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Meet ... Page Lambert

By The Denver Post

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Why you should know her: For those who yearn to map their own place in the world, she teaches workshops on finding the connections between self and the natural world.

Her popular workshops on writing and creativity, including the coed horseback expeditions and her all-female river trips, were featured in O Magazine. Her theory: Being out under a spreading sky or dwarfed by canyon walls "helps you get brave enough to think really big."



Page Lambert conducts workshops on writing. She also holds horseback expeditions and river trips. "Being in nature gives you an overwhelming sense of humbleness," she said. (Photo provided by Page Lambert)

Q: How does a career like yours flourish at a time when many people equate texting with writing?

A: People yearn for a deeper connection to themselves, to each other, to the landscape, as a way to find meaning in their lives and integrate their creative dreams with their need to make a living. I have a Twitter account. I have Facebook and LinkedIn. One of the good things about a texting world is that you get tuned in to how important each word is. You learn which words carry energy, and which are the matrix you want to chip away.

Q: What do people learn about themselves when they write about nature?

A: Being in an environment like Cataract Canyon or the wide, open landscapes in Wyoming help us fall back in love with life. Being in nature gives you an overwhelming sense of humbleness, but you also realize how deeply connected you are to everything. I had a single mother on a river trip many years ago, and after the trip, she had the courage, for the first time, to tell her son about his father, and worked to get them together.

Q: What's in your dry bag or your saddle pack?

A: A journal, of course. I'm not one of those people who have only one kind of journal. I have different journals, depending on where I am. The journals I take on horse retreats fit into saddle bags. The ones on river trips fit into Ziplocs. Another thing that's always in my bag is ginger chews and ginger capsules. Ginger is a great cure-all, and a wonderful way to calm a nervous stomach.

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