



THE
POSITIVE
PLASTICITY
PROJECT



THE SKY

LOVE : YOU ARE THAT TECHNOLOGY

Part 3, 2nd-5th May

**In-person Residential workshop at
Bidston Observatory Artistic Research Centre**

This is the final offering in a year long series of healing workshops looking to support participants in their self-empowerment and personal growth.

WORKSHOP PREMIS

The Sky will pursue a deeper engagement with the inter dynamic fields of healing. Centring around Ancestral /Systemic Constellation work brought forward by Burt Hellinger and the Spiritual teaching of Ron Young.

Constellations is a radically different approach to group healing, contradicting therapeutic trends that aim to at fix or perfect the individual at the level of identity. The work reveals humans as a constant evolution of movements that are interwoven in legacies of ancestry, space/time histories, environmental context, archetype and myth.

Though there are orders within these systems, when faced with such intricate complexity, it becomes obvious that to bring change to our personal circumstance and direction we need to get beyond rational thinking.

When we open the group circle in Constellational practice we do just this, humbly forfeiting our desires for self information for wider truths about life in its entirety and with it the human condition. Its creates a space in which the phenomenology of embodied witnessing can break down judgemental perspectives, destabilising habitual thinking and stuck narratives that restrict our personal and collective growth.

Most of all this work echo's back and resonates far beyond us, reminding us of the small but vital part we've all come here to play.

This offering is not linked to any singular tradition or spiritual framework. Heavily indebted to our root teacher Ron Young whose practice sits in the intersection of many wisdom linages, the call is to come in the fullness of your own histories of faith and systems of belief.



THEMATICS

Whilst we teach in response to what's urgent in the moment themes addressed may include:

- Resonance and vibrational affect.
- The orders of Love as mapped through Burt Hellinger work
- Mother and Father movements - Maria Sopia Hellinger.
- Self-healing practice developed by Ron Young
- The permanence of thought, its energetic and bodily impact
- Working with elementals - from Stylianos Atteshlis (Daskalos) teachings
- Centring in the heart, rooting the chakras - Hilda Charlton
- Beyond life and death binaries - Andrew Holocek (Tibetan tradition)

In support of the nervous system we will also be working with TRE® and hands on energetic work (Reiki and the Chelaton) to help us integrate change into the body's physical tissues.

TRE® - is a self-help practice utilising our body's natural tremor mechanism to balance the holistic system, empowering individuals in their path towards healing and growth.

ABOUT US



Fi James:

I'm an embodied health practitioner and Spiritual Healer, specialising in trauma release and the energetic alignment of the body. I'm also co-founder of Bidston Observatory, a not-for-profit research centre aimed at supporting community.

I am certified in Spiritual Constellations (including Family, Systemic Constellations work), Tension and Trauma Release Exercises (TRE ®), Internal Family Systems (IFS- Level 3), Brainspotting (BSP- Level 3) and Quantum Energy Coaching (QEC).

Cathy Kamau:



Cathy is a devoted life coach and spiritual healer, dedicated to helping women embrace their divine feminine essence. With a deep understanding of the power of healing, Cathy's goal is to create a sense of magic and joy in people's lives by connecting them to the divine, in themselves, and others.

Certified in Constellation Healing, she is passionate about guiding others towards greater confidence, joy, and success through inner reflection and spiritual growth. She cherishes the opportunity to hold space for her clients, supporting them as they navigate life's challenges and rediscover their inner strength and true selves. Her approach is gentle and nurturing, grounded in compassion, and accountability.

Stella Cains:



Has been working with Reiki for many, many years and is a practicing Buddhist.

She was also at Greenham Common Women's Peace Camp, has worked in activism and social justice and co-ran Networks an insemination project for Queer women helping to bring many children into the world.

