

# In Other Words: Inviting Poetry into our Practice



with Carolyn West  
Saturday, March 23, 2024  
9:30am-12:30pm ET  
in-person at IWM

suggested donation: \$20-\$45  
registration + teacher donation

Our waking moments are inundated by words in speech and print – in the media and in our daily interactions along with those that are generated by the mind's habit – words which affect our hearts with or without our permission. Another kind of language, as found in poetry, has the potential to awaken our hearts and bring us closer to that which we deeply know. This half day session, combining contemporary poetry and practice, will explore poetry as a medium to support and amplify our Dhamma practice. Together we will engage in periods of formal practice infused with the consideration of several poems. In small groups and as a community we will attend particularly to the effects of this practice on the heart and mind and body.

Carolyn West has had a dedicated Vipassana practice for over 25 years which over time has become the central axis of her life as a friend, a Dhamma sister, a partner, a mother and grandmother. Recently and quite by happenstance, she has been discovering and enjoying the intersection of her Vipassana practice and the practice of learning poetry by heart. In addition, she is a contentedly and mostly retired psychologist whose career history includes clinical work in the area of learning disabilities, teaching, as well as a therapy practice catering primarily to young people and their caregivers. In the early 2000s she was trained in and began teaching MBSR, subsequently beginning a course for college students which incorporated the 8-week program into an offering on stress and its physiological and psychological effects. Carolyn also devoted almost 2 decades to teaching MBSR and training teachers for programs at the University of Massachusetts, Worcester as well as the University of California, San Diego.



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