



## The Visible Woman

### ~ recapturing the joyfulness of Life

Beyond the Seas are Great Lands, by Nicholas Roerich

**Irene Brankin is the author of *The Visible Woman*. She has also worked in the field of personal development for over 30 years. Irene is an established Chartered Counselling Psychologist, Personal Coach, Supervisor and a fantastic Group Facilitator who has worked in the UK and on the Continent.**

**Irene facilitated this Sundial House Group sponsored workshop. She brought her personal and professional experience to the day, along with her wry Glaswegian sense of humour.**

Throughout the workshop she demonstrated the basis of her work, which is to enable people to appreciate and believe in themselves as well as to rekindle their passion for life.



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After the snow and the bitterly cold weather of early February the sun shone through and brought warmth and light back into the day. And somehow this was a metaphor for the work that we did as a group on Saturday 18 February 2012 here at the Sundial House Centre in Sedlescombe. East Sussex.

A small group of adventurers braved the uncertainties of branching out into the unknown and met together on this brightening Saturday morning. We had no idea of the challenges and delights in store for us. For how often do we as individuals set aside time to consider 'What it is that we really enjoy doing?' and 'What is it that gives us the most pleasure?' We were invited to ponder on these and similar questions and share our thoughts with the other members of the group and gradually through the territory of listening and appreciating we came to realise that what we each loved doing was our greatest resource. It allowed our hearts to sing their unique song that gave this melody of ours to others with the permission for them to join in as well.

For as Irene shared at the outset 'To truly feel like a human being, no matter your age, is to feel *appreciated*, to feel our existence and *the embodiment of our soul*.'

Through selecting an image that represented our invisibleness and another that represented our visibility we were invited to explore these two aspects of our state of being-ness. A deceptively simple exercise with its hidden challenges and delightful revelations that came into view when shared within the safety of the group that was guided and skilfully facilitated by Irene.

Through working together throughout the day it became more and more noticeable that the members of the group were experiencing and holding different aspects of not only their own journey but that of each of the others present. The need to be visible and invisible was common to all and the natural rhythm, the ebb and flow of this was essential for each of us to maintain a healthy relationship with the inner and outer realms of the self. This rhythm was as necessary as the gentle flow of the breath. The invisibility being akin to that inner state that allows the personality to sup at the source of its spiritual sustenance, allowing it to reflect, regroup and to make sense of the outer relationships of life. Business can so easily overwhelm and interrupt these periods of soul/sacred refreshment.

Irene continued in her group facilitator role to ask those simple questions that plumbed the depths and blew away those cobwebs of neglect, as we each searched to find authentic answers. Questions such as 'What do you yearn for?' and 'What is your legacy to the world?'

We were invited to work with another image, later in the day, that represented for us the bridge that links our inner invisibility and outer visible-ness. This selected image was in fact an aspect of our soul finding expression in the here and now through our personality in all its glory.

The division of labour at lunch meant that some of the group prepared the food, whilst others set the table. Lunching together in this setting and was full of good food, good conversation and real cooperation. The clearing away and washing up was equally productive.

The day ended with another group exchange and ritual that was simplicity itself and yet it was powerfully positive and affirming. For it demonstrated that each of us had been clearly seen, heard and appreciated for our individual talents and skills.

Irene read a poem by Marianne Williamson – 'Our deepest fear is not.....which drew the threads of the workshop together and packaged what we had worked with as a present to each of us for now and into the future and by association for all those we come into contact with directly and indirectly.

