

Wordshops and retreats ...for instance...

Six Lands, Six Bridges, One Mandala : A wordshop on living, dying and the spaces inbetween

There is a land of the living and a land of the dead and the bridge is love, (Thornton Wilder)

Imagine that there are six lands not only two. They share a border, all edging the sea, the mare incognitum. Together these lands form a six segmented mandala. There are rivers to cross up mountain passes with swinging suspension bridges and chasms below.

In this storyshop on the art of living dying and inbetween, we create a mandala. We explore our journey through these six lands. The first two are the lands of the living and the dead. The third is the land of the dying. In the fourth land live the temporary dwellers- those who love and accompany the dying. In the fifth country we mourn the newly dead. In these fourth and fifth countries the air is rarer here as on Kilimanjaro, painful to the lungs. *Is there a sixth unknown land where in the cycle we choose to return?* As the souls in the underworld come from those living in this world, the living souls return from the dead. All things come to be from their opposite states so coming-to-life balances out dying.

Bring writing materials, magazines, scissors and glue.

Zen Pen: A Writing, Being & Meditation Retreat

Looking at your image in a clear stream, you answer the question by your very presence

In this workshop we explore the connection between writing and meditation. We write and meditate on the many changes and transformations we experience as we journey along the river of our lives. We consider how creativity steadies the boat and how writing helps us dip the oars into dark water so we may navigate the river safely.

Crafting Words in the Silence of Shared Space

This Life so short, this craft so long to learn (Chaucer)

This retreat is for those who wish to begin or develop a piece of writing. We listen, observe, attend and allow the text to take us where it wants to go. We get out of the way so we can be spoken and written through. We move between workshop input and silent writing time. Like the potter, we spin, shape and fire our words so they can find their simple beauty.

You can find other examples in the newsletters