

Ekphrasis on *Inside Out*

I think about John Keats' term "negative capability," most simply defined as tolerance and acceptance of mystery. The way it makes room for ambivalence. The way it leaves space for complicated feelings, acknowledges the heart's twists and turns.

Like the multicolored ball at the end of Pixar's *Inside Out*, made from happy/gold feelings and sad/blue-tinged ones, emotions can sit in apparent contradiction but still make a certain sense. It's a sense that has nothing to do with logic. It moves to the rhythm of some other star.

I did not want my marriage to end. I was also relieved when it did.