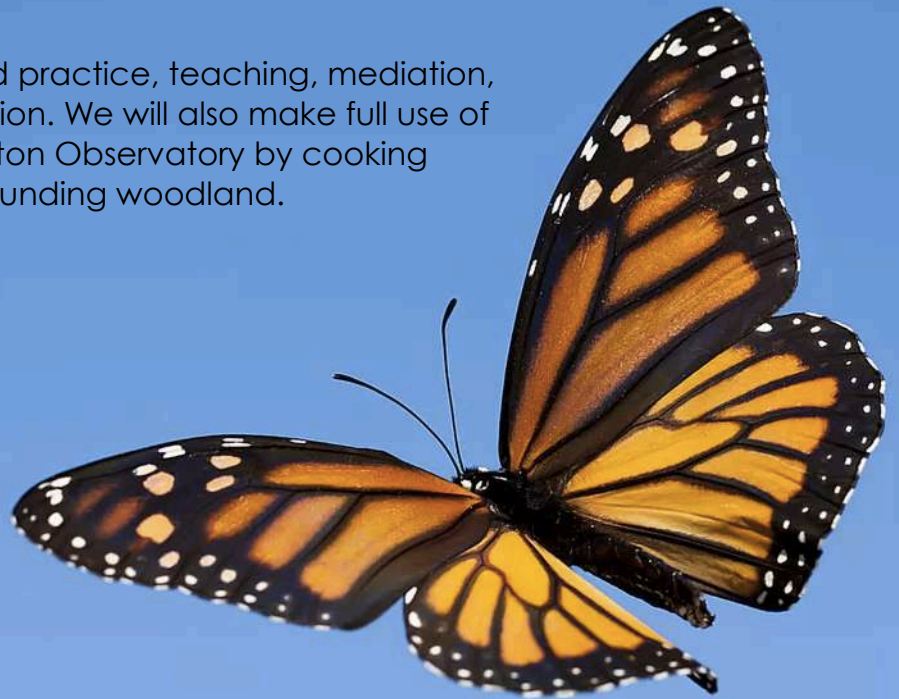
She's a force and it's a true honour to have her holding the field with us.

PRACTICALITIES

Arrival 10 am, officially opening at 10.30am on the 7th
Winding down by 4pm on the 10th.

Each day will feature embodied practice, teaching, mediation, rest periods and time for discussion. We will also make full use of the special environment at Bidston Observatory by cooking together and enjoying the surrounding woodland.

It is highly advised that participants arrive on the Wednesday night to familiarise them self with the space and take a breath. Staying the last night of the workshop is also recommend so there is some time to integrate the work. These additional nights can be booked with BOARC's sliding scale rates applying - £20-£40 per person per night.



This work is about moving beyond our comfort zones and the restrictions of habit which takes commitment. Participants are therefor required to have existing tools in place whether these are Spiritual, Therapeutic or Embodied practices. Please get in touch if you are wondering whether it is right for you.

We are doing what we can to make the workshop possible to those with existing health conditions and are happy to discuss access requirements.

This is a not-for-profit offering see, pricing bellow.

The workshop group is small and only a few places remain, joining will be dependent on a telephone conversation.

ABOUT THE WIDER COURSE

LYATT's wider focus is on the context of cultural healing. This collective intention requires that we start thinking beyond the "my" that gets coupled to trauma, to realise new imaginaries that mobilising our inter-being. Constellations practice allows us to directly witness the complexity and intelligence of the ancestral field, and in doing so, to understand our place and small part in its wider movements. From this vastness it becomes possible to humbly step beyond the individualised politics of healing that are bound to limiting ideas of identity. In this limited place, our histories of adversity can be readily co-opted by industries of the "self" and wellness, leading us to feel that the things we long to emerge from, are also what makes us uniquely special and valuable somehow.

Workshops in the LYATT series are a gesture to being things differently, looking outside of current trends in therapeutic discourse. Shifting beyond models like Attachment theory with its focus on lack and more judgmental frameworks that in declaring perpetrator and victim, separate us from movements of remorse and developmental lessons that we might claim to allow compassion to spread. Our experience of this separation is itself traumatic, causing great confusion as it contradicts our inner knowing, which is one of belonging with and in deep loyalty to, those in the field we share life with.

Taking our place in this ancestral field is to approach the nature of our entanglements differently. Moving outside of rational narratives in favour of surrendering them to a more than human intelligence we all have a place in. This is to think relationality beyond this life and our personal endeavours. To begin to negotiate a complex system of patterns that didn't start with us but that we can take accountability and agency in. From here we can see our adverse experiences not as enduring markers of identity but as lessons we might take movement from, share in and expand through as a collective social body.

This type of phenomenological witnessing a community endeavour, poignant and deeply necessary in this current moment of global transition.



ABOUT BIDSTON OBSERVATORY

BOARC is a not-for-profit study site focused on providing individual users and groups with a low cost temporary residence from which to develop their work and creative strategies.

Based in a historic former observatory building in Merseyside, it is an experimental project, primarily directed towards cultural production, social activism and supporting the development of communities.

It welcomes practitioners from a diversity of fields (inc. art, philosophy, politics, earth and social sciences, healing and somatics, coding etc) to test and share knowledge, resource and arrange collectively, regardless of background or professional standing.





