



## Creative Wordshops Dorian Haarhoff

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Storyteller Facilitator Word speaker Writing Coach Poet



## Creative Wordshops June/July 2013 Writing Newsletter

**re-story, re-create and re-imagine your life and work**

see new youtube links

Nasrudin <http://youtu.be/HVO-zp25w4k> Oom Schalk Lourens <http://youtu.be/8S9TvK5YFbo>

*Seated in the cave of the heart she/he finds freedom ( the Buddha)*

Dear writers, story-tellers, readers and writers who are discovering they are writers....

I have been reading John Selby's *Seven Masters, One Path, meditation secrets from the world's great teachers*. He is a clinical psychologist and teacher of meditation. He celebrates his first teacher, his grandfather who farmed in the Ojai Valley, the spiritual heartland of the Chumash civilization. He often helped his grandfather with daily ranch chores:

...(a)lingering Native American spiritual energy, my grandfather's natural mystic propensities, and the earthly intensity of such a... natural setting evoked a special quality of consciousness in Gramps... (I spent days) walking behind him quietly along game trails, learning to laugh rather than curse when upsetting difficulties arose, riding our horses through oak woods and open meadows, sitting half an hour at a time without speaking beside swift-running streams ... and discovering by osmosis how this man purposefully kept his thinking mind mostly quiet as he observed the world without judgment, treated every one of God's creatures with respect and compassion, and held his focus on being loving and receptive rather than slipping into all the various human fears and ego-games.

John Selby who participated in seminal meditation research at a Neuro Psychiatric Research Institute, shares how to "quiet the flow of thoughts through the mind, without using any psychological karate :"

...when a person is thinking actively (as documented with EEG equipment) and then focuses on one perceptual happening, such as a sound, a tactile sensation, or an image, the brain waves remain basically the same and thoughts continue to flow through the mind. We can expand our mind's attention to include one perceptual input and still keep thinking actively without losing our concentration on our

thoughts. However,...when the human mind focuses on two distinct sensory inputs at the same time (a sound and an image, for instance, or breath and heartbeat), all thoughts almost immediately stop flowing through the mind. The thinking machine can be purposefully short-circuited simply by focusing on two distinct perceptual inputs at the same time.

Both these accounts – of the grandfather's demeanour and John Selby's insights into meditation, relate to writing and story telling. As we sit in that cave the Buddha speaks of, we cultivate a way of being. In writing, though the words come out one after the other, reeling out like a fishing line cast into a wave, our body, breath, mind and heart absorb the ocean in the text. Our multi focus brings us into the present. We belong the something elusive, larger. Something like in this poem coming through me:

### **Writing Companions**

when I stride beside  
one who walks the page  
with a pencil stick,  
we find ourselves struggling  
up slopes of sense.

ghosting from nowhere  
a third joins our company,  
face hidden in a hood.  
all day on the Emmaus road  
we three pace our steps,  
measuring distance in words.

sunset, at the nightfall inn  
we shake dust from sandals.  
the stranger makes as if to go,  
then abides, breaks bread,  
and blesses the text.  
as our eyes open,  
melts from sight.  
the space between words  
drifts cloud crimson.

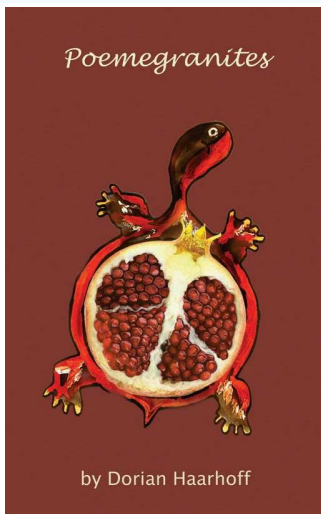
Like T S Eliot we arrive in that expansive place:

Quick now, here, now, always-  
A condition of complete simplicity  
(Costing not less than everything)  
And all shall be well and  
All manner of thing shall be well  
When the tongues of flame are in-folded  
Into the crowned knot of fire  
And the fire and the rose are one.

