

# WRITING . . . to the Heart of the Matter

with Mary Angelon Young & Regina Sara Ryan

**Fri. Feb. 19: 7–9 PM**

**Sat. Feb. 20: 10 AM–5 PM**

**Sun. Feb. 21: 10 AM–2 PM**

**Writing with attention and intention** can be a powerful means of connecting to “the Heart” of the matter — that is, to intuitive wisdom and the wellspring of clarity and compassion that already exists within each of us.

*Writing to the Heart of the Matter* is a weekend experience for exploring questions about purpose, meaning, the deepest “heart’s desire,” and the next steps in life.

**This program is for everyone** — whether you have a regular writing practice now or not. If you *love* writing and want to kick start getting that book or essay written . . . come! If you are insecure and apologetic about writing . . . join us! This program is **about using the practice of writing as the vehicle of personal transformation**, but the principles we explore can be applied in every domain of life. *Writing To the Heart of the Matter* is about developing attention and intention, about coming in contact with our true nature and tapping creative flow, about overcoming the voices of the critic, taking a risk, about cultivating consistency, and even about fun!

In good company with the writing coaches (Mary Angelon & Regina) and one another, **we will create an environment of safety, camaraderie and focus**. This weekend will be a chance to uncover and celebrate the inspiration and the tools for expression that lie directly in the midst of daily life.

**MARY ANGELON YOUNG & REGINA SARA RYAN** are both published authors, retreat and seminar leaders (in North America, Mexico and Europe), and professional editors. Each has written numerous books, including biography, memoir, fiction and non-fiction titles. They are long-term students of the Western Baul teacher, Lee Lozowick, and bring a seasoned perspective on spiritual practice to their work with others. For additional biographical information, a list of their books and previous programs visit: [www.maryangelonyoung.com](http://www.maryangelonyoung.com) and [www.reginasararyan.com](http://www.reginasararyan.com)

**Space is limited. Please register early.**

**Location:** downtown, Prescott, Arizona

**Cost:** by donation

For details &/or to register: [prayingdangerously@gmail.com](mailto:prayingdangerously@gmail.com) / (928)-636-4627