



Creative Workshops

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Creative Workshops Jan 2012

Writing Newsletter

Re-story and re-imagine your Life and Work

*The self came to its belated birth (or second birth) by reading visionary poetry.
(Harold Bloom)*

Dear writers, story-tellers, readers

Welcome to the year. During the December season, a friend draped Christmas lights on her Buddha statue. Here is my response:

Tree in December

she drapes the fairy lights
loose as a garment
over the bronze Buddha,
a silent tree, sitting
on the table in the corner.

his lotus pose forms
the knotted bowl
rooted in his toes.
his arms are branches
his fingers, the leaves,

loose-twined,
head the crown.

elbow on knee
he leans into the wind.
the bulbs sparkle,
pulse points,
a constellation of stars,
chakra colours, Bethlehem bright,
one at his fontanel,
others at third eye, throat,
wrist and ankle.

one glimmers in the
jewelled knot
of his naval
the lights flicker like breath
in this Bodhi Christmas tree.

This rest of this letter is a part repeat of one I wrote in Jan 2007- so many bridges and so much river flow ago.

Harold Bloom, a life long student of comparative religion, writes of his awakening to his potential at around nine. For him, poets such as William Blake and Hart Crane, "have the power to awaken their readers to an implicit answering power." William Wordsworth called this sensation " something evermore about to be." Hart Crane writes:

and so it was I entered the broken world
to trace the visionary company of love
its voice
an instant in the wind

Have you ever thought you parents are not really your parents? Bloom links this experience to the feeling children often have – what Freud called the changeling fantasy. "Adoptive parents have plucked us away from fairy land and pass themselves off as our mother and father ." Reading the poets gave Bloom this feeling where the language "gave the pleasure of excited thought, of a thinking that changed ones outer nature, while opening up an inner identity, a self within a self."

May you find this inner identity – this answering power.

Publications pending

I have completed the manuscript for *Mirror, Lens and Window, a Workbook on Journaling for Namibian Teachers in Training* based on workshops over the past four years sponsored by the Carl Schlettwein Foundation in Basel. Cover design and lay out - Dominic Haarhoff.

Dorian's Jan Storyshops/ Writeshops/Conversations

If you want any of these workshops in your area speak speak.

Western Cape

1. UCT Summer School Once Upon A Journey: Writing Your Life Story

This course is fully subscribed so I'm offering it privately on Sun 5 Feb (Southern Suburbs) R520

It's the process of writing and life that matters... We are trying to become sane along with our poems and stories. (Natalie Goldberg)

For details see The Summer School 2012 brochure link: <http://www.ems.uct.ac.za/summer-school/summer-school-courses>

2. Newlands

Writing your Spiritual Journey R520

Sat 21 Jan 09.45 – 15.45 pm

In the middle of my life I found myself in a dark wood .

The way was wholly lost and gone...My will and desire were revolved, as a wheel that is equally turned, by the Love which moves the sun and stars.

(Dante- beginning and end of Divine Comedy)

The word 'spirit' touches every aspect of our lives. In this workshop we invoke the image of the journey. We write about our changing beliefs and find the stories around those moments of insight. When like the snake we shed a dead skin and opened to a larger world. Perhaps we are all pilgrims. Writing offers us a lamp that sheds light along this path. The storyshop offers you a safe place to explore whatever you need to explore, irrespective of your beliefs. The workshop also focuses on how to be present in your writing and engage the reader as a creative partner. And source your bliss.

You will explore how to

- align yourself with the one inside who knows how to write
- start and sustain that conversation
- be thrilled by words
- breathe life into the words and let words breathe life into you

Bring writing materials, old magazines, scissors, a glue stick and a light lunch to share. I'll provide tea and coffee.

Venue: Frank Joubert Art Centre, Vredenoef, off Keurboom Road Newlands

3. Stellenbosch

The Magic Carpeters Writing group

Last Wed eve of every month (Jan to June) beginning 25 Jan.

An established writing group meets called Magic Carpeters. I have a few places open. Flight times 18.30 -21.15. R690 for the series of 6evenings . Includes suol win an dbread.

We are in need of a place in Stellenbosch. Free course in exchange for a venue. Group size around 12.

4. Cape Newlands

The Joy And Call Of Stories Find the Storyteller inside

Four Sat afternoons 4 11 18 25 Feb 14.00-17.00 R1300.00 early story-bird price: R1150.00

You are invited to attend a practical 4 week storyshop series to evoke creativity and imagination



This workshop will show you how to ritualise and energize your life through engaging with stories - those of your own and of others. Climb inside stories and tell them from the inside. Listen to them. Shape them. Taste them on your tongue. Reconnect to creativity.

Who will benefit from attending:

Writers, storytellers, readers, travelers, lovers of words, images, silences...therapists, artists, spiritual seekers, coaches, teachers, magicians, tricksters, ecologists...anyone who wants to raise their story IQ.

