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www.nordiska.dk - info@nordiska.dk

I R U N

by Line Mørkeby

translated by Kim Dambæk

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DAY 0

Eternal weightless love till the end of time
I repeat
Eternal weightless love till the end of time
Eternal
Weightless
Love
I whisper your name
Ellen
I cry it to the heavens
Let her name colour you
Show me a rainbow over the Rigshospital
Give me a sign she's arrived safely
That she is somewhere
That she is
Now that she's no longer here
The Rigshospital
I'm getting out of here
With the little that remains of her
A porter clicks off the brake on the hospital bed
And turns down the corridor to the lifts
The sheet
Clean
White
Crisp
The sheet
It's my last glimpse of her
I'm getting out of here
The porter shoves a key into a slot making the next
lift stop
He stands waiting for a while, with Ellen
It's my last glimpse of her

He rolls her into the lift
It's my last glimpse of her
He stands next to her, for an instant, before the doors shut
It's my last glimpse of her
It feels like an eternity
It's my last glimpse of her
The porter shoves a key into a small box in the lift
So it goes directly down to the basement
So it doesn't make any stops
So people visiting maternity wards
Don't accidentally meet Ellen
Under the sheet
In the lift
On the way down
To a basement below the Rigshospital
The doors shut
That
Is my last glimpse of her
I'm getting out of here

DAY 0, PLUS 1 HOUR

It's an hour since we left the Rigshospital
Ellen's Mum, Ellen's younger sister and I
The 3 of us
Ellen is lying in a refrigerated room
Her belongings in a box
I
Carry that box
Ellen's Mum can't carry that box
The final drawings
A Sleeping Beauty film
Her clothes

Her clothes
It's an hour since the porter rolled her away
It's the first hour after the last hour
It's an hour after for the very last time
It's the first hour of eternity
I ought to sit down, indifferently
I ought to scream
I ought to cry
I ought to throw something and smash something
I ought to vanish with my vanished child
But I'm still here
I want to get out
Up
Who are you?
You, with my Ellen
Where are you?
I'm crying out to you
Let her name colour you
So I might see you
I will find you
You, carrying my eternal weightless love
The soul of my soul
In your arms
Out and up
Grant my legs the will
To place one foot in front of the other
Place one foot in front of the other
And the other in front of the one
One in front of the other
The other in front of the one
Again
One in front of the other

The other in front of the one
Again and again
A little faster
Until I'm running
Towards Langelinie. Kastellet. The fortress. Onto the ramparts.
And around
Another round
Another go
faster
And then
Then!
I feel light
I start to soar
Not a lot
Just a little
Kastellet is like a pentagonal air shaft through which I
inhale
A fortress
I mount it with my feet
I conquer it with my legs
I master it with my feet
Faster
And faster
My feet
Lift off the ground
Glide for an instant
Only to land once more
Repeat
Repeat, repeat, repeat
Eternally
The glide
A fraction of a second

None of my feet touch the ground simultaneously

I loose control of the ground

The longer I loose ground control

The longer I glide

Fractions

Become seconds

Become minutes

I count them

Add them

I land

I soar again

And every time I soar

I glide

Towards Ellen

The longer I can fly

The closer

I can come

To Ellen

Fly

Land

Fly

Land

Fly

Land

Fly

Land

Fly

Land

Fly

Land

Fly

Land

There's a magnetic gravitational pull between my trainers and
the innermost centre of the Earth

Today I can't soar

It's heavy on Earth

My legs have locked themselves tight

My feet are nailed down

My brain has only one choice

- *Ellen?*

* *Hi Dad*

- *How are you?*

* *I'm fine*

- *Are you?*

* *Amazing*

- *Is it beautiful?*

* *It's SO beautiful. You can look forward to it. Try closing your eyes*

- *But then I can't see anything*

* *Yes you can*

- *What can I see?*

* *The rainbow. It shines so bright it's good your eyes are closed*

- *Yes. I see it. Shall I follow it?*

* *Do you really see it, or are you just pretending?*

- *I really see it*

* *Then follow it with your eyes*

- *Right ...*

* *What do you see?*

- *I see the light. Like when you danced in Pippiland.*

* *Like ...*

- *Rusky Lionheart ...*

* *Are you afraid?*

- *No ... yes, I'm afraid! But I'll do it anyway, Jonathan, I'll do it now ... now ... and I won't ever be afraid again. Never be af ... Oh, Nangilima! Yes Jonathan, I see the light! I see the light! I really do see it Ellen*

** Do you?*

- Yes

** Are you crying?*

- *I'm howling*

** It's not that sad, really*

- Yes it is, Ellen

Ellen?

We're connected

Right Ellen?

Our souls are connected

Right Ellen?

Our souls are connected by these gravel paths

Right now

These gravel paths are threads connecting me to you

Right Ellen?

Ellen?

DAY PLUS 2

Ellen's Mum?

