

**Spiritual Care Collaborative**  
2009 Summit, January 30-February 4, 2009  
Workshop T1.1 Tuesday, February 3, 2009 1:30 – 3:00 pm

**Poetry and Music:  
Partners in Healing Through Experiencing the Transcendent**

**In this workshop the participants will:**

- >Engage in guided experiences with poetry and music**
- >Discover the synergistic power of music and poetry as partners in fostering revelation of the Transcendent**
- >work with personal reflections and journaling**
- >participate in group conversation and sharing by choice**
- >develop applications for practice in one's personal life**
- >begin to explore and development applications for one's work**

**We understand healing to be a process of moving from a condition of brokenness toward wholeness. This process includes the physical, mental, emotional, spiritual and social dimensions of life. Our workshop is grounded in the premise that experiencing the Transcendent in one's life can be a vital dimension in healing.**

**It has been said that inspired poetry is "A Container of the Essence of Life".**

**Music has traditionally been spoken of as "The Language of the Soul".**

**Each of these art forms standing alone can be sources of inspiration and revelation in leading one toward an encounter with the Transcendent. When these two forms are brought into alignment through conscious intention, they create a synergy that deepens the exploration of one's inner world. Through rhythmic interplay between poetry and music we will offer several guided experiences that may begin a process of opening pathways for the support of one's journey toward wholeness.**

**As we work with a poem our focus will be on listening carefully to how the poem speaks personally, rather than attempting to figure out the poet's intended meaning. Carefully selected music will then be added as a companion to this work, thereby calling forth the larger impact of The Partnership of Poetry and Music.**

**--Sierra and Jay Stearns**

**“Tell me, she said:  
What is the story you are telling?  
What wild song is singing itself through you?  
Listen:  
In the silence...there is music  
In the spaces ...there is story.**

*“We are listening each other into being.”*  
---Sally Atkins

## **Poetry Resources**

**The Selected Poems of Wendell Berry**

**The Rag and Bone Shop of the Heart** – edited by Robert Bly, James Hillman, and Michael Meade

**Sailing Alone Around the Room** –Billy Collins

**The Gift** – Hafiz

**Ten Poems to Open Your Heart** – Roger Housden

**Dancing With Joy** – Roger Housden

**Good Poems for Hard Times** – Garrison Keillor

**Fooling With Words** – Bill Moyers

**To Bless the Space Between Us** – John O’Donohue

**New and Selected Poems** – Oliver

**Selected Poems of Rilke** – translated and edited by Bly

**The Essential Rumi** – translated and edited by Coleman Barks

**River Flow** –David Whyte

## **Music and the Imagination Resources**

“Letting the Sound Depths Arise”, Sara Jane Stokes-Stearns, *Journal of Music and Imagery*, Vol.1, 1992

**Music and the Soul: A Listeners Guide to achieving Transcendent Musical Experiences.** Kurt Leland

**The Tao of Music.** John Ortiz

**Healing Imagery and Music.** Carol Bush

**Music and Your Mind: Listening with a New Consciousness.** Bonny and Savary

**Communing with Music: Practicing the Art of Conscious Listening.** Matthew Cantello

**The Nature of Music: Beauty, Sound and Healing .** Maureen Draper