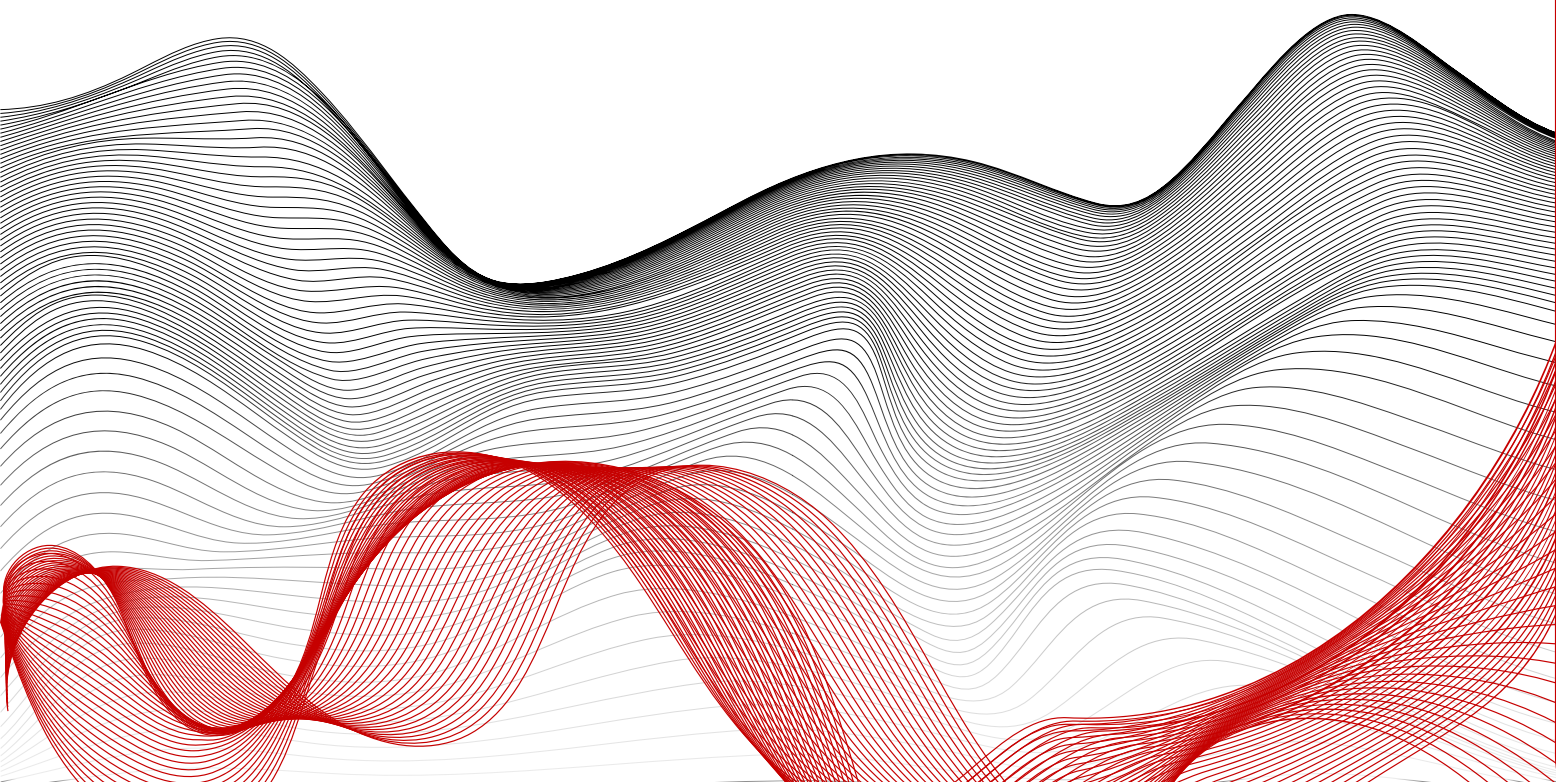


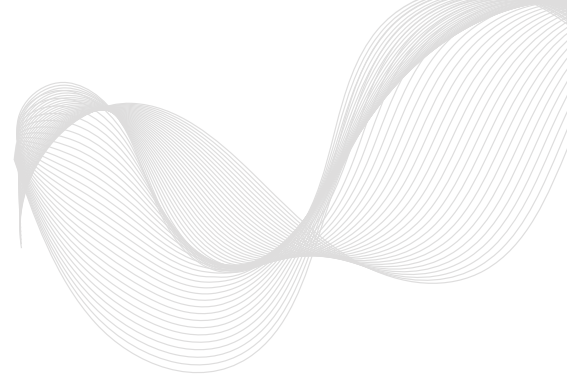
POETRY
WRITING
SINGING

PERFORMANCE
STORYTELLING
HOSTING

T I N A O
S T O R Y F R O M
