendency to hunch our shoulders when working.



30 sec.

We are exchanging constructing, developing
to-get-her, fusion, adaptation
Your body became mine,
but mine, mine
muscles, nerves
overused, abused, neglected

You don't feel my pain,

Rest

Rest elbows on the thighs.
Let hands hang loosely.
Relax shoulders, close
your eyes and breathe
deeply. Stay relaxed for
3-4 breaths.



20 sec.

The image shows a person sitting on a chair, leaning forward with their head resting on their hand and their elbow on their thigh. The background is a solid yellow color. A red progress bar is at the bottom, with a white segment on the right side.

and I, I forget about them - absorbed in you
My body starts hating you
 your limited ways of receiving input
 your imposing way of need
You don't caress,

Caress your back

Put one arm behind your head
with the palm touching your
back. Hold onto your elbow
with the other hand and
gently pull across and down.
Go to the point where you
feel a stretch in your
shoulder and upper arm and
hold this position. Repeat
both sides several times.



60 sec.

The image shows a person's back and shoulder. One hand is behind the head, and the other hand is pulling the elbow across the back. The background is a solid yellow color. A red progress bar is at the bottom, with a white segment on the right side.

you are speed
you never need a break
and when you are down
it's me who has to repair you

you won't repair me
I have to leave you
I need desintoxication
I must fight

Take courage

Stand up and clasp your hands behind your back. Move your shoulders back and down as far as possible. Hint: Try and pull your shoulders down and in towards your spine. Hold for 10 counts. Repeat several times.



30sec.

I need to cherish,
take care off pay attention to all the parts of me you don't recognise
From now on I will use you
and I won't let you take me over again

Pray the sky

Lean right back in your chair looking towards the ceiling. Drop your arms at your sides and rotate them outwards, palms facing up, thumbs out. Feel a stretch across your chest and shoulders. Breathe in, and then exhale and relax into the second position with shoulders dropped, eyes closed and arms hanging loosely. Remain relaxed until micropause is over (5-10 secs).



40 sec.

How to relax a computer ?
How to massage a computer ?

And with another click it starts all over again.