



This is a day to connect with 'The Way of the Bards' – experiencing the healing power of nature, sacred harp music and the spoken word. We will connect with the sacred story within each one of us, and will:



*Connect with the spiritual energy of the season as we approach the
Winter Solstice,
Actively work with the theme of returning light in the dark days,
Create a legend of hope and light which will nourish us during the dark
days of winter.*

Read more ...

In a safe space, held by the peace of gentle harp music, this will be an experiential day to explore your own creativity through words, images, sounds of voice or instrument, as a means of self discovery and spiritual development.

The effect of Spiritual Harp work can be immediate, powerful and subtle. Intentional harp music and the spoken word can act as a catalyst which ignites the imagination, and activates an inner process of creative thought or impulse, on the part of the listener or the practitioner.

The bards of ancient Celtic times knew this. Their role was not simply to entertain with music, poetry and legend. They were seen as being mediators 'between the worlds', offering an experience that enabled the listener to move beyond the normal confines of everyday experience. One way of interpreting this, is that their music and words provided a 'spiritual or creative gateway', a pathway into the inner landscape of the soul.

The aim of this day is to allow space - for silence, for sound and for the freedom to express the voice of the 'bard within', which could be said to be the voice of the soul which holds the sacred story and deepest wisdom of our own lives.



If you would like to talk to Julie about the day, or book your place, please contact Julie at: jdspiritualharp@gmail.com Or fill in the Booking Form [here](#).