T H E C O R E

TINA OVERBURY - 2023

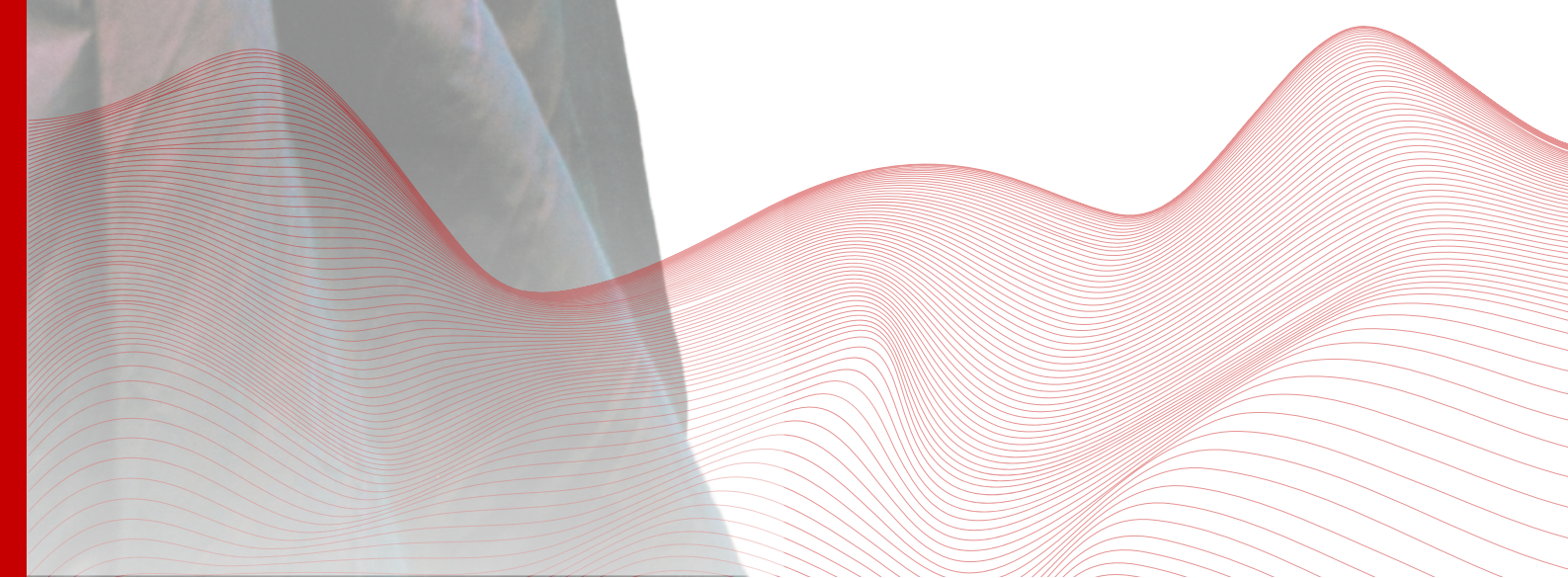




STORY FROM
THE CORE

We come into the
world as a story stone
with our divine
narrative tucked
inside.

