



Story Spinning

Harvesting Your Experience and
Harnessing Its Power

a workshop with
Jan Phillips

Our stories define us. They affect our well-being, our relationships, our present and our future. They are vehicles of energy, vessels of possibility. They contain infinite potential and we can harness great light and great power from the experiences of our lives.

Our bodies are waiting to be tapped for their wisdom, gained from every ordeal we have suffered or encountered. Every catastrophe has stripped us of something and given us something. The nakedness, we know. The gifts are yet to be unearthed.

In this circle of women, we will revisit our threshold experiences, our decisive moments and pivotal events and re-view them through a lens of emotional clarity and compassion. We will experience the deep listening of others as we share our stories, hear the narrative arc, define the crisis and revisit the resolution. We will see our role in co-creating the event and the narrative, and we will reconsider the telling from a place of power.

Using music, video, poetry and writing, we will evolve ourselves beyond dualistic thinking and enter into a mindset of oneness and gratitude. We will work deeply with our own bodies and their intimacy with the natural world, tapping into the reservoirs of wisdom that are available to us. We will experience the energetic changes that accompany a change of story, and discover the healing capacity embedded in every story.

“Our stories contain the answers to each others’ questions. What I cannot find in searching through the riches and rubble of my own life may become apparent to me in the witnessing of yours. It’s through our stories that we begin to name our - selves, to say who we are under all the social trappings, and to emerge from those trappings like a butterfly from a chrysalis. We are midwives, in a way, to each other’s rebirth.”

—Jan Phillips, from *A Waist is a Terrible Thing to Mind*