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An elegy for Demos

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Volume 5	It was Sunday
lssue 1 Autumn 2022	In every calendar
	at the gas station,
	towards the end of his shift

His watch relentlessly crunched away time waste away madly, greedily chipping time away Robbing him of 10, 20 years it might even have been 25 Eaten, chewed, thrown up All spent in just 22 days It was my little brother's watch, It was Demos's watch.

> The whole body sprinting in a race Organs randomly colliding with each other attesting to the problems telling us in multiple ways

That it is finished

do not think anymore do not wonder It is Death that chews time coming in strides and noise unknown my little brother, Demo, is looking for.

Death claimed him fiercely like an uncompromising lover like an unchallenged master like an absolute possessor No debate, no breath, no pause no stopover, nothing to touch comfortingly nothing nothing

a wild chase ran the body down

The devastation of the body.

But the soul, the soul? The consciousness, the imagination? The dream? Could they tell, name it, spell it?

Was he setting traps for us

to utter the word

To say the fucking word

is coming

is coming

is coming

This meekness, this gentleness, this silence

I have been trying to understand ever since

Did Demos know

or did he entrusted this to those of us who were hovering

aghast again and again

at the medical updates He did not ask me, this, this what I'm trying to say He talked to me but didn't ask me Why didn't he ask me? Was it because he did not want me to have to say the bloody words?

Didn't he want to hear the answer?

Sweet complaint?

Or maybe,

Perhaps he thought

"I know sister,

You don't have to tell me"

Did I want him to know? Did I want him not to know? I know I wanted him not to know, not to panic, not to be disheartened Not to waste his strength on terror but have strength to breathe just breathe

I wish we were able to let Demos just carry the weight of his failing body and nothing else As I hope he did He persevered with gentleness, reaching personal greatness

I hope we have lifted the weight of reality the weight of that dark moment That final roar of death

He was slipping He was taken away He was changing shrinking, being sucked, bended, squeezed My little brother Demos.

We saw death Only for us Demos is dead For him he slept

Isn't that what Shakespeare says? Our little life is rounded with a sleep?

Author

Efrossini Moureli works as a psychiatrist, group analyst, systemic therapist and trainer, founding editor of the Greek Systemic journal, Metalogos. She has used systemic thinking and practice in many fields as Mental Health Centres, psychiatric clinic, families with psychotic member, schools as well as social contexts. She now works privately and teaches in a systemic institute. She is a member of the Social Medical Centre of Thessaloniki, and of the movement against the gold mining in N. Greece, and of the EcoSystemic Group in Lenticular Futures.

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