Ellen's Mum

I unlock the door to the flat

Ellen's Mum sits on the windowsill in the living room

She's holding onto the box with Ellen's things

She stares at Ellen's drawing

The one of the balloon

Doesn't look up

When I enter

Is so immobile

Ellen's heart

Lay in Ellen's Mum's body

My breathing fills the room

With the sound of life

But I can't breathe for her as well

So I sidestep

Away from the walls

Leave her

Wide open

Shut the door behind me

Down onto the street

Switch on my pulse (watch)

And the next day becomes two days later becomes 3 days later becomes 4 days later
becomes

DAY PLUS 5

Flowers

A bouquet

I sidestep

A gravel path

A newly pruned hedge

More flowers

A whitewashed wall

A face

I sidestep

Another bouquet

A face

A granddad

A hymnbook

A pastor

I sidestep

A church pew

An altar

I sidestep

A coffin

A coffin

A coffin
Locks me to the ground
I can't soar
A gravestone
My legs
Are nailed to the ground
I tug at my legs
To get them free
But fall
I rise
Tug
Fall
Rise
Tug
Fall
Rise
Tug hard
Tug my feet free
Of nails
Shred my feet
Open
The glide
The speed
The breath
The soar
The speed
The breath
It's own small rhythm
it's own symphony
It's own creation
It
Never ends

Ellen
In the coffin
Driven away
That
Is my last glimpse of her
Ellen in the coffin
The coffin
The coffin
Is my last
Glimpse
Of her

DAY MINUS 801

Ellen dances
Bum dance
Ellen's younger sister lies on a rug
Ellen dances
Naked
Round about the flat
She's just had a bath
Her hair's newly combed
Her cheeks are flushed
She dances
Careless
Free
Bum dance
Dum dum gong dum dum gong
Bum dance
Dances
Sings
Dum dum gong dum dum gong
Wiggles her bum

Careless
Carelessly free
We just observe
Ellen's Mum and I
Dum dum gong dum dum gong

DAY PLUS 6

The day after the funeral, I meet the Poet
The Poet runs up alongside me
The Poet runs in FiveFingers
His long hair hanging loose
Shades, so I can't see where he's looking
In a neon green sweat suit
Pink headband
He's strong though he doesn't look strong
We're the same age
We don't know anything about each other
Both just run
He lays a hand on me and says
Just want you to know that
I'm aware of what's happened to your daughter
What you and her Mum and her younger sister are going through
Just want you to know that ...
I can't begin to imagine your pain
But I feel for you
And if I could carry some of your pain, I would
We run together for a while
Gong gong
Gong gong
Dum dum
Dum dum gong
Dum dum gong gong

Dum dum gong dum dum gong gong dum dum gong dum dum gong gong dum dum
gong dum dum gong gong dum dum gong dum dum gong gong dum dum gong dum
dum gong gong

I understand what he sees

He sees

Me running fast

He sees

Me bearing it on my own

He sees

Himself lagging behind

He sees

There's a way

I haven't seen myself

He sees that

I sense it

DAY PLUS 11

The churchyard

Ellen's gravestone

She felt life bubbling inside her

Is written on the gravestone

Try to lift it

And run off with it

Give up

Place it down

Start again

Lift it

Place it

Start again

Lift it

Up

Run with it through town

Past the Fælledpark
The Rigshospital
The ponds
Past all the black
And to where
I am no longer bound to the ground
Now the gravestone becomes light
I can carry it
It lifts off the ground and glides with me
The skull splits
The headband snaps
The head opens up
The brain pours out
And everything lifts itself out of me
It
Soars
Words
Thoughts
Sorrow
Longing
All the black
It
Pours out of me
Past my body
Past my head
I never again want to stand on my legs I never again want to understand my legs
they shall remain under me always always be lowest also when I fall always the heart
above the feet always the brain above the heart always the feet rush through me I
realize I know I can I dance Ellen happy Ellen dances happily happy child can we yes
we can and we shall meet one day if only I keep this way open I can soar I can glide
don't stop me Ellen's Mum I love you but don't stop me it's pouring it's shining it's
just words now words thoughts dark verses streaming stop for a minute there I lost

myself for a minute not in a million cry me a river I just wanna I just gotta I got too much
life running through my veins going to waste the sky is not the limit that is why I keep on
running can you keep up can all of you keep up fuckers I can I can I can hand me a nail
and I'll swallow it raw I step on it I run with it in my foot if need be be as it may 'cause
there are no fucking tears in heaven and somewhere over the rainbow we are the
heroes there is no one to help us or save us
you dance Ellen we feel life bubbling inside us don't we Ellen we are heroes Ellen we are
heroes we can be heroes and I

*I, I wish you could swim
Like the dolphins, like dolphins can swim
Though nothing, nothing will keep us together
We can beat them, forever and ever
Oh, we can be heroes, just for one day*

*I, I will be king
And you, you will be queen
Though nothing, will drive them away
We can be heroes, just for one day
We can be us, just for one day*

DAY PLUS 17

Distance

27

Pulse

187

Time

1:39

27 kilometres

max pulse 187

in 1 hour and 39 minutes

99 minutes

My 99 minutes
I didn't know I could
I didn't know I could own time
I didn't know I could move in time
So fast

