

Story Medicine for Racial Healing

A workshop experience at OLLI, April 8-9, 2017

with Meta Commerce, MFA, CWP

Story Medicine for Racial Healing provides new spaces and ancient ways to use language, listening, memory and story for addressing an old, worn-out social issue. This experience is useful for changing ourselves and our community.

Objectives:

We will use seven basic tools:

- 1. intentional, clear language and the generative power of words*
- 2. intentional, whole-self ways of listening*
- 3. create rhythm and balance between mindful speaking and listening*
- 4. handle stories as sacred; use them to connect us and heal our perceptions*
- 5. handle memory as raw material and as a vital community resource*
- 6. move energy by breaking silence and finding language for what has happened to us*
- 7. create healing community through the use of these tools*

Facilitator: Meta Commerce is a writer, teacher and healer focused on issues of oppression since the early 1990s. She has written six books on this subject matter across genre, and has worked with groups and individuals using story medicine in many formats since 1994. Meta is a certified wellness practitioner convinced that racial healing is possible through the mindful application of story medicine. Meta is a graduate of Goddard College in Vermont where she earned her MFA in fiction writing.

**For more information, or, to register, contact OLLI at 828-251-6140
Or visit www.olliasheville.com**