



Practice of Living and Dying with Meredith Little

23rd -28th June 2018

Midi-Pyrennees, France

For millennia indigenous people everywhere have known ‘how to die’. Their teacher was the natural world and, over many years and many generations, they learned their lessons well. Cycles of dying and rebirth were seen everywhere: the setting and rising of the sun, the turning of the seasons, the death of the elderly alongside the birth of a new generation. Ceremonial rites of passage emerged pan-culturally as a means of supporting, guiding and witnessing this natural process. These rites supported individuals as they let go of one stage of life—the “little deaths”—and were “reborn” into the next. And these rites supported people as they prepared for the final transition, the big Death that awaits us all.



As our modern culture has grown ever more sophisticated, we have also become ever more divorced from our natural surroundings and from ancient wisdom about living and dying. We have pushed Death away from Life, the dying away from the living—all in order to impose the illusion of control on the uncertainty of change. We have lost touch with the natural world and our place in it as mortal animals. We have forgotten “how to die.”

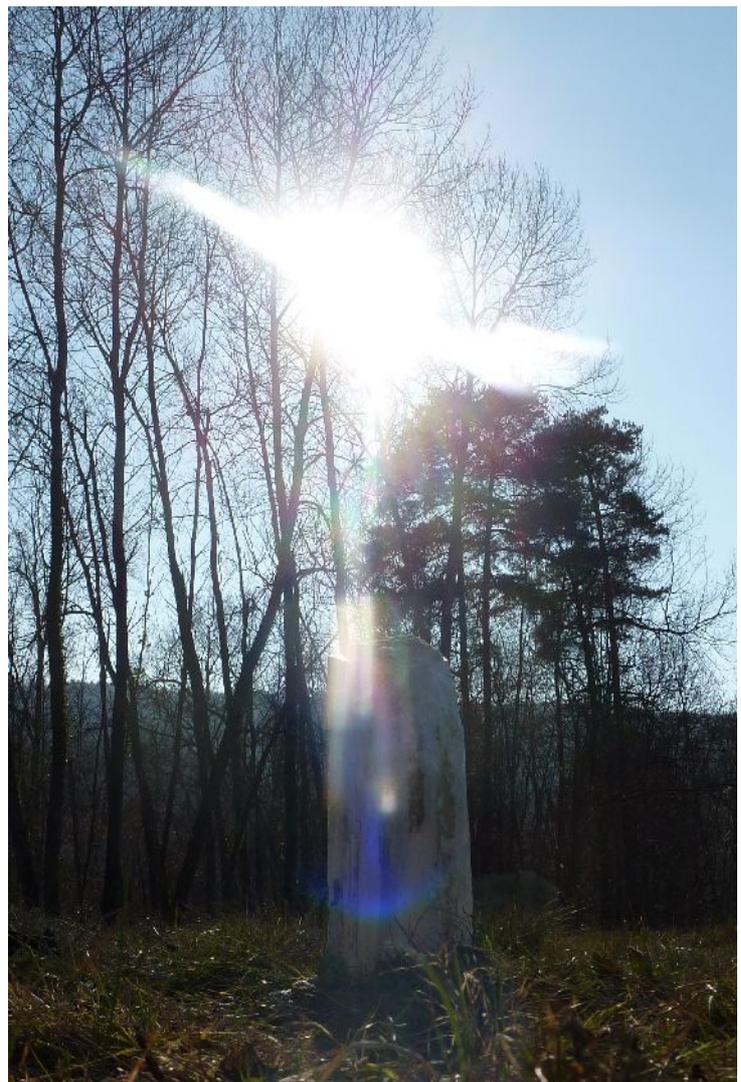
In 2003, Meredith Little and hospice physician Scott Eberle joined together to create “The Practice of Living and Dying”—a new kind of curriculum that draws from both the hospice movement and the rites of passage movement. In this particular program we will explore how to move through the dying process—be it a symbolic dying or a physical dying. Our aim is both educational and therapeutic.

Educationally, we will see how the growing wisdom of the modern hospice movement and the ancient, pan-cultural wisdom of indigenous ways and the 4 shields can be interwoven: how the wisdom of one world can inform daily practice in the other. Therapeutically, time spent alone in nature each afternoon will encourage you to experience the wisdom of your own nature, and your personal truth about living and dying. In the late afternoon and evening we will sit in council to hear the stories of this solo time, and learn from each other.

***We ask an inseparable
pair of questions:***

***How do we live,
so we may fully become
our dying?***

***How do we accept our dying,
so we may fully embrace
our living?***



Meredith Little



Is a true elder of our time, so rare and precious in the patho-adolescent culture in which most of us live. She has an extraordinary capacity to hold, support and guide.

Meredith and her husband, Steven Foster, co-founded Rites of Passage Inc. in 1976 and The School of Lost Borders in 1981 – pioneering the methods and dynamics of modern pan-cultural passage rites in the wilderness, and “field eco-therapy”. The essence of their work is captured in articles, chapters, an award-winning documentary film, and books that include: *The Book of the Vision Quest*, *The Roaring of the Sacred River*, *The Four Shields: The Initiatory Seasons of Human Nature* and *Lost Borders: Coming of Age in the Wilderness*.

Since Steven’s death in 2003, she continues both nationally and internationally to guide and train others in this work, while also founding, with Dr. Scott Eberle, a new arm of Lost Borders entitled “The Practice of Living and Dying”. In this partnership she hopes to crack open the taboos surrounding death, and to help restore dying to its natural place in the cycles of living.

This seminar will be taught in English with translation into French.
Places are limited.

A deposit of 200€ will secure your place, until the full amount is due 31st May
Cost including accommodation and food
650€ in a double room, 600€ dormitory, 575€ camping

The course will take place at the beautiful holistic retreat centre - Manaska, in the midi-pyrenees, one hour from Toulouse, France (see www.manaska.eu)



To book and for further information contact annahewi@yahoo.com