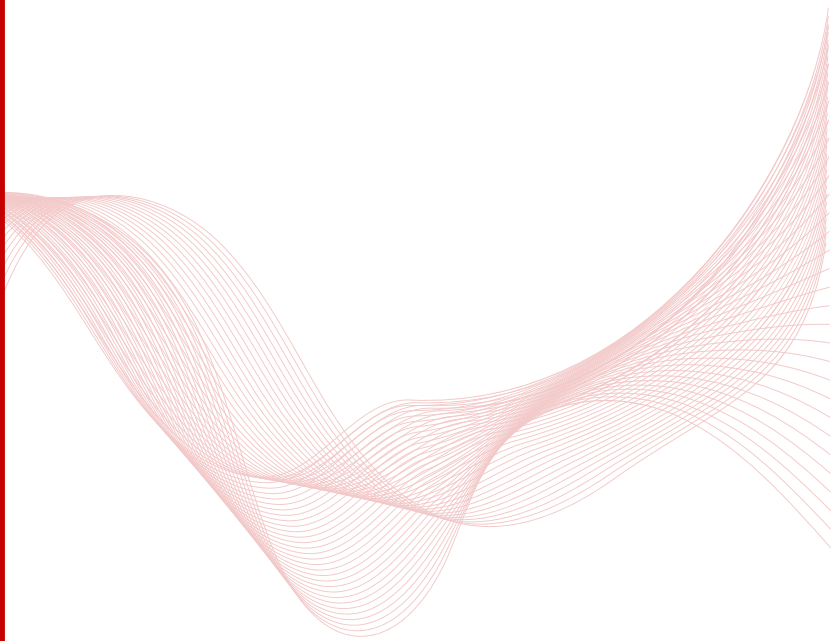
TINA OVERBURY



WE ARE STARDUST & THE TWELVE CORE STORIES

My home is covered with stones. They line the balcony of my deck, they are on multiple window sills, and my favourite ones are at the foot of my bed. When I hold one, I feel the place from which we come, as someone who on my darkest days feels like I'm listless and floating, stones bring me immense comfort.

Holding a stone is holding a piece of creation in our hands, essentially, we are holding our home in our hands, and I don't mean the earth, I mean the universe. We are holding a piece of the core from which we came, in our hands.



*I came upon a child of God
He was walking along the road
And I asked him,
where are you going
And this he told me...
We are stardust
We are golden
And we've got to get ourselves
Back to the garden
-Joni Mitchell, Woodstock*

Most of the elements found in our body were formed in stars over the course of billions of years and multiple lifetimes. There are 90 elements in the 118 elements in the periodic table that are not man made, they are star made. Of those ninety, 24 of them are found in the human body. We are 65% Oxygen, 18% Carbon, 10% Hydrogen, 3% Nitrogen, 1.5% Calcium, 1.5% Phosphorus, and trace elements such as potassium, sulfur, sodium, magnesium, boron, Selenium, Copper and Zinc.

Elements come from stars. We are literally made up of stardust. Elements are like primary colours, they don't break down, and they don't mix and become something else. They just are.

Like us, and as us.

