

## ***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.