

Six-Room-Poem

From Awakening the Heart, by Georgia Heard

Take a blank sheet of paper and divide it into six parts, or rooms.

Room Number 1: Think of something that you have seen outside that is amazing, beautiful, interesting, or that has just stayed in your mind. Close your eyes and try to see it as clearly as a photograph-notice all the details about it-and describe it as accurately as you can in room number one. Don't think about writing a poem, just try to describe your object as specifically as possible.

Room Number 2: In room number two, think about the same object/image, but focus on the quality of light. For example: Is the sun bright? Or is it a dull, flat day? Are there any shadows? If it's unclear what the light is like you might have to use some poetic license and make it up. You can also describe colors.

Room Number 3: Picture the same object/image and focus only on the sounds. Are there any voices? Rustling of leaves? Sound of rain? If it's silent-what kind of silence? Empty? Lonely? Peaceful?

Room Number 4: Write down any questions you have about the image. Is there anything you want to know more about? Or wonder about?

Room Number 5: Write down any feelings that you have about this same object/image.

Room Number 6: Look over the five rooms you have already created and select one word, or a few words, Q phrase, a line, or a sentence that feels important and repeat it three times.

Read over what you wrote in the six rooms, and then see if you can create a poem. You can rearrange the rooms in any order; eliminate rooms, words, or Sentences.