



Diving Deeper

BERLIN EVENT

3 days with Sandra Jensen
8th - 11th February 2007

*"When a man talks from his heart, in his moment of truth,
he speaks poetry."* Ray Bradbury

This retreat will take you on a journey, a journey to your moment of truth.

It isn't really possible to teach anyone how to write, but it is possible to support the writing process, the creative process – and indeed any path of inner discovery by creating the right environment, a place of support and encouragement.

The sustained focus of the 3 day event will support you in this process. You will be encouraged to be absolutely in the moment, with no preconceived idea about what you will write 'about'. You will be supported to by-pass your critical mind so you can access your experiences and your imagination in a way that is completely present and flowing.

Writing stories in this way is very healing, whether or not they are fiction or non-fiction. The story comes out of a place of being deeply connected to the present, deeply connected to your own living experience. In this place all is possible. This kind of writing is entirely engrossing - to both the writer and the reader. You don't have to have any writing 'experience' – what wants to be written will be, what wants to move and shift within you will do so.

When we listen to the voice inside us, the voice which asks to be expressed - when we give that voice expression, it brings something so much more than the stories themselves, it brings strength, energy and a deep sense of fulfillment to all areas of our lives.

"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."...A.F.

"I have been writing as part of my job for many years, yet it seemed I could never "just write". What amazed me most about this workshop was that without much drama, it gently pushed me into just doing it. It was the ride of my life!" A.S.

"The Diving Deeper workshop was a surprising encounter with myself. I experienced layers of my own depth I wasn't aware of before." V.R.

"It is not too much to say that Sandra's Diving Deeper retreat has changed my life." G.S

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 writes fiction and non-fiction. Her work has been published in newspapers in Canada, the Whole Earth Magazine and Utne Reader. She has also written for the theatre. She has offered her Diving Deeper retreats in Germany and Ireland, and is presently writing her first novel.



- ◆ **Workshop cost:** 140 euros
- ◆ **Lunch/tea/snacks cost:** 15 euros
- ◆ **Date:** Thursday, Feb. 8, 7:00 – 9:30 p.m. Friday, Saturday & Sunday, morning to evening
- ◆ **Place:** bei Müller/Fawcett, Wartburgstr.5, 10823 Berlin

Please note: Lunches will be provided on all three days, as well as other refreshments. Please let us know if you have any dietary restrictions. The number of places is limited, so please book early. The workshop will be held in English. Do not be discouraged if you are not fluent. Creative flow is not dependent on correct grammar or spelling!

For more information or to register:

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