

Wolf at the Door: Crossing into the Imaginal

Led by Dharmavadana, Satyagita, Vishvantara and friends

‘To stimulate the imagination is to feel the world more intensely’ - Ananda

When we lead the Dharma life and move towards a more fully human one, the imagination beckons. A deeper knowing can be accessed when we go beyond rational thought. We do not always have the courage to let go into the imagination and today’s society does not always value or allow time for such a journey. How do we move from the everyday mind into the creative space the imagination offers? Through the practices of writing, meditation and ritual, Wolf at the Door retreats offer us guided passage into the imagination and exploration of our own deeper themes and symbols.

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

The retreat will encourage us to listen 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 web site: 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.

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 writing using different methods - some challenging, some fun, some peaceful. Examples of published writing help us to appreciate writing as an artthrough discussion of our responses to them. There will be opportunities to look at what might develop our work so it more fully expresses what we have to say. The programme will also include ritual, periods of silence and time for walks exploring the beautiful landscape around the retreat centre, allowing us to spend time with other members of the community we create together on the retreat.

The retreat is suitable for anyone familiar with the mindfulness of breathing, metta bhavana and puja as practised in the Triratna sangha.

There will be periods of silence, usually overnight until after meditation or breakfast.

The retreat is open to those with or without previous experience of writing.

About the retreat team

Dharmavadana is a published short story writer and poet and is poetry editor of *Urthona*, Triratna's arts magazine. Ananda's and Manjusvara's Wolf at the Door vision has been extremely important to him in his spiritual life.

Satyagita is a published writer of short stories and memoir, and has taught creative writing on an adult educational evening course at the University of East Anglia. Writing has been an important part of her spiritual practice since she went on her own first Wolf at the Door retreat in 1997.

Vishvantara is a published and prize-winning poet whose writing has always been an essential part of her spiritual practice. She came on the very first 'Wolf at the Door' which has been a central pillar of her Dharma life since 1996.

The retreat organiser will be Vidyacitta, himself a poet, who attended his first Wolf at the Door retreat in 1998.

All are experienced members of the Wolf at the Door team.