

# Wolf at the Door: Crossing into the Imaginal

Led by Vishvantara and Dharmavadana, with Varasahaya

‘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 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 web site: [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 also 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.

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**

Vishvantara is a published poet and experienced meditation teacher. She teaches at the London Buddhist Centre.

Dharmavadana is a published writer and is poetry editor of *Urthona*, Triratna's arts magazine.

Varasahaya has been on the team for several previous Wolf at the Door retreats at Dhanakosa. She finds exploring the imagination through writing enriches her own life. She is a published poet.

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