



Lady Death

2020 was a busy year for the great reaper. As he took away the lives of countless people affected by Covid, those left behind were isolated from their community and the rest of nature in lock down. Death, a taboo subject needed to be discussed more than ever. So, I set up a series of courses, workshops and story Death cafés to demystify the subject of death by using stories and creative nature inspired activities.

Story Death Cafés

Story Death Cafés are informal gatherings where a nature basket and folk tales inspire us to talk about death in a natural way over a cup of tea and biscuits.

They provide a safe space to talk about our fears and other feelings and also promote well being and a sense of belonging to a community.



Creative Story Workshops to Demystify Death

Since 2020 I've been offering a series of creative story based workshops inspired in nature, both online and in person, where Death is our special guest.

Death is one of the oldest motifs in stories, and as such stories can offer us a natural way to talk about death and dying. They have been with us since the beginning of time and have helped us through wars, plagues and droughts. The inspiration from nature helps us to remember that we are part of nature and the great song of the universe.

Online Workshops

My workshops are mainly designed for storytellers and for therapists looking for creative tools to use with their clients, but are perfect for everyone interested in talking about death.

You can access recordings of some of my online workshops here:

- [Godfather Death \(free\), workshop in the Chennai International Storytelling Festival](#)
- [Godfather Death](#), workshop on Online Events
- [Dancing with Lady Death](#), workshop on Online Events
- [Messengers of Death](#), workshop on Online Events

If you would like to offer a workshop in your community, please contact me.

Dancing with Death Online Courses

A short story from Cameroon highlights that Lady Death and Lady Life each have the same age, so why is Lady Death excluded from our society? In my Dancing with Death courses we offer a space where Lady Death can feel included.

Over 7 sessions stories, poems and folklore inspire us to discuss issues such as:

Early memories of death, images associated with death, multi-cultural visions of death, end of life planning, fears around death and dying, care of corpses, sustainable funerals, end of life celebrations, after death experiences, where we go after death, ghosts, past lives, creative rituals to honour those who have gone etc and to remind us that we are part of the big cycles of life, death and rebirth.

End of Life Planning Guide

In my courses many participants expressed the need to discuss end of life planning, so I prepared this little guide. Please click on the image to download it:



https://www.albaecotherapy.com/wp-content/uploads/2026/04/End_of_Life_Planning_Guide_2026.pdf



If you are interested in doing a course with me, please contact me directly.



Eco-Grief and Healing Rituals

Eco grief is often experienced as deep sorrow associated with the destruction of natural landscapes and habitats and the massive loss of biodiversity that we are experiencing. I offer creative rituals in nature to offer a space to express eco-grief based on resources from The Work that Reconnects like The Cairn of Mourning and the Bestiary.

I also facilitate Global Earth Exchanges like this healing art ritual for glaciers in Switzerland. Find out more about these initiatives at Radical Joy for Hard Times.



Eco Anxiety and The Fisher King

Eco-anxiety is the chronic fear or dread regarding future environmental catastrophe, often causing feelings of helplessness or paralysis.

You may be interested in watching a recording of a workshop I facilitated on Online Events about “The Fisher King and Eco Anxiety”. You will discover what is needed to convert wasteland into something more life sustaining for Mother Earth and all her inhabitants.