

LET THAT INK FLOW

*a six week
workshop 4
songwriters
&
lyricists*

29.4.2024

3.6.2024

INTRO

As a little gift to myself, I've decided to offer LET THAT INK FLOW courses (the 6-week version) regularly. Why not spend time doing what you love and, in the same breath, help some heads while you're at it! I know for a fact that these techniques/this process is medicine! I've tested it repeatedly in the last years and watched folks who've committed to it not only spread their wings creatively but also get their lives in order. So why not share the love?

I don't know how many sessions I will be able to pack into the year; there will definitely be breaks along the way, and I can't see beyond this summer, but there will be enough to get a whole bunch of heads airborne!

Lukasz, thank you so much! I really loved the course and I talked to all my friends about it. It really was a big part of my daily life in the last six weeks. Our weekly meetings truly felt like group therapy, in the most positive way. The nicest thing for me was to realise how that quick decision-making had an impact on my daily life. – **Debora Monfregola**

Man, I feel so blessed that I'm in this group, honestly. It's connected the dots in the way that I would never have done on my own. It's really helped me get out of my own way and it's shifted my paradigm from where I was last month. I can't thank you enough for having me here. I would do it all over again. I'm gonna try and get Molly and a few others on the next one. – **Wil Bradbury**

ABOUT THE COURSE

The course combines stream of consciousness writing with a wide range of creative writing techniques, as well as mindfulness and sense-activation exercises. The key objectives for the course are: arriving at a heightened state of creativity (flow/zone), dismantling the matrix of writer's block by snuffing out the internal critic, improving writing from a technical point of view, and creating a sustainable daily routine. In addition to the creative routine, participants will also be supported in other lifestyle adjustments (exercise, meditation, dietary hacks, etc.). All of these things are related!

I don't want this to end... ha ha ... It feels like it's been going on forever, I don't know. Like I lost track of the weeks, and I don't believe it's ending. For sure it is a good reminder of the challenge to keep what is good for me here, and keep it present every day. I have enjoyed this course so much. Also the flux of ideas and words and music has been going much stronger the last weeks! And I'm really - Wow - so impressed and Happy. I feel Alive. THANK YOU WITH ALL MY HEART. - Margo Sanda

THE SCHEDULE

The course has been designed to be scaled as per personal needs and schedule. Everyone taking it is obligated to commit to a 6-day regimen of 30 minutes of writing per day. Those who want to go deeper and have that extra time will be able to expand the routine to 1-1.5 hours. In addition to the exercises, I will also be sharing reading materials, links to podcasts, and documentaries.

*I am a big fan! :) Being in the moment, being really here, being awake, compassionate. Caring, no trapped emotions, no bad spirals, sharpened senses... I've felt all of these things developing/moving during these last few weeks. Thanks for your guidance. Life is full of prompts. Hell yeah :) - **David Koch***

*I've had really amazing breakthroughs since the course started; the biggest one is being able to shift out of 'the hamster wheel' mindset that I've been in since I started my artistic practice and in my life in general. I feel a lot more at peace with myself as an artist and feel very excited to have opened this door of just writing. - **Wild Anima***

WEEKLY MEETINGS

Every week, we will all meet as a group for an hour to discuss what happened the week before, address all relevant questions, and see where the discussion takes us. We will also discuss the exercise regimen for the upcoming week. In addition to this meeting, I will also reserve 15 minutes for everyone involved for one-on-one coaching. If we manage to consolidate a group in Berlin, the meetings will be done in person and will also include site-specific exercises. If the group is geographically scattered, we will meet on ZOOM.

I feel I got what I'd hoped from the course, a reencounter long overdue. I'm not sure I've really been doing as much as I was supposed to; I didn't write to create something new. I wrote to write, to habit, to get in touch, flow and used it as a vessel for change. A redesign, a slight yet consistent shift, purposeful and realigning. I really felt that this course you've created was in that zone and I think it's the right way to go about it and could be massively helpful to any participant. – Sarah G.

