



New Section - Mon Evenings

MEMORY & METAPHOR

Online Writing Workshop

led by Julie Mariouw



Monday Evenings

6:30-9pm Eastern

Nov 8 - Dec 27

2021

Cost \$250 (USD)

"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."

---*I is an Other: the Secret Life of Metaphor*
by James Geary

In this workshop we will:

- work with childhood memories, remembered & forgotten
- allow metaphor to release and expand those memories
- allow metaphor to shift trapped traumatic energy in our bodies
- write narratives using the material we uncover

Some texts I will use to create handouts for the workshop:

- *I is an Other; the Secret Life of Metaphor* by James Geary
- *Writing the Natural Way* by Gabrielle Rico, PhD
- *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel Van Der Kolke

"The metaphor is perhaps the most fruitful power of man. Its efficacy verges on magic, and it seems a tool for creation which God forgot inside one of His creatures when He made him."

---Jose Ortega y Gasset

