

Listen to the presences inside poems.
Let them take you where they will.
Follow those private hints,
And never leave the premises.

— JELLALUDDIN RUMI

The Soul's Language: Poetry of the Sacred

PRESENTED BY JOHN FOX, CPT

AUTHOR OF *POETIC MEDICINE: THE HEALING ART OF POEM-MAKING*

Creativity and Poetry as a Path to Spirit...

Poem-making can express the language of your heart. This workshop is designed to evoke your unique and healing soul voice. There is no one else who can express your experience of living life and coping with cancer, of fighting for your health and celebrating what matters to you. This workshop will explore the question: What opens your heart?

We will look at the way sacred poetry and a nonjudgmental approach to writing helps you to: heal wounds, strengthen your health, enjoy each moment and tune to Spirit.

We will draw upon the poetry of Mary Oliver, Wendell Berry, Rumi, Jane Kenyon, young children, Rabindranath Tagore, Mary TallMountain, William Stafford, Zen poets, and Psalms of David. When we deeply listen to their and our own creative voice, that experience can surround and hold us compassionately in spiritual community.

No previous experience with writing is necessary. John is particularly skilled at introducing people in helping/medical professions to understand and experience poetry as healer.

DATE/TIME: February 29 and March 1, 2008
Friday, 6:00 - 9:00 pm; Saturday, 9:00 am to 5:00 pm

LOCATION: Macalester College
Old Main Building, 4th floor lounge
100 Macalester Street
St. Paul, MN

FEE: Full program: \$130; Friday evening only: \$25

CONTACT: Tania Kowalenko takova@msn.com
or Tom Hubler at (612) 375-0640.
For information about the workshop content,
call John Fox (650) 938-2717



Photo: Paula Zimlicki

Everyone is welcome! Pre-registration is requested. Saturday lunch is available in the school cafeteria. Please visit our web site at www.poeticmedicine.org for more information.

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.

REGISTRATION FORM

The Soul's Language: Poetry of the Sacred presented by John Fox. Friday evening, February 29; all day Saturday, March 1, 2008. Reserve your place by sending in this registration form and a check for \$130 (\$25.00 for Friday only) payable to The Institute for Poetic Medicine to: Tania Kowalenko, 3865 197th Ave. NW, Anoka, MN 55303.

Name _____ Address _____

City/State/Zip _____

Phone work (____) _____ home (____) _____ E-mail _____

Is this a new mailing address? yes no Refunds will be given for illness or family emergency.

P R A I S E F O R T H E W O R K O F J O H N F O X

Having over 16 years' experience of leading groups in the difficult task of lifestyle behavior change, I left Fox's workshop on the healing art of poem-making with profound client-empowering skills: poetry, à la Fox, creates an intimacy within the self capable of healing sorrows, shaping dreams, rendering joys and aspirations. With Fox's skillful guidance, poem-making takes our impediments to growth and turns them into catalysts.

— Peg Baim, RN, NP, Clinical Director
Center for Training, Mind/Body Medical Institute
Harvard University Medical School

Drawing from a splendidly various range of sources, John Fox guides you gently into the wide realms where the shape of words connects the feeling heart and the world.

— Jane Hirshfield
Author of *Lives of the Heart* and *Nine Gates*

I attended your workshop at Omega and I still look back to that wonderful experience with joy and awe. You helped wake me up to the richness and aliveness of poetry.

— Dave Trindle,
New Hope, Pennsylvania

*By making us stop for a moment,
poetry gives us an opportunity to
think about ourselves as human
beings on this planet and what we
mean to each other.*

— Rita Dove
Former Poet Laureate of the United States

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FEBRUARY 29 AND MARCH 1, 2008

The Institute for Poetic Medicine
P.O. Box 60189
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