



# **CROW**

*the*

Creative  
River  
of Words

## **CREATORS' CIRCLE**

...stories...spoken word..jokes...  
...poetry..lyrics..songs..reflections...  
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# WE KNOW:

THE MIND IS  
A CONSTANTLY FLOWING RIVER OF WORDS,  
THAT CAN INFLUENCE OUR PERCEPTION OF REALITY.  
AND THAT  
AS CREATORS OF OUR PERSONAL REALITIES  
WE CAN ALL LEARN TO BE MORE MINDFUL  
OF THE WORDS WE CHOOSE & THE STORIES WE TELL OURSELVES,  
**SO WE GATHER IN THE SAFETY OF  
THE CROW CREATORS' CIRCLE**

- o To become more mindful of the thoughts and feelings running through our personal River of Words & of the internal stories they Create
- o By noticing thoughts & feelings that surface when exploring an upcoming CROW Café theme...then choosing which thoughts & feelings to retain & which to discard
- o And then to select or create a story, song, poem, reflection or something other creative, to prompt mindfulness of the story we wish to tell ourselves & others.



# As C.R.O.W. Creators

## WE BELIEVE:

**The words we plant in our minds affect who we become and how we behave.**

**Choosing our words mindfully can lead to greater maturity & healthier, fuller lives.**

**Every person has the ability to consciously choose and creatively navigate their own 'River of Words'.**

**In supporting everyone's exploration of their own River of Words as they pursue their creative energies & interests.**

**Words that begin as thoughts or feelings can be reinforced in songs, poems, jokes, spoken word, stories, images, objects, reflections & more.**

**Capturing the words we choose in original works; in selected works; or contained in reflections reinforces the power of our words to both the Creator & to any with whom we choose to share**

**Encouragement & appreciation for each Creator & their chosen words is shown by our willingness to listen, observe & respond with interest & respect.**

**In cooperation and celebration not competition. We recognize that each person is unique & we commit to respectfully collaborating with each of them on their journey.**

**Each person has the right & opportunity to pass, share, or to retain their creations for personal use**

**Whether collaborating, observing, sharing or receiving, we must always be mindful of the dignity of all.**