

*Instead, could I let
them 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, Friday evening through Sunday afternoon, April 27-29, 2012. Please send registration form to: John Foos, 252 Peckham Place, Encinitas, CA 92024. A deposit of \$40 will hold your place. Please make check 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 *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
San Diego, California
April 27-29, 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.

Creativity does not work well when put into a cage; people might pay to visit a zoo animal in a cage but everyone knows something isn't quite right. 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.

In this retreat, his 15th annual in San Diego North Bay County, John will share a holistic vision of poetry as healer that values this wildness and freedom, community and as always, deep listening.

- Dates:** Friday, April 27, 7:00-9:30 pm;
Saturday, April 28, 10:00 am-5:00 pm*;
Sunday, April 29, 9:30 am-12:30 pm
- Location:** Home of Lynn Pollock and Ilan Averbuch
2546 Deerpark Dr., San Diego, CA 92110
- For Information:** Contact John Foos at johnfoos1@gmail.com
or call (760) 672-7680
- Cost:** \$165
Sliding scale scholarships available
- To Register:** Please see registration form on back
- * We'll order lunch from a local deli and eat at Lynn's and Ilan's.

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



*To whoever is not listening to the sea
this Friday morning, to whoever is cooped up
in house or office, factory or woman
or street or mine or harsh prison cell:
to him I come, and, without speaking or looking,
I arrive and open the door of his prison...*

*So, through me, freedom and the sea
will make their answer to the shuttered heart.*

~ Pablo Neruda
from *The Poet's Obligation*