DAY MINUS 708

A forest lake
We've rented a house in Sweden
I catch a pike
Ellen looks at it with her large round eyes
And it looks at her
We slice it in pieces and fry it on a pan
We pick blueberries place them in dough and bake cinnamon swirls
And meet a viper
I scream and cling to Ellen
Ellen just looks at it with curiosity
It's the last summer before the illness
Our last summer in ignorance

DAY PLUS 25

I can't stand looking at the photos of Ellen
I can't stand looking at the photos of Ellen
I can't stand looking at the photos of Ellen
I can't stand looking at the photos of Ellen
I can't stand looking at the photos of Ellen
I can't stand looking at the photos of Ellen
I can't live with the memories
I can't live without them

DAY PLUS 26

I try to work

DAY PLUS 27

I try building Lego with Ellen's younger sister

DAY PLUS 28

The photos appear on my computer

Ellen by the forest lake

I crawl into bed

Day becomes night

DAY PLUS 29

Night becomes day

Run

Eat

Work

DAY PLUS 30

Becomes night

DAY PLUS 32

Black

DAY PLUS 39

Run

DAY PLUS 44

Becomes night

DAY PLUS 51

Becomes day

Work through it

Becomes night

DAY PLUS 60

Black

DAY PLUS 67

Run

Sleep

DAY PLUS 68

Running

Sleeping

DAY PLUS 69

Sleeping while I run

DAY PLUS 71

Running while I sleep

DAY PLUS 72

She's gone

She won't be back

I

Have to get out

I

Only feel grief

I

Will become grief

I only feel Ellen

Ellen and grief

Ellen is grief

Ellen is in me

I am grief

DAY PLUS 74

Eat
Fall asleep at 10 pm
Wake up at midnight
Wake up at 2 am
Is it morning?
When the hell is it morning?
Wake up at 4 am
Get up
Walk about the flat
Fall asleep again
Wake up at 6 am
Get up
Oatmeal with milk and sugar
And off
5 kilometres at an easy pace
I only eat because I have to
The pleasure of eating no longer exists
After 12 kilometres I'm grateful for having put sugar on the oatmeal
17,5 kilometres
As all parents, who have held their dead child in their arms, know, there is no longer any
pleasure or happiness
After 21,3 kilometres the sugar's been well and truly burnt
I start on the rations
Although I'm a privileged person
25,3
with access to pleasure and happiness
28,7
the privilege
29
of enjoying happiness
29,8
is no longer for me
after 32 kilometres the channels are open

I run into everything I don't understand
The music helps me along
The music is Ellen
Ellen is the music
I can rewind time
The faster I run
No matter how heavily I start
I end lightly
I dance
I dance into something larger
Where pleasure exists
Where happiness exists
Where I stand in front of Ellen
Where I inhale her scent
Lie tucked close to her while she sleeps
It's in my body
It's all I have
That's all there is
There is no collective consciousness
There's only my own larger place
That I do know
I know everything here
Alright?
I know everything here, for Christ sake!! Alright!!?

DAY PLUS 80

Dear God may I offer my condolences on your loss of a human

DAY PLUS 82

31 kilometres
Where the hell is it?
32 kilometres
The sense of freedom?

The euphoria?
Where the hell is it?
33 kilometres
Where the hell is it?
I'm not dancing today

DAY MINUS 698

Ellen dances
She thinks we're on our way home from our trip to Sweden
We pretend to take the wrong turning
Honestly – weren't we meant to turn here?
Yes – isn't Denmark that way?
No Denmark's that way
And what's this then?
Ellen looks up and out of the car window
Pippi!!?
We must have taken a wrong turning!
Madicken!!?
Ronja!!?
Lionheart!!?
Nangijala
Gosh – we've landed in Pippi Longstocking Land, Ellen
How on earth did that happen?
I suppose we'd better stay here for a couple of days then
Ellen dances with delight
She's standing by the entrance to Pippi Longstocking Land
There's music from an orchestra
And she's wiggling her tiny bum
The only one dancing
But she carries on
Up on her toes
Down again
Holding onto her sun hat

Closes her eyes
I want it to continue
I'm happy
It mustn't stop
She feels life bubbling inside her
It mustn't stop
It's her paradise on earth
Everyone smiles at her
The world smiles at her
It's her land
It's her world
And right on the other side
Nangijala

DAY PLUS 83

The memory catches up with me and I increase speed
Need to run
My pulse needs to find a satellite
Need to run fast now
Otherwise that little nasty, evil, evil word will catch up with me
Memory
I lose my breath
Breathless
I can hardly catch my breath
184 pulse beats per minute
The blood is pumping through my body
185
Faster than my vessels can keep up
My heart screams
Stop
186
The base of my lungs are being torn to shreds
They beg

187

Plead me to stop

For peace

188

I can't catch my breath

But that's when

That's when I have to continue

Right then, when everything else disappears

And vanishes

189

DAY MINUS 616

Ellen

Ellen Look

Bricks

Shall we build a tower?

Sorry

How long do we have to wait?

We've waited almost an hour now

The secretary looks up:

Uhm, I think he

He's just making a call

Calling who?

