

Grief COMPOSTING Circles

Circle Holder **TRAINING** 2017 in South Devon

PART 1 - 21st -23rd April - Non Residential

informed by Joanna Macy's Work on the Spiral and Truth Mandala, Azul Thome's Grief Composting Circles and eARTh: *Art infused with Ritual for Earth*

£250 per person per weekend(*as a base fee with hat going round at the end of each training if you feel it is worth more*) including Grief Composting Circles training Booklet, Training, 3 organic homemade light vegetarian meals, all art material/tools to create an eARTh Altar Sacred Cloth and Listening/Speaking piece

'From Gratitude, The truth of our inter-existence, made real to us by our pain for the world, helps us see with new eyes. It brings fresh understandings of who we are and how we are related to each other and the universe. We begin to comprehend our own power to change and heal. We strengthen by growing living connections with past and future generations, and our brother and sister species. Then, ever again, we go forth into the action that calls us. With others whenever and wherever possible, we set a target, lay a plan, step out. We don't wait for a blueprint or fail-proof scheme; for each step will be our teacher, bringing new perspectives and opportunities. Even when we don't succeed in a given venture, we can be grateful for the chance we took and the lessons we learned. And the spiral begins again.' Joanna Macy

PART 2 - 15th -17th June - Non Residential

informed by Sonbonfu Some's work on Grief Ritual for the Village, Azul Thome's Grief Composting Circles and eARTh: *Art infused with Ritual for Earth*

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'Communal grieving offers something that we cannot get when we grieve by ourselves. Through validation, acknowledgement and witnessing, communal grieving allows us to experience a level of healing that is deeply and profoundly freeing. Each of us has a basic human right to that genuine love, happiness and freedom. 'Sobonfu Some

PART 3 - 8th - 9th -10th Sept - Non Residential

informed by Francis Weller's work on the 5 Gates of Grief, Azul Thome's Grief Composting Circles and eARTh: *Art infused with Ritual for Earth*

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'Grief has always been communal, always been shared and consequently has traditionally been regarded as a sacred process. Too often in modern times our grief becomes private, carrying an invisible mantle of shame forcing our sorrow underground, hidden from the eyes that would offer healing. We must restore the conversation we need to have concerning the place of grief in our lives. Each of us must undertake an apprenticeship with loss'. Francis Weller

Azul-Valerie Thome

MA in Ecological Design Thinking 2016 (Schumacher College): *'the eARTh of Grieving Collectively as if Life and Death really Mattered'*

eARThist: Art infused with ritual informed by Earth

website: www.souland.org ~ email: soulandinfo@gmail.com ~ phone: +44 (0)7765257517

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What is the training for?

To skill people up into the sacred work of collective grief and to activate the vision of a mycelium of Grief Composting Circle Holders - A supportive network that regularly offers space of sacred beauty that contains and releases our sorrow and pain for the awakening, the healing and the maturity of all who share this world.

Who is it for?

For women and men

- ~ who want to learn of a deep Earth Centered practice of holding circles.
- ~ who want to learn how to hold a Grief Composting Circle to support their community/ group/organisation/family to contain and release their grief collectively
- ~ who are personally ready to mature and wake up to the world we have been born to fully engage with and give away to.

Who runs it?

Azul-Valerie Thome and guests

I weave together practices from indigenous wisdom traditions, systems thinking, ancient philosophy as well as archetypal psychology. My methods incorporate eARTh, rituals and community work inspired and informed by Earth's wisdom and knowledge. I have held circles for more than 20 years, more recently founded SOULand and the Grief Composting Circles in response to the void in the fields of soul work and the deep conversation with Death, Grief, Life and Love necessary in our transforming world.

If you are interested in being a trainee of the Grief Composting Circle Holder Training 2017:
Email me for a registration form: SOULandinfo@gmail.com

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The only certainty in the structure below is the start and the ending, what exists within the training might change in response to what emerges in our circle, our world, land and waters.

FRIDAY 21st April 2017

14:30 ARRIVAL and REGISTRATION
15:00 START & WELCOME
15:30 **GRIEF COMPOSTING CIRCLE - straight in...**
19:00 Chill
19:30 LIGHT VEGETARIAN DINER - provided
20:30 SESSION 1
SHARING CIRCLE
22:00 ... rest and dreaming

SATURDAY 22nd April 2017

9:45 ARRIVAL
10:00 SESSION 2
GRATITUDE
Truth Mandala - Theory of the Spiral and practices
13:00 POT LUCK LUNCH (bring loved food to share)
14:30 SESSION 3
FEELING OUR PAIN FOR THE WORLD
eARTh and Grief Composting Circle practice - 1
18:30 LIGHT DINER - provided
19:30 SESSION 4
Truth Mandala - Practice
21:00 ENDING of DAY 2... rest and dreaming

SUNDAY 23rd April 2017

7:15 SESSION 5
SEEING WITH NEW EYES
Meeting dawn, the River and the other beings
Presenting ourselves
Asking permission
Feeding the ancestors and river beings
Listening to what we need to learn and do for our Circle holding
11:00 BRUNCH provided
12:30 SESSION 6
MOVING FORTH
eARTh and Grief Composting Circle practice - 2
15:30 CLOSING SESSION
Sharing circle, wrapping up
Introduction to part 2 and part 3 of the Grief Composting Circle Training in June and Sept 2017
Home-work towards Part 2
18:00 END of WEEKEND -
and PART ONE of the GRIEF COMPOSTING CIRCLE TRAINING

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