

# IMBOLC: coaxing our dreams awake



*We invite you to join us for a **dawn** gathering online on Saturday 3<sup>rd</sup> February 2024 7 – 9.30am UK time*

For us in the Northern Hemisphere this is the midpoint between the Winter Solstice and the Spring Equinox. Imbolc translates from old Irish as 'in the belly'. This is a moment to honour the emerging of our deep dreaming from the belly of the earth; to discover the subtle changes and shifts that have been moving in us.

As the sap rises in the hazel, willow and silver birch, it's an awakening for us also, to listen to our calling - for each of us to renew our practice, and bring our unique presence out into the world. A world where grief, trauma and inspiration are all intense, and in which each one of us is needed, to connect from our deep nature. Gathering together we can support and encourage each other in simple everyday ways, to live as the ordinary and extraordinary beings we are.

We welcome everyone who is drawn to journey together with us. If you haven't been to any of our events before, we'd like a brief call with you to say hello and answer any questions you may have.

Please let us know by 19<sup>th</sup> January if you would like to come, by emailing Iona on [iona@processworkuk.org](mailto:iona@processworkuk.org). We will send you payment details, and would like payments to be completed by 26<sup>th</sup> January. Our fee range is: £30 reduced fee, £45 regular fee, £75 enhanced fee enables our work to be sustainable.

Our next online event will be Spring Equinox, Wednesday 20<sup>th</sup> March 6 – 8.30pm UK time.

Our next in-person event will be at Beltane, 29<sup>th</sup> April – 2<sup>nd</sup> May, at Bryn Llydan here in Eryri, Snowdonia. <https://www.bryn-llydan.co.uk/>



*Iona Fredenburgh: I am a senior faculty member of Processwork UK, <http://processworkuk.org/>, now weaving new connections between my processwork practice and my previous practice with ceremony, divination, and earth-spirit journeying. I want to be part of encouraging more people to rediscover hidden, forgotten and marginalised capacities for everyday magic.*

*Claire Heath: My life's experience is bringing people and nature together. Somehow, I don't know how, we forget. We forget that our relationship with nature is paramount to our existence on every level of our being. This monthly practice of remembering, of connecting and of honouring in the everyday and in the dreaming will help to grow a resilience, a clarity of perspective and a sense of belonging in these challenging times of great change.*