Just a moment

Won't you please tell me what's going on

It's only a blood test

He said we'd get the results straight away

She's only got a sore throat

The secretary goes into the doctor's office

The waiting room is full

Ellen

That's a fine tower you've built

The secretary:

You may see him now

Ellen

Ellen

Come

Yes come on

We can take the bricks with us

Come on let's take the bricks along

The doctor

Come in

Fine bricks you've brought along

Ellen

The doctor

The temporary doctor

Our GP is on holiday

The temporary doctor:

Right ... I just had to make a call

Right? To whom?

Temporary doctor

Sweaty hands

To your GP

He's on holiday

Right ...

Ellen

Look Dad

Uh oh it's falling

Aahh

Watch out Dad

It's falling

The temporary doctor

Right, well I just wanted to go through some things with your own doctor

Right? But he's on holiday!?

Yes ... he is, but...

What was it you wanted to go through with our GP?

Thing is I don't know Ellen as a patient so

Ellen:

Look Dad

Let me just get this clear

Right, it's because Ellen's blood count

Yes, what about it?

Ellen

Look Dad

Yes my love

Right, well it's ... it is ...uncommonly low

Ellen

Look Dad

It's falling

It may not mean anything

No? Right? What then?

Temporary doctor

Book an appointment with you GP. As soon as he's back from holiday. And have some extensive tests carried out

It's falling

Ellen

Look Dad

The tower is falling

Ellen

Is falling

Little Ellen

Inside little Ellen's body

Sick cells are making

Healthy cells fall apart

DAY PLUS 94

This is my advice to me:

Stay healthy

Don't fall

Stay healthy

Don't fall

Stay healthy

Don't fall

Stay healthy

Stay healthy

Don't fall

Stay healthy

Don't fall

Stay healthy

Don't fall

Don't fall

I'm falling

Getting up

Fall

Get up

Run

Fall

Run

Fall

Get up

Fall

Get up

Fall

Get up

Fall

Get up

Fall

Run

DAY PLUS 98

Half marathon

Run 21,1 kilometres

In 1 hour and 15 minutes

I can do it

Start number 980

Pink headband

1 hour and 15 minutes

75 minutes

75

That's the number

That's my number

That's my limit

I hope I can

Within the limit

I don't know if I can

But I hope

Hope

Hope has a limit

Eternity kills you

That's why I want to

That's why I want to be able to

That's why there's a limit

'Cause outside that limit

Everything falls apart

75

That's my limit

Come on

2 kilometres

Doubt is a vulture
Circling over my head
Trying to land on my shoulder
5 kilometres
I lash out at the vulture
Manage to keep it at a distance
8 kilometres
But then
Ingerslevgade
11 kilometres
I imagine the finish line
They'll be there
Hopeful
Ellen's Mum
Ellen's younger sister
But not Ellen
Then it dives
Then it lands on my shoulder
Then it sinks its claws
Into my flesh
Strikes its beak against my skull
The sound
Of nails scratching on a blackboard
I feel no pain
But I feel the weight
Muscles
Lungs
Breath
Are out of play
Only my head now
Sombre thoughts
Against weary legs
Black thoughts

Nourishing the vulture
Peeling them like meaty lumps
Straight out of my brain
Freedom
The glide
Willpower
Hacking them to shreds with its beak
But then I catch sight of him
The Poet
Neon green jacket
The Poet isn't running
He's gliding
50 metres ahead
My salvation
I think
If I can make it up alongside the Poet
I'll be able to knock the vulture down
I'll be able to bash it away
Poet!
Wait for me
Poet!
Slow down
Poet!
I'm now 10 metres away from him
The vulture flaps its wings
Feathers glide down onto the ground in front of me
With every step I take
I kick them away
Poet!
Wait for me
The Poet's neon green back grows smaller and smaller
He finally disappears completely
What's happening?

He was right in front of me
I was almost there
Has he increased speed?
No
I've decreased speed
Weighed down by the vulture on my shoulder
It's just the two of us now
The vulture and I
None of us fly
Breathing is painful
The lungs tighten
The air can't get down deep enough
Can't make its way to the lung tissue
Can't transport the oxygen around my body
That's how Ellen felt before she died
Her lungs were full of tiny scratches
The oxygen couldn't pass through
The pain
Ellen's pain is in me
A roar erupts
Right before the finish line
I flap my arms
Like they were wings
Like they could make me soar
The vulture lets go of its hold
Ellen's Mum
Ellen's younger sister
They cheer
Hopeful
The finish line
75 minutes 52 seconds
Doubt devoured 52 seconds
Further away a vulture sits on the ground

Gobbling up black thoughts like lumps of prey

DAY MINUS 567

We've received Ellen's blood test results

Yes?

Our GP is back from holiday

It still looks wonky

Wonky? What's that?

Ellen is to have extensive tests done, right now, at the Rigshospital. It's urgent.

Urgent

What kind of small unpleasant word is that

How can six letters, by themselves so fine, become such an unpleasant expression when put together like that?

The conversation room

How can two words like conversation and room, by themselves so fine, become such an unpleasant word when strung together?

Ellen's blue patches won't go away

More and more appear

On top of each other

We go to the Rigshospital

More tests

The blood count is still low

Can't explain the blue patches

Extensive tests

Urgent

Extensive tests

We wait

Filter coffee

No appetite

Foul hours

And then

The conversation room

Ellen has leukaemia

Ellen has what?