May such a space open for you as you write.

## Publishing News

### Poemegranites



A new poetry book arrived in October 2012 ....From the back blurb...

Dorian cracks open red leather to reveal translucent pips lying in white pulp, the bitter-sweet aril of the page. Each poem can be tasted on the tongue. He brings his attention, imaging skill, word play, wit and rhythmic stitching to ancestors, Zen moments, myths, intimacies, a lighthouse and the poet's craft. (Leopard Press)

I have copies ....at R120

### Digital Publishing-Help offered



An easy and affordable way to get your book published with [Change Designs digital publishing services](#).

No printing costs. Minimal distribution costs. World -wide distribution. Your readers can read your book on a device of their choice - laptop, eReader, tablet (iPad) or smartphone (iPhone).Your book scales to fit the device it is read on. In addition to digital publishing, Change Designs provides options to assist you with online sales and advertising of your book.

**Ruth Tearle** 021 712 2154 <http://www.changedesigns.net> [ruth@changedesigns.net](mailto:ruth@changedesigns.net)

### Dorian's Storyshops/ Writeshops/Conversations

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

#### Namibia

##### Windhoek

30 May – 6 June

A visit under the sponsorship of Carl Schlettwein Foundation, Basel to facilitate storyshops at the Centre for Communication and Deaf Studies and at a school for the Deaf .

31 May lunch time Oom Scalk visits Swapokmund

I will be available for other wordshops or an evening of story telling in Windhoek.

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. Cover design - Dominic Haarhoff.

## Limpopo



### **Writing Retreat at Leshiba Wilderness Game and Nature Reserve**

Fri (early eve) 14 - Mon 17th June 2013 (10.00am check out)

A generous special rate for our group includes: **3** nights luxury accommodation, brunch and dinner, a game drive/walk, writing workshop, Sat eve entertainment) R3650 pp sharing

*What did the grass below the koppie say Stranger, the yellow grass, when you looked around, Then hastened on?... (Veld Secret : Bosman)*

On this retreat atop the Soutspansberg, we explore writing and story-telling through our connection to nature. We relax, play, laugh while we draw inspiration from nature, the animals, the landscape and Venda culture. There will be time for silence, walking, bird and game watching, for dreaming and for stories around the night fire. Kathryn of Leshiba writes: "Dorian is Oom Schalk Lourens come to life. He's Wordsworth and Whitman, a storyteller and magician of words. Whether you've never put pen to paper or have a manuscript 1000 pages long, Dorian will take you on a writing adventure. Leshiba has every ingredient for a creative burst of inspiration – It's time to tap into your basic human wildness. Join us, surprise yourself and let your words find wings." Beginners and re-beginners are welcome.

Leshiba... a holistic space with ancient rock art sites, wild fig shade for indaba, Venda architecture, white rhino, mist, eco consciousness everywhere. We stay in the Venda Village Lodge 480 ks ex J'burg [www.leshiba.co.za](http://www.leshiba.co.za)

Do yourself a favour and look up this site – it carries the Fair Trade label.

We introduce ourselves on Fri eve, and workshop on Sat, Sun and Mon morn. We share stories on the Sat eve when, who knows, Oom Schalk Lourens might appear.

**Retreat limited to 10 folk sharing accommo ... be nimble be quick...(cut off date 5 June)**

## Western Cape

### **Stellenbosch**

**The Magic Carpeters Writing group** R 730

Last Wed eve of every month (Jan to June 2013) 6.30-9.30 a writing group meets. The Jan-June theme is playing in scale. Writing exercises, Real conversation, energy, soup and wine.... We meet in a grand old Stellenbosch house. Open for July – Nov bookings

## McGregor

21-23 June

Poetry Festival ([www.temenos.co.za](http://www.temenos.co.za)) I'll be offering a poetry workshop on Sat am