The joy and call of stories will:

- explain the power of storytelling
- give you an understanding of how stories work
- give you practical tools to work with in the telling of stories
- help you develop the ability to tell a good story
- ignite your creativity and imagination

Facilitators: Kirsten Pearson a Dialogue facilitator, poet and the Project Lead for the Movement for Sharing Life Stories joins me

Contact: Kirsten Pearson on 082 936 1898 or email: Kirsten@lightyard.net

Venue: Frank Joubert Art Centre Newlands. Two folk have already booked

Stories are the creative conversion of life itself into a more powerful, clearer, more meaningful experience. They are the currency of human contact. — Robert McKee

Gauteng

4. Hartbeespoort

Writing Yourself Alive: A Creative Workshop

Sat 28 (10.00 – 15.30) and Sun 29 Jan (10.00- 13.00) R950

Simplicity is the ultimate sophistication (Leonardo da Vinci)

Writing is about a conversation with yourself and with others. An exchange of energies. It is a skill drawn from attention and openness – an organic process rather than a talent. In this workshop we explore our innate creativity and imagination and find the words to tell our stories... to make them more alive. We travel in search of our personal myths - the stories that energise our lives. The workshop also focuses on how to be present in your writing and engage the reader as a creative partner. And source your bliss.

You will explore how to

- align yourself with the one inside who knows how to write
- start and sustain that conversation

- be thrilled by words
- create a first draft
- breathe life into the words and let words breathe life into you

Bring writing materials, old magazines, glue and a pair of scissors and a light lunch to share.

Venue: Estate d'Afrique (opp NECSA Gate 1 Pelindaba Rd) 23 Port Provence Hartbeespoort

Bookings: Eva Topham 0824575864 eva.topham@vodamail.co.za

5. Johannesburg

Beginning Again: An Evening of Poetry

Sun 29 Jan 18.00 – 20.30 R165 which includes a glass of wine

*I believe that poetry is a primal impulse within us all. I believe we are all capable of it and ...
that a small, often ignored corner of us yearns to try it (Stephen Fry)*

Billy Collins, American poet Laureate, begins a poem with these simple words:

I wonder how you are going to feel
When you find out
That I wrote this instead of you.
That it was I who go up early
To sit in the kitchen
And mention with a pen
The rain soaked windows.

For many of us poetry was made difficult at school. We had to guess the meaning of obscure texts. Yet we can all enjoy reading and writing poetry. This evening is about recovering this simplicity and opening ourselves to the joy poetry can bring. Poetry is another way of paying attention, listening and observing the world. With Wordsworth, 'we see into the life of things.' Poetry opens us to our creativity and imagination. It cultivates a sense of belonging.

Venue: 368 Pine Ave Ferndale Randburg

Contact: Chantal Dawtrey Chantal@regentlight.co.za Cell: 082 901 2404

KZN

6. Ixopo Natal Midlands Buddhist Retreat Centre

The Halo & the Noose: The Power of Story Telling/Story Listening in Professional/ Personal Life (with Graham Williams)

Fri 10- Sun 12 Feb bookings brcixopo@futurenet.co.za 039 834 1863

*Why stories? Because stories are origins and origins are places that we walk out from.
Because stories have many feet and travel several roads at once... because the story
conjures the invisible.*

At the heart of this retreat is our belief that once we raise our Story IQ, we begin to hear and tell our work and personal life in a new and vital way. We open up to transformation and new leadership paths. Like the lotus flower, we bloom and seed new beginnings. We reach into what may be murky depths and produce something of infinite beauty and worth. In so

doing, prosperity and abundance take on new meanings. The retreat title is taken from Graham and Dorian's book.

Down the line March on

Announcing two courses leading to a shared publication – in life story and poetry

7. Durban, Cape Town Johannesburg

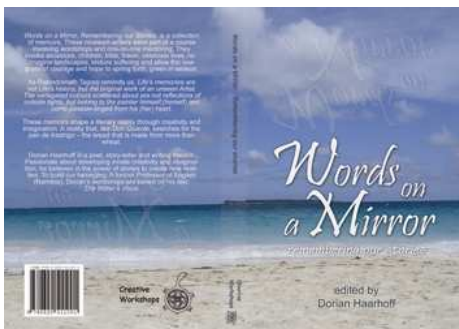
Once Upon A Journey: A Life Story Course leading to a shared Publication (LSP)

March-Aug 2012

It's the process of writing and life that matters... We are trying to become sane along with our poems and stories. (Natalie Goldberg)

This structured course that offers a sense of progression and leads to a publication. So I am once again offering a Life Story/Memoir course March -Aug 2012. There is no admission requirement. We can all learn to write and have a story to tell.

