■■ The Belliad ■■

A Guide to the 99-Line Form of Struggle and Resolution

Definition

The Belliad is a poetic form of **99 lines**, designed for narratives of struggle and resolution. It restores epic dignity to modern battles — psychological, interpersonal, spiritual, or societal.

Structure

Phase I — The Gathering Storm (Lines 1-30)
Quatrains, ABAB rhyme. Builds tension.

Phase II — The Confrontation (Lines 31-60)
Couplets. Intense struggle.

Phase III — The Spiral (Lines 61-79)
Villanelle. The cycle of obsession.

Phase IV — The Integration (Lines 80-99)
Couplets. Resolution, reflection.

Applications

Psychological: anxiety, depression, addiction, grief.
Interpersonal: love, betrayal, divorce, reconciliation.
Spiritual: crises of faith, mortality, purpose.
Epic: war, myth, history, cultural conflict.

Principles

1. Always 99 lines.
2. Each phase mirrors the psychological arc.
3. The villanelle refrains embody obsession.
4. Resolution is required — fragile or incomplete, but present.
5. The form is epic in scale, but intimate in voice.

Why the Belliad Matters

The *Iliad* sang of Troy. The *Odyssey* sang of wandering seas.
The Belliad sings of our modern wars — giving structure, dignity, and closure to the struggles of today.

■■ Al Konda — The Mythical Poet ■■