

WATER WIND FIRE EARTH



In NATURE I discover myself.
POETIC WRITING

MOBILE: [+ 49 173 8299246](tel:+491738299246)

ENROLLMENT: news@poeticwriting.net

PAYMENT: [@poeticwriting](https://www.instagram.com/poeticwriting)



THE SEMINAR (Video)

WATER WIND FIRE EARTH



*Absorbed in NATURE I discover myself.
Expressing myself through PROSE or POETRY I shape myself.*

CONTENT

„Wherever I go, I find a poet who has been there before me.“

Sigmund Freud, father of modern psychology, emphasizes the importance of those words that speak of the soul.

The seminar takes place **on Sundays from 11 am to 3 pm**. Thanks to a deep connection with **NATURE**, we will be able to reestablish the deep connection with ourselves. Through our five **SENSES** we allow Nature to penetrate us. Through **RITUALS** we give our inner world an outer expression.

The **WORD**, whether in prose or poetry, will emerge naturally as a distillate of our experiences.

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INFORMATIONS

INFO: Mobile Phone – [+49 173 8299246](tel:+491738299246)

WHERE: Roma – Parco della Caffarella
Metro A - Colli Albani (11 min. from Termini) exit Parco Appia Antica

MEETING POINT: [Casa del Parco](#), 11 am - From Metro Colli Albani it is 10 min. on foot.

WHEN: On **Sundays** from 11 am to 3 pm in **spring, autumn** and **winter**.
(around the equinoxes and the winter solstice)

PRICE: **30€**

PARTICIPANTS: 6 – 12

TAKE WITH YOU: Take a **small Rucksack** with you: **comfortable hiking boots**, **rain gear**, **torch**, **solar protection**, **drinking bottle**, a **hard base for writing**, a **writing pad**, and a **pen**. **Long trousers**, a **long-sleeved shirt**, **walking sticks** and a **swim suit**. Your **cellular phone** to shoot photos and record audios and a **packed lunch**.

LECTURER: **Giovanna Salabe'** is a **poetess**, **actress**, **musician** and **alternative practitioner**.
Further information on www.poeticwriting.net and www.giovanna-salabe-actress.de.

ENROLLMENT and DOWN PAYMENT of 15€

Enrollment via: news@poeticwriting.net

Please indicate: **Name, Mail, Phone number** of the participant & **Date** of the seminar

1) PayPal [@poeticwriting](#)

Reason of Transfer: **Name** of the participant & **Date** & **Name** of the seminar

2) QR-Code **Rome Spring**

3) Überweisung

Bank Account: **IBAN DE92 7601 0085 0191 2258 53**

Reason of Transfer: **Name** of the participant & **Date** & **Name** of the seminar



REMAINING AMOUNT: Please pay the remaining amount of **15€ in cash** before the seminar.

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INFO – THE MIRROR OF THE SOUL ([Video](#))

Poetic Writing takes place on **Sundays**, on a **3-days-seminar**, around the yearly **equinoxes** and the **solstices** in **Berlin**, **Rome** and on **Crete**. The seminar can be held in four languages: English, German, Italian and French. The 3-days-seminar will be introduced by a **night-walk**. The short seminar by **a walk through the woods**. After concentration exercises in close contact with earth, water, fire, wind or music, working with **senses** and **rituals** will evoke sounds, images and visions, memories, feelings or free associations. These experiences will then be put into words and captured on paper. Relaxation exercises linked to Yoga or Shiatsu and simple forms of **meditation** will follow. Afterwards all the collected words will be written in **prose texts** or **poems** and in the end they will be presented to the group.

Poetic Writing what for? Do we really exist inside the words we use everyday? Do we resonate in our words when we speak? The seminar is made for **songwriters**, **writers** and **artists** of all kinds. Through **Poetic Texts**, **pupils**, **students**, **teachers**, **workers** and **professionals of any business** will be able to better perceive and locate themselves. Thereby they will succeed in an **authentic communication** with other people with greater ease. Their prose texts or poems are furthermore **a creative mirror of their souls**.

