

# My Looking Ripens Things

## Being a Catalyst for Healing Through Poem-Making

### A Writing Workshop with John Fox, CPT

As I write this at the outset of 2011, I feel a deep call to bring 25 + years of experience with poetry as healer to a new level of sharing. My question to myself and to you is this: *What can you and I do to make a difference?*

We have all done good and considerable inner work on ourselves. Such inner work and growth is the basis for any healing and positive “change” we want to bring to others.

There is a point, however, where we realize that in fact we are *enough*. We don't have to keep writing on the blackboard “I will be better.” There is room for our imperfections and what we don't know is where true connection and growth can occur. It's time to realize that as Rilke says, “my looking ripens things.”

This retreat at The Garden Sanctuary will help you become a catalyst for poetry as healer in your world. This will be useful to people in healthcare, pastoral care, therapists of all descriptions, community activists.

Some of the topics we will likely explore:

- Why practice poetic medicine?
- Holding a Safe, Sacred and Creative Environment
- Risk, Experimentation, Honesty of Feeling and Pleasure in Language
- Deep Listening & Attention, Slowing Down & Silence
- Letting Go of Judgment and Habitual Evaluation, Being Curious, Noticing/Nurturing Strengths, Affirming Connections
- The Place of the Body In Bringing a Poem Alive
- Absorbing Poems into Your Marrow and Sharing Them with Others
- Landscapes of Relationships, When God Sighs: Making Poems about Illness, Loss and Death, Poems of Witness, The Peace of Wild Things, There is a Secret One Inside Us



*My looking ripens  
things and they come  
toward me, to meet  
and be met.*

~ Rainer Maria Rilke

**Friday, July 8; 7:00–9:30 pm**  
**Saturday, July 9; 10:00 am–5:00 pm**  
**Sunday, July 10; 9:00 am–1:00 pm**

**Multnomah Village Garden Sanctuary**  
**3424 SW Hume St., Portland**

**Whole weekend: \$225; Friday only: \$25**

**For more information and to register, please contact Marna Hauk  
at [deeperharmony@gmail.com](mailto:deeperharmony@gmail.com)  
or (503) 771-0711**

**John Fox** is a certified poetry therapist and associate adjunct professor at the California Institute for Integral Studies in San Francisco, California. He also teaches at the Institute for Transpersonal Psychology and John F. Kennedy University in the Bay Area. He is the author of *Finding What You Didn't Lose: Expressing Your Truth*, *Creativity Through Poem-Making* and *Poetic Medicine: The Healing Art of Poem-Making*. His work is featured in the PBS documentary, *Healing Words: Poetry & Medicine*. He offers workshops throughout the United States.

[www.poeticmedicine.com](http://www.poeticmedicine.com)



### REGISTRATION FORM

*My Looking Ripens Things* by John Fox. Friday evening, July 8; Saturday and Sunday, July 9 & 10, 2010. Reserve your place by sending in this registration form and a check for \$225 (\$25 for Friday only) payable to The Institute for Poetic Medicine, sent to: Marna Hauk, PO Box 14194, Portland, OR 97293.

Name \_\_\_\_\_ Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone work ( ) \_\_\_\_\_ home ( ) \_\_\_\_\_ E-mail \_\_\_\_\_

Three sliding scale scholarships are available. Please contact Marna.