## Cape Town City Bowl

28 -29 June

Centre for the Book, 62 Queen Victoria Street Workshop on writing for children  
email: [phakama.matoti@nlsa.ac.za](mailto:phakama.matoti@nlsa.ac.za) Co-ordinator: Children's Literature Programme  
Tel: +27(0) 21 423 2669 <http://www.nlsa.ac.za>

## Down the Line



## The Healing Power of Creative Writing *Breath, Words and Being*

A 5-day workshop combining 4 Holotropic Breathwork sessions  
and Creative Writing exercises  
in the private country retreat Mas Moner (Llagostera, Spain)  
August 19th-23rd, 2013

This "wordshop", through the art of creative writing, will help you explore the meaning that is unique to you. You will be guided through a process that will help you ask questions about your existence. You will explore your creativity and imagination and find words to tell your story... to infuse that story with meaning and breathe life into it.

The workshop also focuses on how to be present in our writing and engage readers and ourselves as part of a great conversation that opens into mystery and connects us to the great unknown.

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

*I know that there is room in me for a second huge and timeless life (Rilke)*


Clemens Schlettwein, Luccio Schlettwein, Rosa Maria Iglesias and Josep Ramon Rosich facilitate the holotropic breathwork sessions

Workshop for 12 participants only

Price: 360 Euros

For more info: our [website](http://www.espacioholotropico.org) or  
[clemens@espacioholotropico.org](mailto:clemens@espacioholotropico.org)

Tel (Clemens) : 0034 617 48 59 78



**ARTISTS IN RESIDENCE**  
at Kuthumba

**PLETTENBERG BAY SOUTH AFRICA**  
This winter Elephant House will host an 8 week  
Artist in Residence program offering  
accommodation and studio space to painters,  
ceramic and land artists on a weekly basis  
during June and July 2013.

This period will culminate in exhibitions during  
the July holidays and over the Women's Day  
weekend of August 9th alongside the  
Land Art Expo [[www.sitespecific.org.za](http://www.sitespecific.org.za)]

For more information  
please email [info@kuthumba.co.za](mailto:info@kuthumba.co.za)  
Or contact Ruby on 0835810832  
[www.kuthumba.co.za](http://www.kuthumba.co.za)



Kuthumba Ecovillage and Forest Reserve The Craggs Plettenberg Bay

## **Writing Yourself Alive** **A Creative Writing Retreat at Kathumba**

**Wed 10 – Fri 12 July 10.00 - 16.00**

Cost R1290 for 3 days including lunch and teas

*We are all endowed as story-tellers. There is a mystic in every one of us.*

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 pay attention, be present in your writing and engage the reader as a creative partner. And source your bliss.

Bring writing materials, old magazines, scissors, a glue stick.

## **Oom Schalk Lourens : An evening of story telling**

**Sat 13 July 18.00- 21.00**

R85 per person including soup



Herman Charles Bosman (1905 – 1951) is widely regarded as South Africa's greatest short-story writer. Through his persona Oom Schalk, storyteller extraordinaire and veld philosopher, Bosman presents a highly entertaining commentary on rural life in the early 20<sup>th</sup> century. Our story teller at Kathumba , Dorian Haarhoff, will regale us with tales of the Oom's antics with leopards, stargazing, peach brandy, love potions and marathons.

## **Crafting Words in the Silence Sharing Writing Space at Kathumba Sun 14 - Tues 16 July 10.00 - 16.00**

Cost R1290 for 3 days including lunch and teas

*This Life so short, this craft so long to learn (Chaucer)*

This retreat is for those who wish to begin or develop a slice of writing. We listen, observe, attend and allow the text to take us where it wants to go. We get out of the way so we can be spoken and written through. We move between workshop input and silent writing time. Like the potter, we spin, shape and fire our words so they can find their simple beauty. One-on-one and group mentoring .

