

# Conscious Living Workshop

Come with an Open Mind. Leave with an Open Heart.

## SPEAKING THE SOUL: The Transformative Power of Words with Kim Rosen, MFA January 20-22, 2012



What happens when you merge the power of the word with the language of the soul? Research has shown that the words we speak, silently or aloud, can graphically change the world within and around us. Prayers, poems and sacred writings are the language of the soul. When you take them deeply into yourself and speak them aloud you cause shifts in your feelings, thoughts, and biochemistry--aligning you at every level with what matters most. The simple and powerful act of creating a deep relationship with words you love can be a medicine--igniting healing and awakening in you and those around you.

Especially in these times of global and personal uncertainty a poem, prayer, or other affirmation can become a companion through difficulty, a wakeup call, and a road map home to an inner source of passion, peace, and inspiration. This weekend is an exploration of that ancient wisdom. This workshop is for lovers of poetry as well as those who have yet to discover its power. No prior experience necessary. You will learn...

- The power of spoken poems, prayers, music, and writing to liberate the flow of creativity within you.
- The "shamanic" components of the sacred words you love: how rhythm, breath, sound, and meaning combine to open body, heart, and mind.
- How to *effortlessly* learn words by heart based on ancient, mystical wisdom, as a process of revelation, not memorization.
- Practices to release your true voice from the patterns that confine it.
- How to invite sacred words, poems and prayers into your daily spiritual practice.

**Kim Rosen, MFA**, author of *Saved by a Poem: The Transformative Power of Words* is an award winning poet, spoken word artist, and teacher. She is a graduate of Yale University with an MFA from Sarah Lawrence College and has been published in *O Magazine*, *Huffington Post*, *Central Park*, and *The Texas Review*, among other publications. [www.kimrosen.net](http://www.kimrosen.net)

### EarthRise at IONS

is located on 194 acres of scenic rolling hills 26 miles north of San Francisco, easily reached from both the Oakland and San Francisco International Airports.

#### Workshop fees:

\$295 Earlybird (thru Dec. 26, 2011)  
\$325 Regular (after Dec 26, 2011)  
Fee includes freshly prepared meals Friday evening thru Sunday lunch. Lodging is extra. 14 CECs are available. Registration within 72 hours of event incurs a \$50 admin fee.



## EarthRise at IONS

For more information and to register visit [www.EarthRiseIONS.org](http://www.EarthRiseIONS.org)

E-mail [workshops@noetic.org](mailto:workshops@noetic.org) or call 707-779-8202

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