



## The Art of Lovee

### *“Awaken Your Inner Wordsmith”*

As human beings, we are all born with the ability to imagine. Imagine a world that is, or a world that can be. With the introduction of language into the various cultures of humanity, the ability to imagine is combined with the system of words. In times of happiness, and in times of tragedy, images and words flood through our brain. As human beings, we are professional overthinkers. What do you do when the words become too much? When the images and memories overcrowd your mind? What do you do when you feel as if you’ve reached your breaking point? They say a steady hand is a steady heart, and a steady eye is a steady mind. The gift of reading and writing is one that is often overlooked, currently due to the rise of technology, memes, Facebook videos, and an overall decrease of societies attention spans.

We all have the same story, just written in a different way. We all have a book inside of us. WE ALL have a wordsmith dwelling in our beings, yearning to escape. Eager to release the thoughts, images, and words onto paper. Yet often, we do not know where to begin. Well as my mother told me, the first step is to pick up your pen. The mission behind “The Art of Lovee: Awaken Your Inner Wordsmith” is to challenge each individual who enters the program to express themselves through lyrics, memory, passion, performance, and creativity.

This program is designed for all ages, races, religions, and backgrounds. Each class will be a judgement free zone. A SAFE PLACE for each wordsmith to be able to speak on their trials, tribulations, and successes. Writing prompts will vary from personal issues to community development. Each participant will be given a custom journal and a “Lovee Pen” on the first day of class, with the challenge to never leave the house without it, and to write in it at least three times a day. Writing is healing. Writing is therapeutic. Writing clears up space in the brain for more thoughts and ideas to flow.

This program is designed to last 8 weeks long, with 1 session every week. Each session will last for 1 hour. We will begin class silencing our phones, and entering a 5 minute meditation

session, allowing participants to settle in the moment. Following our group meditation, we will enter into 10 minutes of what I call, “Reflecting with My Reflection.” In groups of 2, each pair will reflect on the week that previously passed. Acknowledging the positives and negatives they are currently undergoing. The idea is, by the end of that 10 minute conversation, each individual will realize they have more in common with their peers than they would normally believe. Hence the mindset, we are all reflections of each other. Again, we all have the same story, just written in a different way.

The next 20 minutes will be dedicated to the prompt of the day. Getting the creative juices flowing, and pens moving. The prompts will be unique and different each week, provoking the wordsmiths to write about intimate life moments, or current events in their cities, countries, and on their planet. These pieces will allow the wordsmith to broaden their creative horizons, open up, and express themselves through topics they usually may not speak on. This step by step process will allow the first 35 minutes of class to be dedicated to exercising the strongest muscles in your body: the mind. All leading up to the next 20 minutes, which will involve working on the 8 week project: “Who Is I AM?” Followed up by the final 5 minute meditation.

“Who is I AM?” will be the 8 week project where we truly dive into the Art of Lovee, and the understanding of self. Learning how to love our strengths and our weaknesses, spirit, soul, and body, then naturally loving our neighbor as we love ourself. By the end of the 8 weeks, wordsmiths will have written and memorized a 5 minute spoken word piece, while also learning how to perform such piece in a passionate way that will draw in and captivate the audience. This form of self expression empowers the wordsmith, and inspires the viewer. Public speaking is the number one fear for humans. We will break down the walls of insecurity, and build up bridges of freedom through words, connecting mankind with each other as reflections.

- Weeks 1-2: Lyrics
- Weeks 3-4: Memorization
- Weeks 5-6: Passion
- Weeks 7-8: Performance

This program has proven a success after working through Art 180, teaching poetry to Richmond Public High School students, alongside poet Michelle Dodd. As each class progressed, we noticed a tremendous growth in the young adults. As individuals, they found new ways to deal with and address their emotions and trauma. As an artist, they found the wordsmith that was buried under the mental chaos of life. Now is the time to expand this program, opening the doors for all ages, and backgrounds. Placing the “**The Art of Lovee: Awaken Your Inner Wordsmith**” into schools, corporate America, jails, mental health institutions, and more!

**\*B Lovee offers this 8 week program at the price of \$40.00 per student, per class.\***

Why \$40? The mission behind B Lovee, LLC is to highlight local businesses by partnering with such when providing the tools needed for awakening the wordsmith. At the beginning of the program, on the first day of class, each poet will receive a pocket sized “Lovee Journal” and a “Lovee Pen.” Encouraged to keep with them on their daily journeys. Everyday, we will offer warm tea, with the mission of partnering with AJ Brewer of Brewer’s Cafe and/or Kelli Lemon of Urban Hang Suite. Warm tea is an essential component for smoothing out the vocal cords of the wordsmiths. At the end of the year, we have partnered with NowIamDevoted to offer custom, named journals. This will leave the wordsmiths with a personal take away to keep for a lifetime. To end the year, a Poetry-N-Lovee show featuring the students who wish to take their wordsmith to the next level. All students will be encouraged to attend and receive their certificate of achievement. The students who wish to go forth and perform will receive a throat chakra enhancing necklace... the medallion of a wordsmith.

**\*minimum: 10 students per class || maximum: 25 students per class\***

Understand, this price is open to negotiation, in order to work with the budget of the organization The lowest we can go will be \$25 per student; although this will not include every aspect of the \$40 per student class, it will still get the job done! With the purchase of “**The Art of Lovee: Awaken Your Inner Wordsmith**” it opens the door for the opportunity to receive the bulk (100+) purchase of the literary masterpiece “Crazy Sane” by Brandon Lovee at a discounted rate. We look forward to partnering, and shifting the state of mind in our people! One word at a time!

Be Love

B Lovee

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