Leukaemia

What?

Cancer of the blood

I bloody well know what leukaemia is

Foul words

Foul foul words

DAY PLUS 107

Grief support group

One life shattering account after another

Ellen's Mum

Sits uneasy

Still she sits

More than can be said for me

Andreas and Pernille

Lost little Carl

The last day of spring

Andreas recounts

Pernille cries

Pernille recounts

Andreas cries

The tray with strawberries and nuts

Does the rounds

Travelling among grief stricken hands

Trying to comfort

Those beyond the grasp of comfort

I get up

And run off

I wanted to say

I'm the father of a dead daughter

It's the ultimate loss of control

Ellen's body withered

And died
A run is exactly the opposite
It is
The ultimate form of control
I can steer the body down to its finest detail
Down to a second
I decide
The cancer cells decide nothing
I can't sit here eating strawberries
And nuts
With you
I decide
I love
I sleep
I eat
I write
I cry
I kiss
I decide
I speak
I wink
I shake
I crawl
I fall
I miss
I scream
I run
I forget

DAY PLUS 108

It's not a flight
It's a hunt
It's not a flight

It's a hunt
It's not a flight
It's a hunt
It's not a flight
It's a hunt
It's not a flight
It's a hunt

DAY MINUS 428

A small wheelchair
An oxygen apparatus
Ellen can't catch her breath
The Rigshospital
Panic
What's going on?
It'll be alright
She's stable again
You can go home now
More panic
Ambulance
Oxygen flasks
Respirator
Tubes
Doctors
More doctors
White coats
What's going on? Would someone please tell me?
Just a minute
Face mask
Bacteria
Careful
If you could just move slightly
If you would just stand over there

Injection
Anaesthetic
Induced coma
Tube feeding
Out of induced coma
She is stable
But then
She can't breathe
More panic
What's going on?
Oxygen apparatus
It's under control
Everything's fine
For now

DAY MINUS 398

Ellen's lungs start getting more and more damaged
A complication in relation to the cancer treatment
She's getting ill through the attempts to cure her
Her lungs become hard
Cannot pump properly
But Ellen will manage
God knows
She will manage
It's not out of my hands
IT'S NOT OUT OF MY HANDS
RIGHT!?
D'YOU HEAR ME?
DO YOU WANT PROOF THAT I BELIEVE?
IS THAT IT?
DO YOU WANT TO SEE ME PRAY?
IS THAT IT?

DO YOU WANT TO SEE ME GET DOWN, WEeping, ON MY KNEES, FOLD MY HANDS AND
CRY TO THE HEAVENS?

Is that it?

'Cause I'll happily do so

I will

Believe me, I will

DAY PLUS 134

Black

Completely black

I'm completely black today

And I run straight into everything black

And look for a way out

And right then

Right then

When the black is about to devour me

Conquer me

Demolish me

That's when I meet the Poet

Well, if it isn't the Man With the Headband

May I run along with you?

DAY PLUS 143

I'm the man with the headband. I run on God, the Father almighty, creator of heaven
and earth.

I run on fucking Jesus Christ, God's only Son, Our Lord. I run on the Holy Spirit, the holy,
common church, the Holy Communion, the forgiveness of sins, the resurrection of the
body and the life everlasting. Amen

DAY PLUS 187

I've got a stone in my shoe

I've got a stone in my shoe

I've got a stone in my shoe

I've got a stone in my shoe
I've got a stone in my shoe
I've got a stone in my shoe
I've got a stone in my shoe
I've got a stone in my shoe
I've got a stone in my shoe
I've got a stone in my shoe
I've got a stone in my shoe
I've got a stone in my shoe
I've got a stone in my shoe
I've got a stone in my shoe
I've got a stone in my shoe
I've got a stone in my shoe
I've got a stone in my shoe
I've got a stone in my shoe
I've got a stone in my shoe
I've got a stone in my shoe
I've got a stone in my shoe
I've got a nail in my foot
I've got nails in my feet
I've got knives in my feet
I've got feet that are shredded to bits
I've got blood coming out of my toes
I've got blood

DAY MINUS 366

It's fine to go for a walk

Ellen is stable

So you're okay to go for a walk

The nurse smiles

Ellen's favourite

You and your Dad

You can go for a walk

Do you want to go for a walk, Ellen?

Ellen nods

The National Art Gallery?

Ellen nods

She has trouble catching her breath

So she nods

And whispers

Come on Dad!

She's in her wheelchair

She whispers

The respirator means she can only whisper

Are you coming Dad, or shall I go on my own?

Shall we take the path through the churchyard?

She nods

Tiny little person with her tiny little head

It's summer

We turn into the churchyard

Ellen looks at the stones

She lifts her hand as a signal for me to stop

Points at a gravestone with a palette and brush engraved on it

Fine artist

She whispers

Fine artist

Oh such delicate small words

She almost can't catch enough breath to say them

Catch breath

Catch her breath

Is it something you catch?

Is it something you bloody well have to catch?

