

# Wolf at the Door 2025

Led by Vishvantara, Padmacandra, Satyadaka & Satyagita

## The Two Worlds

*'[we live] in two worlds at the same time. One...is the one of the everyday...The other...in which we also live, is a world of the imagination. And that world too has to be fed.'*

– Uri Shulivitz

By looking more deeply into our everyday world, can we begin to glimpse new possibilities?

On this Wolf at the Door Buddhist writing retreat, we will be exploring the imagination through pen, paper – and the spaces in between.

Come and delve deep with Wolf at the Door, in the beautiful surroundings of Dhanakosa!

Wolf at the Door writing retreats are fully immersive, intense workshops, woven with the Dharma and laced with the unexpected. No writing experience necessary, just a willingness to step through the door of the imagination in the company of experienced Wolf guides.

Suitable for Triratna Regulars, Mitras or Order Members with at least a year's experience of Triratna and a knowledge of the three main meditation practices and devotional ritual (puja).

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').

### **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.