For accommodation only R300 per night including breakfast and dinner  
044 534 8728 Ruby Ovenstone [ruby@kuthumba.co.za](mailto:ruby@kuthumba.co.za)

## **Free Sate Dreamagineers a Jamboree of writing and story telling - Bloemfontein Oct 12-17**

Igno van Niekerk of Dreamagineers Contact Igno [igno@intekom.co.za](mailto:igno@intekom.co.za) or 1@50.co.za

## **Ongoing Activities** (some repeat info here)

### **Email four month 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.

## **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 world... genres tumbling out of folk on the one-on-one path. Such a richness of story here. Flyer on request.

## **Corporate Work (www.haloandnose.com) with Graham Williams**

In 2012 we facilitated 3 M, Tsogo Southern Sun Life Style Resort, UNISA and Univ of the NW storyshops. We offered the Provincial Treasury a course 'Growing the Person, Growing the Writing.' (a Confidence building/Business skills writing combo)

*It was engaging exploring 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)*



New in-house programme available: *Narrative Breakthroughs* <http://www.haloandnose.com/content.asp?PageID=43>

## **Speaking Engagements (see new youtubes)**

*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)* What are your needs?

## **Development Work**

I am working with PACSA and Diakonia Council of Churches in KZN. We are publishing the stories of thirteen stress and trauma counsellors - *Trees along the Riverside*

## **Bosman and Nasrudin under starlight**

In 2012 Bosman's Oom Scalk arrived with stories in his boots in Pretoria, Kloof, Newlands around the autumn fire , in Napier and in Hout Bay. Leopards, stargazing, peach brandy, starlight, love potions, boerekos. Stories and creative activities get folk interacting and prompt conversations. Themes... Chinese, South African, Mediterranean, Arabian nights. Any rhyme or reason – birthdays, TV fatigue, the art of conversation.

## **Directory- 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. <http://thegreentimes.co.za/index.php?id=63>

### **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](mailto:ah1948@gmail.com) 078 2733963



## Dominic Rex Haarhoff

I am a Shakti Practitioner, Usui Reiki Master and Kundalini Reiki Teacher. My approach to healing and personal transformation is holistic, focusing on you as a unique, complex, dynamic being of mind, body and spirit. I offer to serve as a facilitator in your self-initiated process of healing and transformation. I work with local and international clients.

+27 79 548 8947 or search for me on skype.



## 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.

Small group: Aneta 0826868118 or 021 8555415 More info: [traumaprevention.com](http://traumaprevention.com)

## 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) Working with Juliette you will come away with what you didn't know you needed (Dorian)

## 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](mailto:julia@inneredge.co.za)

## Marguerite (Osler) van der Merwe

*The Art of Walking* - Path to Health & the Richness of Well-Being –coffee-table handbook for the Journey of The Walker . Conscious Living – Conscious Walking. The ordinary becomes the extraordinary. For Book and Workshops/Presentations - contact author Marguerite (Osler) 028 271 4555, [margsmerwe@telkomsa.net](mailto:margsmerwe@telkomsa.net)

## Mandy Francis

Let me convert your old videos, 8mm, super 8 & 16mm cines, audio cassettes, vinyl records 35mm slides & negatives into brand new c.d.'s and d.v.d.'s Turn your obsolete history records into exciting and easy to use modern discs to give as gifts. Editing available... Filming of important events carried out.....weddings, sports events, birthday parties ...youtubes 083 330 1115 [mandyfrancisza@yahoo.com](mailto:mandyfrancisza@yahoo.com)

## **Jo Viljoen**

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

## **Briar and Michael Grimley KalloSophia (Beauty Wisdom)**

We, offer Story and Art weekends for soul and spiritual nourishment.

Enquiries and Bookings: [kallosophiabg@gmail.com](mailto:kallosophiabg@gmail.com) 023 625 1009; 072 833 7228

See our website for further information and courses: [www.kallosophia.co.za](http://www.kallosophia.co.za)

Dorian