

WATER WIND FIRE EARTH



# In NATURE I discover myself. POETIC WRITING

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## THE SEMINAR (Video) WATER WIND FIRE EARTH



*Absorbed in NATURE I discover myself.  
Expressing myself through PROSE or POETRY I shape myself.*

### CONTENT

*„Wherever I go, I find a poet who has been there before me.“*

Sigmund Freud, father of modern psychology, emphasizes the importance of those words that speak of the soul.

The seminar takes place **on Sundays from 11 am to 3 pm**. Thanks to a deep connection with **NATURE**, we will be able to reestablish the deep connection with ourselves. Through our five **SENSES** we allow Nature to penetrate us. Through **RITUALS** we give our inner world an outer expression.

The **WORD**, whether in prose or poetry, will emerge naturally as a distillate of our experiences.

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## INFORMATIONS

**INFO:** Mobile Phone – [+49 173 8299246](tel:+491738299246)

**WHERE:** Berlin-Erkner With the S-3 (28 min from Ostkreuz to Erkner).

**MEETING POINT:** [Wupatz-Lehrpfad](#), 11 am - From S-Bahn Erkner on foot (20 min).

**WHEN:** On **Sundays from 11 am to 3 pm** in **march, september** and **december**.  
(around the equinoxes and the winter solstice)

**PRICE:** **30€**

**PARTICIPANTS:** 6 – 12

**TAKE WITH YOU:** Take a **small Rucksack** with you: **comfortable hiking boots**, **rain gear**, **torch**, **solar protection**, **drinking bottle**, a **hard base for writing**, a **writing pad**, and a **pen**. **Long trousers**, a **long-sleeved shirt** and **walking sticks**. Your **cellular phone** to shoot photos and record audios and a **packed lunch**.

**LECTURER:** **Giovanna Salabe'** is a **poetess**, **actress**, **musician** and **alternative practitioner**.  
Further information on [www.poeticwriting.net](http://www.poeticwriting.net) and [www.giovanna-salabe-actress.de](http://www.giovanna-salabe-actress.de).

## ENROLLMENT and DOWN PAYMENT of 15€

**Enrollment** via: [news@poeticwriting.net](mailto:news@poeticwriting.net)

Please indicate: **Name, Mail, Phone number of the participant & Date of the seminar**

1) **PayPal** [@poeticwriting](https://www.paypal.com/@poeticwriting)

Reason of Transfer: **Name of the participant & Date & Name of the seminar**

2) **QR-Code** Berlin Winter



3) **Überweisung**

Bank Account: **IBAN DE92 7601 0085 0191 2258 53**

Reason of Transfer: **Name of the participant & Date & Name of the seminar**

**REMAINING AMOUNT:** Please pay the remaining amount of **15€ in cash before the seminar**.

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## **INFO – THE MIRROR OF THE SOUL (Video)**

**Poetic Writing** takes place on **Sundays** or on a **3-days-seminar** four times a year around the yearly **equinoxes** and the **solstices** in **Berlin, Munich, Rome** and **Rivello** (Italy/PZ). The seminar can be held in four languages: English, German, Italian and French. The 3-days-seminar will be introduced by a **night-walk**. The short seminar by **a walk through the woods**. After concentration exercises in close contact with earth, water, fire, wind or music, working with **senses** and **rituals** will evoke sounds, images and visions, memories, feelings or free associations. These experiences will then be put into words and captured on paper. Relaxation exercises linked to Yoga or Shiatsu and simple forms of **meditation** will follow. Afterwards all the collected words will be written in **prose texts** or **poems** and in the end they will be presented to the group.

**Poetic Writing what for?** Do we really exist inside the words we use everyday? Do we resonate in our words when we speak? The seminar is made for **songwriters, writers** and **artists** of all kinds. Through **Poetic Texts, pupils, students, teachers, workers** and **professionals of any business** will be able to better perceive and locate themselves. Thereby they will succeed in an **authentic communication** with other people with greater ease. Their prose texts or poems are furthermore **a creative mirror of their souls**.

## **POETIC WRITING (Video)**

**Poetic Writing. The Seminar.** In the early 90's Giovanna Salabè developed in the area of **Creative Writing** the two seminars **Poetry and Senses** and **Poetry and Rituals**. About working with **Senses**: through hearing, feeling, smelling, tasting and only lastly seeing – the favorite sense of our times – the participants are invited to reactivate channels which enable them to a more distinguished perception of the outer world. Working with **Rituals**, which are inspired by the spirituality of the Hopi-Indians of North-America, means that an inverse experience takes place. The ritual addresses an aspect of our own personality which is brought outside by being put into words. These two, Senses and Rituals, are the starting point in Salabè's activity for the composition of poetic texts.

The **2023** newly developed seminar **Poetic Writing** reunites the work on Senses and Rituals putting a particular accent on HEARING. The sense of hearing is the first of our senses being completely developed when we are still in the mother's womb. Before the human being can see, smell, taste or even touch, it perceives its fellow human beings and the surroundings with the ears. According to Rudolf Steiner the sense of hearing is truly our deepest sense. With our eyes we just "touch" the surfaces of the tangible things. When, on the contrary, we make an object resonate (even only by knocking on a wooden table), the object vibrates through all its fibers in its wholeness, from the inside to the outside. Not without reason in the Upanishad from ancient India it says **Nada Brahma: The World is Sound**.

However we live in an era in which seeing is given an overestimated relevance. Whereas we overhear the Hearing. We even restricted the night's might, which generally sharpens all our senses, in particular the Hearing, by heavily illuminating streets and cities.



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## The POETESS ([Video](#))

**Poetic Writing.** In my early pedagogic activities with children and teenagers, I questioned myself on how to lead human beings to find back to themselves. Having faced a difficult childhood myself, I discovered at first Classical Music and Nature as tools to relax and to connect with my deeper self. I used to sit in the woods, on the ground and along a water course. Listening to the gentle hum of the nearby stream, touching the earth, my stillness in sitting down and perceiving, through all my senses, many details of a steadily moving Nature. I could let go of everything I was not and so I was finally restored. I am still convinced that our deepest core strongly consists in poetic elements. In our essence we are Poetry.

**Poetic Writing.** In my seminars, as a poetess and musician, I support the participants to find themselves. I help them to discover words, colors, sounds and images as an expression for their deepest essence.

## **New Events 2023**

### SPRING

19th March 2023 Berlin  
26th March 2023 Munich  
9th April 2023 Rome

### SUMMER

2nd/3rd/4th/ June 2023 Rivello (PZ)

### AUTUMN

17th September 2023 Berlin  
24th September 2023 Munich  
1st October 2023 Rome

### WINTER

26th November 2023 Berlin  
3rd December 2023 Munich  
10th December 2023 Rome

## **New Events 2024**

### SPRING

10th March 2024 Berlin  
17th March 2024 Munich  
24th March 2024 Rome

### SUMMER

24th/25th/26th/ May 2024 Rivello (PZ)

### AUTUMN

15th September 2024 Berlin  
22nd September 2024 Munich  
29th September 2024 Rome

### WINTER

8th December 2024 Berlin  
15th December 2024 Munich  
22nd December 2024 Rome