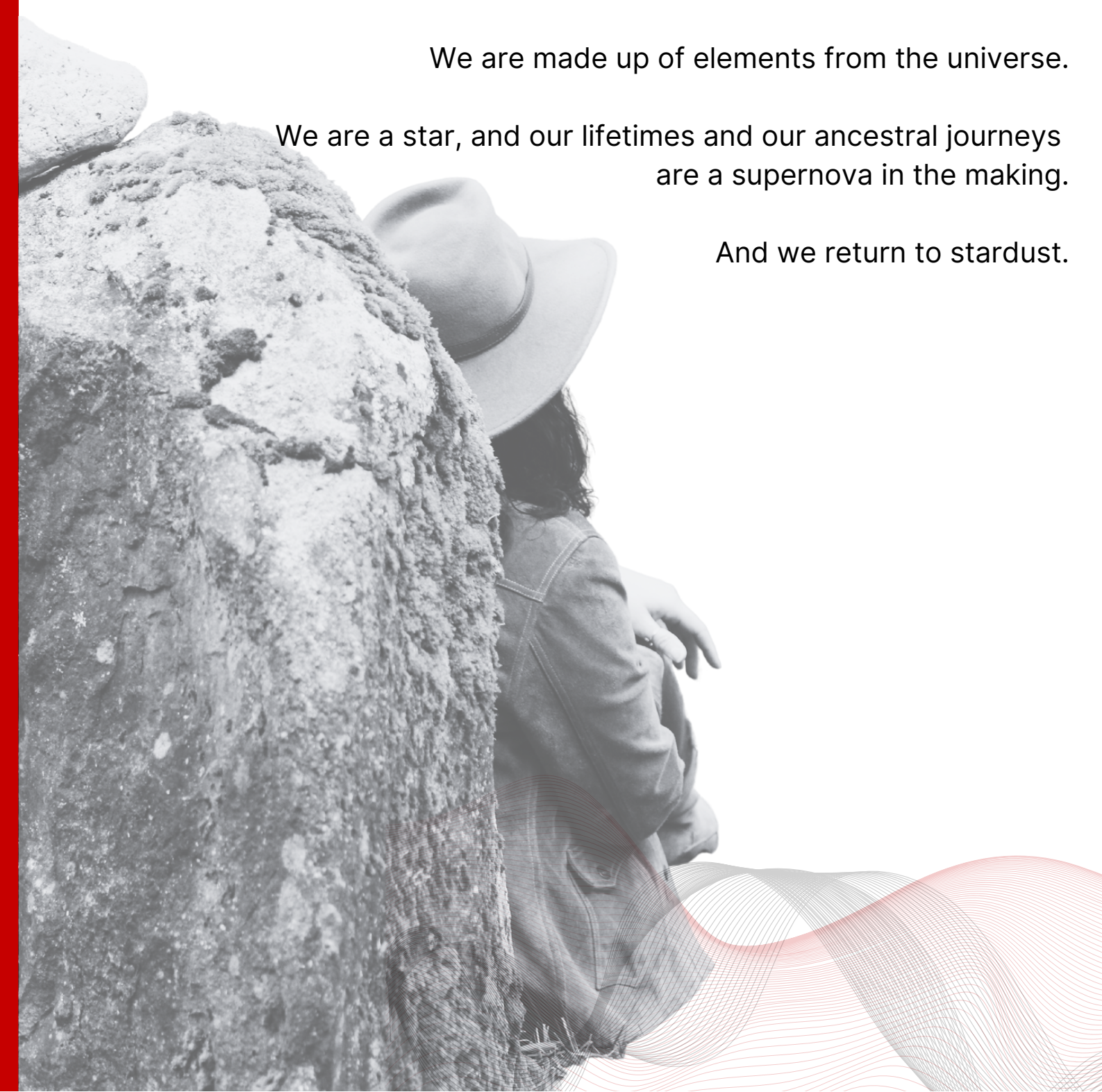
Stars make elements through a process called nucleosynthesis, burning nuclear fuel and always in balance between two opposite forces. The star's own gravity tries to make it small, while the star's core which is burning fuel creates outward pressure resisting the squeeze of gravity. When a star runs out of fuel, it cools, the pressure drops, gravity wins and the star collapses in a spectacular display of light to dark: a **supernova**. In 15 seconds, a star that is a million times the size of the earth will collapse and release its stardust (elements) throughout the universe.

That's who we are.

We are made up of elements from the universe.

We are a star, and our lifetimes and our ancestral journeys are a supernova in the making.

And we return to stardust.





STORY FROM THE CORE & THE TWELVE CORE STORIES

Story, as I approach it within my own art and expression, and with my clients be they authors, changemakers, social impacters or creatives, is simply narrative rooted and expressed on the rich and beautiful energy of creation. I call this Story from the Core, and creating from this place can feel extraordinarily vulnerable yet exquisitely nourishing (and is).

From the core of the earth, to the core within each of us, we are innately, and effortlessly connected. From here, communication becomes a sacred practice of learning how to express ourselves from the core of who we are and the creation energy within us.

