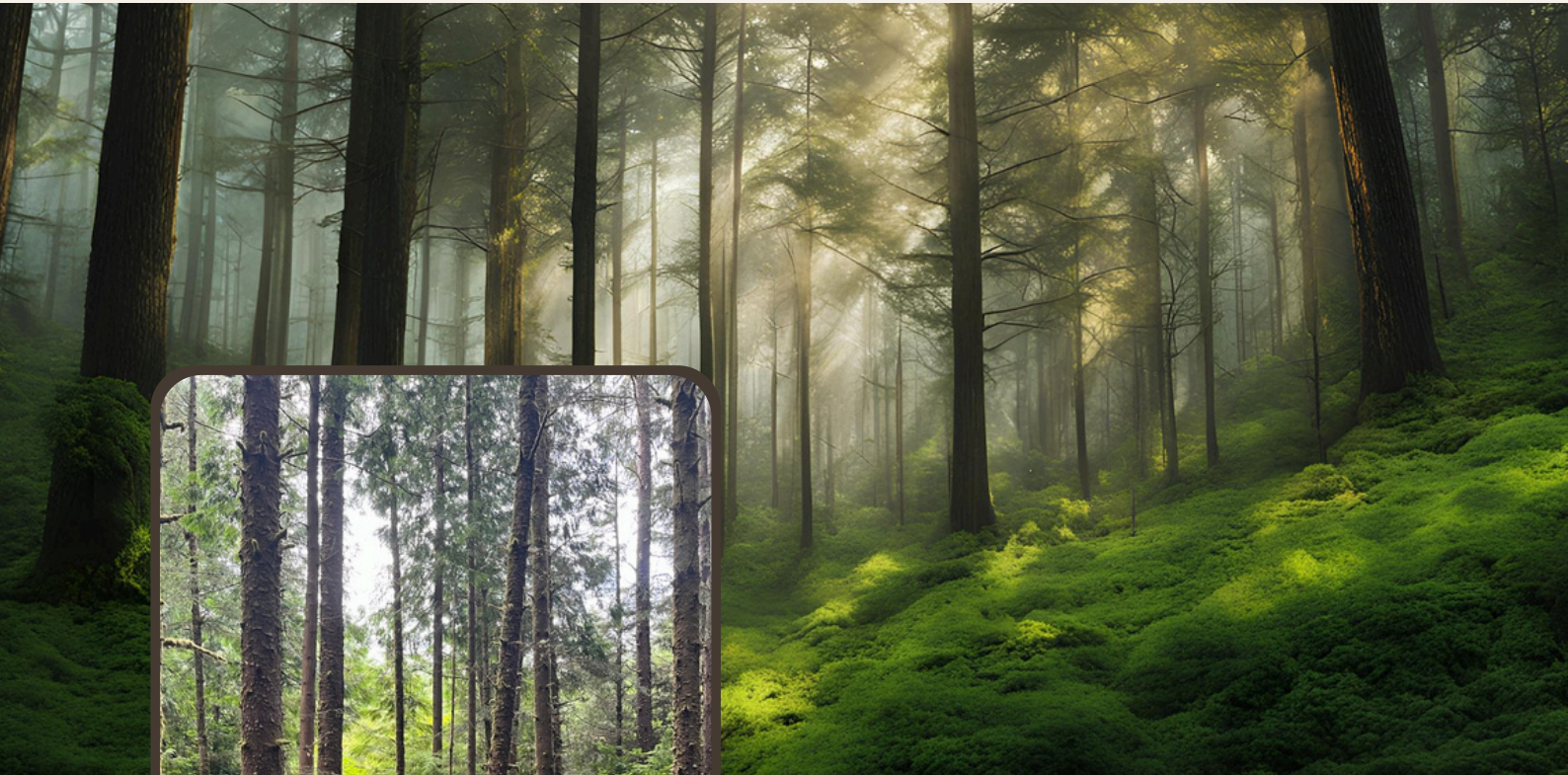


Your mini guide to
ECO-SPIRITUAL
FACILITATION



How to facilitate groups using a grounded and spiritual approach

BY DR. HEATHER BURNS

what is eco-spiritual facilitation?

