



Reclaiming Wholeness: A Virtual Healing Workshop for Release & Rebirth around Grief



Photo Credit: Lynus Nylund

“To honor our grief, to grant it space and time in our frantic world, is to fulfill a covenant with soul – to welcome all that is, thereby granting room for our most authentic life.” - Francis Weller

Inspiration

From a global pandemic to racial protests to wildfires and a divisive presidential election, this year we have seen our lives shift in ways we would never have imagined. As we grapple with navigating the uncertainty of “what might be,” we are challenged to let go of “what once was and no longer is”...the affectionate touch of our loved ones, our sense of certainty and safety, the promise of seeing a beloved elderly family member again. It brings to question: Where are the intentional spaces for collective processing and letting go? In the absence of spaces for community healing, where can we go to share the full weight of what we are holding in our hearts, bodies, and spirits? And how do we even slow down enough to recognize all that we are holding?

These great shifts have brought with them an unprecedented sense of grief and loss. And, they have also offered an unprecedented opportunity for collective healing. In his book *The Wild Edge of Sorrow*, Francis Weller shares, “Through acknowledging our grief, we begin the process of being made whole again.” In times of collective pain, we are in need of collective spaces to be heard, held, and healed, together. The *Reclaiming Wholeness Workshop* was created as a space for the sacred work of grieving and healing to take place, in the container of community.

Description

In this workshop, participants will learn tools for developing a personal practice for processing grief and making the journey toward healing through a combination of individual and small group work, sharing as a community, and working directly with a personal grief altar (*specific instructions regarding the grief altar will be sent in advance of the workshop*). Using The Circle Way as the primary method for creating and holding the container of community, the workshop will center around four primary pillars: grieving the past, grieving the future, accepting the present, and healing through meaning making.

In order to co-create an intimate space in which to engage with this deeply tender work, the workshop will be kept to 9-12 participants. The workshop would be 3 hours and held over Zoom. Following the workshop, participants will be invited to share their reflections and feedback for future improvements. **Please note: If you are currently under the care of a grief counselor or therapist, this workshop is not meant to serve as a replacement of that care, but rather as a supplemental resource for support.*

Objectives

- ❖ Co-create a space to be held, heard, and begin (or continue) the journey of healing in and with community;
- ❖ Engage with the simple yet transformative power of ‘witnessing’ as a step toward reclaiming wholeness;
- ❖ Learn tools for developing a personal practice for processing, healing, growing and evolving through our grief;
- ❖ Reconnect with the sense of sacredness that resides within the powerful work of grieving and healing together.

