

Since I first came across Worldwork, the model of group facilitation & transformation developed by Arnold Mindell and his colleagues, it has been somewhat of a coming home journey for me. That is not to say that at times it has not been difficult, challenging and has made me confront aspects of myself that up now I have managed to avoid. But these very difficulties have also been intertwined with that homeward journey itself; in fact I would go as far as saying that it is these times that have made the journey, thus far, all the more satisfying.

When I was first exposed to Worldwork in Australia in 2000, in the first group process I felt as if something in me woke up and screamed “Yes!”. It touched something deep inside of me, something that had been trying to come out for years, but never quite knew how to show itself. It gave me the framework, the vehicle and the support to start to work in the world in a way that was and is closer to my deepest calling. And within these things I found hope that, I could start to make a difference, and hope that there are already a number of “Worldworkers” with mastery in this model who are working to bring awareness and peace to some of the most troubled places on the planet.

Worldwork in London in April this year was simply an amazing experience. It was my third Worldwork seminar and looking back in time what becomes apparent is the way this work is evolving and changing. There was a subtlety and a depth to the processes which were not as apparent to me in past seminars. These changes are due to the ongoing work of Arnold Mindell and others who are exploring the frontiers of group and personal transformation. This is another reason why this model means so much to me; it is not a static framework, it is constantly developing and changing as more research and information become available.

The challenge for a novice like myself is, then, to keep learning the basic principles, stay abreast of the latest developments, and finally to find ways to take this work into the world to create and influence change. On this occasion I was given an opportunity to put into practice what I have been learning as I co-facilitated one of the small groups at the seminar. This, once again, was a rich experience. The most exciting part of this was the teamwork with my co-facilitator. It was very satisfying the way we weaved and danced almost seamlessly with our facilitation and were thus able to support the group through some very intimate, tense and profound processes.

Personally, I still feel like a beginner when taking this work into the world. But the power and robustness of the model together with the thoroughness of the training give me a confidence that I can facilitate and make a difference in various situations. I have been privileged to have opportunities to take the Worldwork model into groups and communities in Australia, as well as working with the civil war in Sri-Lanka. As I continue to grow and develop my skills in this area I am excited and passionate about taking the Worldwork paradigm further into my community and into the world.

Errol Amerasekera
Australia