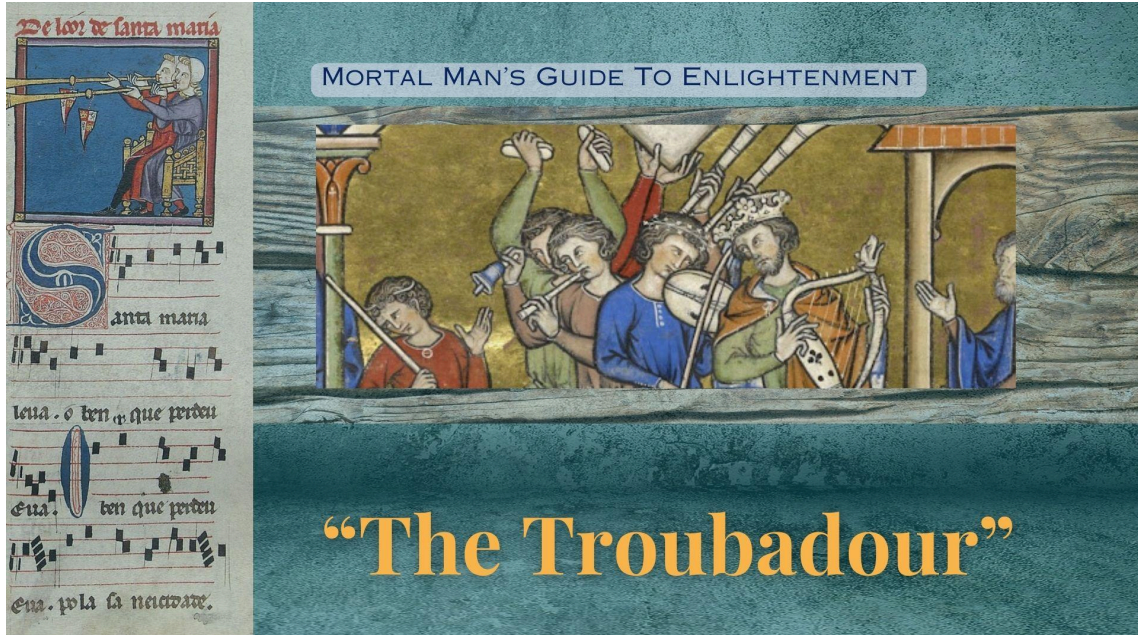


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Mortal Man's Guide to Enlightenment

"The Troubadour"



Iwihub.com

2025

Practicing the Art of Free Self Expression

Introduction

What is a troubadour?

Wikipedia says: A **troubadour** (English: /ˈtruːbədʊər, -dɔːr/, French: [tʁubaduʁ][ⓘ]; Occitan: *trobador* [truβaˈðu][ⓘ]) was a composer and performer of Old Occitan lyric poetry during the High Middle Ages (1100–1350).

The troubadour school or tradition began in the late 11th century in Occitania, but it subsequently spread to the Italian and Iberian Peninsulas. Under the influence of the troubadours, related movements sprang up throughout Europe: the Minnesang in Germany, *trovadorismo* in Galicia and Portugal, and that of the trouvères in northern France.

The texts of troubadour songs deal mainly with themes of chivalry and courtly love. Most were metaphysical, intellectual, and formulaic.

The inspiration

Self expression is an important aspect of awakening. It is the closest you can come to Creation. If you recognize your freedom is within, it is not determined any longer by anything outside yourself. That opens a new inner space where self expression can be used as a means to discover the new you, the One that is speaking through you. Now you are aware that you can release the fear of losing one's self or releasing the need to defend one's self.

The Self you are discovering yourself to be is starting to pour Itself into expression through you in this moment.

Starting Point

To let it out, to let your inspiration flow, starts with you. The impossible will not be asked of you. What is asked is the willingness to let this delicate process take place: overcoming your fear, shame or self-judgment. To come into a new certainty of self-acceptance. Your expression, exactly how you are able to do, is exactly what we are looking for.

What are we going to do?

The idea of troubadour is the one expressing himself through text (as in lyrical poetry) and sound (as in music). In this series we reformulate that to a new freedom in expression that suits the time we find ourselves in. Besides that, we bring it back to a practical level, entree level where anyone can join.

We will first explore writing poetry, song texts and more. Practicing writing and reciting etc. Some meetings will be dealing with musical or sound expression. How to record, how to set up a sound 'scenery'. All this will go step by step in this course. Not too much at the same time, but a gradual growth into your free expression.

The text

It can be metaphysical, but doesn't have to be. Trust what is coming to you what is expressing through you. Allowing a free flow without a filter.

The music

Make sounds or use sounds you record, with what is available. This can be nature sounds, like water flow, rain, wind, birds, bees, etc. It can also be city sounds. You can easily record them with a smartphone. The sounds or music you can use as a "scenery" (or soundscape) for your text.

Other media

Gradually you experience a flow with sounds and text and you want more. Now you can let your self be inspired how to present this in a multi media expression. Using images, video compilations and more. The sky is the limit.

