



22 January 2026

Theme: Feeding your roots

With Dr Larissa Bartlett



Our plan today ...

- 10.00 Arrival
- 10.15 Welcome, acknowledgements and arrival practice
- 10.20 Setting intentions, housekeeping
- 10.30 Gravity and roots practice
- 11.00 Mindful movement: stretching and hatha series
- 11.30 Talk: *Refresh on being and doing, and the generative process of being human*
- 11.50 Silent sit
- 12.20 Walking practice – shifting attentional focus, noticing, accepting
- 12.50 Enquiry: processing, glimmers, churn, sticky stuff, letting go
- 1.00 Lunch
- 1.30 Sit, walk [unguided, optional]
- 1.50 Lake practice
- 2.30 Emerging, reflecting
- 3.00 Close

10.00 to 10.30

Welcome, acknowledgements
and arrival practice

Setting intentions,
housekeeping

Being, mindful of passing states,
resting in, savouring

My Balm
by Jane O'Shea

I close my eyes and sigh,
and here I am lying in the hammock in my heart.
Moving gently,
with the soft air of my breath.

When I fall from my head past my words,
I'm caught lovingly
by the hammock of my heart
and rocked
to its rhythmic beat.

It is my peace,
my rest,
my quiet,
cradled in the hammock of my heart.
It is constant.
it is safe
to be held in the hammock of my heart.
No place to go.
Nothing to do.
Nobody to please.

It is my altar,
my blessing,
my balm,
here in the hammock of my heart.

10.30 to 11.00

Gravity and roots practice

Rainer Maria Rilke

How surely gravity's law,
strong as an ocean current,
takes hold of even the strongest thing
and pulls it toward the heart of the world.

Each thing – each stone, blossom, child –
is held in place.

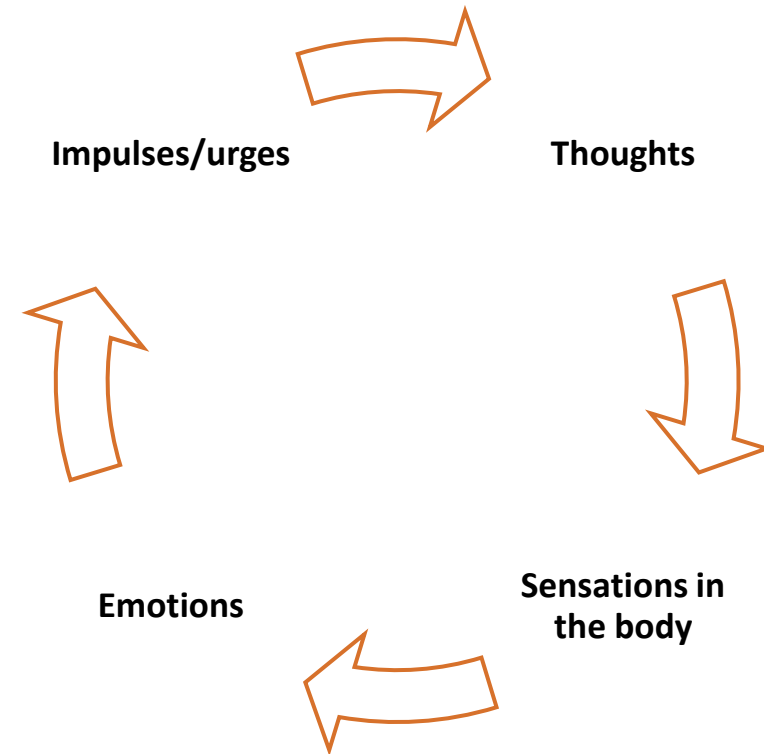
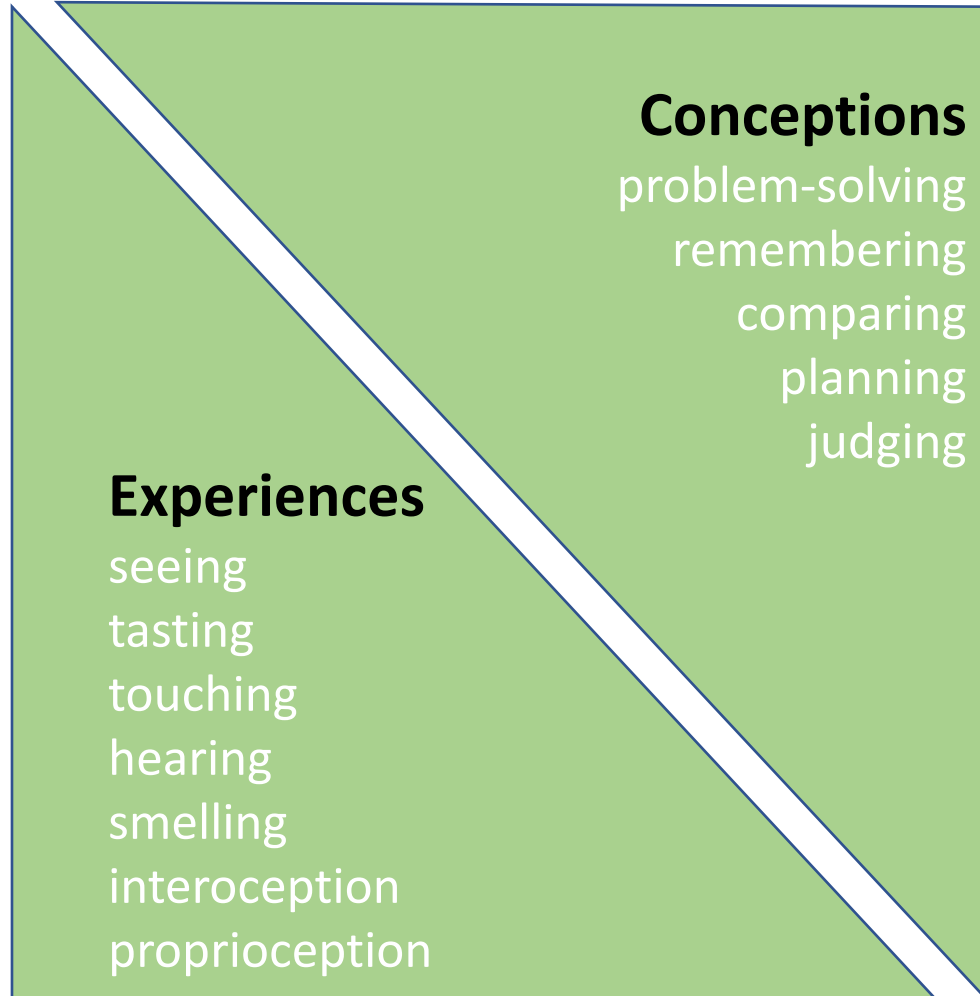
Only we, in our arrogance,
push out beyond what we belong to
for some empty freedom.

