

# The Journey of the Poet: Following Your Thread, Breaking Your Silence

A WRITING WORKSHOP WITH JOHN FOX, CPT

*Every real poem is the breaking of existing silence, and the first question we might ask any poem is, What kind of voice is breaking silence, and what kind of silence is being broken?*

— ADRIENNE RICH  
FROM *ART OF THE POSSIBLE*

*There's a thread you follow. It goes among things that change. But it doesn't change.*

— WILLIAM STAFFORD  
FROM *THE WAY IT IS*

This workshop will bring attention to staying in touch with that place in you that is steady and true; as well as expressing the unique and creative voice of the poet within you.

There are holy silences. Those moments where deep listening opens the heart and enriches community. And there are oppressive silences, when what is true and just is squashed or ignored. The poet in you is in touch with both of these silences. We know society can ignore this powerful voice within us but all too often it is ourselves who ignore it! It is our intention to help you break through oppressive silence and savor silences that fertilize and honor your creative voice.

During this retreat day, we will help each other to make contact with your "thread." What Barack Obama calls that "central explanation" and encourage you to express those "sacred stories."

*Wherever I can  
find a place to sit  
down and write,  
that is my home.*

~ Mary TallMountain

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**Wednesday & Thursday, July 1 & 2, 2009**

**10:00am–5:00pm**

**Fee: \$110**

**Location: Home of Lynn Pollack & Ilan Auerbach**

**For more information, workshop address, and to register, please contact John Foos at (760) 938-2717 or [RebeccaSpeer@cox.net](mailto:RebeccaSpeer@cox.net)  
Pre-registration required.**

Note: Registration is limited to 15 people. Checks should be made out to The Institute for Poetic Medicine.

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**John Fox** is a certified poetry therapist and associate adjunct 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, Creativity Through Poem-Making* and *Poetic Medicine: The Healing Art of Poem-Making*. His work is featured in the PBS documentary, *Healing Words: Poetry & Medicine*. He offers workshops throughout the United States.



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