

Autumn Eco-Spiritual Mid-Day Retreat:

Living Your Questions through Art, Writing, and Bulb Planting Meditations



September 26, 2020

1pm -4pm (eastern time) via Zoom

hosted by Liza Hyatt, art therapist, poet, and spiritual director

RSVP: lizahyatt@gmail.com

free, no cost to attend

supplies needed: black paper, gel pens, your favorite art materials,
journal, 6-12 bulbs, gardening tools

As part of a virtual community, we will honor the natural wisdom of autumn, with its invitation to let go and entrust our longing to incubating dark. We will engage in expressive arts and nature meditations, expressing our hopes and fears during this time of complex personal, cultural, and environmental change and transition. We will write and make art to express the questions we cannot answer and must grow into. We will plant spring blooming bulbs along with these questions in fertile dark earth and celebrate the blessings of deeply living the questions we carry in our hearts and souls.

Each year's questions, rewordings of one question,
perennial, persistent, mistaken as failure...

That question buried deep in each life...

And growth – the only answer.

(from "Planting Bulbs: A Ritual" in *Under My Skin*, Liza Hyatt, Wordtech Editions, 2012)