PRICING POLICY

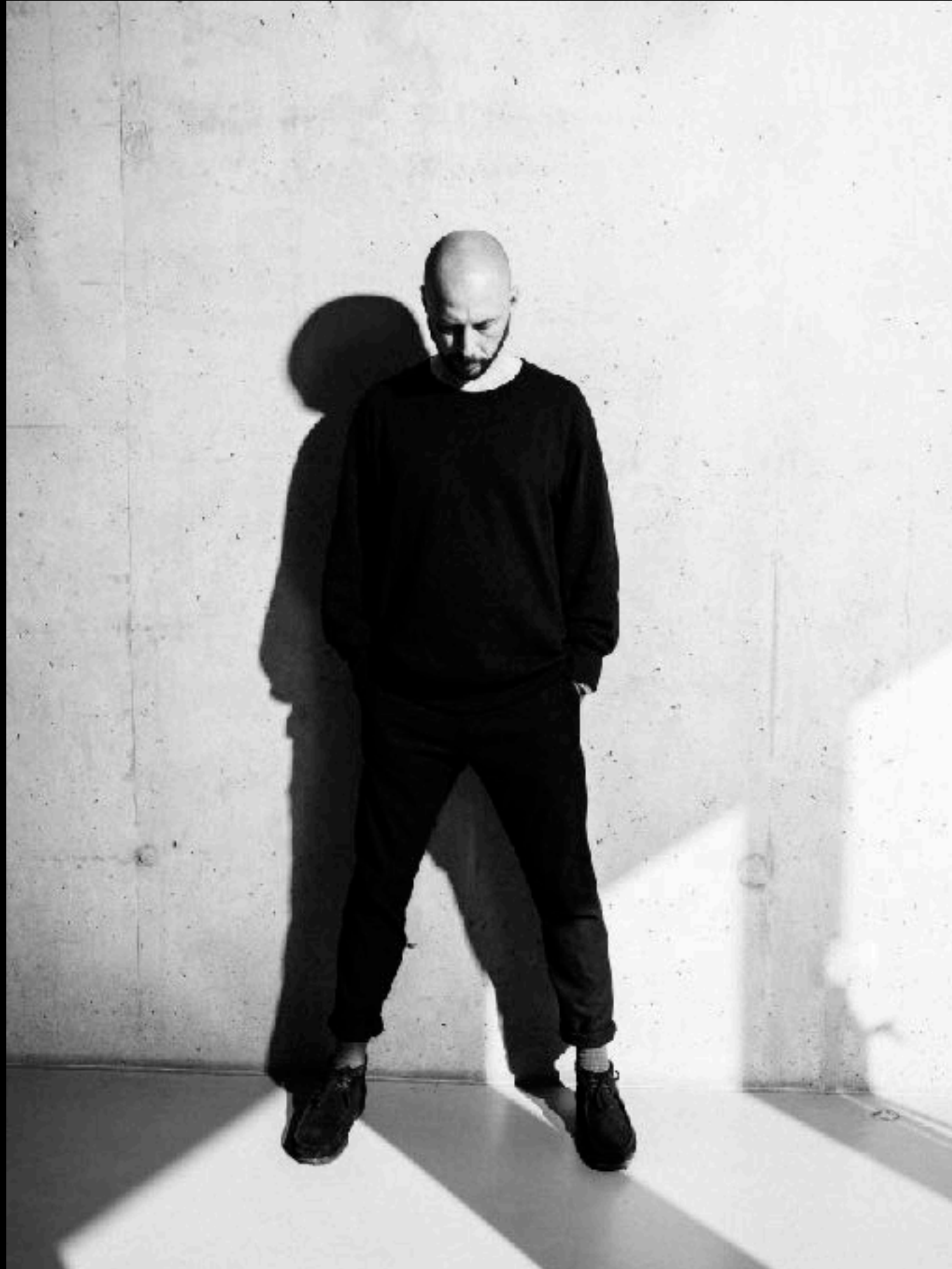
The price for the course is 250€. If you can't afford it, talk to me, we'll find a way.

*I can definitely say the class helped finish writing my album. It helped me find these last two or three songs which completed it. –
Andrina Bollinger*

*Thank you for your amazing prompts and energy throughout these 6 weeks and inspiring thoughts. You have such an abundance of them that I could barely keep up with all of the discoveries you shared! I'll spread the word for sure! :) Honestly, I think everyone could benefit from this course. – **MURU***

FINAL THOUGHT

This is a course strictly for heads who are down to do the work!



Lukasz Polowczyk is a Berlin-based sound artist, poet and educator. His artistic practice is based around the protocols of translating the poetic intentionality of an idea across a variety of expressions and media. In his world a poem can be expressed as a sound-art piece, a spoken word composition backed by an experimental jazz ensemble, a site-specific audio-visual installation, a book or a series of grainy, abstract photos. Steven Barker (Wire Magazine) called him “an artist who specialises in the most candid forms of gritty self exploration.” In a recent profile piece, Electronic Sound introduced his album (Noise in the Key of Life) as “provocative and meditative, blurring the line between art and life.” Over the last three years, the artist’s work has been regularly featured in the Wire Magazine, played on BBC3 Late Junction, Lefto’s Kiosk Radio show as well as a variety of BBC6 shows hosted by Mary Anne Hobbs.

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