



Welcome to the Bristol Mastery Community's New Year newsletter
...and read on for inspiration: *Everything is Waiting for You*

Well, what a year that was, one in which we've experienced a rainbow of emotions: anxiety, sadness, anger, peace, apathy, gratitude... (*add your own here*). If you lost someone this past year, experienced loneliness or suffered in other ways, then our hearts go out to you.

It's been a year of finding out **what we most need** to stay healthy in body, mind and spirit - sometimes because we didn't have it. What got me through was looking at nature: leaves and bees, clouds, sunshine and sparrows, even through windows. And friendship, even via the dreaded Zoom.

What's got you through to here? What's helped you survive - or perhaps thrive - this last year? What makes your heart sing, even in lockdown? It's something worth knowing. And bringing consciously into these next months as we find ways to stay healthy and sane till the world can shift around us again.

Sadly, we had to cancel the workshops we'd planned in 2020. However, we ran a virtual 'Mastery of Self Expression' session and a series of online workshops for Mastery graduates. What struck me was the level of connection and recognition between people at these sessions. We may have been miles apart, but the power of people speaking honestly and showing themselves fully touched us all and brought us close. It seems our hunger for human connection can be satisfied even online (well, almost...).

Looking ahead, there is light on the horizon. We at the Bristol Mastery wish you a healthy and hopeful 2021 and are ready and waiting for you, whenever we can meet, connect and inspire each other again. With that in mind, **we are offering two live workshops** which we hope will go ahead if we can keep everyone safe. And if not, **watch this space for virtual offerings** instead:

Live workshops for 2021

['The Mastery of Self Expression' workshop](#): May 21st - 23rd, open to all. Experience yourself in a new way, beyond barriers and limitations, when you express fully your

creative and authentic self in all its messy, human wonderfulness. (Graduates are welcome to repeat or join the 'back row'.)

'The Space' workshop: March 20th - 21st, for Mastery graduates only. Revisit the Mastery workshop from a leadership perspective, furthering your own creative self-expression and learning how to facilitate others on this experiential and empowering weekend.

In addition, Adrian Longstaffe is determined to run his workshop "**Selves in Action**" towards the latter end of this year once things return to relative normality. Check out the details on <https://www.interactive-consultancies.co.uk/workshops/selves.htm>

Meanwhile, even though we can't meet right now, we are never truly 'apart'. The capacity for connection and expression is alive in you, in me, in all of us, right now, just waiting for us to realise it. Here is a poem from David Whyte, inviting you to '*put down the weight of your aloneness*' and notice everything that is attentive around you in this very moment. You don't need to come to the Mastery workshop to be witnessed as the unique, wonderful being you are...

Everything Is Waiting for You
by David Whyte

Your great mistake is to act the drama
as if you were alone. As if life
were a progressive and cunning crime
with no witness to the tiny hidden
transgressions. To feel abandoned is to deny
the intimacy of your surroundings. Surely,
even you, at times, have felt the grand array;
the swelling presence, and the chorus, crowding
out your solo voice. You must note
the way the soap dish enables you,
or the window latch grants you freedom.
Alertness is the hidden discipline of familiarity.
The stairs are your mentor of things
to come, the doors have always been there
to frighten you and invite you,
and the tiny speaker in the phone
is your dream-ladder to divinity.

Put down the weight of your aloneness and ease into the
conversation. The kettle is singing
even as it pours you a drink, the cooking pots
have left their arrogant aloofness and
seen the good in you at last. All the birds
and creatures of the world are unutterably
themselves. Everything is waiting for you.

Stay well and see you soon,
Jan

Jan Castle, Mastery workshop producer and leader

jancastleuk@hotmail.com

07896 343981

If you would like to **subscribe** (no more than 8 mailings a year) please sign up here: <http://eepurl.com/brViDz>

Copyright © 2021 The Mastery in Bristol, All rights reserved.

Our mailing address is:

The Mastery in Bristol
% Jan Castle
21 Cotswold Road North
Bristol, Bristol BS3 4NL
United Kingdom