



UNEARTHING

Tending to the Soil of the Soul

**MINI
WORKBOOK**

BY JOE DAVIS



About Joe Davis

Joe Davis is an award-winning spoken word artist and bestselling author who uses poetry to power possibility. He is the founder and director of Finding Your Freedom Practice, an arts education program that activates hip-hop, spoken word, creative writing, and theater as tools for holistic wellness. He tours internationally to join schools, faith spaces, nonprofits, and businesses to practice envisioning and embodying a world of collective liberation and human flourishing. To connect, book, or learn more, visit JoeDavisPoetry.com.

WELCOME!

I wrote the collection of poems and practices in *Unearthing Us* to help you plant, grow, and flourish the seeds of joy and wellbeing in the soil of your soul. But there's a step to take before any of this can happen—you have to create space!

CREATE SPACE.

Create space in your schedule.

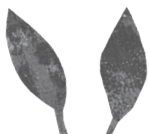
Create space in your room.

Create space in your mind.

Create space in your heart.

Create space in your life.

How do we create space without being buried under the weight of our own wounds? Let's explore the possibilities in the pages of this mini workbook!



Steps for Tending

This mini workbook is intended as a guide to help you receive the best of what *Unearthing Us* poetry and practices have to offer. This is the *tending of the soil*—you'll be guided through the steps necessary to create more space in your life to plant, grow, and flourish. When engaging in each practice, it's helpful to set yourself up for success. Here are three steps to follow.



Step 1: Start by setting aside 10 minutes each day to practice one of the exercises in this workbook.



Step 2: Locate a space where you can practice one of the exercises uninterrupted.



Step 3: Make sure the space you choose is free of distractions and clutter.

These steps will allow you to be fully present and actively engage in each exercise.

A Quick Look

1.



Set aside 10 minutes.

2.



Find a designated space.

3.



Eliminate distractions.

Body Mapping

Body Mapping can help you explore what you feel in your body during each of the exercises in this booklet. When Body Mapping, ask yourself these questions:

1. What do I feel and where do I feel it?
2. Where is there constriction or expansion? (Constriction means there's tightness and tension. Expansion means there's openness and spaciousness.)
3. How does my nervous system feel? (For example, how fast or slow is my heart beating? How deep or shallow is my breathing?)

You can use these three images to draw/sketch how you feel on the figures on the next page, or you could choose colors to reflect each feeling.

Overreactive =



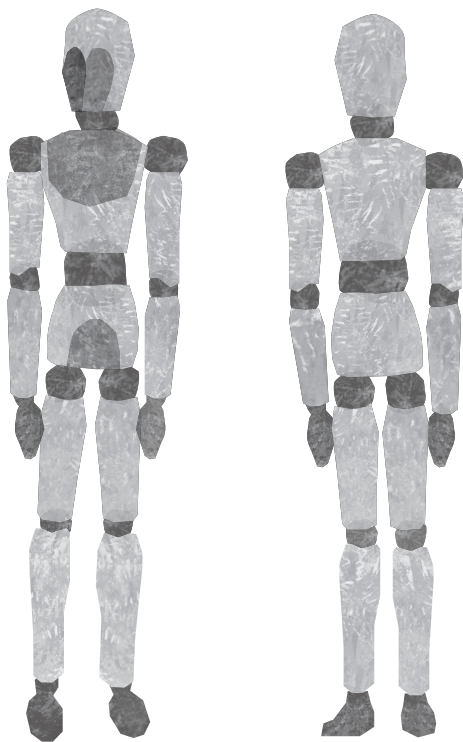
Underreactive =



Settled =



Journal about what you feel and give space to what your body needs.
If you need **touch**, try soothing, massaging, rubbing.
If you need **movement**, try stretching, twisting, dancing, exercising.
If you need **sound**, try humming, singing, shouting.



