Introduction to Regenerative Cultures

This Regenerative Cultures shelf has been developed by the Regenerative Cultures circle. If you would like to get in touch, please contact us at xr.regenerativeculture@gmail.com.

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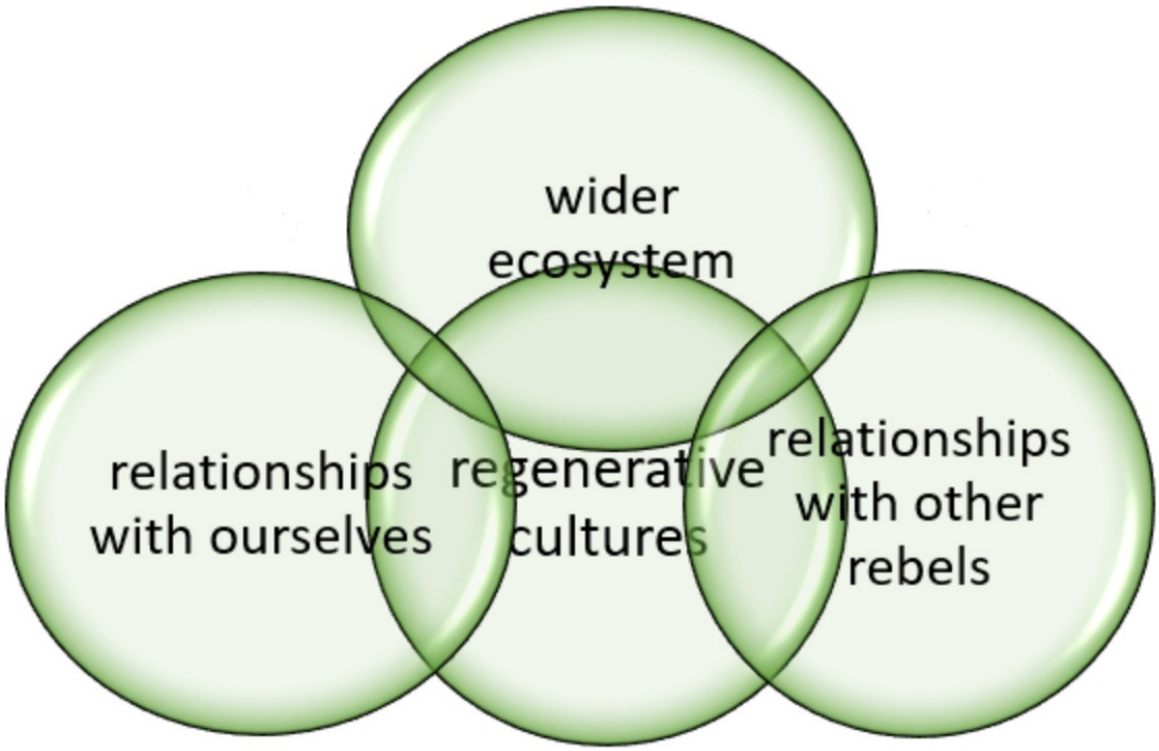
The Regenerative Cultures of Extinction Rebellion

From the time of establishment Extinction Rebellion (XR) sought not just to be a movement that acted against Climate Change and loss of nature, but to do this in a particular way based on certain values and understandings. There was a recognition that the climate and ecological crisis was not just a simple mistake of a well-meaning human society but rather the inevitable result of a society that had forgotten that its whole well-being depended on a complex web of relationships within the living system of the Earth.

XR adopted a guiding vision of incorporating and moving towards 'cultures' or ways of being and acting that could be understood as regenerative. A human regenerative culture is healthy, resilient and adaptable; it cares for the planet and it cares for life in the awareness that this is the most effective way to create a thriving future for all humanity; it recognises that humans are part of the intricate web of nature and emphasises a focus on relationship — the connective tissue of the wider ecosystem.

The XRUK Regenerative Cultures circle has used the phrase ‘from ego-system to ecosystem’ i.e. moving away from prioritising the need of individuals to ‘be right’ or important and moving towards valuing all contributors to the system (person, group, movement) and to the system as a whole.

Where we divide up these pages in the toolkit into different sections - self-care, relationships with other humans, care of the wider ecosystem etc - in order to make them easier to chew over and make sense of, we want to make clear these are not fixed divisions. When focusing on one aspect, all the others are still there in the background. For example, if our self-care is out of balance, it might impact not just ourselves but other human and non-human relationships, how we exchange air with our environment, how we walk on the earth. It will also be clear that whilst the Rebel Toolkit largely addresses how we work within the XR Movement, Regenerative Cultures is both inward looking (within the movement) and outward facing, (aware of interconnections outside XR).



