

Grief COMPOSTING Circles

Circle Holder Introductory TRAINING 2018

TRAINEE INFORMATION

This is a form with information, questions (fill this part and return with a deposit of £150 to secure your place), agreement, How to secure your place and testimonies of other trainees to weave you in ~ for you to keep and to fill and send back to me to register for the Training in Oct 2018 in Totnes.

"Let everything happen to you: beauty and terror. Just keep going. No feeling is final." Rilke

SOULand and the Grief Composting Circles are a response to our traumatised, collapsing and transforming world. It is an active prayer to support the accompaniment of what is dying while Making the World of our Longing ~ even if it is too late for our own species...
...it is a graceful gesture of soul, courage and beauty, it is Soul Activism.
Azul-Valerie Thomé

The Grief Composting Circle basic TRAINING is an intensive weekend taught by Azul-Valerie Thome informed and woven with some of her teachings and teachers: ~ Joanna Macy's ~ Work that Reconnects on the Truth Mandala (to be found in the Spiral)~ Sonbonfu Some's work on Collective Grief Ritual for the Village and Ancestral work~ Francis Weller's work on the 5 Gates of Grief~ Azul Thome's Grief Composting Circles with her invitation to step into darkness and into the transmuting alchemy of Compost. Her interest in Grief being an initiatory practices to mature as a human being and the weaving of a reconnected and sacred container as personal and collective Altars are.

26-27-28th October 2018 in or near Totnes ~ You will need to read and prepare before coming through reading and personal practices

For men and women who are ripe, connected, courageous and called for this sacred work of grief. If you are not from Totnes it is best if you come with someone of your community to increase your resilience and capacity to offer the Grief Composting Circles

~ **£440/£380/£320 investment depending on your income/savings**

~ non residential

~ Including a Grief Compositing Booklet at the end of the training (PDF)

~ **£150 to secure your space to send with your form.**

"Darkness deserves gratitude. It is the alleluia point at which we learn to understand that all growth does not take place in the sunlight."

— Joan D. Chittister

So modern people are not bad or lost. They are stuck in a blast furnace of banality where all of that technology and so-called advancement have been purchased at the price of losing the most basic of human prerogatives: the art of being deliciously out of control to grieve their dead. It is a terrible source of grief in itself not to be able to grieve.

~Martin Prechtel, The Smell of Rain on Dust~

"If you're really listening, if you're awake to the poignant beauty of the world, your heart breaks regularly." Andrew Harvey

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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 all over our collapsing and en-hinged world For men and women who are already engaged and woven into their community and have tasted the sacred work of grief and have a solid personal soul&spiritual practice.

To grow, strengthen and nurture a supportive community network that offers regular (ideally monthly) collective spaces of strong and sacred beauty that witnesses, contains then releases our sorrow, rage, fears and pain for our ongoing restoration and returning to a deeper engagement with our lives.

For the awakening, the resilience and the maturity of our species in these extremely turbulent times.

To return to our belonging to all of life.

To engage again in conversations with Grief, Love, Death and Life on Earth for all.

'If we are not first heartbroken by what is happening to our planet, the earth community, the people we love, and ourselves, all other forms of preparation for our daunting future are quite simply, incidental. The collapse of industrial civilization will result in unimaginable loss of life, and those who survive will either become bigger people, or they will be emotionally and spiritually decimated. The heart, not the head, determines the outcome of that reality.'

Carolyn Baker

Azul-Valerie Thome for SOULand

www.souland.org

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To return to our belonging to all of life.

To engage again in conversations with Grief, Love, Death and Life on Earth for all.

Who is it for?

For women and men who are already practitioners, professionals, social workers, community leaders and Circle holders

~ who want to learn of a deep reconnecting 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 for the well being of all of Life.

~ who are personally ready to mature and wake up to the world we have been born and fully engage with our transmuting and tempering world.

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FULL NAME

ADDRESS

PHONE NUMBER

EMAIL (CAPITAL LETTERS)

What is your occupation/offering to our world at present?

Can you say a bit about your experience in holding circles for your community ~ if any?

What is your previous experience with grief ~ personal and collective?