**Always practice compassionate curiosity, remembering that
your body is good and worthy of love.**

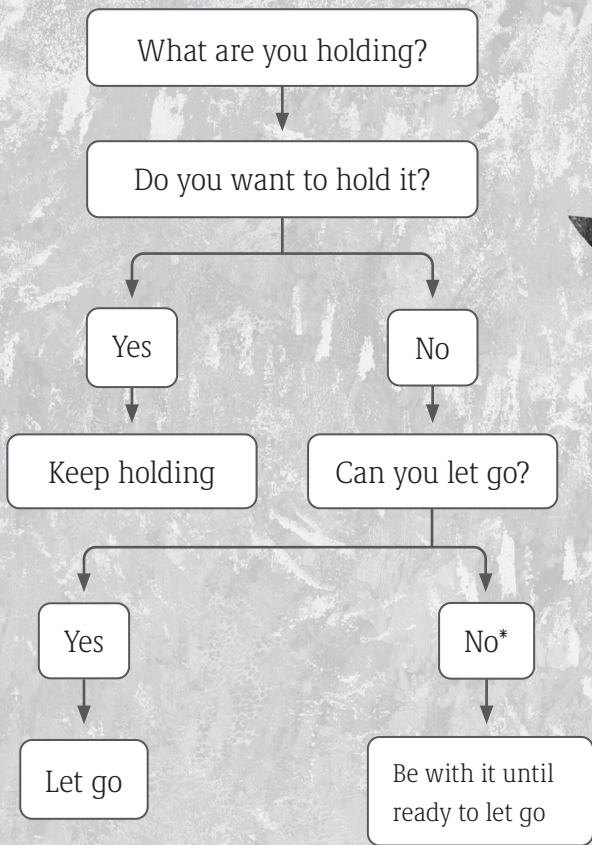
Holding Patterns

After Body Mapping, this practice allows you to explore what you're holding, what you want to keep holding, and what you want to let go of. Holding Patterns is one way you can track what's going on in your inner world and clear the space for creative energy to flow freely.

In the space below, write or sketch some things that you are holding right now. Then walk through the practice on the next page.



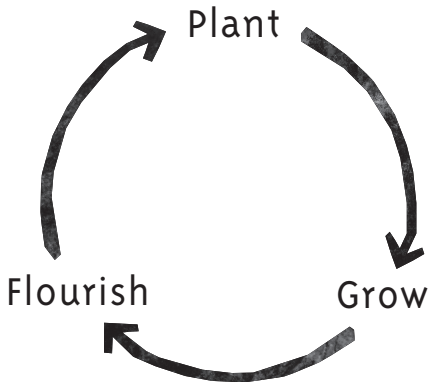
The next pages include activities to help with processing and releasing emotions.



*It's okay if you're not ready to let go. Give yourself the patience and grace necessary.

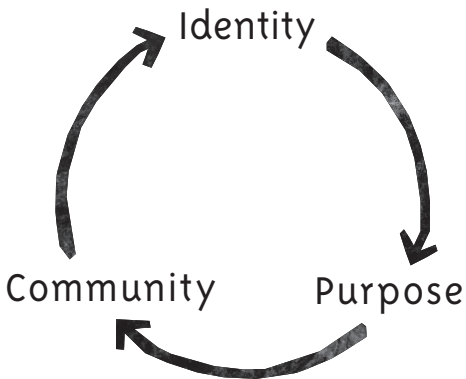
Cycles and Seasons

Just as planting, growing, and flourishing are deeply connected, our identity, purpose, and community are also deeply connected.



Just as nature has cycles and seasons,

we are a part of nature.



Take your time to be present wherever you are.

**Your identity shapes your purpose
and your purpose shapes your community.**

**Your community shapes your identity
and your identity shapes your purpose.**

Using the Holding Patterns practice on pages 6 and 7, respond to these questions:

Identity:

What stories about my identity do I want to hold?

What stories about my identity do I want to let go?

Purpose:

What stories about my purpose do I want to hold?

What stories about my purpose do I want to let go?

Community:

What stories about my community do I want to hold?

What stories about my community do I want to let go?

How to Write Lightning Poetry

1. Choose one word that you're holding right now. This could be a word that describes how you feel or how you want to feel, a word that you keep hearing in conversation, or a word that jumps out at you after reading a poem or scripture. Use this word for lightning poetry and write it here.

2. Write a list of the first **seven** words that come to mind in relationship to your chosen subject.

1.

2.

3.

4.

5.

6.

7.

3. Now use the space on the next page to write a **poem, story, or song** using those seven words. Set a timer for 3 minutes and get writing!



Tips for Writing Lightning Poetry

- Don't worry about spelling or grammar.
- Don't judge yourself! Show compassionate curiosity.
- Be honest and vulnerable.

Sense Sentences

Look at the emotional wheel at right. What emotion are you feeling right now? Name this emotion and describe it using the five senses. This Sense Sentences exercise will help you gain a deeper sense of that emotion.