DAY PLUS 190

Eric Clapton Tears in Heaven

Oh do shut up

Eric Clapton Tears in Heaven

Shut the fuck up

Eric Clapton Tears in Heaven

Oh please

Eric Clapton Tears in Heaven

Would you please shut up

Eric Clapton Tears in Heaven

Shut up will you there are no tears in heaven

Stay healthy

Don't fall

Stay healthy

Don't fall

Stay healthy

Don't fall

Stay healthy

Don't fall

Stay healthy

Don't fall

Stay healthy

Don't fall

Stay healthy

Don't fall

Stay healthy

Don't fall

Stay healthy

Don't fall

DAY PLUS 245

Visit Ellen's grave

Can't just stand here

Honouring her memory
So I sink
I sink down
Become one with the ground
I sink
Sinking into the soil
Dissolving
Can't just stand here
No one's coming to save me
No one's coming to save me
No one's coming to save me
No one's coming to save me
No one's coming to save me
No one's coming to save me
I'm chanting to myself
No one's coming to save me
There is no salvation
No reconciliation
No one to carry me

DAY PLUS 246

246 days after Ellen dies
Ellen's Mum gives Ellen's younger sister a bath in the tub
I try joining them
I try to get my legs to obey and join them
To sit on the edge of the bathtub and have a moment with them
A completely normal, everyday moment between a Mum, a Dad, a daughter
and a bathtub
But my legs move elsewhere
They don't want to
They don't want to join in
Or they can't
They won't

They can't
They won't
They can't
Fall
Onto the floor
Up the wall
Into the wall
Off the ceiling
The wall's the floor
The floor's the wall
The ceiling's the floor
The wall's the ceiling
My head lands
Into the wall
Onto the floor
Down on the ceiling
First they appear as small stabs from the diaphragm
Convulsions
Like vomit
It rises through my throat
Pressing itself through my mouth
Animal noises that aren't mine
Vomit them up and all over myself
Moan
Moan
Moan
Slide down the wall
And land on the ceiling
The floor above me
Melt onto my weeping knees
My weeping knees for Christ sake

Hammer fists onto floor, forehead, wall, doorframe, ceiling, chest, head, floor, forehead,
wall, doorframe, ceiling, chest, head, floor, forehead, wall, doorframe, ceiling, chest,
head, ceiling, head, ceiling, head oh you fucking head

My head in Ellen's Mum's hands

Pull yourself together

Pull yourself together for Christ sake, man

Ellen's younger sister is sitting right in there in the bathtub, for God's sake

She can bloody well hear you

She can bloody well hear your moaning

How do you think that makes her feel?

I move out the next day

The loss is complete

The pain has outshone itself

DAY MINUS 219

The Rigshospital

Blood transfusion

Transplantation of stem cells

Might possibly save Ellen's life

Fifty Fifty

What's that?

50 50

Two numbers

My child's chances of survival

Will be one

Or the other number

And although both numbers are equal

One number is beauty, life, happiness

And the other number is darkness, death, grief

A smile from a nurse on the ward

The smile of pain

As if she's smiling to keep our spirits high

Though it looks bleak

Though it looks like a fifty fifty chance

Fifty fifty

She'll make it

She won't make it

She'll make it

She won't make it

She'll make it

She won't make it

Believe in good

Loose to evil

Believe in good

Loose to evil

Believe in good

Loose to evil

Believe in good

Loose to evil

Fifty fifty

DAY PLUS 319

Ellen sits on my back now

Light as a feather

She lifts me off the ground

Keeps me soaring full of all my love for her

It flows all the way from every single cell of my living body

It flows from me into her

Making us both weightless

She is with me

DAY MINUS 134

The dress

The one with the vertical stripes

Ellen sits with her back to me on the hospital bed

She draws

A drawing of a little girl floating with a balloon in her hand
Across the rooftops
A little masterpiece
Of beauty divine
Impossible to understand it's been drawn by a girl of 6
The dress unfurls like a cape beneath her
As if she's flying away
As if she'll soon glide away

DAY PLUS 365

Stormy
Early morning
Waiting for the Poet
Where the hell is he?
He should have been here long ago
It's 6:35
The wind chill factor is minus 2000
He finally appears at Langelinie
He's moving at a snail's pace like it's bloody Via Dolorosa
*You say you'd like to carry some of my burden for me if you could why the hell do you say
so when you can't and why the hell don't you if you can perhaps because you don't mean
it well stop saying such bullshit then if you don't mean it yes I'm mad this morning I'm
mad 'cause you come meandering along some 2000 years late and furthermore take no
fucking responsibility for all the things you say you will take responsibility for yes what
the hell did you expect my daughter's dead I can't run back and find her I'm bloody well
aware of that I can only run forwards and find her within myself is that what you mean is
it are you telling me I can't run from the grief over my daughter's death I can only run
with the grief over my daughter's death are you telling me that I have no need of your
advice I need you to be bloody responsible for arriving too late and for you to swallow
your own empty promises everything is black completely black there's no heaven no
eternity Ellen's gone black dead demolished does not exist no one helps mankind and I've
overtaken you inside and out and upside and down a long time ago 'cause you're not*

