



Songworlds is a creative conversation through song, inquiry and the practice of Amerta Movement. Since 2001 seminars have offered participants a time for personal process and professional application, mainly in the field of the arts. Since 2014, working in Italy at CSPP - Centro Studi di Psicologia e di Psicosomatica Clinica (Pescara) - interest in its therapeutic implications has become an added focus for research.

October 16th - 20th - Folke Manor Farm Dorset

This will be the third *Songworlds in Dorset*. We wish that this continuity brings about greater understanding and helps all participants, both newcomers and those returning, to enter deeply into the practices inherent to Songworlds - the 3 approaches or genuine ways of knowing reality through: song, movement and inquiry.

"I felt layers of holding were touched and allowed to release by the combination of the 3 worlds you invited us to explore, that would have been unlikely to have been reached by one of those worlds alone. The combination of the 3 'approaches' and how you placed them together, really worked for me, and were very helpful in opening up my vocabulary and self expression." (S.H. participant)

empathy, compassion and change of perspective

The three approaches towards distinct realities introduced in Songworlds do also open up our sense of perspective and positioning in the world. Intimacy with oneself in hearing or in

sounding and moving and the intimacy within a context, a group, an environment do not contradict here. They allow a sense of unique individuality and of communality to be there simultaneously, fertilizing each other. And regardless of whether we experience friction or broad-mindedness within, this kind of intimacy is an allowing of 'whatever is' to be there, without interference, without manipulation.

This attitude means we can add to the initial quote used in past editions of Songworlds, from Rowan Williams: *'to begin a conversation is to open to a recognition of commonality, to things we can only value and share together'* and suggest as a further possibility: *that this conversation can change the way I am and work with myself and others.*

To begin:

Please choose a song from any time in your life, a lullaby, an aria, a pop song, a song that was sung to you, or that you just heard on the radio. 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.*

Fields of reference :

Amerta Movement enlivens us to sensual reality and to the sensuous language of the world through practice of movement. A knowing inherent to body and body-in-movement can be experienced as a source for guidance, as the doorway.

<https://amertamovers.wordpress.com> <https://www.triarchypress.net/embodiedlives.html>

Songworlds is an invitation to ritual, to dialogue and to elementary sound practices. Chosen personal songs become a source of inspiration creating a resonant field for exploration of collective and individual motivation and themes. From the *Songworlds* perspective: song is expression not only of the I, but of love itself.

Inquiry Although not necessarily intrinsic to psychotherapy, most therapists who adhere to psychodynamic theories employ some form of inquiry. We see and understand inquiry as an open ended practice, both a tool for self-realisation and for working with others. Inquiry comprises the potential to reconcile our human tendency towards the mental and analytic,

that so can dominate our sense of personhood, with a more holistic understanding of world and our place within it, where our choice of wording and way of speaking turns into an alive kind of saying, that is palpably rooted in our whole being human.

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 Pannikar 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

Movement practice in continuous studies with Suprpto Suryodarmo since 1985; Amerta Movement Practitioner and appointed pribadi art teacher in BeWegen. Professional life of an actor, director and performance artist and a lecturer of elementary teaching and practice for performing arts. Practitioner and guide for Sumarah-Meditation - <http://www.sumarah.net> - and longterm student of the Ridhwan School and its Diamond Approach - <https://www.diamondapproach.org>

www.schule-der-bewegung.net

Booking and Accommodation

Folke Manor Farm in Dorset provides comfortable accommodation within beautiful grounds. There is also a very nice swimming pool for our use.

<http://www.folkemanorholidays.co.uk/>

We will mostly work at Bishops Caundle Village Hall. When the weather is good there is the possibility to work in the grounds of Folke Manor Farm.

Food - at present our plan is to have our main meals cooked for us, leaving us to prepare our own soup lunch and breakfast. These costs are to be confirmed.

Workshop times

Wednesday arrival and settling in: we start with a light lunch at 13:00: first sessions from 15:00 - 18:00 and 19.30 – 22.00

Thursday, Friday, Saturday: 9.45-12.45 and 16:00-19:00 *Sunday:* 10.00-13.00 and 14.30-16.30

Timings can be adjusted according to how the seminar develops, with the agreement of participants. Our aim is to give ample time for rest and digestion (of both food and process!)

Registration and payment

There is a limit of 11 participants so early booking is advised.

The workshop cost is £430.00 (includes tuition and accommodation) with an **early bird price** of £395 if paid by 31st July. This price does not include food costs.

Full registration is completed on receipt of a deposit of £215/£195

The remainder of the seminar fee should be received at the latest by September 16th

Participants can make payment by bank transfer or by cheque.

Cheques (from UK) should be made payable to ‘The Nature of Sound’ and sent to:

Tim Jones
524 Brown Street, Bishops Caundle,
Sherborne, Dorset DT9 5NE

Bank transfer details:

Bank: HSBC

From England:

Acc name: The Nature of Sound - **Acc. No.** 91484001 - **Sort Code:** 40-47-28

From abroad:

Acc. name: The Nature of Sound

IBAN: GB57HBUK40472891484001 - **BIC:** HBUKGB4165H

Please add as **reference:** ‘Songworlds in Dorset’ to your transfer details

Cancellation Policy

Full refund is possible up to September 13th After that a refund is only possible if a replacement participant is found.

Please feel free to contact us for any open question!

Michael Dick Tel 0049-221-321494 / michael.dick@netcologne.de

Tim Jones Tel 0044 1963 23792 / tim@thenatureofsound.com



Schule der Bewegung