Here is the cover of the 2011 Life Story publication



Words on a Mirror: Remembering our Stories, featuring life stories from nineteen participants was launched in Cape Town Johannesburg and Durban toward the ne of 2011 . Annie Haarhoff, proof reader, writes, “I have been deeply moved by these stories which, in their elegant and powerful prose, express the pain, losses sorrows and longing, as well as the love and hope that bind us like a gossamer thread.” Cover design and lay out - Dominic Haarhoff. Here is feedback from 2011 participants:

When we arrived, we shared a common commitment – to write. When we left, we shared so much more. Having discovered a home space that offered enrichment and blessings, a magic maestro to keep us inspired and safe, and kindred writers for support, encouragement and laughter, we looked deep inside, opened our hearts, connected to our grief, dropped our masks, celebrated the child in us then looked in the mirror to see...ourselves.

Elements covered in the workshops:

- voice and presence
- connecting to experience
- opening to imagination and creativity
- engaging the discipline
- developing a facility with words
- crafting, shaping, structuring and editing

detailed flyer from me

8. Durban Cape Town Johannesburg

The Heart, Head, Breath and Body: Poetry Course leading to shared Publication (PP)

March-Aug 2012

I see that poetry is a form of attention, itself the consequence of attention and too I believe that poems are presences... that may be called in Dame Julian of Norwich's words 'showings.'" (David Ravell, *The Art of Attention: The Poet's Eye*)

I am offering a poetry course March-Aug 2012. A number of workshop participants have asked for a structured course that offers a sense of progression and leads to a shared publication.

The course consists of two Sunday workshops held in Johannesburg, Durban and Cape Town for participants in these respective cities. (If there is sufficient interest from another centre, then I will accommodate this.) The course also includes one-on-one email/phone tuition after the poetshops. This in turn leads to a publication featuring the writing of all those who participated and will culminate in a celebratory launch of the poetry volume. There is no admission requirement. We can all learn to write poetry.

Elements covered:

- attention and listening
- how to read and learn from other poets
- rhythm, music, beat, metre and rhyme
- line, sentence and verse
- enriching though images
- words - their meaning and connotations
- ambiguity and word play
- crafting, shaping, structuring and editing

detailed flyer from me

Namibia

9. Windhoek

A visit planned 13-18 March under the sponsorship of Carl Schlettwein Foundation, Basel to facilitate workshops for at the school for the deaf. Will also be available for a story telling evening.

Ongoing activities (some repeat info here)

Mentoring – one-on-one

"You make me sound like myself" (various clients) Walk with me in words. You put on one shoe, I wear the other. Memoirs, mindful adventures, work in the word... genres tumbling out of folk on the one-on-one path. Such a richness of story here.

Email Courses: Writer's/ Poet's Voice Course – one-on-one tuition

Some folks respond to structure, assignments... if so, ask and it shall be negotiated. Here is one possibility: Do you love reading and writing? This one-on-one apprenticeship aims to take you further up the writing mountain and offer you a deeper engagement with your craft. This course is structured in the nature of an ongoing conversation with a few chosen

writers or poets, (ancestral or alive) with me and with yourself. I encourage you to keep a journal to record your observations and reflections.

Speaking Engagements

Be still when you have nothing to say but when genuine passion moves you, say what you've got to say, and say it hot. (D. H. Lawrence) Last August I created and presented a myth of the Berg at the Drakensberg Sun for Southern Sun executives. What are your needs?

Development Work

This year I am working for Diakonia facilitating life story workshops for stress and trauma debriefing counsellors. We will produce a publication.

Bosman and Nasrudin under starlight

This season I will be a story-ing ...a summer evening, wine, cheese, breads and fire tales for the telling. In December I'll be telling stories at Natascha and Warren's wedding at Modikwe in Bosmanland. This kind of evening is a bit like the old days - singing around the piano at home. -Except I use stories and creative activities to get folk interacting and to prompt conversations. Themes... Chinese, South African, Mediterranean, Arabian nights. Spending quality time. Any rhyme or reason – birthdays, TV fatigue, the art of conversation.

Corporate Work (www.haloandnose.com)

"To read our Halo and Noose interview with Kathy Hansen, Ph.D of A Storied Career, which sets out our story philosophy and approach, go to:
<http://astoriedcareer.com>

There are 5 questions/ answers - one is added each day, and then the full interview is archived under Story Practitioners".

Another 3 M storyshop in late August. A Southern Sun storyshop at Drakensberg Sun coming up in Nov. Our corporate stories are catching on.

