

WRITING AN ODE TO JOY

Writing an ode is simply about tapping into the broadest reaches of your admiration for something. Describe your subject (in this case joy) inside and out. Exaggerate its admirable qualities until it seems to become central to human existence. Tap all five senses if you can, but don't force it. It is wonderful to directly address Joy in your ode. An ode speaks both to your feelings about it and describes its qualities. There are not real rules, an ode is just a free-form poem meant to express appreciation, so writing an ode to joy can be as literal or figurative as your temperament enjoys.

If it helps to not begin with a blank page, here are some prompts.....

Writing Approach #1

Simply brainstorm the thoughts you have about joy and then arrange them in poem form as you would like. If it's helpful, here are a few prompts to get your brainstorming juices going:

- How does joy sound?
- Does joy have a taste?
- What is the size of joy?
- Where can it be found?
- What does joy look like?
- When is joy most present or what makes joy elusive?
- Who personifies joy to you?
- Does joy have a season?
- If you could speak to joy, what would you say?
- If joy could speak, what would you ask it?

The prompts to draw out your thoughts/feelings on joy are endless! Take it away!

Writing Approach #2

You can also approach writing an ode ad-lib style:

Joy, you are like _____ (compare it to something else).

When you are with me, I feel _____ (list multiple sensations).

You are _____ & _____.

I see you in _____ (name people and groups who demonstrate joy to you).

I want to _____ (what would you like to do with Joy).

To me you look like _____ and taste like _____.

One of my fondest memories of you is _____.

It always surprises me that you show up when _____ happens.

I love you because you fill the air with _____.

When I'm old, I hope you & I _____ because you are _____ (adjective) _____ and so _____ (adjective) _____.

If I could, I would give you to _____ (person or people) _____ because your presence in their world would _____ you are that powerful.

Joy, you _____ (verb) _____, _____ verb _____ and _____ verb _____ and I love you for it.

Examples of Odes

Oh Olive,
You are as precious to me
as any gem,
With your beautiful, pure
skin as smooth as silk and
as green as the grass in
summertime,
I love your taste and the
smell of your tender fruit
which hides beneath your
green armour.
Oh Olive,
Sweet, tasty Olive
How I love you so and my
mealtimes wouldn't be the
same if you weren't in my
life.

Oh, my beloved bed.

How I love to fall
Into you each night
After a stressful day.

You are still there

With open arms
And a welcoming smile.

Thank you for everything.

Thank you will all my heart