*someone I can bloody rely on and today is the anniversary it's day plus 365 365 days
since the final hour and nothing helps nothing*

DAY PLUS 366

Becomes one year and a day since the final hour becomes one year and two days since
the final hour becomes one year and three days since the final hour becomes

DAY PLUS 370

When demand becomes love when love becomes use me then skin me raw when raw
becomes exposure when exposure becomes that shame when that shame becomes my
heart, it bleeds, when that heart becomes that muscle that keeps demanding more and
more and when demand becomes love and love becomes use me then skin me raw
when raw becomes exposure when exposure becomes that shame when that shame
becomes my heart, it reeks, when that heart becomes that muscle that keeps
demanding more and more and when demand becomes love and love becomes use me
then skin me raw my thoughts disappear if I command strength like I command my legs ,
'cause it's just, it's just, it's just the heart that becomes that muscle that just demands
more and more that just demands more and more for me to carry on otherwise Ellen
will disappear

DAY PLUS 456

The churchyard
A magpie flaps in front of me
A beetle tickles my arm
Flies flock about my face
It's April
Perhaps the end of April
The sun is shining
And it's snowing
Tiny white flowers from the plum trees
Sprinkling down
A tiny snowflake enters my mouth
And I feel a jab somewhere in my heart

A calm

I can't remember the last time I felt it

DAY MINUS 102

The conversation with the consultant

On the wall

Two screens with pictures of Ellen's lungs

One is six months old

The other is from right now

Now

The consultant:

You see ...

Ellen's illness ... it's progressing. It's worsened. It won't get any better. There's no more we can do now

Now

All hope is gone

Now

The miracle won't come

Now

The tide won't turn

Now

All is turned off

Now

It's a matter of time

Now

We are silent

Now we walk with heavy steps over to our darling lying in the hospital bed

Now

She looks up at us with large round green eyes and smiles

Now

DAY PLUS 478

The craving for speed

When the body needs more oxygen than I can supply

Ellen

Her body needed more oxygen than she could supply

I hit 20 kilometres per hour

Lose all control

Head is empty

Nothing inside

It has to stop right now

This suffering has to stop now

Take me away

Save me

It's out of my hands

But it's not out of my legs

DAY PLUS 483

Run through the churchyard

A magpie flaps and soars into my head

A sore in my leg starts playing up

Do another round

Repeat

A magpie flaps and soars into my head

A sore in my leg gets worse

A beetle

Up my nose a fly in my eye a spider in my mouth

Do another round

Repeat

A magpie flaps and soars into my head

A sore in my leg gets worse and worse

Do another round

Repeat

A sore in my leg won't disappear

I open my mouth and scream without sound

I do another round

I repeat
Sore
I do another round
I repeat
Sore
I am sore
I open my mouth and scream without sound
A snowstorm of white flower flakes from the plum tree gush
forth

DAY PLUS 543

Sore
Ill from running
And I have a marathon to run in 2 months
Fever and pain in the lungs
It's as if my body is saying stop
But I want to go out again
I don't want to stop
Don't want red lights
I don't want quiet sofa small cup of tea with honey and a magazine full of trivialities
I run!
That's what I am!

DAY PLUS 550

I run again
My doctor says you shouldn't run the marathon
My physiotherapist says fifty fifty chance of me getting you ready in time
Up
out
Off
run
sleep
Run

Sleep
The road
The bed
life
death
Soar
Land
I must run the marathon in 2:41
I must live with the longing for Ellen every day
I must live with the dark
I won't live an ordinary life
Where people discuss trivialities
And banalities
Ordinariness
Gosh where did you get those steaks
And what school will your daughter attend
None of the ordinary makes any sense to me
I won't live that life
I shall live a life with a close relationship to my dead daughter
Ellen
And to Ellen's younger sister
Alice
Alice

DAY PLUS 551

Alice
The living daughter
She kissed her dead older sister and couldn't understand why she didn't
Kiss her back

DAY PLUS 552

Alice
The living daughter

I lie close to her while she's asleep and hold her tight
Inhale her scent
She lives in the shadow of her dead sister
Alice
I want a close relationship with you
And your mother
Freja

DAY PLUS 554

Freja
Freja
Freja?
I want to live close to you and Alice

DAY PLUS 610

There's a strawberry growing on Ellen's grave
Come out of her soil
I eat the strawberry
It tastes heavenly

DAY MINUS 13

Ellen's best friend comes to visit at the hospital
Ellen's friend:
Ellen, I've heard you're going to die
What the hell have those parents told their kid
Here we've been trying to avoid Ellen finding out
Here we've been trying to protect Ellen
Ellen doesn't reply
She doesn't have enough air to reply
At first
But then she replies:
Oh noo. You're so silly
Of course I'm not going to die

Ellen smiles
The girlfriend polishes Ellen's nails
They watch The Little House on the Prairie
While holding hands

DAY PLUS 624

Alice
The living daughter
I'll erase you Dad
Erase you
Okay let's
We erase all the way to the gate
We're off to Morocco
Alice
Freja
And I
Alice learns to swim
On a beach
In Morocco
She learns to swim
Without water wings
While Ellen swims with her wings somewhere else
Now
They're both swimming
In their own place
Now
Now is for the child
Now is for Alice
Now is for Ellen
This now is for you Ellen
We dance
Alice dances for joy
She can swim

