

# **DRINKING FROM THE RIVER OF LIGHT**

## **THE LIFE OF EXPRESSION**

**HARMONY HILL RETREAT CENTER**  
**OCT 25-27, 2019**

### **WORKSHOP DESCRIPTION**

**MARK NEPO**

Based on Mark Nepo's new book, *Drinking from the River of Light*, this workshop will center on the lifelong process of listening, reflecting, and expressing, and on how bearing witness to the truth of living reveals the mysteries of life.

As no one can live without inhaling and exhaling, no one can live without feeling and expressing. The life of expression is how the heart breathes and how our spirit grows in the life that carries it. The life of feeling, dialogue, and writing, whatever form they take — poetry, story, memoir, or reflection — open us to a personal form of expression, a necessary conversation with the Universe that helps us move through obstacles and transitions. As meditation is an ancient art that deepens our relationship to how we breathe, writing and storytelling are ancient arts that deepens our relationship to all that matters. And just as the reward for practicing meditation is not that we'll become great breathers but that we'll become clear vessels of life-force, the reward for practicing a personal form of expression is not that we'll become great writers or great storytellers but that such practice will help us be more resilient and wake closer to life.

In this retreat, Mark will open a heart space through which participants can discover their own rhythms of expression. Through poetry, stories, and metaphors, Through reflection, journaling, and dialogue, each participant will have the chance to practice listening and expressing. We are constantly being shaped by life into finer instruments of care and expression. The deeper we go, the more attuned we become, and the more we join with everything around us. This workshop will help you to inhabit a personal form of expression, by which you can strengthen your connections and find your way.

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*My hope for our time together is that we can touch into the miraculous depth of being that is always just below whatever we carry, and that you'll return to your life having*

*discovered and deepened a very personal form of expression that you can walk with in your days.*

– MN

*Bring a journal.*

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*Mark Nepo is a Great Soul. His resonant heart – his frank and astonishing voice – befriend us mightily on this mysterious trail.*

– Naomi Shihab Nye, author of *You and Yours*, *19 Varieties of Gazelle: Poems of the Middle East*, and *Red Suitcase*

*Mark Nepo is one of the finest spiritual guides of our time.*

– Parker J. Palmer, author of *A Hidden Wholeness* and *The Courage to Teach*

*Mark Nepo joins a long tradition of truth-seeking, wild-hearted poets – Rumi, Walt Whitman, Emily Dickinson, Mary Oliver – and deserves a place in the center of the circle with them.*

– Elizabeth Lesser, Cofounder, Omega Institute, author of *Broken Open: How Difficult Times Can Help Us Grow*

*Nepo is a consummate storyteller with a rare gift for making the invisible visible.*

– *Publishers Weekly*