

Welcome to Harmony Hub Radio a place to
listen, share, reminisce and get inspired.
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Episode 21 - What Helps?

We'd love to hear your thoughts about the show and have you be part of the Harmony Hub Magic. We are really keen to hear about a memorable, favourite song and what it means to you or to hear a recording of you reading a favourite poem. If you have anything you'd like to share or need help to share something, please get in touch with me, Kaye, on 07591157841 or by email at kaye@awakeningarts.co.uk

This week on Harmony Hub Radio, we'll be reading poems and hearing songs and stories about what helps, how can we take care of ourselves in difficult times.

These are the poems I'll be reading on the show and I'd love it if you'd read along with me.

Life Doesn't Frighten Me by MAYA ANGELOU

Shadows on the wall
Noises down the hall
Life doesn't frighten me at all

Bad dogs barking loud
Big ghosts in a cloud
Life doesn't frighten me at all

Mean old Mother Goose
Lions on the loose
They don't frighten me at all

Dragons breathing flame
On my counterpane
That doesn't frighten me at all.

I go boo
Make them shoo
I make fun
Way they run
I won't cry
So they fly
I just smile
They go wild

Life doesn't frighten me at all.

Tough guys fight
All alone at night
Life doesn't frighten me at all.

Panthers in the park
Strangers in the dark
No, they don't frighten me at all.

That new classroom where
Boys all pull my hair
(Kissy little girls
With their hair in curls)
They don't frighten me at all.

Don't show me frogs and snakes
And listen for my scream,

If I'm afraid at all
It's only in my dreams.

I've got a magic charm
That I keep up my sleeve
I can walk the ocean floor
And never have to breathe.

Life doesn't frighten me at all
Not at all
Not at all.

Life doesn't frighten me at all.

Wendell berry, peace of wild things

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.

Three Good Things by Jan Dean

At day's end I remember
three good things.

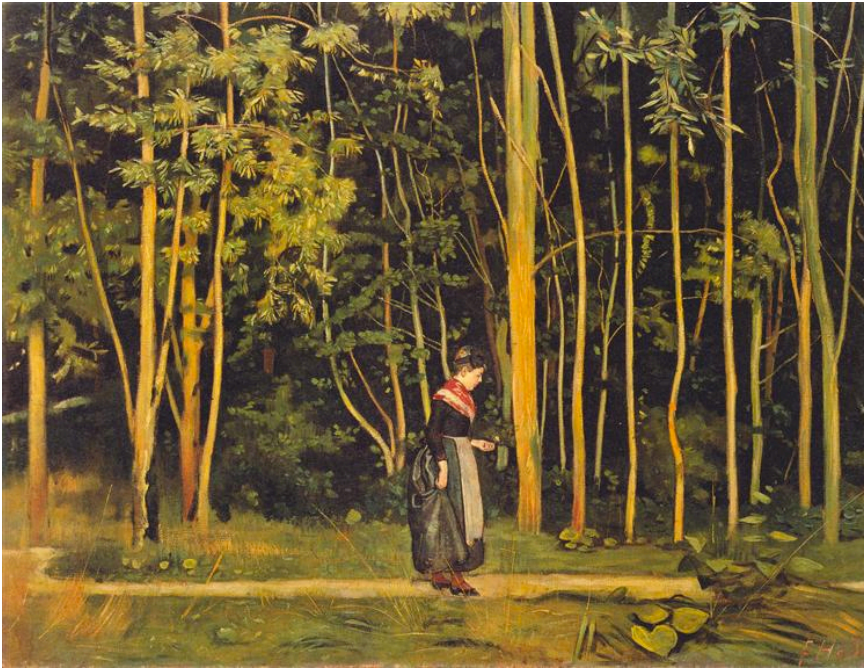
Apples maybe- their skinshine smell
and soft froth of juice.

Water maybe- the pond in the park
dark, and full of secret fish.

A mountain maybe- that I saw in a film,
or climbed last holiday,
and suddenly today it thundered up
into a playground game.
Or else an owl- I heard an owl today,
And I made bread.
My head is full of all these things,
It's hard to choose just three
I let remembering fill me up
with good things
so that good things will overflow
into my sleeping self,
and in the morning
good things will be waiting
when I wake.

Art Activity

This week our theme is thinking about what helps and how we can look after ourselves in difficult times. Here are some ideas for how you could create an image on this theme. As ever, please feel free to interpret the theme in anyway that feels right for you, these are just some ideas or starting points.



One of the things that helps me to feel well in difficult times is to spend time in nature. I love this simple and calming painting of someone in the forest. Even though it was painted in 1885, it still captures the way that we find space and peace in nature. Is there a place where you feel most calm? You could try painting yourself in that place. You could paint from memory, an old photo or from your imagination.

This painting by Matisse captures the quiet moment we create for ourselves when we have a simple cup of tea. A wonderful daily ritual of self care. What's your simple daily self care ritual? When do you take a pause in your day just to sit down and take it easy, and what is it that you do? Maybe you could paint the thing that you do. It could just be a picture of a cup of tea, or you watching your favourite TV show, or your comfy sofa.