The planning

MEETING DATES

Dates	STEP	TIME
21st of December 2024	Introduction - Solstice meeting, bring your poems / sounds / media	noon CST USA/Canada/ 7pm CET
Saturday 4th of January 2025	Introduction New Year meeting, bring your poems / sounds / media	noon CST/ 7pm CET
11th of January	Poetry writing - Canso	noon CST/ 7pm CET
18th of January	Sound and Music - soundscape	noon CST/ 7pm CET
25th of January	Poetry writing - Pastorela	noon CST/ 7pm CET
1st of February	Sound and Music - rhythm	noon CST/ 7pm CET
8th of February	Poetry writing- Jeu parti	noon CST/ 7pm CET
15th of February	Troubadour Fest -	noon CST/ 7pm CET

The meetings?

- We will meet online on Zoom.
- [ZOOM Link is here](#)
- Meetings are approx. 1.5 hrs

More information

- To take part in this great project we ask you to consider a donation.
- The suggested donation for this event is \$60.
- This series of meetings is open to anyone who likes to explore and develop self expression through inspiration, listening, poetry writing and sound shaping
- Still questions? Write to wim@iwihub.com
- Sign up: wim@iwihub.com
- [Or go to the website](#)

Troubadour possible subjects

Tomb of perception - The holy Grail - Aloneness - Beyond my seeing - Freedom now

Petals of the rose - Loving heart - Dawning of Heaven - Time is lost - Seeing you

Light is the guide - The light of my heart - I let go - Pathless Path

Timely travels - And I started laughing - Walking an extra mile

This is the time - Shadows abolished - Follow in the footsteps

Coming Home - In the castle - What is love

Troubadour free resources

[Poetic Rhyme Schemes PDF](#)

Here you see some rhyme schemes with examples, that are helpful as a structure for your poem.

[\(Nature\)Sounds Library](#)

Free to download nature sound and much more. This can be used as a background or context for your poem.

[Canva](#)

To come up with visuals for your production, you can use Canva. Download it on your phone or other device. It gives you the possibility to put together audio and visuals. With a little help you will develop a useful skill for self-expression.

The Troubadour

ChatGPT: "Troubadours were medieval poet-musicians from the Occitan-speaking regions of southern France, active from the 11th to the 13th centuries. They are renowned for their lyrical poetry, which often explored themes of chivalry and courtly love.

Here are some famous troubadour poems and their authors:

- "Can vei la lauzeta mover" by Bernart de Ventadorn

 Bernart de Ventadorn: Can vei la lauzeta

This is one of the most celebrated troubadour songs, expressing the pain of unrequited love through the metaphor of a lark in flight.

- "Kalenda maya" by Raimbaut de Vaqueyras

 Kalenda Maya - Raimbaut de Vaqueiras


- A lively poem set to music, celebrating the arrival of spring and the joys of love.

- "Quan lo rossinhols el foillos" by Jaufre Rudel

 Barbora Kabátková, Hana Blažíková - Jaufré Rudel: Lanquan li jorn.mov

- Known for its themes of distant love, this poem reflects the troubadour ideal of amor de lonh, or love from afar.

- "A chantar m'er de so qu'ieu non volria" by Comtessa de Dia

 Beatriz de Dia: A chantar m'ér de çò qu'eu no volria (Medieval Secular)

- One of the few surviving works by a trobairitz (female troubadour), this poem laments the speaker's unrequited love for a nobleman.

- "Reis glorios" by Guiraut de Bornelh

 Guiraut de Bornelh - Reis Glorios

- A religious song that praises the glory of God, showcasing the troubadours' occasional forays into spiritual themes.

These poems exemplify the rich tradition of troubadour poetry, characterized by its intricate forms, musicality, and exploration of complex emotional and social themes".

Poetic forms

(s. Britannica) The intricate forms of troubadour poetry are characterized by their complex metrics, intricate rhymes, and a variety of specific poetic structures. Troubadours often employed several distinct forms, each with its own thematic and structural conventions:

- **Canso:** This was the most common form, typically consisting of five or six stanzas with an envoy, focusing on themes of courtly love.
- **Dansa or Balada:** A dance song with a refrain, often lively and rhythmic.
- **Pastorela:** A narrative poem depicting a dialogue between a knight and a shepherdess, usually involving a love request.
- **Jeu parti or Débat:** A debate poem where two poets discuss a point of love or other topics.
- **Alba:** A morning song where lovers are warned by a watchman of the approaching day and potential discovery by a jealous husband.

These forms were often set to music, which was monophonic, meaning it consisted of a single melodic line without harmony. The troubadours' poetry was preserved in manuscripts known as *chansonnières*, and their art was governed by rules outlined in works like the "*Leys d'amors*" (1340).

- An example of a "PASTORELA" (from the year 1147)

▶ Marcabru, A la fontana del vergier - Murmur Mori: Make love, not crusades (medi...

- Example of a dansa

▶ Medieval music and Italian poetry ∞ Murmur Mori, Live in Cologne (Köln, Germany)