

Way of Council - Training Day 2019

The Way of Council is based on ancient principles of listening; we sit in a circle, pass a talking piece and create a sacred space for what needs to be witnessed. It is a practice that can spread into other parts of our lives if we give ourselves space and time. Works with groups of all ages.

The principles

- speak from the heart -listen from the heart - be lean with words -confidentiality

By being fully present in this way, we can hear others - and ourselves - more fully. Everything can be present, all can be heard. Sometimes what is most shocking is not hearing others, it is hearing ourselves. What this can lead to, in my experience, is a space to be with the wholeness of life, as the dark and light parts are equally welcomed. The edges are often the most fertile areas to bring, as they are often not allowed to be heard in everyday conversations. Most often people are surprised at what it is like to be fully heard, and to fully hear others, with no need to fix or placate or make better.

Council is more than words. So, we often use movement, sound or other ways to share experiences together. On this training day we will play with and practice a few different 'forms', talk about why, where and how to use Council in our lives and work, and take a short time in nature to connect with the 'other than human'.

Booking & Refunds

Please book your place by emailing me with your name, address, phone plus a sentence or two saying why you want to attend. I will issue an invoice for your records. (I will keep your information on my computer for up to two years for my records.) Refunds or transfers to another course if you cancel four weeks before, otherwise no refunds will be made.

Cost & Payment

The day is £45 including coffee/teas and snacks. Please pay before the event to secure your place. BACs payment is preferred, using your name as a reference. Cheques can be posted, please contact me if you want that option. Please pay: to Jenny Archard, sort code 07-01-16, a/c 30595330

Times

Please arrive by 9.45am for teas, coffee and chat before we start. Start time 10.00am
Finish time 4.30pm approx and help tidying up is appreciated!

Location

Hosted in the Cabin at Neroche Woodlanders base at Young Wood. This is a small wood-built structure with wood burner. We will be sitting on the floor, so bring a cushion/and or blanket. There are two compost loos a 5 minute walk (outside) from the cabin. Lunch and drinks will be taken in the main camp kitchen. It's a few minutes walk from the carpark to the cabin.

Directions are one the woodlanders website here

<http://www.nerochewoodlanders.org/find-us.html>

Refreshments and lunch

Please bring some food or a plate to share for lunch - cake, quiche, salads, cheese, bread etc. Or just bring sandwiches! I provide teas, coffee, cows milk, fruit, biscuits.

To bring, to wear and ticks

Please wear plenty of warm layers, bring a cushion/and or blanket to be comfy on the floor, wear stout shoes or boots for outside work, bring waterproofs including trousers. Deer ticks are a nuisance in the warmer months, and can carry Lyme disease) so wear long trousers and tuck them into socks when outside. Bring a notebook and pen!

Any questions **please do** contact me. email: jennyarchard@hotmail.com phone: 07541 080397

I honour the teachers who have so profoundly shared this way with me and so many others. Pip Bondy from Ancient Healing Ways, Meredith Little (and others) from the School of Lost Borders and Jeremy Thres from Regenco and Joe Provisor from Circle Ways.