

ABSTRACT

CREATIVE PROJECT: *Out of My Dreaming Heart: A Collection of Tanka*

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DATE: May, 2013

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The poetry collection *Out of My Dreaming Heart: A Collection of Tanka* is a synthesis of creative output and research. Using the short, lyrical Japanese forms *tanka* and *kyōka*, it captures the essence of *yokai*, Japanese mythical creatures—their desires, origins, and/or eccentricities. Through a variety of voices and stretching across time and space, the 100 poems explore and tackle themes such as loss, dreaming, memory, music, and fear, with a special focus on human imperfection, women, and children. In addition to the poems, there is a comprehensive index with short explanation of each *yokai* represented.