

FORGOTTEN CONNECTIONS

EXPLORING OUR FORGOTTEN CONNECTIONS WITH NATURE

You are warmly invited to engage in an inspiring, experiential inquiry into, and deepening of, your relationship with Nature. The day will include:

- Hearing some of the diverse evidence – modern and ancient – indicating that humans are far more intimately connected with the animals, plants and land around us than our culture generally believes.
- Each person inquiring into an aspect of Nature which interests them, such as their relationship with a pet, or a favourite piece of land.
- Embodying elements of Nature (using an experiential method*), and listening to the rarely heard voices of Nature.
- As a group, looking in depth at a few issues as they arise, such as: *What can I do to help settle my horses? How could my environmental work be more effective? Would this piece of land welcome having a building on it?*

Does this make you curious? Do you believe that the different elements of nature can really have a voice? Whether you believe this is fantasy or it is already part of your everyday reality - you are welcome to come and explore.



** The experiential method is known as 'Constellations' and is a way of working with groups to understand complex systems. Originally developed to bring healing to family dynamics, it has since evolved to address organisational and environmental questions.*

Feedback

*"Amazing and quite life changing."
Tess Greenway*

*"I've often pondered on the workshop, and in retrospect, it really has fundamentally changed my relationship with nature – I'm really grateful."
Katie Fretwell, Landscape Architect*

*"I loved the day and left feeling enriched and ensouled."
Jay Ramsay, Poet and Psychotherapist*



“Inspirational, mind blowing... it has opened up possibilities that I thought were impossible.”

*Eugene Noakes,
Tree Surgeon*

“I found it amazing how easy it was to tune into non-human consciousness in a whole body experience and for it to be so obvious that I was not making up or imagining the experiences I was having.”

Madeline Lynfield, Retreat Facilitator



“When Melissa facilitates a constellation for me, whether it is organisational, personal or connecting to Nature, I know that I am in safe hands. Her intellect, passion and deep sensitivity enable her to work very practically to help individuals and organisations to find ways to live in better relationship with the web of life.”

Jane James, Organisational Constellator and Leadership Coach

Workshop Facilitator



Melissa Roussopoulos has been pioneering the use of Constellations to hear the voices of Nature, and is now integrating this with her film research on inter-species communication. She has presented her findings at conferences; produced DVDs on Constellations; and published articles about science and Constellations.

Prior to that she worked with dialogue to resolve environmental issues in business situations, and researched the diverse field of sustainability.

Trained in family and organisational Constellations and body psychotherapy, she also holds Masters degrees in Environmental Issues and the History and Philosophy of Science.

Logistical details

Timing:

Location:

Food:

Exchange: sliding scale, depending on income. If money is a barrier and you strongly wish to attend, please be in touch to see if a different exchange can be agreed.

Booking: Email constellations@forgottenconnections.org or call 01453 750 714 to reserve a place. Numbers are limited and you will be emailed joining instructions on confirmation of your place.

Any queries, please feel free to contact us, and background information can be found on the website www.forgottenconnections.org.