

Your Deeper Story

Discovering your personal mythopoetic identity through nature, art and soul-based work

training course in Romania
1st - 9th November 2022



ACTIONS FOR CHANGE

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Erasmus+



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'Your Deeper Story' is a seven-day training course organized by Actions for Change from Romania, bringing together curious and hungry souls around the exploration of purpose and identity, through nature-based and soul-centric development practice.

This will be a deeply immersive and transformational experience that will invite you to enquire into, craft and shapeshift the DEEPEST STORY you live by. The story we live by is the body of beliefs we hold true in the depths of who we are and that shape things like "why am I here?", "who am I?", "what is the purpose of life?", "what is my role in this world?", "where and how do I belong?". The current western post-industrial paradigm we have been born in has tried to give our hungry hearts some answers to these questions, but as the walls and roofs of this culture crack and

collapse a bit more every day, we are often left with a gaping hole and growing doubt in the pit of our stomach. Our beings crave meaning, authenticity, belonging and connection. What if there was a deeper story to ground ourselves in? What if, there is another story, wider, deeper, older, that could feed us?

“If we surrendered to Earth’s intelligence, we could rise up rooted like trees”, said Rilke. The quest for our PERSONAL MYTHOPOETIC IDENTITY is a way down and through to root ourselves in deeper, unshakable soil that will sustain us in these tumultuous times. Our personal mythopoetic identity is what is most true and most unique about each of us and that speaks to our unique gifts, purpose and contribution to the world - our soul. Soul is like a seed, an acorn lodged in the most intimate recess of ourselves, that each of us is invited to explore, be in relationship with, claim and embody so as to serve the world of humans and more-than-humans in a truly authentic way - so as to finally be who we came here to be and who the Earth most needs us to be. So we can finally serve authentically.

ART-based PRACTICES

Soul is a mysterious being that speaks in the strange tongues of imagery, poetry, song, dreams and body movements, away from the rational and logical mind. What best medium then than ART to access this conversation? This training will be an exploration of various art forms and imagination techniques to unleash your creativity and invite soul to reveal herself through your own true voice and your own uniqueness.

NATURE-based PRACTICES

If art will be one language of this course, NATURE will be another. When we human beings re-member to reconnect with nature and weave reciprocal relationship with her, we re-member something of our own deep nature. We discover the gift of being mirrored by nature and to converse with her as a way to converse with our own depths. The mysterious, ungraspable, invisible precious matter of us starts to let itself be known. We remember the wider ecology that we are part of, that we belong with, and that we are in constant interconnection and interdependence with. We open to re-learning why, truly, we are here and who we are.

Through using eco-psychology and nature-based soul-centric methods, this course will aim at reawakening our innate connection with nature in order to reawaken our innate wildness.



Courting SOUL

Questing for our personal mythopoetic identity through art and nature will therefore be a journey back to SOUL that will fill us with the inspiration, guidance and empowerment that we need to stand authentically in this world and participate meaningfully to the deepest story this world knows.

During this course we will intend to:

- Facilitate personal transformation and the emergence of personal and cultural vision through crafting a personal myth (a mythopoetic identity) through which we will serve the world.
- Explore how artistic expression such as poetry, visual arts and movement can facilitate an authentic enquiry into ourselves and the world.
- Discover how nature-based methods and eco-psychology can help us connect deeper to ourselves, the other and the world.
- Create a commUNITY of heart-minded, dedicated people who create transformational learning environments in order to support and guide the authentic growth of all and create vision for individual and collective transformation.

Methods and concepts of the course:

- Storytelling
- Poetry
- Collage
- Free and Authentic movement
- Solo and group nature wandering
- Eco-psychology experiential work
- Pan-cultural rituals and ceremonies
- Wisdom practices such as The Way of Council or The Art of Mirroring
- Personal practices for well-being
- Deep listening and sacred speech



The GUIDES of this program:

SANDRA HOREA

Sandra is a human development guide and mentor to the depths who wholeheartedly invites people to be in intimate and meaningful conversations with their Soul.

She calls humans to fall in love and be relationship with Mystery, Eros, Death, Soul and live their larger story delivering their gift to the hungry world.

As a guide, she creates deep purposeful spaces of inner-discoveries incorporating in her work her experience regarding depth psychology and soul-based practices, eco-centric development, embodiment, storytelling, poetry and deep imagination. She has a wide experience of 13 years in working with youth and adults in facilitating spaces of personal and community transformation.

She graduated the Wild Mind Program (focusing on eco-depth psychology of wholing and healing) at Bill Plotkin's Animas Valley Institute in the USA.

At the moment she is intensively studying Soul Initiation Guiding Apprenticeship and Initiation Program (SAIP) within the same organization, an in-depth study of soul-initiation practices and guiding skills.

LUCIE KLEIN

At the heart of Lucie lies a commitment to serve the soulful unfolding of all beings. As a Chrysotherapist, Soul Initiation Guide and Geomancer, she dances with the veil between the worlds, listening for the subtle movements of the human soul and of the Earth. With fierce love, she tracks people's mystery stories throughout life and guides them to awaken to their soul-rooted purpose.

Lucie is part of the Soul Initiation Guiding Apprenticeship and Initiation Program (SAIP) at Bill Plotkin's Animas Valley Institute. For over 12 years, she has guided groups and individuals in transformational, nature and arts-based settings. She has pioneered several nature-based healing and wholing programs across Europe and Latin America. She is the founder of Via Magus (www.viamagus.org).

Practical information:

This 7-day intensive training is part of an Erasmus+ project. (Erasmus+ is a Programme coordinated by the European Commission of the European Union).

The European Union's Erasmus+ programme is a funding scheme to support activities in the fields of Education, Training, Youth and Sport.

Who can participate?

Human beings who are willing to explore and develop themselves and after that to resourcefully inspire their community in a nurturing and generating life enhancing way.

The participants must be over 18 years and have a good level of English.

Participants can apply to this training if they have a legal residency in Romania, Italy, Spain, France, Greece, Armenia, Poland and Portugal.

What are the costs?

Materials, activities, accommodation and food are 100% covered by the Erasmus+ grant.

We are inviting you to contribute to Actions for Change's future local projects by making a donation from 60 to 100 Euros based on personal financial possibilities.

The traveling costs (train, bus and plane) are also covered and will be reimbursed to the participants after the course up to the limit below. Some countries have a 'green travel' budget that requires participants to take a train or a bus or share personal cars to reach the destination of our project. In this way we will use a low-carbon alternatives to flights.

- Romania: 23 Euros/ person (green travel required)
- France, Armenia, Greece: 275 Euro/ person (no green travel required)
- Italy, Poland: 320 Euro/ person (green travel required)
- Portugal, Spain: 360 Euro/ person (no green travel required)

When and Where?

Dates: from 1st to 9th November 2022

1st November- arrival day in Cluj-Napoca and traveling to the location;

2nd - 8th November- the training course (7 full days);

9th November- departure day

The training course will take place in Apuseni Mountains in Romania, at 45 km from Cluj-Napoca.

Application procedure and deadline:

If you want to participate in this training you have to fill in the Application Form available at this link and wait for the selection results:

[Application Form](#)

The deadline for applications submission is 10th of September 2022 (included).

The selections results will be published on 13th of September.

Contact:

For further details and questions you can contact:

Sandra Horea (project coordinator and guide) sandra.horea@gmail.com

Looking forward to having a delightfully meaningful experience together!