



Sisters Performance Method - Sensuous Learning

The Poetic Self Exercise

The poetic self is not a fiction. Not a character. It is you. Something that lives within you that you might or might not express in your everyday life.

Your inner inherent poetic potential which you explore and unfold. Through these questions we will initiate the unfolding of your discoveries.

Time: What relationship does your poetic self have to time? Please, consider time.

Pace: How do you move through time? Are you slow or fast? Looping, spiralling, horizontal, vertical, linear? How do you move through time? What is your pace?

Age: Does your poetic self have an age? Or are you ageless? How do you move through time?

Space: What relationship does your poetic self have to space? Please, consider space.

Shape in space: What shape does your body have in space?

Pace in space: How do you move through space? Walking, flying, jumping or sailing? How does your body move through space?

Your sensory body: What is the gesture of your poetic self? What is the sound of your poetic self? What is the smell of your poetic self? What is the taste of your poetic self? Please, consider the sensory experience of your poetic body.

Mystery: What is your mystery?

Darkness: When do you move into the dark? What is in the dark? What is in the Shadow lands?

Lightness: When do you move into the light? What is in the light?

Balance: What is your balance point?

Relations/relationships: How does your poetic body relate the other? How do you engage with other people? How do you reach out towards the other?

Intimacy and distance: How close is close? How far is far?

Special relationships: Do you have a favourite relationship to anyone? Do

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they know? Who do you trust in the most? Why do you trust in this person or creature?

Temper: What is the typical mood of your poetic self? Are you open or shy? Do you establish contact with others easily or do you prefer to be alone? Do you become angry or sad sometimes? When? Why?

Mistakes: Does some mistake from your life haunt you? Why? What do you do to cope?

Golden moment: Try to recall a happy moment in your life? Recall the sensory experience of this moment - What did it taste like? What did it sound like? What did it look like? What did it smell like? What did it feel like?

Secrets: Do you have any secrets? Does anyone know about it? If now - why not? If so - Why? Please, consider the secret life of your poetic self?

Challenges: Do you have any illness, fears, vices? What do you do to cope with these? What would make you totally freak out? What would make you shut off?

Strengths: What is your poetic self particularly good at? What are you proud of? Why does this make you proud?

Function: What kind of function do you have in life? Are you satisfied with this? If not - why not? If so - Why?

Passion: What is the single state of being that will bring you to final happiness?

Activities: How does what you do, create value? What do you do in your spare time? What is your favorite duty? What is your favorite way of enjoying yourself?

Footprints: What footprint is after you? What traces do you want to leave behind?

Future: What dreams do you have for the Future?

There are no more questions for your poetic self.

Lastly, please consider:

- A **name** for your poetic self?
- A **shape** for your poetic self? What do you look like? What do you wear? How do you move through a room?
- A **totem** for your poetic self? Something that represents your inner poetic life?
- A **biography** for you poetic self? The life story of your inner inherent poetic potential? Past, present, future...

