

be gentle
in breaking madness,
for it may prove
the abstract truth
we doubted
is a sad concrete truth.

ABOUT THE POEM

[be gentle] was created from a single page of *Dracula* by Bram Stoker (1897). About the poem and the process of composing it, Vidya Premkumar writes:

[be gentle] was written as part of a found poetry project on *Dracula* organised by The Poeming. Over the course of February 2025, I found one poem each day, creating a sequence of 28 found poems across 28 days. This poem emerged from attentive reading rather than extraction for effect, allowing the language on the page to surface its own tensions and resonances. *Dracula* proved especially fertile for this project, offering moments that are philosophically sharp and emotionally charged beneath its horror frame. Within the larger arc of the project, this poem marks one such moment where the text seemed to speak quietly but insistently, asking to be held rather than reshaped.



HERON TREE

21 January 2026

herontree.com/premkumar1