

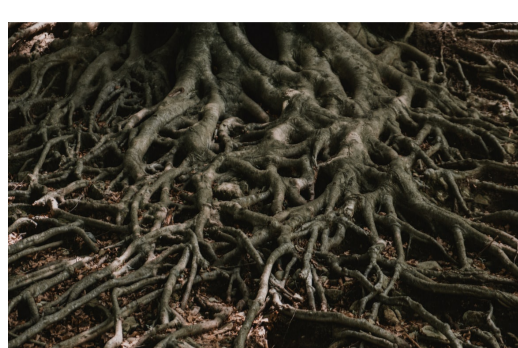
Writing Meditation 2022-01



Theme "YOUR BASE or CORE"

Something to think about ... to consider ...

- What are your roots, what do they contain?
- Where are your roots (roots)?
- Where are you from?
- Who are your ancestors?
- What connects you with your environment, with the earth?
- What connects you to yourself?



Wisdom of I Tjing / I Ching / Yi Jing (Book of Changes)

Hexagram 48 **The Well** (De Waterput) fits very nicely with this theme:

It's about connecting with your inner source and how you use and maintain it. Your source is the starting point of yourself, the deepest foundation of who you are. Your source is the most immutable thing about yourself. It is not immediately visible to yourself and to others.

You cannot directly and clearly communicate something about this to someone else. Only by becoming aware of your effect on others you can penetrate deeper into your own roots.

So, it is good to pay attention to what your effect on others is and what you mean to others. In doing so, you must descend deep into yourself, because as is stated in an ancient Chinese wisdom: **If the rope is too short, the water of the well cannot be reached.**

In other words, superficial self-reflection leads nowhere.



48. De Waterput



Writing Meditation Assignment

Make a Sprinter

[See the explanation in the right column.]

In the spirit of this theme, write a 10-minute **Sprinter** and start with the sentence below:

“What connects me to myself and to my source ...”

How to make a Sprinter

During a Sprinter, keep your pen moving continuously and continue writing until the specified time has elapsed. This approach prevents your mind or ego from getting involved too much. In this way the inner wisdom in you is addressed and let yourself be surprised what wisdom will flow from your pen. It is a special and autonomous and unconscious process, which is comparable to the state in which you are daydreaming.

Try it and you will be amazed how much wisdom is hidden inside you.

Writing Meditation continued

Read the **Sprinter** out loud to yourself.

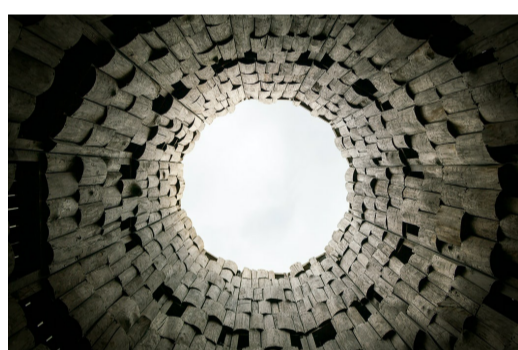
Highlight the word, text fragment or sentence that touches you the most.

Write a text of 5 sentences based on and inspired by that highlighted text.

Read the resulting text of 5 sentences aloud to yourself again.

Then make an **Elf** based on the text of 5 sentences, a kind of summary. This creates a short poem with a powerful text.

[See the explanation and example below.]



Construction and Example of an Elf

Below is shown how you can make an **Elf**.

See the diagram below at the construction of an **Elf**, a short but powerful poem consisting of 11 words.

In the diagram below I have given an example of an Elf, which I once made myself.

It has added value, if an **Elf** starts and ends with the same word. It's just a suggestion, it's not necessary at all. It is of course entirely up to you, because it will be entirely your creation.



The construction of an elf It is an arrangement of 11 words

Word
Word – word
Word – word – word
Word – word – word – word
Word

An example of an Elf: What I once made as a result of the theme “Contemplate (Reflection)”

Contemplate
Creating space
Descend into myself
Connect Body and Soul
Contemplate

Support

Good luck!

I wish you a beautiful and meditative pilgrimage while writing.

And let yourself be surprised during the pilgrimage, what will flow from your pen in words and wisdom.

Who knows, you might make surprising discoveries about the hidden treasures in your inner well.

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