



Songworlds at the Orchard

Aug 23rd - 28th 2022

Sharing Vulnerability

co-facilitators: Michael Dick and Tim Jones

songworlds functions in the mode and attitude of *Open Dialogue*, inviting a space of resonance for every voice to be heard. Beside facilitators' and participants' voices our view includes the voices of place, space, time and environment as effective powers. In the constant change and movement all take part in this shared communication.

"Sharing Vulnerability" highlights a shift of identity in aligning oneself with an ecological embedded-ness. Admitting one's vulnerability opens up to this cultural change in attitude: from a sense of individual separateness and individualism to that of the response-ability and liability of an ecological communication within the more-than-human world.

Rather than thinking of ourselves only as observers, picking our way around objects lying about on the ground of a ready formed world, we must imagine ourselves in the first place as participants, each immersed with the whole of our being in the currents of a world-in-formation: in the sunlight we see in, in the rain we hear in and the rain we feel in...

Tim Ingold - Being Alive

Within the beautiful grounds and surroundings of the Orchard Dharma Centre in Herefordshire, we follow Suprpto Suryodarmo's concept of Garden comprising nature, human and temple in discriminating three possible approaches to, and expressions in the world.

In **sharing vulnerability** we want to see and understand how the ways of knowing we practice in **songworlds** inherently allow us to be vulnerable to all influences to which we can be sensitised. The freedom of being sensitive and responsive to the realms of the *Garden: nature, human and temple*, will be very different to an individualistic „own-will“, or egoic concept of freedom.

These practices include:

samadhi practices offering, bowing and praying, meditation and contemplation

amerta movement enlivens us to sensual reality and to the sensuous language of the world through practice of movement.

songworlds is an invitation to ritual, to dialogue and to sounding and singing. Chosen personal songs become a source of inspiration creating a resonant field for exploration of collective and individual motivation and themes.

inquiry is seen and understood as an open ended practice, both a tool for self-realisation and for working with others.

in preparation for this seminar

please choose a song from any time in your life, a lullaby, an aria, a pop song, a song that was sung to you, that you just heard on the radio or even one that you composed yourself. Trace the thread of your connection to that song. Perhaps it reflects a theme that is current in your life, or expresses a passion that still burns, or reminds you of an important time and place of your life. Or you just like it! Bring this song.

Whether you already sing or are amongst those who feel “I can’t”, everyone is welcome. The personally chosen songs will bring us in resonance with our life stories.

Facilitators/tutors

Tim Jones Specialised over the last 35 years in intercultural research and performance, with particular interest in voice and sound. Public workshop programme *The Nature of Sound*; Amerta Movement Practitioner since 1989; studied South Indian Carnatic music with Sivasankara Pannikkar 1984 – 2007. Ongoing Group Relations Conference ‘*Energy, Creative Collaboration and Wellbeing*’ for Il Nodo Group; qualified Craniosacral practitioner. He is a student of the Ridhwan School.

www.thenatureofsound.com

Michael Dick Amerta Movement Practitioner and appointed pribadi art teacher and dialoguer. Professional life includes experience as an actor, director and performance artist. Lecturer for elementary teachings and practice for performing arts. Qualified Shiatsu Practitioner. Guide for Sumarah-Meditation and longterm student of the Ridhwan School and its Diamond Approach.

www.schule-der-bewegung.net

We also would like to introduce the idea of having one Songworlds applicant for this workshop.

The applicant will be someone who would like to apply Songworlds practices in sharing with others, in their professional life, through workshops etc. Those who already have some experience within Songworlds and its practices can apply. The applicant makes a special offering to those of this workshop group who like to join. He/she pays a reduced fee and receives supervision during the workshop.

In our last songworlds in Dorset we had a performative happening on the last day that felt like a crystallisation of what we had practiced in the days before. Whether we would like to open such a space for friends to come for an open day can be discussed amongst those participating and facilitators.