Pantoum Poetry

In the Buddhist tradition, writing poetry is often used as a spiritual practice. A Pantoum (pan-toom) is a form of poetry that uses repeating lines throughout the poem. It is typically comprised of a series of quatrains and lines that are repeated in specific patterns. It is a relatively easy way to write poetry, in that only 6 stanzas of poetry are created. Through the methodical and repeated placement of each stanza, the poem can take on new meaning. The form we will follow entails selecting 6 phrases out of your letter from your inner spiritual child. These lines should be ones that ones that are significant and evocative for you. Number each phrase 1-6:

Phrases from writing:

|  |  |
| --- | --- |
| Phrase 1: |  |
| Phrase 2: |  |
| Phrase 3: |  |
| Phrase 4: |  |
| Phrase 5: |  |
| Phrase 6: |  |

Now, choose the lines from the selected phrases in any order that makes sense to you to fill in the form as follows:

**Inner Spiritual Child Pantoum Poem**

Stanza 1:

|  |  |
| --- | --- |
| Line 1 (new phrase) |  |
| Line 2 (new phrase) |  |
| Line 3 (new phrase) |  |
| Line 4 (new phrase) |  |

Stanza 2:

|  |  |
| --- | --- |
| Line 5 (repeat of line 2 in stanza 1) |  |
| Line 6 (new phrase) |  |
| Line 7 (repeat of line 4 in stanza 1) |  |
| Line 8 (new phrase) |  |

Stanza 3:

|  |  |
| --- | --- |
| Line 9 (repeat of line 6 in stanza 2) |  |
| Line 10 (repeat of line 3 in stanza 1) |  |
| Line 11 (repeat of line 8 in stanza 2) |  |
| Line 12 (repeat of line 1 in stanza 1) |  |

*Take a moment to read through your Inner Spiritual Child Poem a couple of times. You may want to make some small word adjustments to smooth out the flow. Read it one more time, then rest in its message.*