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What do you know of the sacred work of grief? Do you hold any previous experience with the work of Joanna Macy, Francis Weller, Sobonfu Somé or Azul-Valerie Thomé?

What/who give you strength ?

What/who are you grateful for?

What/Who breaks your heart?

What brings you to this training?

What will you do with the training? How will you share it with your community

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What support system have you created for your self ? Anything missing?

What is your relationship with your ancestors like?

What is your relationship with:
Water?

Fire?

Earth?

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Soil and Compost?

Stones?

Plants?

Air?

Animals?

How is your physical health?

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How is your mental/soul health?

Is there anything else we need to know to support you and your learning during the Training?

Who do we need to call in case of emergency?

NAME
ADDRESS
PHONE NUMBER

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Commitment: Please make sure you are clear that this **is a training not a workshop**. There will be some theory and much practical/animist work with the creation of eARTh objects and space infused with Soul, beauty & ritual. We will explore what is our relationship with Death, Life, Grief and Love and the health of our Imagination.

It is recommended that you take the time you need before committing fully to this work. It is not a space to be held in your own personal process. Part of the training is to be growing our capacity to hold, release our own grief while holding space for others. The Grief Composting Circles and the One2One with Azul are offered for this purpose.

You will be expected to be able to hold yourself when release occur while holding a Circle. The Grief Composting Circle Training will awaken you to your profound innate capacity for love. It will mature you as a human being in ways mostly mysterious and yet very ancient as a deep time memory gets activated for the nurturing and protection of our world.

I am deeply grateful for you stepping in ~ to widen and strengthen the Mycelium of Grief Composters in our time of great challenges, awakening and soul activism.

With gratitude
Azul-Valerie Thome

TO SECURE YOUR PLACE and start the preparation

Please fill and return the form above and send a non refundable deposit of £150 (unless I am unable to be there which would need to be an extreme reason)

VME THOME
Cooperative Bank
Acc: 14227617
Sort code: 08-93-00

For outside the UK
IBAN: GB80 CPBK 0893 0014 2276 17
BIC: CPBK GB 22

Many warm thanks
Azul-Valerie Thome

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TESTIMONIES of previous Trainees

Azul brings her bundle of medicine and weaves even trainings into ritual space. A true emissary of Water, she moves fluidly through a depth of knowledge, sharing the wisdoms of her teachers as well as her own gorgeous gifts to the sacred work of grief tending: The alchemy of compost, the generative darkness, the beauty of art. I felt such gratitude for this offering and how she embodied it as both guide and participant.

Grief Compositing Circle allowed me to step into an experience of what a true village might be like. I felt held by the sacred container meticulously tended by Azul and the group. I was able to melt into the sweet holding of darkness. I now know in my bones how truly we are needed to bring our grief to each other and to the circle to be metabolized for the health of community

Kristhina Andy

My experience of the grief circle as a participant began when I received an email with the long list of items required for attendance. The original annoyance at the task quickly faded as I began to thumb through photos a collect remembrances of those I have loved, inflamed me and broken my heart. I hadn't even stepped through the door and had already begun to feel my alternatively swell and break with sorrow and deep gratitude for the people and things

JON wise

My grief composting training experience was far beyond what I had been dreaming about. It was a powerful shared learning, a strengthening of the threads that connect us, a cultural repair which we can echo out with each circle we lead together. I feel blessed to be part of a local group consciously working together to create spaces to metabolize grief so we can all show up as our biggest and brightest self.

The grief composting circle was a rich deep weaving with the other members of my circle. This ritual to the community aspect of grieving to a whole new level as we followed the energy in the circle. The safety and non-judgemental nature of darkness created the conditions for extraordinary release of individual and communal grief. We were like instrument of grief riffing of an other. Exquisite!