If we surrendered to earth's intelligence
we could rise up rooted, like trees.
Instead we entangle ourselves
in knots of our own making
and struggle, lonely and confused.

So, like children, we begin again
to learn from the things,
This is what the things can teach us:
to fall, patiently to trust our heaviness.

Even a bird has to do that
before he can fly.

11.30 to 11.50



Letting go

Letting go in order to let in
Releasing in order to receive
Nature's coded message becomes clearer the less we try to see.

Trying hard
Trying harder and harder
Trying so hard is not the way.
We need commitment, yes and concentration
And hope and faith and trust
But most of all we need ease
A discipline of ease
Not trying too hard at all.

You see 'trying hard' has a cell-mate called giving up, admitting defeat
Like black and white
Like pushing and pulling
No peace there.

Not yet you say, I'm not ready yet
To take the step beyond
I know, I've stepped so slow myself, still do
But love, sweet sister, like death comes in a moment's heartbeat
Then goes
There are no ways to hold
Except letting go
And letting it be a part of you
And you of it.

~ *Stewart W. Mercer, 1991*

11.50 – 1.00

11.50 Silent sit

12.20 Walking practice

Thich Nhat Hahn

When we walk like we are rushing, we print anxiety and sorrow on the earth. We have to walk in a way that we only print peace and serenity. Be aware of the contact between your feet and the earth. Walk as if you are kissing the earth with your feet.

12.50 Enquiry

Processing, glimmers, churn, sticky stuff, letting go, finding eas

***The Quiet Power* by Tara Sophia Mohr**

I walked backwards, against time
and that's where I caught the moon,
singing at me.

I stepped downwards, into my seat
and that's where I caught freedom,
waiting for me, like a lilac.

I ended thought, and I ended story.
I stopped designing, and arguing, and
sculpting a happy life.

I didn't die. I didn't turn to dust.

Instead I chopped vegetables,
and made a calm lake in me
where the water was clear and sourced and still.

And when the ones I loved came to it,
I had something to give them, and
it offered them a soft road out of pain.

I became beloved.

And I came to know that this was it.

The quiet power.

I could give something mighty, lasting,
that stopped the wheel of chaos,
by tending to the river inside,
keeping the water rich and deep,
keeping a bench for you to visit.