Every time I tell a story I ask: how close to the core can I stay?

Story work for me emerged 10 years ago during a career change. I was far from my core and knew it. I was on the verge of a cancer diagnosis and my body knew it before my mind did. I walked away from my business and went back to my roots of theatre, specifically my love for the rehearsal process.

Story is sacred in the rehearsal room because the container is emergence rather than performance. It's a place of surrender, trust and celebration of what is coming through. I created a workshop called LIVE YOUR BEST STORY, and fell in to what I now understand from the Indigenous people of Turtle Island as Deep Listening.

I began to understand that I hear things in pictures, and sense things on sound. I discovered that I can access a connection between myself and each participant I work with, where they invite me to see and hear symbols from the 'realm' of their inner life, and sometimes whispers of phrases that feel like home to them. As this work made itself known to me, I didn't take it lightly. In order to hold these learnings and create safety for both of us (the client and myself), I developed a context of understanding through twelve core stories.

Over the course of the last ten years and hundreds of conversations later, these are the twelve stories that guide my work.

A photograph of a person from the back, wearing a dark brown jacket with the word "Desigual" written in gold cursive on the upper back. The person is holding a smooth, light-colored stone in their hands. The background is white.

TWELVE CORE STORIES

The Matter Story

I do matter / I don't matter

The Enough Story

I am enough / I am never enough

The Thing Story

I am everything / I am nothing

The Love Story

I Love / I am unloveable

To Be or Not To Be

I am wanted / I am not wanted

The Power Story

I am electric / I am powerless

The Worthy Story

I am worthy / I am unworthy

The With Story

We / I

The Belonging Story

I belong / I am an outcast

The Control Story

I have control / chaos

The Life Story

Lifeforce / Lifeless

The Hope Story

I hope / No hope

My sense making of these twelve stories that emerged through hundreds of calls is that each of us holds all twelve stories within us, but one leads with two on either side.

The core love or innate medicine we are designed to give, is one side of our story, and the other side is our 'poison' or what we've come to understand as 'Shadow Work' through Joseph Campbell.

These stories are both our star's nuclear fuel (medicine) and the earthly gravity (human form and experience) causing us to live into the tension of our lifetime and expand into the supernova of our being's path. Some may call this the evolution of our being, or soul work.

Story is narrative on creation energy. I support my clients to live as the star they are, on the journey of the supernova they are becoming. My work lives in the tension of the extraordinary contrast of our inner life (fuel/gravity) and outer expression.

Communication is the medium I have been entrusted with to support the journey.



[Watch intro to story stones here \(6 min\)](#)

POETRY
WRITING
SINGING

PERFORMANCE
STORYTELLING
HOSTING

P E R S O N A L
E X P R E S S I O N

G R O U N D E D I N
S T O R Y T E L L I N G
W I T H A P U R P O S E O F
R E S T O R I N G S A C R E D
C O N N E C T I O N