**ENGAGE
YOUR CUSTOMERS
MOTIVATE
YOUR STAFF**

Use the Power of Story to:

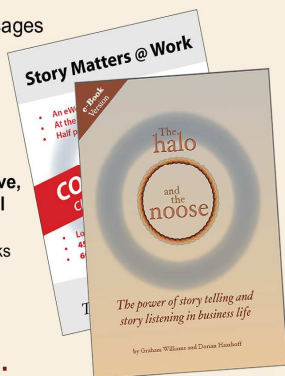
- tap into their minds
- enrich & enliven your messages
- stimulate mindfulness, imagination & innovation
- influence & persuade
- elicit metaphors that count

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- audio & video streams
- articles & diagnostic tools
- free monthly updates

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www.haloandnose.com



*It was extremely engaging allowing us to explore various ways of telling a story ...the course supplied adequately those skills needed to start telling a story and how to go about it...
(3M manager)*

The Halo and the Noose, the Power of story-telling and story listening in Business Life R195

Want to source a 100 plus stories? co-written with Graham Williams (Graysonian Press). We run corporate story workshops based on our book.

Management Today, the monthly journal of executive learning, information and knowledge, has gone digital and international. Commencing with their June issue, *Halo and Noose* is providing them with articles and

business-relevant extracts from *The Halo and the Noose* and *Story Matters @ Work*. We can also offer the magazine free to Halo and Noose subscribers and members. A single online edition costs US\$ 5-60.

This means that investment in a *Halo and Noose* membership is paid back in only 3 months (and this is before taking account of the free eBooks and other resources that members receive anyway). It's a wonderful added value.

Haiku competition

Win 1 of 10 lifetime memberships to <http://www.haloandnoose.com> corporate narrative resources.

Submit a haiku about a moment, feeling, event, yourself via our Twitter, LinkedIn (open Business Story Group), Facebook, Blog or email. Closing date 31st January 2012. Use a 5-7-5 syllable rhythm, for example:

*Brown mimosa seed
Where blossoms once invited
Hummingbirds to feed* (Ethel Freeman)

*One magnolia
Landed upon another
In the dew-wet grass* (Richard Wright)

*Road from Banbury
A man spilled from his crushed car
Dead eyes full of rain* (Jane K. Lambert)

Friends at Work and Play

Elma Pollard: Write for Earth email based writing course

Learn the art of eco-journalism with energy and passion. Be published in the Green Times. Offer your voice to help craft a better future. More information at this link <http://thegreentimes.co.za/index.php?id=63>

Aneta Shaw: Clinical Psychologist and TRE group Practitioner.

SHAKE off your STRESS! TRE is a bodily technique that relieves chronic and acute stress, reduces muscular tension and assists in recovering from the effect of trauma on the body.

Free Introductory talk and demo Jan 29 at 3 Hillcrest, Old Stellenbosch Rd 10.30-1200

Join a 6 week group program led by Aneta Shaw Monday evenings from 5-6.30 starting January 30th Cost: R800 for 6 weeks (covered by most Medical Aids)

Venue: 24 Morkel St, Somerset West. (off Lourensford)

Small group: Aneta 0826868118 or 021 8555415 More info: traumaprevention.com

Hugh Hodge: As-you-write-it

Hugh, the Off-the-Wall Poetry MC and New Contrast Ed, runs a Saturday morning - 0930-1230 - class in creative writing from his home and the homes of participants, The course, As-you-write-it, is themed on the seven ages of (wo)man; over seven Saturdays. Cost R250 per

Saturday or R1000 for all seven if paid up-front. Booking essential to Hugh (hahodge@gmail.com) - quorum 3, full house 8.

Juliette Gyure : Coaching “ *If nothing ever changed, there would be no butterflies*”

Far Sight Change and Transition Coaching provides a framework, creative processes and support mechanisms for people negotiating significant changes and transitions. I have a passion for co-creating innovative pathways to change, transition and transformation with my clients. For a free consultation contact me, Juliette Gyure, 0726353818. (Durban- based)

Anne Haarhoff OWL (Order, Words, Language)

Need a top class sharp eyed editor and proof reader? Oh so most highly recommended
044 873 0547 ah1948@gmail.com 078 2733963

Julia Griss

I am now working at Centre 89 in Somerset West. I offer consciousness coaching, deep tissue massage and reflexology. It's a fabulous centre with a team of skilled therapists offering mainstream alternative therapies. 082 904 8224 julia@inneredge.co.za

Jo Viljoen

I've opened a Narrative Therapy Substance Abuse Recovery Clinic called Clearview Clinic. Near Pretoria 012 819 1422

Dominic Haarhoff



Are you at a turning point in your life? I specialise in vocational counselling based on a synthesis of techniques from Western and Mayan astrology augmented by insight from the I-Ching. Together we create a map towards the successful application of your genetic gifts in an ever-changing work and cosmic context. If you don't know where to turn look up to a better view and reach for the stars. It is time. If you resonate, ring me on **079 548 8947**.

dom3merlin@gmail.com (Based in George)

Writer-sites and News - see site news www.dorianhaarhoff.com

Dorian

