



# Turn to Gaze at the Moon

## Taiji, Poetry & Meditation

22 to 29<sup>th</sup> September 2023

### About the retreat

*Turn to Gaze at the Moon* is a retreat for expanding our horizons through integrating the language of the body and the language of the heart. Together we will gather the intention to open to the body's wisdom and find balance between mind and feeling. Taiji, writing & poetry have much in common: form, structure, sensitivity and a striving towards wholeness. Each move in taiji is a metaphor. The structured forms provide an inspiring backdrop for the weaving of rhythmic patterns with words.

Thoughts, like clouds, come and go: inspired by the mountains, loch, sky, moon and stars, we will combine writing with movement and mindfulness in a mosaic of interconnectedness for our own wellbeing and for all living beings everywhere.

Playing with whatever arises from our practice, we will rediscover the ground of our kindly awareness, just one facet in the larger dimension of ecological interdependence and flow, write about it and share our poems and stories.

*The whole earth is a great tablet holding the multiple overlaid new and ancient traces of the swirl of forces. Each place is its own place, forever (eventually) wild. A place on earth is a mosaic within larger mosaics – the land is all small places, all precise tiny realms replicating larger and smaller patterns.*

Gary Snyder, *The Practice of the Wild*

### Is there anything special I need to bring?

#### TIDE

If I don't catch it  
right now, the look of the bay  
at the lowest tide,  
with the sun stamping on it,  
the uncovered sand like clay,

if I let it go  
for some more important thing,  
or just look away  
for a bit, meaning to note it  
when I've first done something else,

only my mind's eye  
will be left to remember,  
when the tide has turned,  
how the whole bay looked  
like a great shell lying there

all blue, brown, silver  
and how I needed to shape  
something I could hold  
and keep, maybe, from those few  
moments before it all changed.

*Susan Donnelly*

*We all need something to hold and keep. Find a small object you have held and kept to help you remember an experience, a friend, an animal, a tree, a loved one. . . Use the object as a stimulus for a short piece of writing. What strength or solace did you derive from this object?*

**\*\*Bring your writing and your object to share at the beginning of our retreat.\*\***

### **What else do I need to bring?**

- A notebook to use as a journal
- Writing/drawing materials
- Poems, stories & songs about interconnectedness you would like to share
- Loose comfortable clothes for movement and taiji
- Warm outdoor clothes and footwear and gloves
- The courage of your dreams

To allow for deeper reflection and quiet time for our writing, there will be periods of silence overnight and after each meditation (3 or 4 each day), leading to a whole day of silence.

### **About the retreat team**

**Sukhema** [www.playspacepublications.com](http://www.playspacepublications.com) will lead the movement/taiji sessions, and some of the poetry, singing and storytelling.

**Linda France** <https://www.lindafrance.co.uk/> will lead the writing sessions.

**Jayaraja** <https://www.dhanakosa.com/retreat-leaders/jayaraja> will lead the meditations.