Writer's Studio Spring 2019

Meditation for Writers

COURSE INFORMATION

<table>
<thead>
<tr>
<th>Meditation for Writers</th>
<th>WRIT82602 19S1</th>
<th>Instructor Sandi Wisenberg</th>
</tr>
</thead>
</table>

COURSE SCHEDULE

Wednesdays, 1:30-4pm
May 14-June 4, 2019

CLASS LOCATION

Gleacher Center
450 N. Cityfront Plaza Drive
Chicago IL 60611

PHONE

773-909-8702

EMAIL

slwisenberg@sbcglobal.net

GRAHAM SCHOOL INFORMATION

PHONE: 773.702.1722
WEBSITE: https://grahamschool.uchicago.edu

“When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid.” —Audre Lorde, The Cancer Journals

REQUIRED TEXTS

"Writing for Your Life: Discovering Your Life’s Journey" by Deena Metzger

You will have to order it from Powell's or Amazon. I will choose more readings and assignments from this book based on class interests and needs.

Where does your writing come from? How can you access the deeper realms? In this class, we will experiment with different forms of meditation and visualization, in service of our writing. Meditation can help to calm anxieties and remove obstacles. It can help the writer to pay close attention and focus, to remember, to go more deeply, and to imagine more broadly. It can also help unite mind and body. This is a generative workshop for writers of all genres and at all levels. Emphasis is on going to new places and creating new work.

This is the class plan, but it may change to accommodate student interests.

ROUGH WEEKLY SCHEDULE

MAY 14

Before class: Read at least parts 1-5 of Donald Hall’s essay “Poetry and Ambition,” https://www.poets.org/poetsorg/text/poetry-and-ambition

The essay has much to annoy, but I find it useful as a way to begin a conversation about what our deeper purpose as writers is and what our goals are. Please also read Terri Winding's blog post, "When the magic is working," http://www.terriwindling.com/blog/on-inspiration/
In class: What experience, if any, have you had with meditation? How can meditation and visualization aid a writer? We will try out different meditative modes. We will also discuss the ideas Hall raises. What are your ambitions? What has the muse, through you, been trying to say? We will write in class.

MAY 21
Before class: Read the first section, "On Creativity," in Metzger. Choose one assignment that speaks to you and do it. Bring that writing to class. Read excerpt from Song of Solomon by Toni Morrison.

In class: Short meditations, Music and writing. In-class writing from Metzger. Discussion of student writing and response. Because we will be discussing new writing, we discuss the work neutrally—what’s there, what kind of writing it is, where the heart of it seems to be—rather than more critically.

Home writing assignment.

MAY 28
Before class: Read handout from A Postcard Memoir by Lawrence Sutin.

In class: Short meditations and visualizations. Mandalas. Art and writing. Discussion of student writing. In-class writing from Metzger.

Home writing assignment.

JUNE 4
Before class: Read "Why I Can't" by Susan Donnelly (There will be a link).

In class: Short meditations and visualizations. Repetition. Discussion of student writing. In-class writing from Metzger. Where to go from here?

CLASSROOM ETIQUETTE
As we may be addressing controversial topics in our class discussions, we expect students to be respectful and considerate of others.

DISABILITY INFORMATION
The Graham School of Professional Studies abides by the Americans with Disabilities Act (see http://www.ada.gov/pubs/adastatute08.htm), with Section 504 of the Rehabilitation Act of 1973 (see http://www.dol.gov/ostaam/regs/statutes/sec504.htm), and the Family Educational Rights and Privacy Act (FERPA) (see http://www.ed.gov/policy/gen/guid/fpco/ferpa/index.html) and will provide reasonable accommodations to students with disabilities covered by law. If you have a disability for which you may require accommodations, please contact Charnessa Warren, Director of Student Disability Services, at disabilities@uchicago.edu in advance of the first class meeting.