



## Reflections from our winter workshop 2013 by Debbi Burch

There is some-one in my small group who was, five weeks ago, with Humpback whales in Hawaii. These whales sing. Apparently the Hawaiians believe that the whales are singing to heal the earth.

I kept thinking, over these days, that we are learning the wisdom of whales. We are learning to gather and to sing. That in becoming responsible for the gap between our vulnerability and our defensive reactions, we are slowly returning to the freedom of the children playing, of Ruby, of the whales. But with a hard-won adult form - built from fire and crafted across eons by the serve and return of love.

We are not just singing, we are singing on purpose. We are singing all of ourselves, now we have learned to savour the taste of each delicate note.

Maybe these brave, protective warriors who defend us have been necessary – standing guard so the voltage of our vulnerability would not burn the circuitry while we learned the skill of playing these instruments, of singing ourselves fully.

Surely we have each struggled to master the difficult F# of loneliness, the whole exquisite octave of longing, the minor chords of loss and despair and the enchanting middle C of joy. The wolf fifth (sic) of rage that howls for love. The deepest, searing b flat of regret.

So as we learn to experience all of our feelings fully, we recognise them as core energy, as essence. As life. That core energy becomes simply movement, vitality, information, play. Song.

And then the gap between our core energy and the energy of the earth, of life itself, is surely also bridged. Innocence becomes in essence.

So the better we get at singing, the better we get at teaching singing.

And maybe we are teaching singing in a room, face to face, hands held tight as terror is earthed, or maybe we are supporting song across the synapses of the oceanic worldwide neural web where whales are also gathering.

But surely, in the simplicity of meeting in the wholeness of our unique and heartfelt melodies, we too are healing the earth.