



Diving Deeper

Lough Allua Arts & Healing, Ireland

six week writing course with Sandra Jensen
October-December 2008

*"The act of writing bears something in common
with the act of love.."* Sidney M. Jourard

- ◆ Do you feel compelled to write, but something is stopping you from getting on with it?
- ◆ Do you feel you have a story to tell, or simply something 'to say' but don't know how to start, or how to continue?
- ◆ Are you looking for a deeper connection with your self or a sense of fulfillment?

This course will not only support you to face the blank page but will deepen and sustain the creative process of writing and self-discovery.

The Diving Deeper process encourages you to write without preconceived ideas about what or how you should write. Whether you draw from personal life, intuition or imagination, you will be supported to open your 'child eyes' to a felt experience of authenticity and joy.

We will be reading work you have written during the week and doing in-group assignments. This will include re-discovering your 'muse', and taking leaps with your writing that are 'out of the box' of what and how you might usually write.

If you are feeling flat about your writing, or about your creativity, we will definitely delve into areas that open things up and re-energize you.

Participant numbers are limited so we will be able to work specifically on any issues or questions that you have about your writing or writing in general.

Out beyond ideas of right and wrong, there is a field. I'll meet you there... Rumi

"For me the Diving Deeper writing process is pure magic. We take what is very ordinary, that which I would normally discard, and turn it into pure gold. It has helped me to stop thinking about writing and to become a writer." Andrew Fawcett

Sandra Jensen blends a variety of writing approaches including the Freefall writing principles of Barbara Turner-Vesselago, the deep listening of David Hykes' Harmonic Chant and Paul Lowe's "sharing inner dialogue". Sandra's work can be found in: *Whole Earth Magazine, VerbSap, Common Ties, the Dublin Quarterly, r.kv.ry Quarterly, Word Riot, Santa Fe Writers Project, Sou'wester* and *Versal*. Sandra has also written for the theatre. She offers Diving Deeper retreats in Germany, Ireland and the U.S., and is presently working on "Into the Cradle" - a book of short stories linked by themes of cultural displacement, personal guilt and redemption.



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- ◆ **Workshop Cost:** 265 Euros (includes tea/coffee/snacks)
 - ◆ **Dates & Time:** Sundays 2:00 – 5:30 p.m: 26th October, 2nd, 9th, 23rd, 30th November & 7th December (note: 2 week break in the middle of the course)
 - ◆ **Place:** Lough Allua Arts & Healing, Tir Na Spideoga, Inchigeelagh, Co. Cork

Please note: The number of places is limited to 12. A deposit is required to hold a place. All levels of experience are welcome.

For more information or to register:

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www.sandrajensen.net