DEEP RESILIENCE
From Me to We

...a reconceiving of who we are can reverse the crisis of our age...

Charles Eisenstein
**POLL 1**

Press 1 on your phone keypad if you have been very active doing inner work— if it is your primary focus, your number 1 passion.

Press 2 if you have been moderately active - doing both inner work and outer work fairly equally.

Press 3 if you are primarily focused on shifting the outer world yet occasionally engage in inner work.

Press 4 if you are new to inner work and are now wanting to learn about this.

**POLL 2**

Press 1 on your phone keypad if you see yourself as EXTREMELY resilient.

Press 2 if you see yourself as MODERATELY resilient.

Press 3 if you see yourself as MINIMALLY resilient.

Press 4 if you see yourself as NON-resilient.
INNER WORK

Who are we to “be” that’s essential to life-affirming communities?
What does the inner transition look like that supports, reflects, or initiates outer change?
What forms of internal development do we mobilize now as we create the society we yearn to live in?

DEEPENING:
What are these uncertain times asking of me now?
What internal obstacle do I want to transform so that I can respond fully (and with ease) to that request?
The reason why the world lacks unity and lies broken and in heaps is because man is disunited with himself.

R.W. Emerson 1803-1882

Civilized man...is in danger of losing all contact with the world of instinct...this loss of instinct is largely responsible for the pathological conditions of contemporary culture.

C.G. Jung 1875-1961
Any recovery of the natural world in its full splendor will require not only a new economic system, but a conversion experience deep in the psychic structure of the human.

Thomas Berry, 1914-2009

...ignore the greater ecological realities that surround the psyche—as if the soul can be saved while the biosphere crumbles.

Theodore Roszak 1933-2011
...our own health and healing is an essential part of the healing for our species...
Sophy Banks
Transition Town Totnes

Paul Ehrlich thinks that we are sawing off the branch that we're sitting on ... Sounds to me like some kind of psychological problem.
John Seed
Rainforest Inf Centre

It is crucial...to understand the connection between the epidemics of mental distress and the...destruction of our own habitats.
Linda Buzzell
Co-editor- Ecotherapy

How might we understand and confront the shadow sides of human nature that have led us to this point of global crisis?
Mary-Jayne Rust
Jungian Analyst

We get to rise to the occasion ... to confront the challenges of our time with our fullest humanity as our greatest resource.
Marilyn Levin - Experiential Activities for a Better World
If we cultivate the imaginative consciousness ... of the *anima mundi*, would we be able to continue shutting down Earth’s life support systems?

*Geneen Marie Haugen*  
*Wilderness Guide*

Right action requires us to *live into* the body of the earth...that wider body.

*Stephan Harding*  
*Zoologist*

You carry Mother Earth within you... In that insight of *inter-being*, it is possible to have real communication with the Earth...

*Thich Nhat Hanh*  
*Mindfulness Teacher*
Widens the definition of permaculture from being mainly about land-based systems.

Provides a framework to help each of us improve our ability to care for ourselves, our friends, families...

How we reconnect ourselves — to each other, to our inner selves, to our highest aspirations...
A comprehensive framework to understand reality.

Every phenomena has four dimensions: inside and outside; singular and plural.

Breakthrough in a fragmentation-orientated culture.

Four dimensions are ever-present.

Good indexing tool or guiding system.
ECOPSYCHOLOGY
Restoring the Earth;
Healing the Mind
by T. Roszak, M. Gomes, A. Kanner (Editors)

THEMES:
~ Psyche and nature are embedded in each other.
~ The ecological and the psychological crisis are aspects of ONE multifaceted challenge.
~ The renewal of earth and of self are inseparable.
~ Earth is alive and has psychic depth.
~ Reconnecting with wilderness returns us to ourselves.
~ Our grief for the planet reflects our nestedness in the world.
...a triple integration that can steer us to places we might not otherwise go.

Andy Fisher
The Eco-Soulcentric Developmental Wheel is a model of what the stages of human life look like when we mature in full resonance with both nature (“eco”) and soul ... the foundation for cultural transformation...

Bill Plotkin
Animas Valley Institute
Nature and the Human Soul
WORK THAT RECONNECTS
Take Part in the Healing of Our World!

Joanna Macy
TRANSITION US NATIONAL GATHERING

Zone 0: Growing Resilient People:

Ongoing Self-Care Grows Roots for Ongoing Transitioning

Inner Resiliency for Health, Happiness and Inspired Action

Deep Growth with an Eye on Zone 0

Varied Paths to Support Movement Through Climate Grief

Understanding Human Needs - A Key To Successful Transition

Sacred Activism and Self-Care as Catalysts for Positive Change

Exploring Our Natural Voices and Nature Songs

Lighting the Fire and Not Getting Burned

Qigong: Changing How You Work With Energy
DEEP RESILIENCE

A constellation of inner qualities that work together synergistically enabling us as change-makers to both weather the storms of our advocacy; of our times and grow more whole and whole-centered.

