

THE ART IN HE(ART)

I FOR -C a future of Creativity, Compassion, Collectivism, & Connection

A Spoken Word Poetry Workshop that focuses on healing, connection, transformation, and collective liberation.

Goals of the workshop/session (what will participants leave with?):

Participants will leave with a deeper understanding of how spoken word poetry/art can be used to activate our bodies, stimulate our minds, and open our he/art center. We will embark on a journey to deepen our connection with ourselves, the elements, and our community through processing and collective writing. Participants will be encouraged to utilize spoken word poetry/art as an apparatus for personal and societal transformation, a strategy for organizing, and a method to introduce political education.

Session/ Workshop Description:

The session will begin with an opening, intention setting, collective agreements, and a grounding portion. After participants place their intentions into a bowl of water/ offering, they will pick a line from my poem (I LIVE TO LOVE) out of the bowl of soil/ harvest (**each line will be color coded**). There will be a small education portion on the scientific and spiritual nature of spoken word poetry and how I used it for my personal healing, relationship building and as tools for political education.

Every participant will receive a copy of the whole poem and will be instructed to highlight lines/ stanzas of the poem that resonate with them while I perform the Spoken Word Piece. Once the performance portion is complete the room will break into groups based on the color codes that they harvested and share a reflection with the whole room about the line/ stanza that they received (this portion is only for those who would like to openly share out).

The group activity : each group (5 groups of 5) will pick a name for their village, share the lines/ stanzas of the poems that they highlighted with each other and write a short group poem/ reflection/ or message on chart paper to share out with the whole body.

After each group has shared, I will discuss the portions of the poem that focus on healing, connection, transformation and collective liberation and healing as a strategy to regain personal power and connect to ourselves and

AGENDA

10 mins : Opening, Introductions, Intention setting, Harvesting,
5 mins : Grounding /collective meditation / Londrelle / Honor Yourself
30 mins : Story of Self, Spoken Word Poetry Education, Instructions, Poetry
Performance
10 mins: Get into groups and share out reflection from harvest with
everyone 20 mins: Group Activity
20 mins: Village share out to whole body
5 mins: Close

**How will you connect your workshop to the idea that healing is regaining
power and control of ourselves and our surroundings?**

The poem that grounds this workshop entitled: I LIVE TO LIVE, dives deep into our need to form an intimate relationship with our own thoughts, emotions and actions so that we can connect with ourselves and our people with the goal of fostering healthy, compassionate, empathic, transformative relationships. This poem speaks truth to power and healing to heart.

This workshop was created for the people /especially those of us that value humanity, liberation, freedom, communal healing, resistance, connection transformative justice: community organizers, healers, freedom fighters, activist, storytellers, working class folks,