BOARC accommodates up to 26 people beds are comfy and rooms range from private double rooms, an accessible ground floor room, family rooms and 3-8 person dorms.

Surrounded by beautiful woodland its just 30mins from Liverpool City centre and connects easily to both Manchester and Liverpool Airports.

BOARC operates a safer spaces policy and those planning to stay are requested to familiarise themselves with BOARC's values and accountability statement.

<http://bidstonobservatory.org/?accountability>

For more information and directions on how to get there please visit:

<https://www.positiveplasticityproject.com/facillitating-supporting>



Wilding Way, Prenton,
CH43 7RA, UK
44 (0) 7385 296 328

PAYMENT AND BOOKING

I limit the numbers of workshop participants to ensure an intimacy in the work and attentional quality in the teaching.

Securing a place is contingent on paying the full workshop amount and done on a 1st come 1st served basis. If your financial situation means you need to pay in instalments please get in touch to arrange.

Residential option : £300

Cost inclusive of 3 nights accommodation,
4 days of food to be prepared together

Whilst staying on site is highly advised to get the most out the workshop, for those based locally, we also offer a

Non-residential option : £250

This includes 4 days site usage
and 4 days food

Payment via bank transfer:

F C Clive-Ponsonby-Fane

Account no. 29662868

Sort Code 30-87-84

BIC: LOYDGB21Y02

IBAN: GB28 LOYD 3087 8461 6251 60

Address: Lloyds, Saga 1, Charlton Place Andover, UK, SP10 1RB

or PayPal

missfionajames@yahoo.co.uk

In Bidston Observatories spirit of sharing I will be teaching for free.

Workshop fees will go towards expenses with any profit being passed on to BOARC so it can continue its mission of keeping the site low cost and accessible.

There are 2 bursary places for those who consider themselves from historically marginalised groups (BIPOC, GRT, Trans/Non-binary++) at £200. BOARC is offering 2 free accommodation places for those in hardship reducing cost to £150

A course of this nature would typically cost far more, please be respectful of this when approaching the sliding scale

IMPORTANT NOTE : LIMITATIONS

The in-person workgroup aims to offer close support so that we can safely go into this territory together. Please note however, this is an educational workshop focused on self-development. It is not a substitute for 1-2-1 therapeutic work.

Whilst we will be using trauma informed tools, emphasis throughout the weekend will be on working within the group and situating the learning within wider social contexts. The residential setting is designed to support things that arise - we'll be allowing plenty of time for processing and will be on hand throughout the weekend. However if you are currently experiencing the effects of PTSD or complex trauma this environment is likely to be challenging and wont be able to offer you individual therapy.

If you have any questions about whether this will be suitable for where you are at please just get in touch. Participation on the course is contingent on a short telephone conversation.

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This is not an accredited course or professional qualification.

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I am unable to arrange childcare for the duration of the workshop though children and partners/supporters are welcome to use the site with BOARC's standard night rate applying.

AGREEMENTS

CANCELLATION POLICY :

If you can't attend the workshop:

A DEPOSIT OF £50 IS NON-REFUNDABLE.

If you want a refund:

Please let me know through email: missfijames@gmail.com

The amount of your refund depends on how much notice you give AND DOES NOT INCLUDE THE VALUE OF THE DEPOSIT (£50)

- At least 30 days before the start of the event: 100% refund (less £50 deposit)
- Less than 30 but at least 12 days: 75% refund (less £50 deposit)
- Less than 12 days: 50% refund (less £50 deposit)
- Less than 5 days, on or after the start date: Sorry, no refund

Other cancellations and schedule changes:

We reserve the right to cancel or reschedule an event due to low enrolment, presenter illness, or other circumstances.

If the event is cancelled, participants will receive a full refund of their registration fee.

If the event is rescheduled, participants will have the option of attending the rescheduled event or receiving a full refund.

If we cancel or reschedule a workshop or other event, we won't refund your travel, lodging (unless you booked to stay at Bidston Observatory), or other expenses.

We suggest you make refundable travel arrangements.



NEXT STEPS

Please get in touch with any questions or to book.
We'll set a time for a brief telephone conversation and get you signed up.

Fi James :
info@positiveplasticityproject.com

Further info on my practice can be found here:
www.positiveplasticityproject.com

**THE
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fi james & co.

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WIDSTON OBSERVATORY ARTISTIC RESEARCH CENTRE