In a “deep resilient” state we’re able to bring forth our contributions to life-affirming communities in ways that are increasingly pioneering galvanizing ease-filled meaningful graceful AND FUN.

It’s an optimized way of relating to our challenges as activists that rises from a deeply-rooted vitality.
FOUR GUIDING QUESTIONS

What are the unique stressors and personal challenges we face as change-makers?

What is the cost of non-resilience to us as individuals and to the movement?

What are the inner qualities that comprise a flourishing state of resilience?

What are ways to cultivate these qualities in order to skillfully catalyze positive personal and social transformation?
WHAT ARE THE UNIQUE STRESSORS AND CHALLENGES THAT WE FACE AS CHANGE-MAKERS?

INTERNAL:

Thinking traps
Persistent uncomfortable emotions
Tension between reality and our ideals
Our embeddedness in unsustainable systems
Unawareness of our unique gifts and temperament
An adversarial stance
Loss of communion with nature

EXTERNAL:

The immensity of it all
Information overload
Severe language in the news
Actions that don’t match our temperaments
Lack of community support and connection
Pervasive conflict in our teams
Slow changes and lack of funding

DEEPENING:
exploitation, discrimination, colonization,
oppression, structural inequity
My desire to be well-informed is currently at odds with my desire to remain sane.
WHAT IS THE COST OF NON-RESILIENCE TO US AS INDIVIDUALS AND TO THE MOVEMENT?

IMPAIRMENT TO OUR SENSE OF PERSONAL WELLBEING

Irritability, impatience, broken-heartedness, meaninglessness, disillusionment, anxiety, isolation, irritability, anger, pessimism, numbness, fatigue, lack of motivation, physical distress

HINDERS OUR HUMAN POTENTIAL

Burnout

TO MOVEMENT

DEEPENING:
Embarrassment and Shame fostered by the inner critic
POSITIVE DISINTEGRATION

...accelerated psychic development is actually impossible without transition through processes of nervousness ... without external and internal conflicts, without maladjustment to actual conditions in order to achieve adjustment to a higher level of values (to what 'ought to be'), and without conflicts with lower level realities as a result of spontaneous or deliberate choice to strengthen the bond with reality of higher level.

Kazimierz Dabrowski
WHAT ARE THE INNER QUALITIES THAT COMPRIS
E A STATE OF RESILIENCE?

- communion with the wild
- mental and emotional equanimity
- capacity to hold the tension with grace
- acting from one’s gifts and temperament
- able to see the humanity of the wrongdoers

- a long view or evolutionary perspective
- self awareness as a guiding principle
- openness to many perspectives
- communication-conflict skills
- creativity and aliveness
- acceptance of what is
- lightness
WHAT CAN WE DO TO DEVELOP THESE INNER QUALITIES SO WE CAN BLOSSOM AS TRAILBLAZERS AND SKILLFULLY CATALYZE TRANSFORMATION?
DEEPENING:
Invisible Structures
Inner Postures
Fertile Soil of our Inner Landscape

the WAYS

practices

life choices
THE FERTILE SOIL OF OUR INNER LANDSCAPE

Agreements with ourselves
Personal guiding principles
Nourishing core beliefs
PRACTICES

LIFE CHOICES
(world views)

Grief Work
Living from Our Inner Gifts
Adopting an Evolutionary Perspective
Gracefully Navigating Liminal Time
Multidimensional Balancing
Co-Creating Community Circles
A new consciousness is arising in us and around us. We long for it and... Veronica Goodchild

...we need to help each other strengthen its reality...
INNER QUALITIES THAT NOURISH OUR RELATIONAL SKILLS

RECEPTIVITY: Empathy
Surrender ~ Curiosity ~ Playfulness
Equanimity ~ Resolve

HOW DO WE HELP EACH OTHER STRENGTHEN ITS REALITY?

COMMUNITY CIRCLES

Examples of shared understandings and agreements.

We are committed to exploring and cultivating the inner qualities that are aligned with a life-enhancing world.

We believe that:
~inner work is an essential aspect of the “great turning”
~the internal shift is more potent by doing transformative practices in unison
~it’s important to ask the big questions and reflect together

We intentionally design our Circle to:
~to support each other kindly and thoughtfully
~explore inner phenomena together in open and experimental ways
~engage in practices as a group
~investigate the deeper questions pertaining to what it means to be human in an ecological society
~empower ourselves as agents of change
~honor our common higher purpose
RESOURCES:

Examples of Inner Work Initiatives
Guardian Wisdom Circle - MN          Era of Care - CA          Mindfulness For Changing Times - MN

Inspiring News

Ecopsychology

Practices
H.E.A.L. - www.rickhanson.net          Practice of No Problem - www.jeffcarreira.com

Research
The Garrison Institute - www.garrisoninstitute.org

Nature
Association of Nature and Forest Therapy     www.natureandforesttherapy.org
Your Brain on Nature - www.yourbrainonnature.com
YOUR
REFLECTIONS
EXPERIENCES
PERSPECTIVES