

Worldwork 2008 reflection

I will write a few lines about my experience of the World Work Seminar 08. Attending, being and participating was a life changing experience for me. Witnessing the emotions, dialogues and group dynamic I was deeply stirred, upset, engaged, emotional, rational, whatever else. It was not an easy experience in that it unearthed long held personal emotions about family, identity and my place and purpose in this world.

It sounds all big and epic, but it was simple really. When your whole being all of a sudden tells you this, you must go out and respond; this is your story and history too, when a German woman talks about her deep pain and shame because of Germany's history. I was shaken, scared and outside myself when I found myself responding to her, revealing so publicly that which was so personal. This was only possible for me, having witnessed the genuine and often heartbreaking revelations of other group members and realising that this is the perfect forum; that all of "Us" are undergoing our journeys and we are all protecting each other. It was life changing for me.

At some point throughout the week I had a horrible stomach upset, food poisoning I think, maybe deeper than that. I found myself weak, upset and full of tears. When my friends looked after me at the youth hostel, experiencing all this sisterly care, filled me with deep calm. It was soothing in that sharing some of my pain, was new and different for me as well as being held in this way. This experience has led me to take action in confronting a longheld conflict in my family, a hidden history of distortion, pain and shame. I am shaken and upset, and yet I know, with absolute certainty, that I have taken a different course of action that will help us to heal, however painful the process. It is like bringing the truth to the light and shifting entrenched and damaging views, before being able to let go. It is meeting each other with new eyes and open hearts when possible and seeing our mirrors. I realise that the Worldwork seminar has given me this courage. I am committed to making my contribution and to studying conflict resolution. I have found something that deeply resonates with me and want to take it further into my life.

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