POETRY
WRITING
SINGING

PERFORMANCE
STORYTELLING
HOSTING

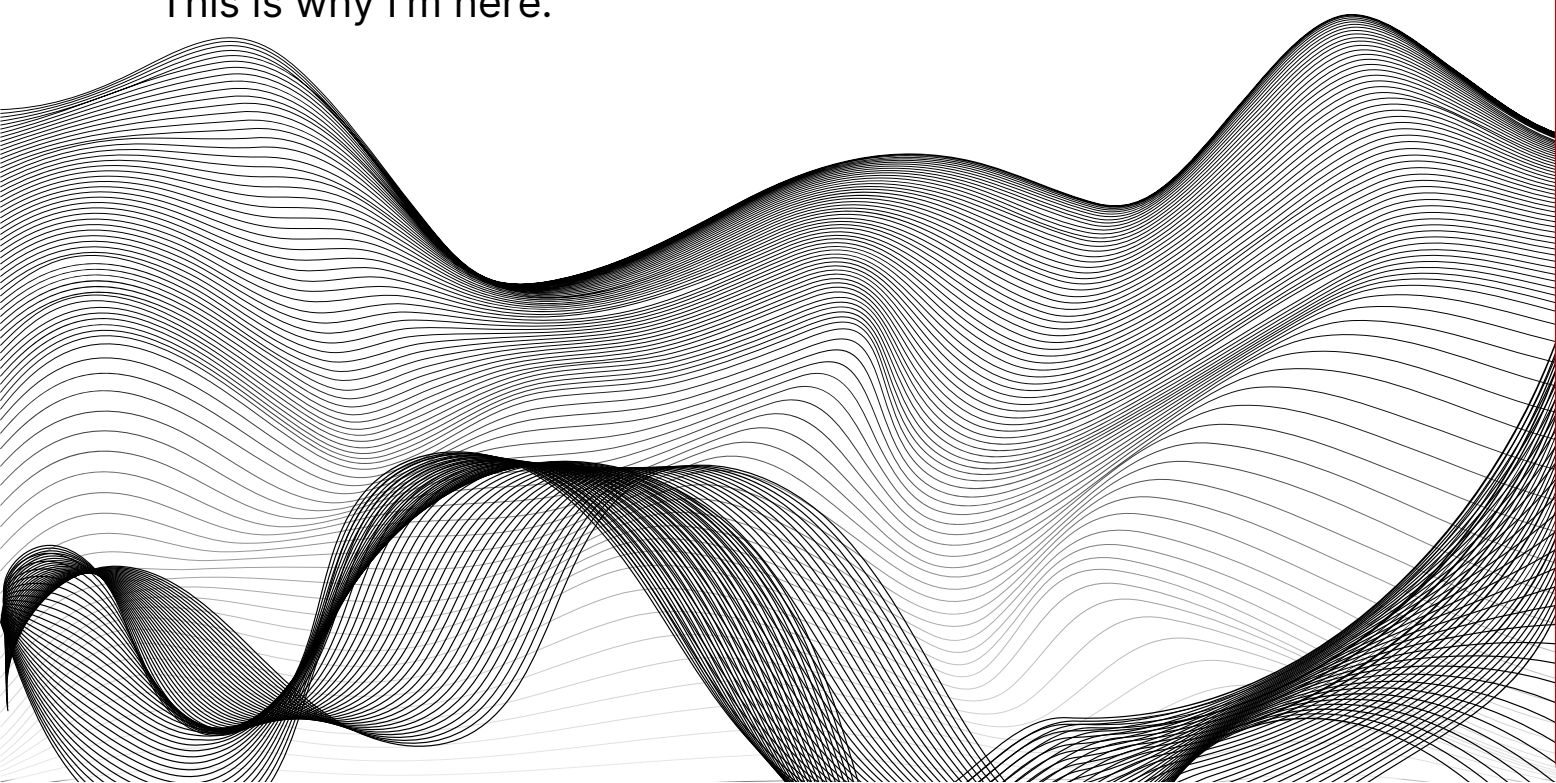
It's taken me a long time to understand that my 'call' to the stage as a performer is actually as a storyteller.

It's taken me even longer to recognize that my work as a communications and story coach is actually as a sacred listener.

And now, as I begin to allow all of the various modalities of my expression to come together into one understanding of care, I see that everything I do centres around the state of emergence which is the 'form' of connection.

As an artist, my personal expression and body of work is in the realm of 'harmscapes'. The arts are a way to safely access a visceral connection of knowing that resides deep within each of us. Our ancestral stories, our bloodline connection to land, and our relationship to time and place is crying out for us to remember who we are. Core Story is a way to get there through the accessibility of narrative. The work I create is emergent in nature, connective in form (with an audience), and is therapeutic in impact.

This is why I'm here.

