

*The saddest part
about being human
is not paying
attention. Presence
is the gift of life.*

– Stephen Levine



John Fox is a certified poetry therapist and adjunct associate 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* and *Creativity Through Poem-Making and Poetic Medicine: The Healing Art of Poem-Making*. John's work is featured in the PBS documentary *Healing Words: Poetry and Medicine*. He offers workshops throughout the United States, in Canada and other countries.



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My Looking Ripens Things

BEING A HEALING CATALYST THROUGH POEM-MAKING

A writing retreat with John Fox, CPT
at Rivendell Retreat Center, Bowen Island, British Columbia
July 18-22, 2011

REGISTRATION FORM

Reserve your space for My Looking Ripens Things: Being a Catalyst Through Poem-Making at Rivendell Retreat, July 18–22, 2011 by sending this registration form and a nonrefundable check payable to Ray McGinnis for \$100 (balance of \$550 due at workshop) to: Ray McGinnis, #403-2095 Beach Avenue, Vancouver, BC V6G 1Z3. Please be sure to include an email if available.

Name: _____

Address: _____

City/State or Province/Zip: _____

Phone: work (____) _____ home.(____) _____

E-mail: _____

Is this a new mailing address? yes no

*The hour is striking so close above me,
so clear and sharp,
that all my senses ring with it.
I feel now there is a power in me
to grasp and give shape to my world.*

*I know that nothing has ever been real
without my beholding it.
All becoming has needed me.
My looking ripens things
and they come toward me, to meet and be met.*

– Rainer Maria Rilke
from *Book of the Hours*
Love Poems to God
translated by Anita Barrows and Joanna Macy

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 today to make a difference.

This is the sixth retreat I've led at Rivendell! Those who have attended one or more of these workshops have done considerable inner work, exploring a wide-range of rich themes. 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." You can make such a difference right now.

This retreat at Rivendell July 18–22 will help you become a catalyst for poetry as healer in your world. This naturally will be useful to people in healthcare, pastoral care, therapists of all descriptions, community activists. But those are not requirements! This retreat will inspire and be useful to anyone who wants to use

*It's time to realize that as Rilke says,
"my looking ripens things."*

poetic medicine in a more expansive way. We will work together to discover what gives life to our writing and to our action in the world.

I want to support you, in the particular life you live, within the unique callings and interests you have, to make poetry as healer meaningful to your work, your relationships, your political and social concerns, your daily life and yes, to include yourself and how it can help you.

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 and Attention, Slowing Down and Silence
- Letting Go of Judgment, Being Curious, Noticing/Nurturing Strengths, Affirming Connections
- What Not to Do—How You Shut Yourself and Other People Down
- The Place of the Body in Bringing a Poem Alive
- Absorbing Poems into Your Marrow—Sharing Them with Others
- Landscapes of Relationships—All Poems Are Love Poems
- 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

BEING A HEALING CATALYST THROUGH POEM-MAKING

A writing retreat with John Fox, CPT

Dates: Monday, July 18 – Friday, July 22, 2011

The retreat begins at 7:30 p.m. on July 18. Participants are welcome to arrive anytime from 4:00 p.m. onward to register and unpack in their rooms. For those who arrive earlier, a light supper will be served at 6:30 p.m. Program concludes at 11:00 a.m. on July 22 in time to catch the 11:30 a.m. ferry.

Location: Rivendell Retreat Centre, Bowen Island, British Columbia

To register: Call Ray McGinnis at (604) 408-4457
or email writingthesacred@telus.net

Cost: \$650 includes full retreat, all meals/lodging.

Please send a deposit of \$100 to hold reservation. Checks are payable to Ray McGinnis. Mail checks to Ray McGinnis, #403-2095 Beach Ave., Vancouver, BC V6G 1Z3

*You brought your heart,
your skill & craft, your
deep compassion and love.
We are all the better for it.*

– Shanti Norris
Director, Smith Farm Center
for the Healing Arts
Washington, D.C.



Rivendell Retreat is a place of peace and quiet away from the noise, distractions and pressures of the city, with magnificent views of mountains, forests and seas... a sanctuary with a network of trails that offer the opportunity for discovering new intimacy with God while exploring forest paths and the wonders of creation located on 6 acres atop Cates Hill on Bowen Island; a short ferry ride from Horseshoe Bay and West Vancouver.

Information regarding lodging and retreat facilities: www.rivendellretreat.org/index.html
Travel directions: www.rivendellretreat.org/directions.html