

# Welcome



## Creating from Body and Soul: The Art of Ensoulment

with Cynthia Winton-Henry and Marla Durden  
G24030401 | March 18-23, 2024

As retreat leaders, we are thrilled to have you join this reflective, creative retreat at Ghost Ranch, where artists flourish and sky and earth enchant. We are so excited to share with you our new art journal, *The Art of Ensoulment: A Playbook on How to Create From Body and Soul*. With this resource, each day, we will playfully and prayerfully explore one of the four great arts that inspire humans to come home, heal, and enjoy body and soul.

1. Honor Our Spirit Team and Receive Support
2. Courageously Invoke Our Creative Birthrights
3. Divine The Poetry of Our Purpose
4. Learn to Dance with Suffering and Bow to Our Limits

The explorations will combine presentations and easeful activities from the InterPlay practice as we invoke sacred imagination and the creativity that opens up through communal movement, voice, storytelling, mark-making, writing, poetry, and silence.

We are deeply honored to bring wisdom from our respective indigenous, Christian, artistic, and healing lineages. While some consider our practices and ideas prophetic, we find many seekers who are ready to welcome body and soul in ways that honor human nature. This includes our collective ability to joyfully adapt any activity to serve our unique individual and collective needs.

Willingness to participate as you are able is all that is needed. No other special physical or creative ability is required.

After the retreat, should you wish to deepen your experience of body and soul or support family and communities to do so, Cynthia supports a growing community of spiritual directors, therapists, and ensoulment guides available to support you in following through with a new revelation or practice.

# Welcome



## Creating from Body and Soul: The Art of Ensoulment

with Cynthia Winton-Henry and Marla Durden  
G24030401 | March 18-23, 2024

### About Our Commitment to Justice, Equity, and Inclusion

We hope that you will appreciate our service as collaborators who lovingly embody the rough and the smooth of racial and gender healing. We are both dedicated to the Divine Feminine and Mother Earth at the heart of our listening and devotion. In years of rapid change, we as co-learners celebrate and seek to be open to the wisdom of retreat participants

We are both on restorative paths within our lineages. As a white woman, Cynthia takes her whiteness upon herself as a condition of her liberation, meaning she does not expect people of color to do any racial healing work for her. In sessions, we will name the role of racist and harmful embodiments as something we intend to change in creative, soul-centered ways. We do this by inviting each of us to honor the wisdom of our body and soul in the context of our larger cultural practices. We understand that collective healing is an ongoing process and that willingness to grow and change is the greatest gift we give to one another.

We explore our own challenges and limits with appreciative care as healers, including dysthymia symptoms and 12-step recovery. We do not consider high-sensitivity to be a disability. The Art of Ensoulment offers vital support to those who notice, feel, sense, think, and need to retreat more than most. We happily credential you if you are a mystic, creative, contemplative healer or have no idea what role you play.

Thank you again for enrolling.

If you need to contact us, email

Cynthia Winton-Henry  
[cynthiawintonhenry@gmail.com](mailto:cynthiawintonhenry@gmail.com)

Marla Durden  
[modernrootwoman@gmail.com](mailto:modernrootwoman@gmail.com)