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# Memory & Metaphor in the Forest

An Afternoon of Writing, Healing  
& Transformation

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Saturday, Sept. 9, 2023

1 - 6pm (Eastern)

Chelsea, MI (new home of Wellspring)

Cost: \$150 (USD)

(Address will be sent after registration & payment)

## In This Workshop We Will:

- . write together, creating mind & body maps of places within us that need to be healed.
- . pick a scene, and an object within it, & cluster them on the page, locating them in our bodies.
- . walk across the wetlands walkway & out to the forest.
- . hand our scene & object over to the forest and ask for its metaphors in return.
- . bring back the metaphors we are given and allow them to illuminate & transform our writing.
- . read our writing aloud to each other & experience the healing that occurs in our sacred circle.
- . benefit from the increase in our imaginations and creative power.
- . create innovative pieces of writing that can be revised for possible publication.



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“A good metaphor, like a bolt of lightning, provides a sudden flash of insight, a glimpse of illuminated ground on which experiments can be made.”

--James Geary

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Derived from the Greek roots *meta* (over, across, or beyond) and *phor* (to carry), the literal meaning of metaphor is *to carry across*.