



# Wolf at the Door 2022

Led by Dharmavadana, Varasahaya, Vidyacitta and Vishvantara

## About the retreat

*'To stimulate the imagination is to feel the world more intensely'* - Ananda

The imagination makes available and harmonises what may seem contrary energies within us and makes the spiritual life possible – but we do not always have the courage to open its doors, nor does today's society always value or allow time for such experiences. Through writing, meditation and ritual, Wolf at the Door retreats offer a friendly and nurturing way of exploring this often neglected but essential faculty.

*'Imagination is the eye of the soul'* – Joseph Joubert

No prior writing experience is needed, but you will be expected to be familiar with the mindfulness of breathing, metta bhavana and puja, have a regular meditation practice and to have been on a retreat previously.

The retreat will encourage the practice of listening to our deeper experience and writing practice can touch our feelings and emotions quite strongly. Because of this please inform the team of any history of mental health issues or trauma. The team, although experienced in facilitating creative writing and teaching meditation, cannot provide specialised therapeutic care. If you have any concerns or questions about the retreat please get in touch with any of the team via Dhanakosa or the Wolf at the Door website: [www.wolfatthedoor.org](http://www.wolfatthedoor.org) where you will find a 'Contact us' button (in a drop-down list headed 'More').

More information about Wolf at the Door and our approach can be found on our web site also.

## Is there anything special I need to bring?

Please bring writing paper or a notebook and pens/pencils. Also a watch or item other than your phone where you can access the time.

## What can I expect from the programme?

Following meditation (and breakfast) each morning, we will be spending much of our time in workshops exploring ways into our own writing using different methods - some challenging, some fun, some peaceful. We will look at examples of published writing and discuss our responses to them, helping us to appreciate writing as an art. There will be other opportunities to look at what might develop our work so that it more fully expresses what we have to say. The programme will also include ritual, periods of silence and further opportunities for meditation. There will be time for walks exploring the beautiful landscape around the retreat centre and to spend time with other members of the community we create together on the retreat.