## 2024/2025 Well of Grief and Love Experiential Projects

We want you to spend an average of one and a half hours per month on experiential explorations that you develop from your own heart, interests and curiosity.

One possible approach is to share and apply the concepts, skills and techniques you are learning about grief by being a companion to others experiencing grief—whether in your career, volunteer work or being an anamcara with people you know. Spend time planning, doing and then reflecting on and writing about what works and what you learn.

Another option is to explore your personal grief through counseling or attending a grief retreat.

Another possible approach is to explore your own grief through creating rituals, writing, art, music, gardening—whatever creative expression feels right to you. Follow your intuition. An example from Marv: When I began a creative writing program at a cancer center, my own grief around cancer losses—my mother and a beloved aunt—was stirred up. I stumbled into a photographic journey, capturing the poignant beauty of old tombstones. I didn't consciously decide to begin a therapeutic, artistic individual project but that's what it became. The combination of solitude and artistic expression amidst reminders of mortality was just what I needed to process grief.

\*Please include your monthly thoughts and reflections around your experiential explorations in your reflection papers. Feel free to email us with questions and/or requests for recommendations. We will also provide opportunities to share with other apprentices.