

## ***A Journey of One Inch: The Writing of Spiritual Autobiography***

With Mary McNamara

This 10-week course on the writing of spiritual autobiography will focus on the deeper aspects of a person's experience [the **arduous** and **humbling** and **joyful**] rather than simply the surface details of a life. Such a pursuit can serve for your own self-understanding and/or as a legacy for others.

The course title—***A Journey of One Inch: The Writing of Spiritual Autobiography***—is a phrase from Wendell Berry's beautiful poem.

### **A Spiritual Journey**

And the world cannot be discovered by a journey of miles,  
no matter how long,  
but only by a spiritual journey,  
a journey of one inch,  
very **arduous** and **humbling** and **joyful**,  
by which we arrive at the ground at our feet,  
and learn to be at home.

The course will be limited to 24 participants and will run each Wednesday from August 5th to October 7th. Each two-hour session will be held from 10-12 a.m. ET.

The core of the course will be Mary's 50 years of experience using Ira Progoff's Intensive Journal Method and the 8 years she spent helping to write and edit ***No One's Easy Daughter: Our Journeys of Transformation***.

In between sessions, Mary will be present on email for questions you may have as well as to send out occasional evocative poems, articles, suggestions and questions.