



## Grief Ritual: A Daylong Workshop for Collective Healing - Open to All

Sobonfu Somé, Spring Washam

Sunday, August 22  
9:30 am - 5 pm  
Community Meditation Hall



Sobonfu Somé is a respected lecturer, activist and author. She is the founder of Wisdom Spring, Inc. an organization dedicated to the preservation and the sharing of indigenous wisdom as well as holding fundraisers for wells, schools and health project in Africa. She is one of the foremost voices of African spirituality to come to the West, bringing insights and healing gifts from her west-African culture. Sobonfu often tours the U.S. and Europe teaching workshops. Her books include *The Spirit of Intimacy: Ancient Teachings in the Ways of Relationships*; *Welcoming Spirit Home: Ancient Teachings to Celebrate Children and Community* and *Falling Out of Grace: Meditations on Loss, Healing and Wisdom*.



Spring Washam has practiced meditation in various traditions since 1997. She is a founding teacher of the East Bay Meditation Center in Oakland, CA. She is currently in teacher training with Jack Kornfield. Spring is considered a pioneer in bringing mindfulness-based meditation practices to inner city communities. She currently leads retreats and workshops throughout the US and teaches a weekly sitting group.

*This event is a Benefit for the Spirit Rock Diversity Program.*

This daylong is a transformational and soul-energizing workshop designed to break through our cultural barriers of grief. There is a need to periodically feel and express grief in order to purge the soul from hurts and pains. The interdiction and suppression of emotion in general, and grief in particular, has recently been linked to the general sense of spiritual drought, emotional confusion and certain illnesses we experience in our life.

To begin to regain a serious and lasting sense of connectedness with ourselves and with spirit, we need to find a proper place to release our grief—grief about all the losses we have endured in this lifetime, the loss of loved ones, the loss of our dreams and the loss of our connection with our ancestors.

In the traditional world of the Dagara of Burkina Faso West Africa, the ritual of grief, conducted almost daily in different parts of the tribe, is the Dagara people's way of releasing the tension caused by loss, and to restore continuity in their relationships. We will enter into the ritual space of grief following the traditional model of the Dagara. It is our hope that it brings a deep sense of release, peace and connectedness in your life.

Young Adults (18-26) are invited to attend this daylong at a rate of \$25.



Cost \$50 - \$75, sliding scale plus a donation to the teacher. Add \$5 at the door. Code PC1B10. Please bring your lunch.

**Online Registration** ([www.spiritrock.org](http://www.spiritrock.org)) is available until 1 pm one business day before the event. If online registration has closed, you may pay at the door if the event is not full. If you can't attend, see our Cancellation Policy online.

**Spirit Rock Meditation Center** is dedicated to the teachings of the Buddha as presented in the Theravada vipassana tradition. The practice of mindful awareness, called Insight or Vipassana Meditation, is at the heart of all the activities at Spirit Rock. The Center hosts a full program of ongoing classes, daylong, and residential retreats.