

# A participants guide to joining... The Council of All Beings



## Congratulations!

**You are the lucky recipient of an NLOW Golden Ticket to sit on a Council of All Beings...**

At the Council you will step aside from your human identity and speak on behalf of another life-form. To do this, please follow the instructions below **before** the Council meets.

### Being chosen

In this process, you imagine that other beings, other life-forms apart from humans, seek to be heard at the Council. Please take time alone, to let yourself be chosen. Walk outside for fifteen or twenty minutes. (Indoors, allow three to five minutes). Relax deeply, opening your mind wide like a radar dish.

It's good to stay with the first impulse that arises. It is not a question of choosing a species you know a lot about, but rather allowing yourself to be surprised by the life-form that comes, be it plant, animal, or ecological feature, such as bog or mountain – any nonhuman being. If you can, visualize this being fully and from every angle, its size and shape and ways of moving. Then request the being's permission to enter it, so that you can imaginatively sense its body from within. Finally, ask the being how it wishes to be represented and what symbolic form a mask would take?

### Make a mask

Take a little time to make a simple mask...a representation or symbol of your being. You could gather your own materials from nature or simply draw on a paper plate and tape it to a stick or put string or elastic on it. Be sure to cut holes to see and speak through; a mask which blocks the mouth makes it hard to be heard.

### Practice moving and speaking as the life-form

If you have time at home, this practice will help you identify more fully with your life-form. Either or both of the following activities can help alleviate self-consciousness on the night.

- You could practice moving as your life-form, beginning with eyes closed:  
*Breathing easily, begin to let yourself feel how it is to take body in this new life form.... What shape are you? ... How much space do you take up? ... What is your skin or outer surface like? ... How do you take notice of what is around you? ... How do you move, or how are you moved by other forces? ... Do you make any sounds? Play with those sounds...*
- And/or don your mask and practice using your human voice to speak for your adopted life-form. Speak to a pet or a family member for 3-5 minutes, introducing yourself, describing how it feels to be who you are, and naming your special strengths and qualities. Stay focussed on your physical nature and way of life as it has been from the beginning of time (saving comments about present conditions for the Council itself).

This meeting is based in the body of work known as the '**Work That Reconnects**'. Thousands of these meetings have taken place across the globe since the work's inception in the 70's. You can learn more about the Work That Reconnects at [www.workthatreconnects.org](http://www.workthatreconnects.org) and in the book '**Coming Back to Life**' by Joanna Macy and Molly Brown.