



Creative Workshops
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 storyteller speaker facilitator writing mentor poet


Creative Workshops June 2011
Writing Newsletter
Re-story and re-imagine your Life and Work

*Things men have made with wakened hands, and put soft life into
 are awake through years with transferred touch, and go on glowing
 for long years... warm still with the life of forgotten men who made them (D H Lawrence)*

Dear writers, story-tellers readers

In Amy Tan's *The Hundred Secret Senses*, Kwam, a Chinese woman, admonishes her squeamish American half-sister, a visiting photographic journalist; "If you want to take pictures of Chinese food, you have to taste real Chinese food. The flavours soak into your tongue, go into your stomach. The stomach is where your true feelings are. And if you take photos, these true feelings from your stomach can come out, so that everyone can taste the food just by looking at your pictures."

In May I was privileged to speak at one of the launches of the BRC's (Buddhist Retreat Centre) recipe book, *The Cake the Buddha Ate, More Quiet Food*. There is more than a touch of Kwam's philosophy here. Filled with recipes with zany Zen names such as Chakra-Laka and Ashoka's Wheel, photographs of Zen gardens and present people, stories of tea ceremonies and a gong hung on yellow wood tripod, ink drawings, haikus and poems (by poet Doreate of the BRC) the book is a fiesta.

I shared the story of a disciple coming across the master monk, busy reading and eating. "Ha, I've caught you out. You said, 'when I read, I read and when I eat, I eat.'" The master looked at his disciple and responded, "When I eat and read, I eat and read." I speculated that what he might be doing, was holding this recipe book in one hand and trying out the cuisine with the other.

The energy poured into this book reminds me of Bosman's poem, *Seed*: (Oom Scalk has been known to regale around the night fire in the Retreat studio). Bosman writes of the farmer who "ploughs into the ground ...the plough, the oxen and his body... the farmstead.....the afternoon sunlight shining in the window pane of the voorhuis... the wind driving the windmill... the blue clouds..." and then "the earth renders the farmer in due season, corn."

And writing is this kind of pouring of ourselves into the words as in the Bosman and Lawrence quote prefacing this letter and the tasting of them as in Amy Tan. In such an alignment of place, event, work, attention and breath, words arrive. Here is one of my poems (written at the BRC) from the *Cake the Buddha Ate*:

Floating in a Bowl

three wedges rest
on an oak cutting board
as if arranged in a still life.

an apple slice lies
rose-skinned, quartered
with pips and core.

a lemon skin ring
rims the wheel
of cell and rind.

knobbed gingerroot
flexes rhizome muscles
like a samurai.

a jug stands near -
handle like a pump
rim like a dam wall.

then a hand drops
each gift into the pitcher.
they swirl in the stream.

as they rise, fall, float,
they magnify and move
through the glass heart.

the apple blossoms,
the lemon offers its tang,
the ginger breathes spice.

they refract light to infuse
and enliven in zen scent
bubbles of delight.

May watching bring you words

Dorian's June Storyshops/ Writeshops/Conversations

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

Gauteng

1. Johannesburg. Highlands North

Memoir Course Pt 2 for Gauteng participants continues

Sat 4 –Sun 5 June (crafting your story)

2. Johannesburg. Houghton Quality Life Corporate Workshop Storytelling in Organisations Leading Change through the Art of Narrative

Monday 6 June 2011 8:00 am for 8:30 am until 4:30 pm

Is your organisation living its story? Is your company merging with an organisation that arrives with its own work story? Stories have the power to influence organisations as much as they do individuals.

Stories break open stuck assumptions. They challenge paradigms that no longer serve.

- learn how to use storytelling, a universal form of communication, at work
- Stories shape the next chapter (strategic planning)
- Unconscious stories can sabotage an organisation
- Conscious stories allow choices, offer growth and facilitate transformation

VENUE: Houghton Boardroom, 17 - 5th Street, Houghton Estate, Johannesburg

Call Lizzy Mafalo on (011) 880-9749 lizzy@qualitylife.co.za or register www.qualitylife.co.za

3. Johannesburg Dragons, Fears and Treasure: A Storyshop for Coaches, Counsellors, Teachers, Healers R460

Tues 7 June 09.30 – 13.00

Our deepest fears are like dragons guarding our deepest treasure (Rilke)

What does mythologist, Joseph Campbell, mean when he says. "the ultimate dragon is within you?" Why does Tolkien in *The Hobbit* remind us, " It never does to leave a live Dragon out of the equation?"

