

## SAFFRON X: THE WRITTEN WORD FACILITATOR HANDOUT

---

Let's start at the beginning. So, as we know, the Guruship of 239 years was eternalised within the written word of the Guru Granth Sahib.

Guru Nanak wrote tonnes of poetry to evoke angelic transformation. It is the written word which gives the ability for us to create cities, for sparrows to hunt hawks and for us to remain sovereign.

Today is about personal testimony and learning to respond to challenges together.

Each one of us has been through some tough times but also some great times.

Over the last few years, in my experience:

Writing down my thoughts was the only way I could dissect a situation in a clear and concise manner, and turn it into a positive action or deed.

---

### DISTRIBUTE PAPER

---

Saffron Mic's tagline is to identify, reflect and express. Therefore, the workshops have been ordered accordingly.

The first two will benefit the individual, but it is the expression which creates social justice and change – whether at home, the workplace, or the world.

The more we read and reflect, the more we can channel energy into solutions that work.

Saffron mic is about creating a safe space to channel our energy creatively and to build stronger empathy within the world.

What I would like to see now, to use the identification and reflection from the workshops before, and express our response through creative writing.

The **first** thing we will do is to ask ourselves questions to evoke emotional stimulation.

The **second** thing we will do will be to apply it within a piece of writing.

The key for this is to make sure we '**don't analyse, instead focus on seeking stimulation**'.

---

### BEGIN EXERCISE

---

1. Each one of you has a blank piece of paper, feel free to either write, doodle or draw the following:

I'd like each one of you, to jot down your most memorable experiences from the past three years. Try to think of ones which are unique to your memory.

To help, I'm going to ask some questions to get your thinking:

---

#### **Memorable moments [ALLOW 5 MINUTES]**

---

Are there details you remember that no one else did? For example, a moment of intense social awkwardness where you or someone around you was offended. Have you ever found yourself lost for words and not knowing how to react? Or perhaps a moment where you triumphed over something you never imagined possible?

Write the events down and one emotion describing it and feel free or doodle or draw if its easier.

---

2. Again, feel free to either write, doodle or draw the following:

---

---

**Conflicted moments [ALLOW 5 MINUTES]**

---

Make a list of your memories where you were conflicted.

Consider your friends, work colleagues and also your home with family:

Have you ever been in a position in which you found your roles reversed?

For example, ever found yourself "parenting a parent?" or experienced a situation in which you found yourself filled with two strong but contradictory emotions like anger and respect?

Is there something about someone whom you actually dislike that you nevertheless find admirable?

Again, write the events down and one emotion describing it.

---

3. Now you have finished this, look at your words and see which moments trigger more emotion. Using these feelings select a subject and write it at the top of a new page.

---

**AUTO-WRITING [5 MINUTES]**

---

Has anyone auto-written before?

It's when you write without any pauses and don't lift the pen up. No one will read what you write, so free yourself from the mental editor. You'll see your subconscious come alive. You'll only have a few minutes to do this so make the most of it. Make sure you write clear enough to read.

[AFTER 5 MINUTES] Wherever you are, stop auto-writing.

Have a read of your auto-writing and pick your favourite line.

Use this line in your poem. Perhaps as the first line.

---

**WRITING POETRY [30 MINUTES]**

---

4. Now, onto the writing of your poem. When writing be aware of the following:

The five senses – don't rely solely on visual images; remember your senses of touch and smell. Pay attention to music, and not just the music we hear on radio and TV: listen to the natural and manmade rhythms around you, including the sounds of mechanical objects and engines. Remember to always strive for "fresh language" and avoid clichés.

Don't get caught up with rhyme. If it comes naturally, add it, but try to concentrate on the emotions instead. Try to add metaphors, similes and alliteration too where appropriate.

You have a bunch of time. Aim to write an entire page. Remember don't think too much, you can always edit it later. If you need anything, pop your hand up and someone will come round to help.

---

**SHARING**

---

5. You have all created a piece of poetry.

---

**INVITE ATTENDEES TO COME TO THE FRONT AND SHARE THEIR PIECES**

---

---

Thank you for each one of you participating in this workshop and especially to those who shared. Sometimes it's easy to be in the back and remain anonymous, but it takes real strength to stand up amongst your friends and family today, and share.

You'll never fully understand the impact of your words to others. Especially when we're able to relate to another person's story, it creates a closer bond than any amount of small talk will ever do.

I look forward to seeing your styles develop as you get more comfortable sharing your vulnerability.

It is this truth that will set us free.

In the future, If you're ever in a jam, and aren't too sure what to do: write down your thoughts and feelings and I guarantee you'll find a way to respond effectively.

If any of you ever want to talk about poetry, writing styles or anything art related, my door is always open.

Together we can destroy the shackles of creative oppression and truly free our mind, bodies and souls.

You are my inspiration.

The renaissance has begun.

Thank you.