



Creative Wordshops

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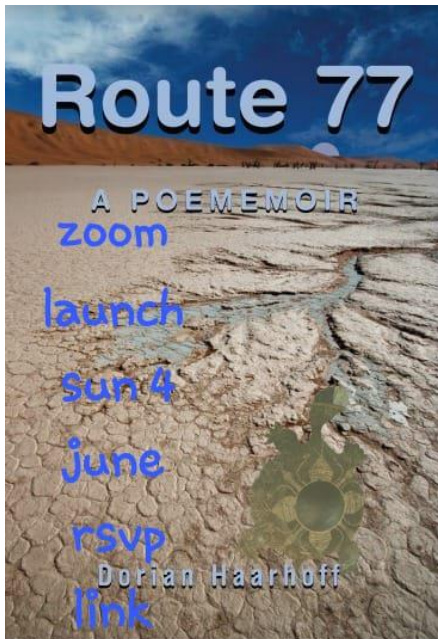
storyteller facilitator speaker writing-coach poet

Writing Letter

Oct 2023

re-story, re-create, re-imagine you

for this letter, a weekly story and ongoing opportunities -
dorianhaarhoffblog.co.za



Igno van Niekerk and Tina Konstant (story mates) kindly recorded the zoom launch. Here tis.

https://mega.nz/file/rg9xhDJa#TTfWT8w-HttuLtfFbUGH_in-8_LXl8fIBtzE3dDaJil

Dear writer, storyteller, reader, lover of words, images, silences...

Thank you for those who have subscribed to the monthly letter (Aug 23 - July 24 R240) I cherish your support. You can still do so if you wish. The letter remains open to all.

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One or Two or One-Two?

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One or Two or One-Two?

Living in Pringle Bay in a biosphere brings many blessings. Baboons live here too and often forage fynbos berries in the village. The odd rogue can be a food snatcher. A long-lived controversy. Are the baboons welcome or not? How do we keep our houses safe from rogue baboon raids?

There are those openly hostile. There are those who welcome and name these creatures though don't wish to offer hospitality. So, how does this difference manifest? It seems the one side might emerge from the Biblical injunction, that we are lords of creation. Gen. 1 26-31. 'And God said, 'Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.'

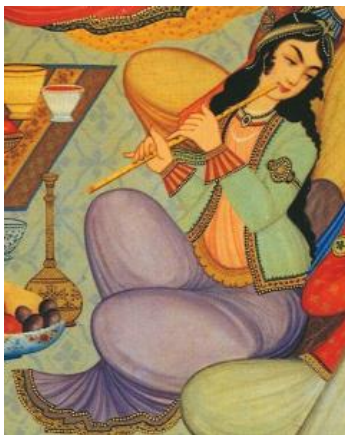
The wider view perhaps links us to First Nations such as the Bushman where we are all one, part of something bigger and that the human being does not have any elevated status in relation to all the other fauna and flora. That spirit of life is in everything. We are ecosystem (ecosystem?)

There is the story of the young man coming of age. The village elder sits him down on a rock near a stream and asks 'Who are you?' The young man gives his name. The elder persists with his question. 'Who are you?' The youth mentions he is the son of so and so. The questioning continues. 'Who are you?' 'I'm a student at the nearby University'...'I'm captain of the soccer team.' The questioner persists until the youth runs out of answers. Silence. Then the eldest

responds. 'You are the rock you are sitting on, you are the wind that flows through you. This steam. You are this bird in the sky.'

This great debate of oneness or 'twoness' is long with us. Of separation or union. Self/other. In *No Boundary: Eastern and Western Approaches to Personal Growth*, Ken Wilber looks at how wherever we create a boundary, we create a battle zone. If I separate myself from my unconscious, there is the battle line. If I say men are in but women are out - another battle zone. If I say human beings are in but all animals out - yet another boundary.

One or two? I have heard Tim Freke speak in Cape Town and in Boulder, Colorado (author of 20 books translated into 15 languages.) He talks about the one-two-one-two step. We are one and then we create two in order to observe/witness ourselves. Much like thoughts about the Divine as to why human beings were created in the first place. Then we are one again. Rumi talks about the reed cut from the riverbed sighing to be reunited:



Since they have cut me from my reed bed
My wails bring tears to both woman and man
Those ripped away from their beloved know my song
Having been cut from the source,
they long to return
In celebrations, I laugh with those laughing
And in sadness, I cry with those grieving
The divine secrets are not separate from my cries....

This letter meditates on this one-two dance. A call to live perhaps no longer in an 'either or' world but in a 'both and' one. Is it possible that we can hold these tensions, paradoxes live with them in humility, a virtue that often escapes human beings with too narrow a focus on themselves, their ownership of property and their rights. Be like the ninety year old who lived near the hostile border of two countries. She went up in a balloon for the first time and looking down was heard to murmur 'There are no borders.'

Here is a picture of one way of putting up a boundary so the baboons (genetic similarity 94%) can be in the village, forage, be offered outside hospitality but not raid the banana in our homes.



Dorian

*Our biosphere stoep gate:
Annemarie Breytenbach design and Carolyn McDowell
execution
and a Cornelia Stoop sculpture that graces our coffee
table*



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Writing Retreat Radar Spring 2023

detailed flyers on request

1. Magic Carpet Writers (Somerset West)

Our ongoing monthly writeaway. Next session: Wed 27 Sept 6.30-9.30 p.m.

2. Living a Storied Life

Tues 10 Oct 09.30 in the Overberg venue TBA

This is part of Health and Well-being Talks. Sarah Roos (webfacebook.com) drives this holistic practitioner endeavor under the umbrella of a group that Carol Wood initiated in Pringle Bay and environs.

3. **Buddhist Retreats Ixopo** (bookings via <https://www.brcixopo.co.za/>)

Healing the Family Tree: An Ancestor and Us Writing Retreat

Fri 22 - Sun 24 Sept

Between First In-breath and Last Out-breath: The Art of Story-telling

Sun 24 - Tues 26 September 2022

4. **the 3rd Write away in Pringe Bay**

20-22 Oct only 3 of 8 places left

5.



LOURENSFORD
ANNO 1700

4 B 4 C

Story Evening

with Dorian Haarhoff

Join us for an interactive Storytelling Evening where we enter the world of story to recover our zest, energy and passion. Stories rekindle joy, help us heal and create a more abundant life. Everybody has a story.

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WHERE: Lourensford Tasting Room
DATE: 29 September 2023
TIME: 18h00 - 19h30
PRICE: R200pp
RSVP: ronel.lyons@lourensford.co.za
Includes a bottle of River Garden wine of your choice.

6 B 6 C

Dorian Haarhoff

Poet, story-teller, mentor and speaker with 25 years of experience. He believes in the power of story to create new realities. A former Professor of English (Namibia), his workshops are based on his workbook 'The Writer's Voice'.
A lucky draw wins a copy!

And in between, one-on-one mentoring. You wearing one sandal, I the other.

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