In this storyshop we consider some of the myths around dragons and treasure that inform our lives. We ask what is it that stands between us and our wholeness? What is the fiery blast we fear? We work symbolically with these images as we look at how myths and stories guide us. For example, In China, 'chi' the life-giving energy, flows through channels called 'dragon-lines', which follow underground water and underground magnetic fields. In following this path, we explore the nature of the dragon, our fiery fears and the hidden treasure that awaits us.

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

Venue: TBA

KZN

4. Ashburton Memoir Course Pt 2 for KZN participants continues

Sat 11-Sun 12 June (crafting your story)

5. Ixopo Natal Midlands Buddhist Retreat Centre (with Bob Commin) The Art of Conversation Developing our Listening and Speaking Skills

Fri 8- Sun 10 July bookings brcixopo@futurenet.co.za 039 834 1863

The branches of your intelligence grow new leaves in the wind of listening (Rumi)

Many of us have in life's business, mislaid the sister arts of listening and speaking. In this retreat we attend to the silence around us, paying our respects to breath and heartbeat.

We begin to cultivate a space for the authentic listener and speaker in us. We rediscover our natural resonance, rhythm and sense of timing. It's all about recovering the lost art of conversation in an age of instant response.

Who washes his hands of life says whatever he has in his heart. (Sa'di)

Western Cape

6. Southern Suburbs or Somerset West

Dragons, Fears and Treasure: A Storyshop for Coaches, Counsellors, Teachers, Healers R380

Sat 25 June 09.30 – 13.00

See blurb for 3 above

Venue: TBA

Ongoing activities (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

During 201 I will be working for Diakonia facilitating life story workshops for stress and trauma debriefing counsellors.

Bosman and Nasrudin under starlight

This season I will be a story-ing ...a winter evening, wine, cheese, breads and fire tales for the telling. 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

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.



**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

Get access to a comprehensive, fast growing suite of essential products & resources:

- downloadable ebooks & workbooks
- audio & video streams
- articles & diagnostic tools
- free monthly updates

JOIN NOW, visit...
www.haloandnoose.com

The advertisement features a dark red header with white text. Below the header, there is a list of benefits and a list of resources. To the right of the text, there are images of the book 'The Halo and the Moose' and a document titled 'Story Matters @ Work'. The book cover is light-colored with a circular graphic and the title 'The halo and the moose'. The document has a red and white design with the title 'Story Matters @ Work' and a list of bullet points.

Friends at Work and Play

SLED's accredited Stage 1 South African Sign Language course

We start our weekly Stage One Sign Language Course on the 26th July 2011 for the Tuesday afternoon class or the 30th July 2011 for the Saturday morning class. Please could you let us know if you are interested in joining the class as soon as possible? SLED is an ETDP accredited training organisation.

For information (021) 448 2520 or email us at nodumo@sled.org.za.

Elma Pollard: Write for Earth email based writing course

Contact Elma for a 'write for the earth' creative day OR

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

Aneta Shaw: Creative relaxation in a small group context

Enhance personal growth and honour your soul through creative techniques. Aneta is a clinical psychologist and hypnotherapist, has integrated years of experience and life in other countries with ancient ways of being in this world.

Aneta 082 686 8118 or 021 8555415 aneta.shaw@vodamail.co.za

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

Far Sight Change and Transition Coaching cc 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, on 0726353818. (I am based in Durban)

“ If nothing ever changed, there would be no butterflies”

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

Writer-sites and News (see site news on my web)

Dorian

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I was utterly captivated by The Halo and the Noose, and now regularly recommend it when I am facilitating my Train the Trainer & Presentation Skills courses.)

For orders: from the authors or Graysonian Press Inspirational books that change the world www.graysonian.com 0836101113

We've established a website in order to offer *The Halo and the Noose* as an eBook, and to create a Member's facility for those who are serious about their story-telling and listening prowess in business. Members can access various resources, audio streams, article archives, their own newsletter, questionnaires, communicate with the authors and will get ongoing offers. The site is <http://www.haloandnoose.co.za>

In response to a growing demand we offer an eWorkbook, discounted to members (*Story Matters @ Work*) that contains many new stories and exercises covering elevator, personal, business issue, corporate, crucial conversation and other stories.

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So let remake those memories

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