

Healing Words: a journey of HOPE

Week 1

Who Am I?

The writing technique used this in this session is haiku, which is a Japanese poetic form that consists of three lines, with five syllables in the first line, seven in the second, and five in the third.

According to The Haiku Foundation: DON'T repeat words or ideas that give the same meaning ("snowflakes" are "white"). DON'T add unneeded words to fill out a strict syllabic form. Aim instead for the short-long-short rhythm of the typical haiku. DON'T use unneeded metaphors and similes (for example, don't say "a blanket of snow").

Haiku poets try to capture a moment in time with both richness and simplicity. Haikus do not rhyme.

Haiku examples from Kathy:

Turn off the lights please	(5 syllables)
Let's just sit in the darkness	(7 syllables)
And gather ourselves	(5 syllables)

Cornflower blue skies	(5 syllables)
On a quiet cloudless day	(7 syllables)
That held such promise	(5 syllables)

WRITING PROMPT

Write a haiku based on each of these questions (you will have three – or more – haikus):

What have I always known?

What have I always enjoyed?

What have I always cared about?