

Mindful poetry for artists and other gentle, curious and loving souls

Getting to know yourself is often the key to create work that feels more authentic. I have found a way of writing which helps me explore what is going on in the present, what I long for and where I am being stuck.

Elfern (11-words poetry) is a format built up by 11 words in 5 lines. See it as a possibility to explore, to grow and flow with what whatever comes

Every line has it's own purpose. It was created to be able to explore what is going on under the surface, beyond your logical mind and all the "but" and "should".

The format:

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|---|---------|
| 1. Your starting point
(can be the felt sense or a trigger etc) | 1 word |
| 2. Expressing your feeling, thought, a sensation
(colour, taste, smell, sound, how it feels when touching) | 2 words |
| 3. A question | 4 words |
| 4. the answer | 3 words |
| 5. A conclusion, new beginning or a twist, something unexpected | 1 word |

Allow yourself to rest peacefully into the format and be kind to yourself.

Here are some examples from 2020:

Lockdown
surviving restrictions
What is possible now?
Take a break
Thoughtless

Thoughtless
Relaxing emptiness
How will I survive?
By being You
Always

Always?
also impossible
When will it end?
Darling, nobody knows
Kiss

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