

# Poetry to meet you on your path

with Kath Higgins, Poetry Falcon

Poetry is alchemy - a vehicle for transporting us from one mode of thought to another, demanding we assess what we think we know and how we know it in order to, at best, change our lives and how we choose to live.

Paul Chan, US poet.

So many people have been saved by a poem, transformed by a poem, or simply touched by a poem. So many of us have felt less alone, when we have read a poem that captures just how we feel.

This is your opportunity to explore one-to-one the power of the poetic word, which is totally life-affirming. It may reveal diagnosis, remedy or guidance. You may be looking for insight regarding a question or issue, or simply like to engage with the medium of poetry to enhance your inner world.

We will have a short email or telephone exchange before the session. You are invited to choose and bring 2-3 poems that resonate deeply with you at this point in your life. Your poems will form the basis of our shared reflection. During the course of our conversation, I will also intuitively offer 2-3 poems that dialogue with yours – poem unfolding to poem. You can find poems on-line or browse in Temenos' own collection gathered in a black folder to be found on the stoep.

We will meet in the peace of Temenos – venue decided on the day - and spend about an hour together in relaxed exploration.

Session fee: R200 (sponsorship possible)

Contact preferably in writing in first instance  
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