



Creative Wordshops

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Writing Letter

July 2025

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

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

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

Thank you for those who subscribe to the monthly letter and/or who receive the weekly Sat story. While the letter and story remain as a gift to all, for those who wish, I appreciate any voluntary donation.

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The Chi Balls Metaphor

Hold infinity in the palm of your hand
And eternity in an hour (William Blake)



Baoding also known as, health, meditation, stress or Chinese medicine balls are a pair of balls small enough to hold and roll around in one of your hands. Dating from the Ming dynasty from the 1300s they say they originate from the town of Baoding on the North China Plain. First made of iron as weapons, artists created them from marble, jade, agate and stone.

They come in symbolic designs - elephants, pandas, tiger cubs, lotus flowers, intertwined black and white cats, butterflies, Yin Yang with

an (ee) I ching hexagram. Each bell has its own individual chime as the bell inside strikes the outer shell. (Photo: Carol Scrooby)

They become Pilates for the palm. Thai chi for the fingers. Improve finger dexterity, relax the hand, or aid in the recovery of muscle tone.

Therapeutic, enhancing vitality and stimulating acupressure points on the palms they improve the flow of Chi, the vital life energy that moves through

the body. Meditation balls also activate brain function. Chiropractors, those handmaidens to healing, will tell you of several pressure points in the palm, along the meridians. The two balls circle across heart head and fate lines.

Circling the balls in my palm, I suddenly thought how this serves as a metaphor for the interface between writer and reader, between storyteller and listener. One ball the listener, one the teller. They rotate, touching skins, rolling over each other, bringing their individual music. Moving clockwise in time then reversing time antiwise -opening to conscious moments outside time. And the music becomes one for the music of a story is co-created as energy circulates. Being the same size, they take up equal space. The neurons in teller and listener brains fire in the same pattern



process- neural coupling. Mirroring.

I allude to some of the above in this recent poem:

Circling the Tale

take a set of Chi stress balls
made of jade, agate or marble
with panda, hexagram or yin yang design.
they rotate in the palm of your hand.

a pair of hollow spheres,
each holds a chime within
that rings when inner bell
strikes the outer globe.
in movement clock or antiwise
each intones its own music.
a bell tinkle from each tingling
accords us harmony.
a Ming dynasty gift, coming
on a slow boat from China,
these Boading balls named of a city
bode good for our being.
the pair offer muti to bodies
as they stretch and amplify
dexterity, breath, clarity, focus
flow, balance and facility.

here's a tale in the hand
as story-teller and listener
rotate beneath their five fingers
a narrative in the rubbing of skin.
the orbs caress ley lines
of heart head fate to invoke
the elements in a swiveling palm -
Wood, Water Fire, Metal, Earth.
here is in essence, a story
as we massage one another
invoking passage through time
then reversing into ageless space.
in the mystery of overtone and energy
teller-listener with listener-teller
circling, circling, are held both
in the palm of a Divine hand.

Dorian

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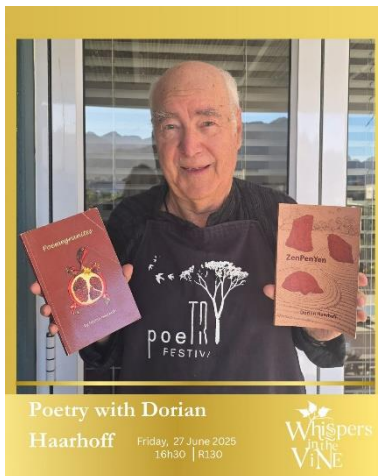
Writing Retreat Radar - Winter 2025

detailed flyers on request

1. Mentoring: ongoing one-on-one attention

You help me to sound like myself (numerous clients)

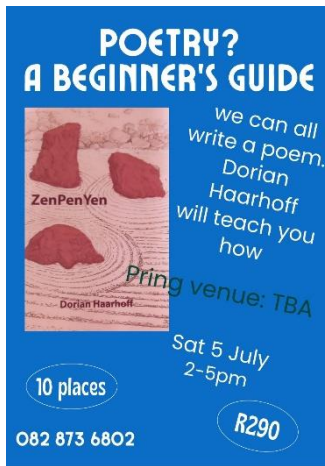
Like a pair of sandals we walk this road together.



2. Lourensford Wine Estate Winter Celebration

Fri 27 June Tasting Room 16.30-18.00 R130

Do you enjoy reading and listening to poetry? Then this interactive time is for you. Warm your winter heart with words that whisper beneath the vine. Enjoy poet Dorian's mellow voice as he shares poems that speak to the season.



3. Pringle Bay Sat 5 July

4. Tides 2025 (currently on the go) A Story Apprenticeship on Zoom

The story is wiser than the teller

The **zoom story mentoring course** is about passing on story-knowing, insight and delight. It is sharing a passion for stories, know-how and and and...
6 x 2 hour fortnightly encounters - 11 & 25 May 8 & 22 June 6 & 20 July

5. Writeway in Pringle Bay 2-3 Aug

Are words and ideas stuck in your head? Want to shake them loose? Need inspiration and writing company? Befriend words/let words befriend you?

Then this weekend is for you. Only 9 places



6a

6b Also part of the FFC Festival
Mentoring Panel - 5 writers whom I've mentored discuss their self publications done and dusted or on their way
Sat 23 Aug 09.30-11.00 Gordons Bay Yacht Club

8. Magic Carpet Writers (Somerset West)

last Wed of the month writeway
a fun-loving supportive thinking/being group of aspirant writers