She dances with Ellen's Mum
She dances with Freja
On a beach
And we write Ellen's name in the sand
And the heavens open
Merging her name with the sand
Merging time with this now
Ellen emerges
She is in this now
And in this
With Alice
Freja
And me
And a rainbow high in the sky
My little life artist
My little fine artist
The sky takes colour from your name

DAY MINUS 5

Ellen twists in the hospital bed
I can't breathe – turn it up

DAY PLUS 745

5 days till the marathon
I'm ready
2:41
Yes I can

DAY MINUS 4

Ellen twists in the hospital bed
I can't breathe – turn it up

DAY PLUS 746

4 days till the marathon

I'm ready

2:41

Yes I can

DAY MINUS 3

Ellen twists in the hospital bed

I can't breathe – turn it up

I can't breathe – turn it up

DAY PLUS 749

The pain Ellen suffered during her short time on earth can't be compared to anything else

A marathon is a parody of suffering

I'm a machine

I love the sensation of overtaking others

I'm on my own

DAY MINUS 1

The last night

I sleep in another room though you are dying

I look at the watch and wish time would vanish though this is my last time on earth with you

I can't handle you

Ellen

Why don't I lie in your bed this last night when I know you are dying

Sorry Ellen

Sorry

DAY PLUS 750

Marathon

I'm a runner

I'm a front-runner

I'm Ellen's Dad

Ellen's life was my responsibility

I can never let go of the guilt

I can't breathe – turn it up

She floats away

I sink

I pull myself up again

And again

I can't breathe – turn it up

I sink

I pull myself up again

When the finish line appears

It'll say

Two hours and 41 minutes

A strawberry

I won't just wait for death

And be swallowed up by trivialities

Don't let the wind win

Those who whisper tell the truth

She felt life bubbling inside her

Alice is healthy

All the life you waste to feel alive

Alice is healthy

Alice is healthy

Alice is healthy

Alice is healthy

Alice is healthy

Alice is healthy

DAY 0

I can't breathe – turn it up

The drawing with the balloon

The girl hanging over the rooftops

She's floating away
Ellen knew she was dying
She whispers
Let me go
The road whispers
You are free
She twists
The tiny body in the huge hospital bed
Catch your breath – is it something you catch
I can't breathe – turn it up
She whispers
We make the decision
Turn it off now
She mustn't suffer any longer
I can't breathe – turn it up
She whispers
No one on earth can comprehend the depth of suffering Ellen has endured
She mustn't suffer any longer
I can't breathe – turn it up
Then the guilt
Why didn't I sleep with her that last night
Could I have done more
Could I have put up more of a fight
Could I
Could I
Only I
Understand the depth of guilt
Only I
Only I could
Not protect my child
I pull myself up again
When the finish line appears
It'll say

Two hours and 40 minutes
I'm at the front of the race
There's a doctor
And a nurse
Freja
And me
Hour minus 24
Morphine
Ellen is no longer conscious
She's asleep
More morphine
Hour minus 20
They come and check up on us
She smiles
Ellen's favourite
And a doctor
Hour minus 13
Exhausted
Hour minus 12
I leave the ward
Can't bear any more
I have to get away
Hour minus 8
Morning
I knew it was her last night
Why didn't I sleep with her
Why didn't I lie with her and hold her?
I pull myself up again
When the finish line appears
It'll say
Two hours and 39 minutes
I'm at the front of the race
Hour minus 6

Ellen's chest is completely swollen
Hour minus 3 more morphine
Now the doctor and the nurse are there more and more often
Hour minus 2
We just sit next to her
Hold her
Hour minus 1
This is it
We are ready
We would like you to turn it off now
Alright
Is she smiling?
Ellen?
Is she smiling?
No
She's suffering
Beautiful
Eternal
Weightless
Love
You're suffering
And we can do nothing
Other than let you go
You won't suffer any longer
They turn the respirator down slightly
Then slightly more
Then slightly more
Then they turn it off completely
We hold her
We are calm
And then she dies
She is beautiful
She is so beautiful

Right then
When her tiny heart stops
Zero hour
Ellen's chest falls into place
Finally
Finally
Finally
Her body is calm
Weightless
Freja sits holding her in her arms
She is the most beautiful tiny being as she lies there in her mother's
Arms and is no longer
She no longer cries for oxygen
Her stomach is not swollen
Her face is smooth
The most beautiful tiny being
A corpse
Zero hour
I will never feel calm again
The finish line
Time
In front
Pull myself up
The finish line
Two hours and 38 minutes
The seconds
Run
The sky
Run faster
Ellen
Faster
Two hours and
Eternity

The sky

The finish line

Ellen

Ellen

The sky

The finish line

Ellen

Where are you?

Ellen

Ellen

Weightless

Run

Soar

Run

Soar

EEEEELLLLLLENN!!!

I sink

I sink

I sink

Ellen

You are in my longing

I sink

He runs at high speed

Ellen is somewhere in the room

He decreases speed

He starts walking