

THE SCHOOL OF THE WISDOM

Writing The Language of the Soul: A LITERARY CREATION WORKSHOP

with
Catalina Isaza-Cantor

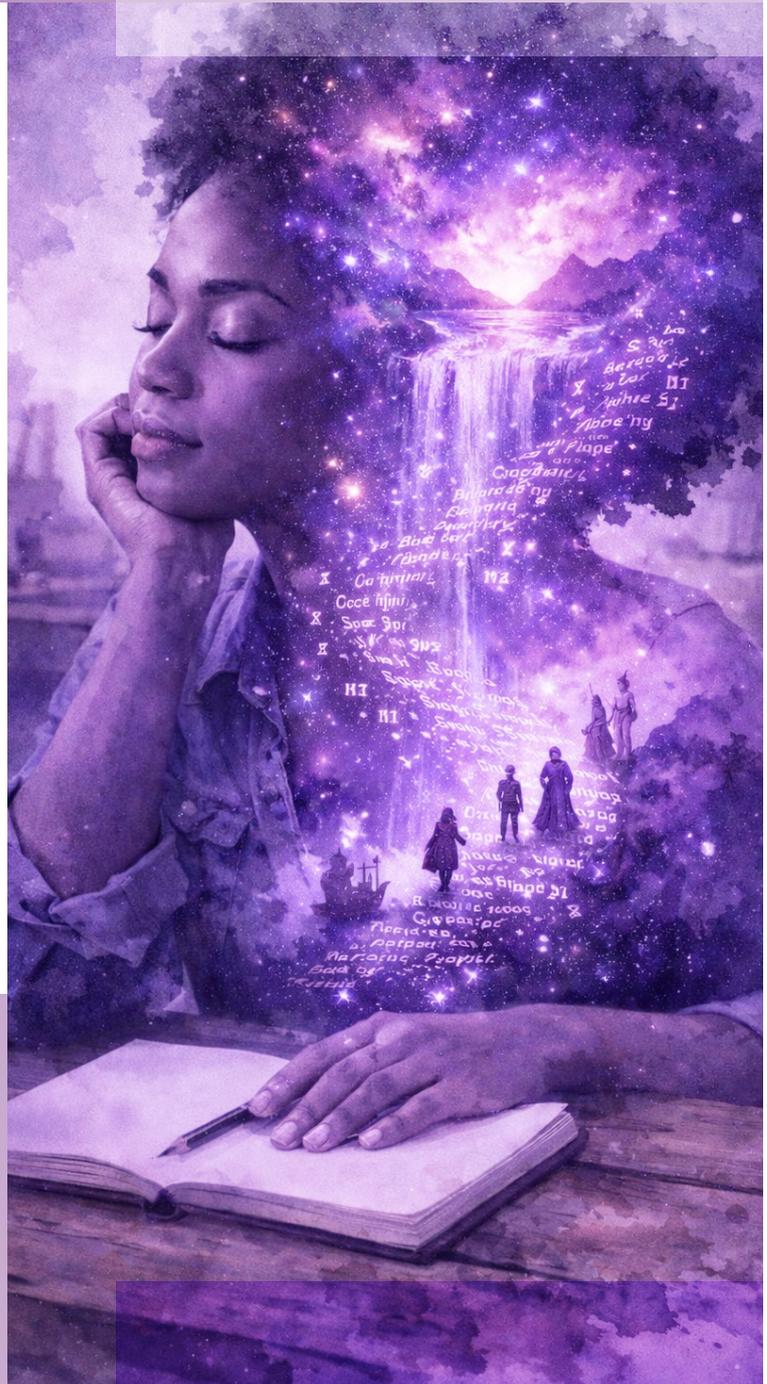
The workshop invites participants to explore writing as both a creative and contemplative practice. The School of the Wisdom is not only a place of study but also of inner awakening and creative expression, poetry—understood as a disciplined yet intuitive art—can become a bridge between reflection and lived spiritual experience. Through attentive writing, participants may discover poetry as a form of contemplation: a way of refining perception, deepening inner listening, and giving voice to subtle insights that arise from study, meditation, and contact with nature.

The workshop will consist of two 60-minute sessions. The first introduces key elements of poetic creation—image, rhythm, metaphor, silence, and suggestion—while exploring poetry as a spiritual discipline supported by a short-guided meditation, contemplative observation, and a writing exercise. Participants will then be invited to allow their experience to mature during their time on campus. After some days, the second session will offer a space for sharing selected poems and reflecting together on the creative process, discovering how writing can become a path of awareness.

Catalina Isaza-Cantor is a Colombian author, poet, translator, editor, long-life volunteer, and international speaker of the Theosophical Society, Adyar, which she joined in 2006 inspired by her parents. She lives at the Society's headquarters in India, where she serves as Secretary of the School of the Wisdom, among other responsibilities. She has lectured across the Americas, Europe, and Asia and co-founded the multilingual YouTube channel PragyacSSstudio.

She holds honours degree in Literature, PG diploma in Cultural Management, and master's in Education. Author of academic books and articles. Her poems, stories and other articles appear in magazines, anthologies, literary websites, and in theosophical journals worldwide. She explores the relationship between poetry and spirituality, seeing poetry as a powerful spiritual path, a way of listening to the deeper currents of life.

For more information about SOW visit this link:
<https://www.ts-adyar.org/content/school-wisdom>



LOCATION

Theosophical Society 600020 Chennai, TN India
For members of the Theosophical Society