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*Azul's Grief Composting training opened the door for me to be moved in ways that I did not anticipate. I arrived with a heart burdened by the usual mix of frustration, disillusionment and rage that I carry silently in my daily life and I left with a lightness and gentle curiosity about the gifts and opportunities that my challenges and ancestral/familial traumas have gifted me if I am able to see into them more deeply. The biggest messages*

- 1- when I take my personal history less seriously and instead see it as part of the larger human story I can make peace with the world, my disappointments in humanity and my self-judgement.*
- 2- I am not alone. We are all more similar than we think we are. And we are we are trying to come to terms with this human condition in ways that can be supportive to each other when we act as witnesses to each other's experiences and suffering. I now feel more connected to my community, the other individuals with whom I participated in the training, myself and my ancestors.*

*Thank you Azul for touching my heart and for helping me to connect with a community of likeminded searching souls. I feel inspired to continue exploring the dark places we all share in our collective human heart.*

*Tomas*

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*This is a sacred space. A space of myth and archetype, re-membering the soul of the earth and bringing our wounds to her for a process of alchemy.*

*The ritual takes place in darkness, the darkness of deep time ancestors in caves...the container is strongly created so that, when we go into the darkness, we are held safe within the womb of earth.*

*Here it is safe to release, to be wild, to give over to voice, allowing the ebb and flow of emotion to wash over you and carry you through a full movement. Here your grief can flow through instead of remaining trapped inside. Here our shadow becomes nourishment and through our collective alchemy are re-metabolized and metamorphose into the gifts that nourish us. It is fierce work of existential importance, capable of healing not only ourselves but all the brokenness of our culture.*

*The earth is so hungry for this work. This is how we feed her, this is how we call back the exiled. The ritual will leave you cleansed, with the sense of powerful tidal energies that have moved through you. The ritual will leave you spacious, with more of an ability to hold complexity and contradictions. It won't fix anything but it will metabolize and transform your grief and call you back into your inheritance as an essential member of the village.*

Shante

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The Grief Composting Circle is an experience of integrity, wild nature release, patience, depth, honouring, witness, knowing, wisdom. The container created facilitates safety, permission, connection, renewal to our inner and outer ecosystems and relations. I will forever cherish this circle.

Feedback for you Azul: I feel great gratitude for your coming here, your abundant sharing of your heart's knowing of ceremonial ways. The study of heart, body, mind and soul that you have walked and leads you here now is a path I bow before and offer my thanks and praise and support and love. I feel saturated with both learnings & experiences. I feel capable of continuing to learn and walk this way with our own co-creative grief rituals and GCC's that will live here. I appreciate the way you've delivered the material in this shortened time and also will miss the creative/eARTh aspect. You are always welcome here! I am so blessed to be woven in this sacred Golden Thread. Thank you from beginning all the way to the pluriverses and back

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*Having just experienced my first Grief Composting ritual with Azul, I feel moved into a place I have never quite experienced before. Not only was I able to experience my personal grief for my own loss I moved into my meta-grief, that which I feel for our culture, our children, our relationships with our water, air, soil, valleys and mountains, birds, fishes, four legged, our peace and kindness. Great longing and sorrow emerged. Loss of the sacred masculine as well as the sacred feminine. In all this loss and longing I was held in love and safety so that I could fully experience it without fear. The darkness and ritual involved added to my perception of safety and allowed me to unabashedly express myself.*

*Azul has the gift of a great teacher and Earth healer. One who calls out the best in others with clarity, compassion and truth telling*

Seelie

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I highly recommend the Grief Composting training even if you are not sure if you will hold circles in the near future.

To me this work is essential to community and in healing the generations of pain. It is not something "extra", or work without deeply rooted significance and impact. What greater gift is there to bring to

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our starved communities than that of renewal, transformation, release and true connection? The learning is deep, continual; a life's journey of wisdom. Let this be your start.

In many Western cultures, grief is minimised, shamed, personalised and limited. It can take much personal unlearning and relearning to feel free and comfortable in the ever flowing waters of the grief of life, but it is the most essential work – for us as individuals, our communities, families and future generations: there seems to me to be no greater or more necessary work. I invite you to come and see.

To Azul: I greatly appreciated the wealth of your experience and wisdom in anchoring the circles and teaching. Perhaps having the training booklet ahead of time to make notes there and more to gather the sacred items would be appreciated. It was a great learning in flow and trust. Thank you.