



Let's Have A Story

Becoming & Belonging (B&B) Series

What is *Let's Have A Story*?

Let's Have A Story is a 90-minute online session (Zoom) for groups 6-16 in size. I read a short story or fable out loud to the group. And then invite rounds of reflection and noticing. The story becomes a map to find insight and intuition. About life. About work. Clarity inner and outer. Expect spaciousness. Expect playfulness. Expect the surprise of seriousness that sneaks in from that.

Why *Let's Have A Story*?

When we speak the phrase, "Once upon a time...", it evokes a different listening. A more relaxed posture. A settling in. Says Christina Baldwin, one of my trusted guides in Circle and in Story, "the phrase itself creates a somatic trance." Yup. I, and I suspect you, need lanes of learning that are not restricted to the linear. That dwell outside of the planned and presented. That cherishes aha. As it is with all of the Becoming & Belonging Series, I welcome company that unapologetically explores the nuance of the mysterious. We find the simple and meaningful in the complex and sometimes murky. Story helps us to help ourselves with that.

Who Is *Let's Have A Story* For?

If you are the tiniest bit contemplative and associative, this will likely bring joy. If you are a person that orients and lives in much more linear world, this will likely give you a refreshing soak in the less linear. Come as part of your role, seeking development. Or come as the curious human you are that is redefining your role. All you really need is willingness to dwell in the story, and then explore with others how that story intersects with the story of your life or work. You'll be held well. You take clarity home to apply and integrate.

Inspiration

The human species thinks in metaphors and learns through stories.

Mary Catherine Bateson, Cultural Anthropologist

Hearing a story awakens the mythic story living in each of us. It places us in a 'mythic condition' that reconnects us to the core imagination and living story at the center of our soul. Being touched by myth carries us to the center where the world is always ending and always beginning again.

Michael Meade, The Genius Myth

The universe is made of *stories*, not of atoms.

Muriel Rukeyser, Activist, Screenwriter



Let's Have A Story Format

I'll set and remind us of context. We will say hello, Circle-based check-in, to hear from each of us participating. I'll read a story chosen with purpose, either in one or two sections. I'll invite reflection and insight. My friends call these "details." No wrong answers. We each place ourselves in the story and then explore how our details from the story give us entry to our respective waking lives of learning. We connect and make meaning of the heart, the mind, the belly. We'll tuck it in with a check-out, again Circle-based.

What's Needed to Participate

You — in a protected 90 minutes of attention (no other meetings or tasks).

A private space — for confidential sharing and hearing from others.

A digital device to access shared Zoom room (video on).

An open heart to connect external items (the story) with internal items (insight, clarity, wisdom).

A notebook or sketchbook (physical or digital) — for your insights.

Cost

Free until it isn't. Come with a friend, or a colleague, or a family member for shared practice. Or come solo. I'll welcome you.

About Me As Let's Have A Story Host

My tradition for this kind of story learning and community comes largely from a group of thoughtful men that gather under the name, Soultime. We meet in a yurt, twice a year as able, for four days. One of our main modes together is placing ourselves in fable and story (inspired by Michael Meade, Robert Bly, Brian Hoover, and a few other next generation elders). I know the impact and delight of finding ourselves in a story, with invitation to reflect outside of the normal lanes of sense-making. I seek methods and practices that move the heart, mine and yours and ours. To alchemy. To wisdom. To joy. In simple, life-giving ways.

About This Becoming and Belonging Series

As I've shared with other B & B offerings, at this phase of my life, I recognize the need to get to the core of things. Beneath facilitation that points to learning and accomplishment, lives hunger for more fulfilling life and story. Lives hunger for becoming and belonging. Becoming more and contributing more as our deeper selves. Sometimes just settling into being what we are right now, and recognizing it as enough. Belonging to life and community in shared passion and awareness. Belonging to life and wisdom flowing. Most of my work these days grows from this core. Most of my heart lives in invitation to explore and practice together. Most of my hope lays in helping people everywhere get to the deeper journey and to the more life-giving contribution.

Dates, Registration for Your Seat in Let's Have A Story

<https://forms.gle/sa57sKhtepXsS9HY9>

