

“I am a human being, who happens to be”

Poetry exercise created by Estelle Sinclair & Gracelynn Lau** (June 2020)

7-stanza poem structure with 1-4 lines per stanza. This is a poetry exercise to explore who you are, and to get to know each other in a community/group setting. Allow the sound, key words, phrases to arrive and play with them. Forget about grammars! It does not need to be pretty or poetic. We are looking for honesty, authenticity and what feels true to you.

I am a human being, who happens to be...

(specific words/sound to express your sexual/gender unfolding and relations in families)

I am a human being, who happens to be...

(specific words/sound to express your race/ethnicity/skin colour/language/nationality/passport)

I am a human being, who happens to be...

(specific words/sound to describe your religion/spiritual practices, to your type of work/income status)

I am a human being, who happens to be...

(specific words/sound to describe your ability and disability physical & psychologically)

I am a human being, who happens to be...

(specific feelings you're experiencing this week, especially those associated with what's happening in the world)

I am a human being, who happens to be...

(a specific burning question that you're seeking answers for lately)

I am a human being, who happens to be...

(specific intentions that you have for yourself and your loved ones today)



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Example

I am a human being, who happens to be a woman,
a single child, daughter of a widow,
the oldest of all cousins, living by herself.

I am a human being, who happens to be
香港人, the yellow race, don't know how to be Chinese;
speak Cantonese, think in English, live in Canada

I am a human being, who happens to be Christian
practise earth-based spirituality, pray to the ancestors;
phd student, expressive arts therapist
volunteer most of her time.

I am a human being, who happens to be healthy,
capable, sometime have migraine,
recovered from animal phobia mostly.

I am a human being, who happens to be exhausted,
frustrated, excited and deeply grateful,
tired of waiting, very impatient this week

I am a human being, who happens to be
wondering how long do I have to wait?

I am a human being, who happens to be
longing for deeper connection, looking for
edges and cracks so I can dance on them.

By Gracelynn Lau



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