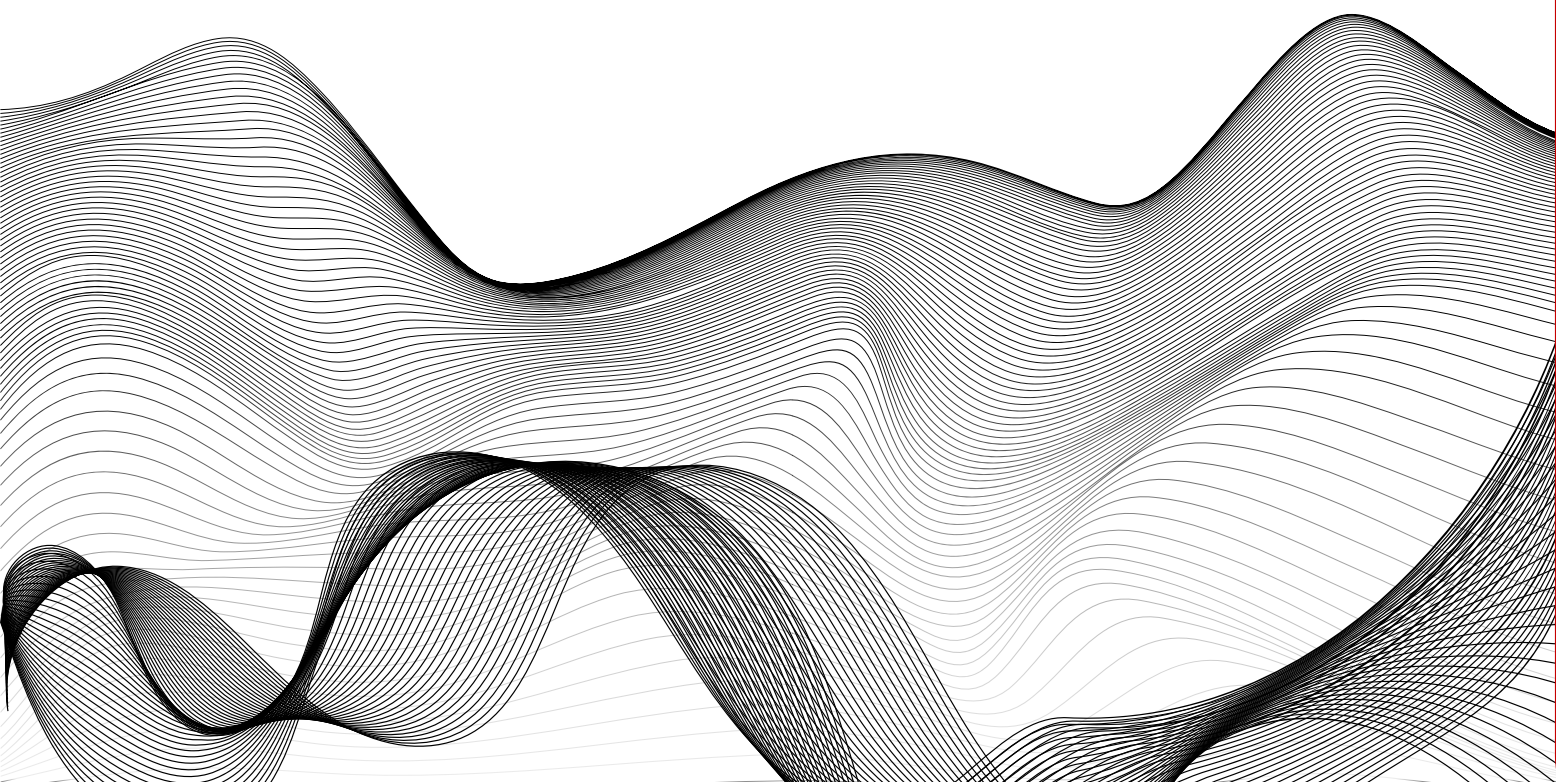


POETRY
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P O R T F O L I O

TINA O VERBURY - 2023





Tina Overbury

Writing - on Medium

Performance - on Vimeo

Storytelling - on Youtube

Poetry - on Soundcloud

Editing - on Youtube

Hosting - on Youtube

WRITING

on Medium

- Undomesticated
- Don't Move the Body
- Dear A - Freeze



a storytelling for reconciliation experience about the women we burned, the babies we buried and the Gods we worship.