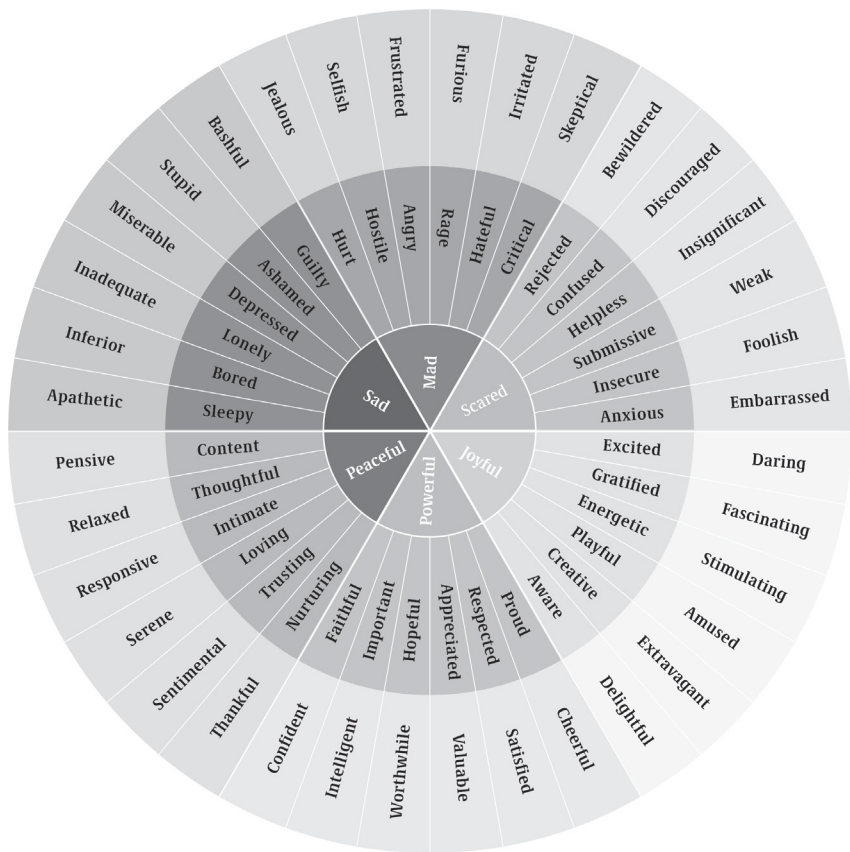
If _____ was a taste, it would taste like . . .

If _____ was a smell, it would smell like . . .

If _____ was a sound, it would sound like . . .

If I could see _____, it would look like . . .

If I could touch _____, it would feel like . . .



Write a letter to your past self.

What's the best advice you could give your past self?

What do you wish you knew then that you know now?

What is the most compassionate thing you can tell yourself?

Now write a letter to your future self.

What questions, hopes, and dreams would you share with yourself?

What is the most compassionate thing you can tell yourself?

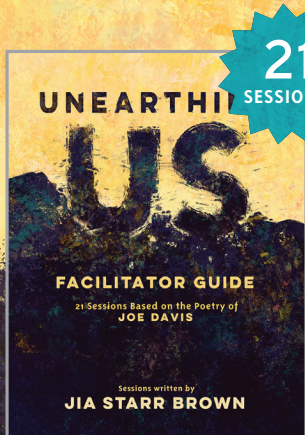
The Compost Pile

Whatever you're letting go of can be placed in the compost pile. Composting is the process of using waste to help improve the quality of soil. This process is a metaphor for life, teaching us that even if experiences seem awkward, messy, or uncomfortable, they can still contribute to your growth.

I hope the practices in this workbook help you create the space needed to flourish. Here's to all of us flourishing together!



Explore the poetry of Joe Davis in community through these dynamic Facilitator Guides! Both are written by Rev. Dr. Jia Starr Brown and include a session for each poem.



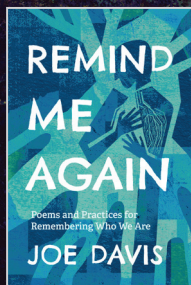
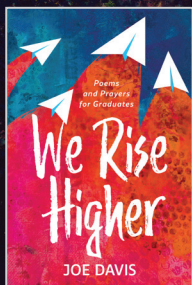
Each session features a flexible format that includes:

- Creative responses to the poem
- Biblical connections
- Community-based activities

Use the Facilitator Guide for high school youth group curriculum, intergenerational events, retreat ideas, and more!

Rev. Dr. Jia Starr Brown is an educator, activist, and curriculum designer who provides access to education, tools, and community that we all need to live whole and liberated lives.

POETRY BOOKS BY JOE DAVIS



To continue these practices in a growing community of artists, healers, and fellow practitioners, scan the QR code and join us.



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