POETIC WRITING ([Video](#))

Poetic Writing. The Seminar. In the early 90's Giovanna Salabè developed in the area of **Creative Writing** the two seminars **Poetry and Senses** and **Poetry and Rituals**. About working with **Senses**: through hearing, feeling, smelling, tasting and only lastly seeing – the favorite sense of our times – the participants are invited to reactivate channels which enable them to a more distinguished perception of the outer world. Working with **Rituals**, which are inspired by the spirituality of the Hopi-Indians of North-America, means that an inverse experience takes place. The ritual addresses an aspect of our own personality which is brought outside by being put into words. These two, Senses and Rituals, are the starting point in Salabè's activity for the composition of poetic texts.

The **2023** newly developed seminar **Poetic Writing** reunites the work on Senses and Rituals putting a particular accent on HEARING. The sense of hearing is the first of our senses being completely developed when we are still in the mother's womb. Before the human being can see, smell, taste or even touch, it perceives its fellow human beings and the surroundings with the ears. According to Rudolf Steiner the sense of hearing is truly our deepest sense. With our eyes we just "touch" the surfaces of the tangible things. When, on the contrary, we make an object resonate (even only by knocking on a wooden table), the object vibrates through all its fibers in its wholeness, from the inside to the outside. Not without reason in the Upanishad from ancient India it says **Nada Brahma: The World is Sound**.

However we live in an era in which seeing is given an overestimated relevance. Whereas we overhear the Hearing. We even restricted the nights might, which generally sharpens all our senses, in particular the Hearing, by heavily illuminating streets and cities.



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The POETESS ([Video](#))

Poetic Writing. In my early pedagogic activities with children and teenagers, I questioned myself on how to lead human beings to find back to themselves. Having faced a difficult childhood myself, I discovered at first Classical Music and Nature as tools to relax and to connect with my deeper self. I used to sit in the woods, on the ground and along a water course. Listening to the gentle hum of the nearby stream, touching the earth, my stillness in sitting down and perceiving, through all my senses, many details of a steadily moving Nature. I could let go of everything I was not and so I was finally restored. I am still convinced that our deepest core strongly consists in poetic elements. In our essence we are Poetry.

Poetic Writing. In my seminars, as a poetess and musician, I support the participants to find themselves. I help them to discover words, colors, sounds and images as an expression for their deepest essence.

New Events 2025

SPRING-Equinox

23rd March 2025 Berlin
30th March 2025 **Rome**
11th May 2025 Rome
25th May 2025 Berlin
8th June 2025 Berlin

SUMMER-Solstice

13th/14th/15th/ June 2025 **Crete (Myrsíni)**
22nd June 2025 Berlin
6th July 2025 Berlin
20th July 2025 Berlin

New Events 2026

SPRING-Equinox

11th January 2026 Berlin
1st February 2026 Berlin
1st March 2026 Berlin
8th March 2026 Berlin
15th March 2026 Berlin
22nd March 2026 Berlin
29th March 2026 **Rome**

SUMMER-Solstice

29th/30th/31st May 2026 **Crete (Myrsíni)**

AUTUMN-Equinox

21st September 2025 **Rome**
28th September 2025 Berlin
12th October 2025 Berlin
26th October 2025 Berlin

WINTER-Solstice

9th November 2025 Berlin
23rd November 2025 Berlin
7th December 2025 Berlin
21st December 2025 **Rome**

New Events 2027

SPRING-Equinox

10th January 2027 Berlin
7th February 2027 Berlin
7th March 2027 Berlin
14th March 2027 Berlin
21st March 2027 Berlin
4th April 2027 **Rome**

AUTUMN-Equinox

19th September 2027 **Rome**
26th September 2027 Berlin
3rd October 2027 Berlin
10th October 2027 Berlin
17th October 2027 Berlin
24th October 2027 Berlin
31st October 2027 Berlin

AUTUMN-Equinox

20th September 2026 **Rome**
27th September 2026 Berlin
4th October 2026 Berlin
11th October 2026 Berlin
18th October 2026 Berlin
25th October 2026 Berlin

WINTER-Solstice

1st November 2026 Berlin
8th November 2026 Berlin
15th November 2026 Berlin
29th November 2026 Berlin
6th December 2026 Berlin
13th December 2026 Berlin
20th December 2026 **Rome**

SUMMER-Solstice

21st/22nd/23rd May 2027 **Crete**

WINTER-Solstice

7th November 2027 Berlin
14th November 2027 Berlin
21st November 2027 Berlin
28th November 2027 Berlin
5th December 2027 Berlin
12th December 2027 Berlin
19th December 2027 **Rome**