

Images That Shimmy & Shake ~ Facilitator: Krayna Castelbaum

Verb-the-Noun: Scads of nouns can also be verbs; those that are reluctant to do so can be jet fuel for amplifying images.

We mountained morning to the peak of noon.
Barb Morris

You can dumpster a poet and he'll still notebook his rhyming.
Robert Curie

She sugared him with her father's antique hammer.
Krayna Castelbaum

Unusual word combos: Make a list of nouns/nouns, verbs/verbs, noun/verbs. Cut into strips, put in envelopes and pull words randomly and sprinkle over your writing.

Seven Minute Stories

- * Write in *present tense* using the pronoun "I." Set a timer. Seven minutes. Go!
- * Vary pronouns; reverse roles with other figures/objects/elements in the scene.
- * Use characters from:
 - Fairy tales, cartoons, myth, literature, TV shows, sacred texts
 - People from history, family members you know and those you never met
 - Poets and artists both living and dead
 - People/objects from dreams, etc.
- * Employ *ekphrastic writing* using figures/objects found in photographs, paintings, sculptures, etc. How would the Mona Lisa or Davinci's *David* respond to these questions?
- * Create a series from the 7 – 10 items on your chosen list(s). Write one per day and put your draft away for 3 – 7 days before you review and revise.
- * Revision is an extension of the initial creative burst on the page. Adding research into the revision process furthers discovery and generates new possibilities.
- * On entering trauma stories/difficult images: *Always* make time to write alternative scenes/images that renew our sense of aliveness, goodness connectedness and possibility. Trauma/hardship (and the writing of these experiences) rob folks of vitality, hence it's imperative we turn to medicine stories that restore us to harmony and balance.

Ideas for 7 Minute Stories: *Quickly list 7-10 from your chosen category; pick one that's compelling, vivid or troublesome. Set a timer. Seven minutes. Go!*

First times/Last times
Neighbors/Friends
Lovers/Spouses
Kitchens/Dining Rooms
Kitchen/Dining Room Tables
Restaurants
Vacations
Holidays
Teachers
Injuries/Illnesses
Breakups
Kisses
Jobs
Hotel/Motel Rooms
Cars
Hikes
Playmates
Road Trips
Candy
Foods/Food Groups
Apologies
Accidents
Sexual Turn Ons/Turn-Offs
School Years
Pets
Body Parts
Funerals/Wakes
Etc.

List Specific Moments When You Were:

Angry
Embarrassed
Grieving
Grateful
Joyful
Disappointed
Confused
Revelation
Courageous
Retaliated
Delighted or Awed
Transformed
Surprised/Astonished
Terrified
Etc.

List Specific Times When You:

Broke the Rules
Took a Risk
Took a Stand
Made a Fool of Yourself
Came Through for Someone
(or Someone Came Through for You)
Were Rescued
Laughed So Hard You Cried
Etc.

Use characters from:

Fairy tales, cartoons, myth, literature, TV shows, sacred texts
People from history, family members you know and those you never met
Poets and artists both living and dead
People/objects from dreams, etc.

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