Those wishing to submit poems to the *Temenos Academy Review* should bear in the mind the following.

Poems should be unpublished and reflect the spirit and values of Temenos. It is a good idea to look at past issues of the *Review* to get a feel for the sort of poems that are accepted.

A submission should include as many poems that give the editor a fair amount of choice. Five to seven poems is usually a good number.

Poems should be accompanied by a short covering note and an indication of the poet’s literary experience, if any.

Contact details are necessary.

The best time to submit poems is in December and early January, when the editorial selection takes place. Also, it should be noted that TAR publishes relatively few poems and competition is fierce.