PERFORMANCE

on Vimeo

OMYGOD

- The Invitation (3 min)
- OMYGOD (93 min)
- Interview (7 min)



Storytelling

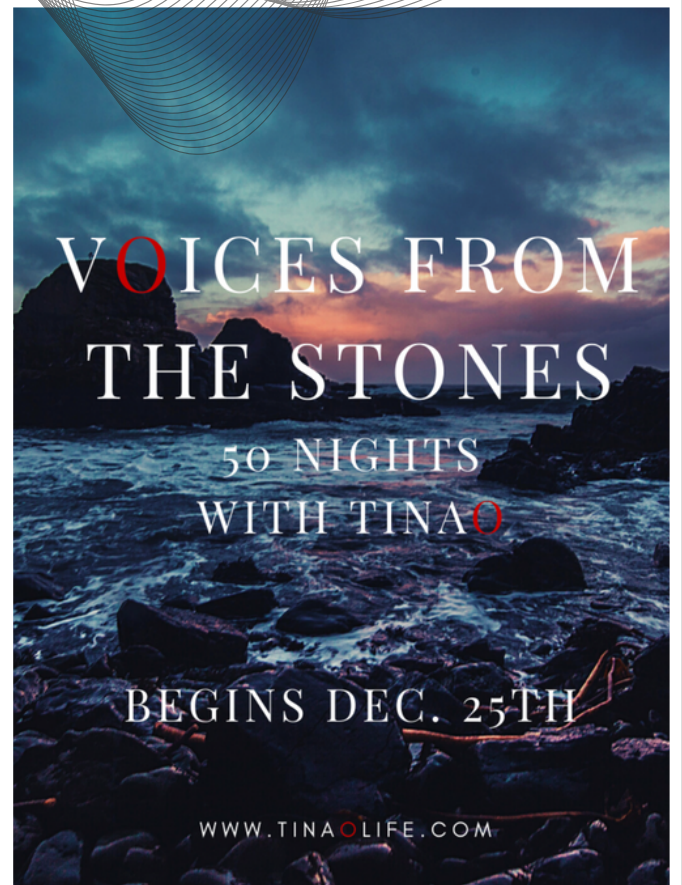
Writing & Recording - Youtube
Creative Directing - Youtube
Editing - Youtube

WRITING & RECORDING

- 50 Nights – Voices from the Stones
- 25 Nights
- Poetry



For my 50th Birthday I recorded 50 nights of storytelling pieces featuring sermons, poetry, essays and insights into our human condition



CREATIVE DIRECTING / EDITING

- Sizzle – Harleys & Hairspray
- Sizzle – LeadHERpath
- One Family



Hosting

Music - Singing (Live Recording) & on youtube

Podcast - on Spotify

Webseries - on Youtube

SINGING

- It's Just You and Me Here (currently editing)
- I Think You'd Better Sit Down (Night Dad)
- I Think You'd Better Sit Down (F*ck I'm Late)



During the pandemic, I recorded 3 episodes of Death by Small Talk – everything we needed to know to thrive in a global shut down, we learned from the theatre.

PODCASTS & WEBSERIES

- Harleys & Hairspray (Kelly Miller episode)
- Death By Small Talk
- Gather - Age of the Artist

WORKSHOPS



LIVE YOUR BEST STORY

A weekend of deep listening incorporating: speaking from the stage, writing, art creation, nature, labyrinth walk, music & food. 3 nights (since 2014)



Writing Retreats are currently hosted at Enso Retreat Centre on Saltspring Island and incorporate yoga, nature, massage and healthy food. Our writing community is now 3 years old



WRITING RETREATS

4 days, 3 nights of writer care centred around an emergent writing practice, within structured learning and writing skills development.

TINA OVERBURY - 2023

STORY FROM THE CORE

We come into the world as a story stone with our divine narrative tucked inside.

We have all been entrusted with something beautiful to be, and to share.

What is your story?

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