

Darkening into Light, a winter retreat

with Penny Allport

(Photo taken by T. Stavroff at 2013 Retreat.

Date for 2014 TBA)

As I watch the hostas descend into the soil that has sustained their green beauty and flowering all summer, the golden leaves illuminate the entire garden bed in praise.

There is something about deepening into earth's rhythms and this darkening time in the seasons, that delivers things into authentic light and radiant beauty - in nature, and in each of us.

We are humbled, earthed for a time, and our radiance grows brighter with space open to meet the places where our physical eyes cannot see, but our Soul eyes have twenty-twenty vision.

This retreat is a time of conscious slowing down, descending into the season that calls us to hibernate, deeply rest and reflect. What is integrated illuminates our path with fresh possibilities for spring.

What we will do: We will explore, through inquiry-based movement, meditation, breath and sound, perception and play, ways to deepen and slow to the rhythms of nature at this most potent time in the seasonal cycle. There will be space for writing, painting process (optional), musing, and explorations in nature to serve the Soulful stirrings of life arriving. Dreams, both from our journals, and that arrive during our time together, will be welcomed and fleshed into. We will leave with tangible practices to serve the darkening days ahead and meet the Winter Solstice, prepared to fully receive the medicine of returning light.

Location: Dream Lodge, Paradise Found, Wilson Creek, Sunshine Coast BC

Reasonable accommodations available here in paradise and nearby. Email for details and cost.

To register: pennyallport@gmail.com or 604 803 4607, 604 885 4663

(please share with anyone you feel may be interested in working in this way as i will not be posting anywhere other than my website and word of mouth - with deep thanks!!) ...and for reading this far, a winter poem by Rebecca Parker,

*Let there be a season
when holiness is heard, and
the splendor of living is revealed.
Stunned to stillness by beauty
we remember who we are and why we are here.
There are inexplicable mysteries.
We are not alone.
In the universe there moves a Wild One
whose gestures alter earth's axis
toward love.
In the immense darkness
everything spins with joy.*