Eco-spiritual facilitation is an approach to guiding and teaching rooted in relationships, interconnectedness, reverence, and wholeness.



a facilitator is...

someone who eases the way for others, who supports a growth or healing process. A facilitator may serve in the role of guide, teacher, mentor, coach, healer, or anyone supports spaces of ease and possibility for others.

An eco-spiritual approach to facilitation involves a deep awareness of ourselves as ecological and spiritual beings, and a reverence for the magic and mystery of spiritual experience rooted in earth connection. Eco-spiritual facilitators cultivate a trust in process and unknowns, in the unfolding of life. Eco-spirituality has been part of the human experience since the beginning of time. An eco-spiritual lens offers a healing response to the climate crisis and other challenges we currently face together.



Eco–Spiritual Facilitation is grounded in these values:

1. **Relationship & Interbeing:** Our learning and lives are rooted in interconnected relationships.
2. **Mindful & Compassionate Awareness:** recognizing the need to approach our work with loving attention, presence, and compassion.
3. **Ecological Wisdom:** We work in partnership with the earth and access wisdom directly from the natural world.

“Call upon the help of those who love you. These helpers may take many forms: Animal, element, bird, angel, saint, stone, or ancestor...”

–Joy Harjo



How to start

- Root deeply into your own values and wisdom
- Trust yourself and your connection to the earth

How can I integrate eco-spiritual facilitation into my work?

You can bring eco-spiritual facilitation into your work in a variety of ways--it doesn't have to be overtly spiritual or held outdoors. Start with your own intentions: What do you want your facilitation to support? What are your values as a facilitator? How do you want to show up as a facilitator? Spend a little time ***grounding into your intentions and your own relationship with the earth and your wise spirit.*** Then, show up and be yourself. We each have our own unique facilitation styles and gifts to share.

Eco–Spiritual Facilitation Tips

1. Begin by welcoming participants. Welcome emotions and invite whole-hearted presence. Find a simple way to honor the season or elements in your opening.
2. Relationships are central to learning. Invite participants to connect to each other in meaningful ways. Invite them to connect to the earth in simple ways: a sense memory, a breath, an image, or a walk. Invite people to make meaning and reflect together.
3. Include rituals. Opening rituals and closing rituals can be as simple as a check in, taking one minute of silence, lighting a candle, reading a poem or quote, or watching the sky.



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You can cultivate clarity and confidence in your ability to hold transformative space for others. You can gain the tools and skills to be an intuitive and impactful facilitator of shared sacred spaces.

Design and Trust

An eco-spiritual facilitator takes time to intentionally design experiences that hold the potential for connection, transformation, and healing. And, the process of eco-spiritual facilitation is one of trust and flexibility, knowing that you can guide participants without forcing a specific outcome. The development of eco-spiritual facilitation is grounded in the personal experience and growth of the facilitator. Cultivating courage, confidence, and trust alongside practices of mindful awareness and self-care and compassion are key to your inherent wholeness and stability as a facilitator.



Learn more about becoming an Eco-Spiritual Facilitator

Our **Eco-Spiritual Facilitation Training and Certification** will help you grow your capacity to be an intuitive and confident facilitator who makes a significant difference in people's lives. In this training you will gather new perspectives, skills, and tools for growing your ability to facilitate groups in ways that support deep ecological and spiritual connection, and transformative change. This facilitation training will not only offer new concepts and tools but also *models* eco-spiritual facilitation, providing a clear experience of what it feels like and looks like to be an eco-spiritual facilitator. Learn to design effective eco-spiritual experiences and integrate key learning theories into your facilitation. Gain clarity and confidence by practicing what you are learning.



Thank you!

Learn more at

[Alderroot Healing & Renewal](#)

Dr. Heather Burns & Irene Elle Bailey

www.alderroothealing.com

www.temenosrising.com
