

*Instead, could I let words
ramble along weedy
paths only they know?
Lean close to hear
them whisper secrets,
learn what they
need from me?
Could I love them
as they are,
give them room
to grow, a chance
to shine?*

~ Barbara McEnerney
from *As They Are*

John Fox is a certified poetry therapist and 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*. He offers workshops throughout the United States.



www.poeticmedicine.com

What he brings to this topic of poetry as healer is potentially life-changing.

~ Ralph Day
Cleveland, Ohio

REGISTRATION FORM

Reserve your space for *My Heart Broke Loose on the Wind: Recovering a Sense of Freedom and Surprise*, with John Fox, at Still Point Retreat Center, November 2-4, 2012, by sending this registration to Judith Prest, 5223 Scotch Ridge Road, Duanesburg, NY 12056 with a check made payable to The Institute for Poetic Medicine.

Name: _____

Address: _____

City/State or Province/Zip: _____

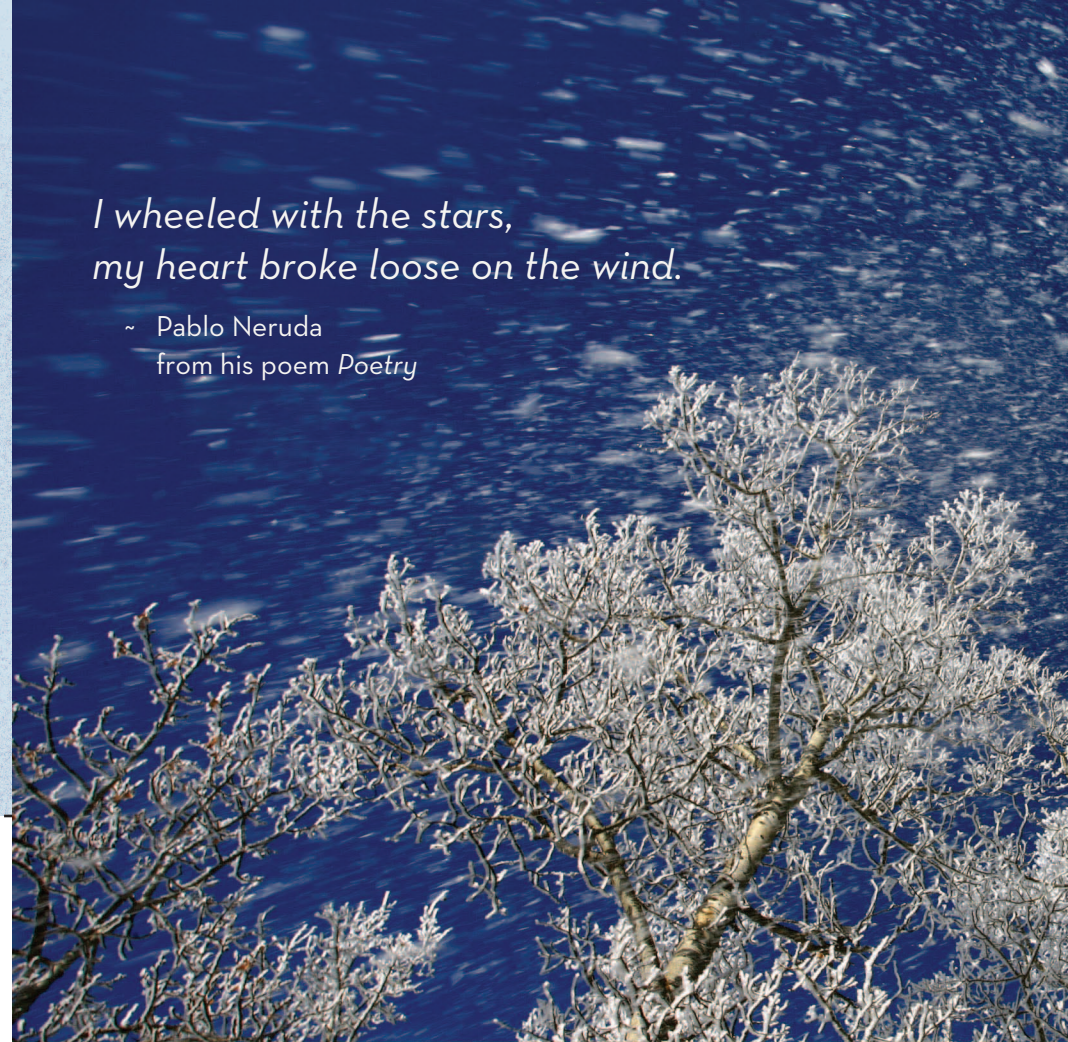
Phone: work () _____ home () _____

E-mail: _____

Is this a new mailing address? yes no

*I wheeled with the stars,
my heart broke loose on the wind.*

~ Pablo Neruda
from his poem *Poetry*



My Heart Broke Loose on the Wind:

Recovering a Sense of Freedom and Surprise
In Your Creative Expression and
For Living Your Life

Presented by John Fox, CPT
Still Point Interfaith Retreat Center
Close to Saratoga Springs, NY
November 2-4, 2012

My Heart Broke Loose on the Wind

Presented by John Fox

Poetry is practiced best and is of most optimum use in our quest for wholeness and meaning when it is deeply treasured and respected for its essential wildness.

When your writing is met deeply and allowed to flourish in ways thoughtful people develop - with extravagant permission and genuine support to risk and try things out, when all of your feelings are welcomed, poetry as healer can take deeper root.

People might pay to visit a zoo animal in a cage but everyone knows something isn't quite right. Creativity does not work well when put into a cage; those cages are, in this sense, usually constructed of self-judgment and diminishment or the judgment of others built upon hierarchies of arbitrary evaluation.

This workshop is not a place to put on display one's literary and analytical acumen - although we will bring to the circle our love for and curiosity

