



Zen Pen

A Writing, Being & Meditation mini-retreat

*Looking at your image in a clear stream,
you answer the question by your very presence*

Sun 15 Nov 2020 09.30 – 12.45 suggested dana to BRC R450

I invite you to a zoom Zen Pen mini-retreat. Why Zen Pen?

Zen (Chinese *chán* 'quietude') invites us to be present, to live and write simply.

Pen (Latin *penna* 'feather') refers to both practicing the art of writing and to the implements we use for writing. It also invites us to play in a safe place - as in playpen.

In this wordshop we explore the connection between writing and meditation. Both these states of grace slow us down so we can live in the moment. They increase our awareness and wake us up. We look with new eyes and hear with new ears. We write and meditate on the many changes and transformations we experience as we journey along the river of our lives. We consider how creativity steadies the boat and how writing helps us dip the oars into dark water so we may navigate the river safely.

We can make our minds so like still water that beings gather about us to see their own images, and so live for a moment with a clearer, perhaps even with a fiercer life because of our silence. (Yeats)

There is **no pressure to share**. You can be a silent listener if you are more comfortable with that. Beginners are welcome. I encourage beginners's mind.

I create a space that is safe, supportive and encouraging



This mini-retreat is for those who wish to:

- ✚ see writing as a form of meditation
- ✚ breathe life into words and let words breathe life into them
- ✚ learn and practice the craft of writing
- ✚ be present in their words and lives
- ✚ increase their awareness
- ✚ explore their creativity and imagination
- ✚ find their voice
- ✚ find support and fine company
- ✚ connect to readers

How the zoom works - step by step

Assemble beforehand: writing materials ... perhaps light a candle as we begin

The zoom registration link:

[https://zoom.us/meeting/register/tJ0vdOyoqzgoEtNJZaSScNU85265yQ6U-syl](https://zoom.us/join/zoom/register/tJ0vdOyoqzgoEtNJZaSScNU85265yQ6U-syl) (You will receive an email with the join link when you register)

If you are new to zoom, at 09.20 on Sun 1 Nov click on the BRC zoom link so we can practice and sort out any hitches. The morning unfolds though 5 sessions - in total around 180-195 minutes)

1. Introductions. I facilitate, setting up the experience (+-40 minutes)
2. Then you meditate and write spontaneously in response to prompts. (+-30 minutes)
3. We all go back into zoom and share (+-40 mins)
4. Then you write away once more in response to prompts (+-30 minutes)
5. We all go back into zoom and share the writing and our experience (+-40 mins)

If you lose the connection, come back using the same join link you received in your email when you registered.



Dorian Haarhoff - writer, poet, story-teller, mentor and speaker. Passionate about developing innate creativity and imagination, he believes in the power of stories to create new realities. To bring healing. To build our belonging. A former Prof of English (Namibia), Dorian's workshops are based on his text, *The Writer's Voice*. Over the past twenty years he has facilitated many Zen Pen retreats at the BRC Ixopo, Emoyeni and Temenos. His poems appear in the recipe books, *Quiet Food* and *The Cake the Buddha Ate*.

You share your rich knowledge and insights. You emanate a field of creativity in which we are inspired and gladly participate. (Evette Weyers, sculptor)