*I don't know how or when,
no, they were not voices, they were not
words, nor silence,
but from a street I was summoned,
from the branches of night,
abruptly from others,
among violent fires
or returning alone,
there I was without a face
and it touched me.*

~ Pablo Neruda
from *Poetry*

*This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.*

~ Rumi
from *The Guest House*

*From the place where we are right
Flowers will never grow
In the spring.*

~ Yehuda Amichai
from *The Place Where We Are Right*

about literature, especially poetry. We will likely meet our doubts about the value of our writing, but as a community we shall help each other to open to the surprises, songs and secrets that emerge from the page.

Returning once again to the Capital Region of Upstate New York, John will share a holistic vision of poetry as healer that values this wildness and freedom, community and as always, deep listening.

- Date/Time:** Friday evening: 7-9:30 pm
Saturday: 10 am-5 pm; Sunday: 9:30 am-12 noon
- Location:** Still Point Interfaith Retreat Center
20 Still Point Road
Mechanicville, NY 12118
www.stillpointretreatcenter.com
- To Register:** See registration form on back
- More Info:** For inquiries, including making overnight accommodations at Still Point* or in the area, please contact Judith Prest at (518) 895-8001 or email jeprest@aol.com. Two sliding scale scholarships are available.
- Cost:** \$175 (Room and Board not included in workshop fee.)

*There are 4 hermitage cabins and 2 regular rooms at Still Point. Other nearby accommodations available. Commuters are okay. Judith will bring food for meals along with food provided by Stillpoint.

About John Fox and the Workshops...

When I set out for the workshop, I had no idea I would be so completely changed or become so completely myself again because of poetry and you.

~ Shannon Klassel

a very sincere thank you for being what you teach ... embodying the juice! the mystery is waking up the rain is falling everything smells better time is stopping for these precious tears it was a gift of good medicine!

~ Risa Diaz



*I did not know what to say, my mouth
had no way
with names
my eyes were blind,
and something started in my soul,
fever or forgotten wings,
and I made my own way,
deciphering that fire
and I wrote the first faint line...*

~ Pablo Neruda
from *Poetry*