Recognising that cultures that are regenerative (healthy, resilient and adaptive), as local ecosystems, they are reflective of the place and the context and may well change over time. For example, we might agree that a culture of listening is an important value in a regenerative relationship, but it could be integrated in different ways — we might invite a pause for reflection in a meeting or ask that no-one is interrupted verbally or with hand signals whilst speaking; we might agree to use a talking stick or take turns in a conversation or to hold a more formal listening space. A regenerative culture takes account of needs, abilities and privilege to support equity.

Also as in ecological systems, a regenerative culture evolves, it may need to change over time in order to be flexible and adapt to changing circumstances.

Here you can see "Why Regenerative Cultures? Decolonialising, diversity & the reGeneration rising" - Daniel Wahl.

https://www.youtube.com/embed/6SYNoTP6ijs?si=9ojRiAuJg3wkeLrf

Cultures and Values

In order to help us understand what a **regenerative** culture might look like, these pages discuss how cultures are expressed in our lives and the world around us.

We are all steeped in cultures of different kinds, often many we are not even aware of. We may not notice choosing how or even why we do things a certain way, it's simply the way we do things. We could have a family culture e.g. how we do breakfast or how we deal with tricky emotions. We could be part of a culture that relates to our heritage, our religion, an interest group, community or the country where we live.

Haweatea Holly Bryson an Australian Maori writer says:

> Culture is a normative part of the self that is not explicitly taught but is assimilated through participation in it... It refers to how we cultivate a place or a person through a specific paradigm of what is most highly valued.
>
> — Haweatea Holly Bryson

When looking at the cultures of which we are part, we can see that certain values lie within our culture. Some things are prized and others neglected or ignored, e.g. does a family cook and eat together, is silence or conversation valued during meal times, where does the food come from, etc.

When we begin to examine the wider dominant cultures through the lens of what is nurtured or supported and what is ignored or airbrushed out, we can more clearly see the values underlying those cultures. If we take a historical view, we see the shift to valuing the human species as primary, holding a privileged position amongst the rest of nature, and treating the rest of nature as a resource. In contrast, in many indigenous cultures where other parts of nature are viewed and treated as kin, the relationships between beings are counted as central. We see the devastating impacts of colonialism where only certain humans, the "white" ones and their needs and beliefs are considered primary. Certain of these "white" humans are particularly valued, those with power or influence or identified as special in some way.

Regenerative cultures and our Principles & Values

XR has a set of Principles and Values (P and V's) that are pointers to the way we want to operate within the movement and to what we want to offer to the world in response to the toxic culture that

surrounds us, of which we are part. Our First P and V describes our vision for change creating a world fit for the next seven generations to live in. It ends by saying “this will be underpinned by cultures rooted in respect for nature, genuine freedoms and justice.”

As much of culture is unconscious, we need to take the time to question the particular values underlying a particular time or situation, in order to ensure they don’t remain mysteriously hidden. Most of us living in the UK have grown up in a capitalist culture where the gaining of money is strongly prized and the myth of “endless financial growth” drives Government policy. Big business utilises this unconscious cultural value of “more” to convince us that “many” or “bigger” or “better” is what we all need. There is no invitation to consider how this expansion impacts wider society or the wider ecosystem. Similarly, we have been sold the idea of being customers with a right to a certain service, not only when we shop but also in relation to our health, our education etc. Here again relationship is excluded, it discourages reciprocity or sharing resources or goodwill.

Relationships are key

You might ask - what has this to do with activism and XR? It demonstrates that if we are to create regenerative cultures that are more healthy, fair and sustainable, and redress the harm humans have caused, then we have to re-establish **relationship** as a key value. XR UK’s third Principle and Value “We need a regenerative culture” concludes “it’s about relationships. Our relationships with ourselves and personal histories, our relationships with what we struggle against, our relationships with other individuals day to day, and our relationships as a group - these are completely interdependent.” The Regenerative Culture’s circle vision statement says “moving from ego-system to ecosystem”.

Robin Wall Kimmerer, an environmental biologist who combines her scientific knowledge with her Potawatomi heritage in her teaching and writing describes the very different culture of her elders and ancestors, a “culture of gratitude”. Food, firewood, trees for building and making paper become gifts rather than resources. As participants and recipients in this kind of culture, there is a resulting sense of relationship and belonging.

> “...the land is the source of goods and services, which are distributed in a kind of gift exchange: one life is given in support of another. The focus is on supporting the good of the people, not only an individual. Receiving a gift from the land is coupled to attached responsibilities of sharing, respect, reciprocity, and gratitude.
>
> — Robin Wall Kimmerer, Braiding Sweetgrass

In the diagram below, the psychological model of Maslow’s Heirarchy is used to show the difference between a Western and First Nation perspective . The focus moves from prioritising the needs and actualisation of the individual to the needs and future of the community.

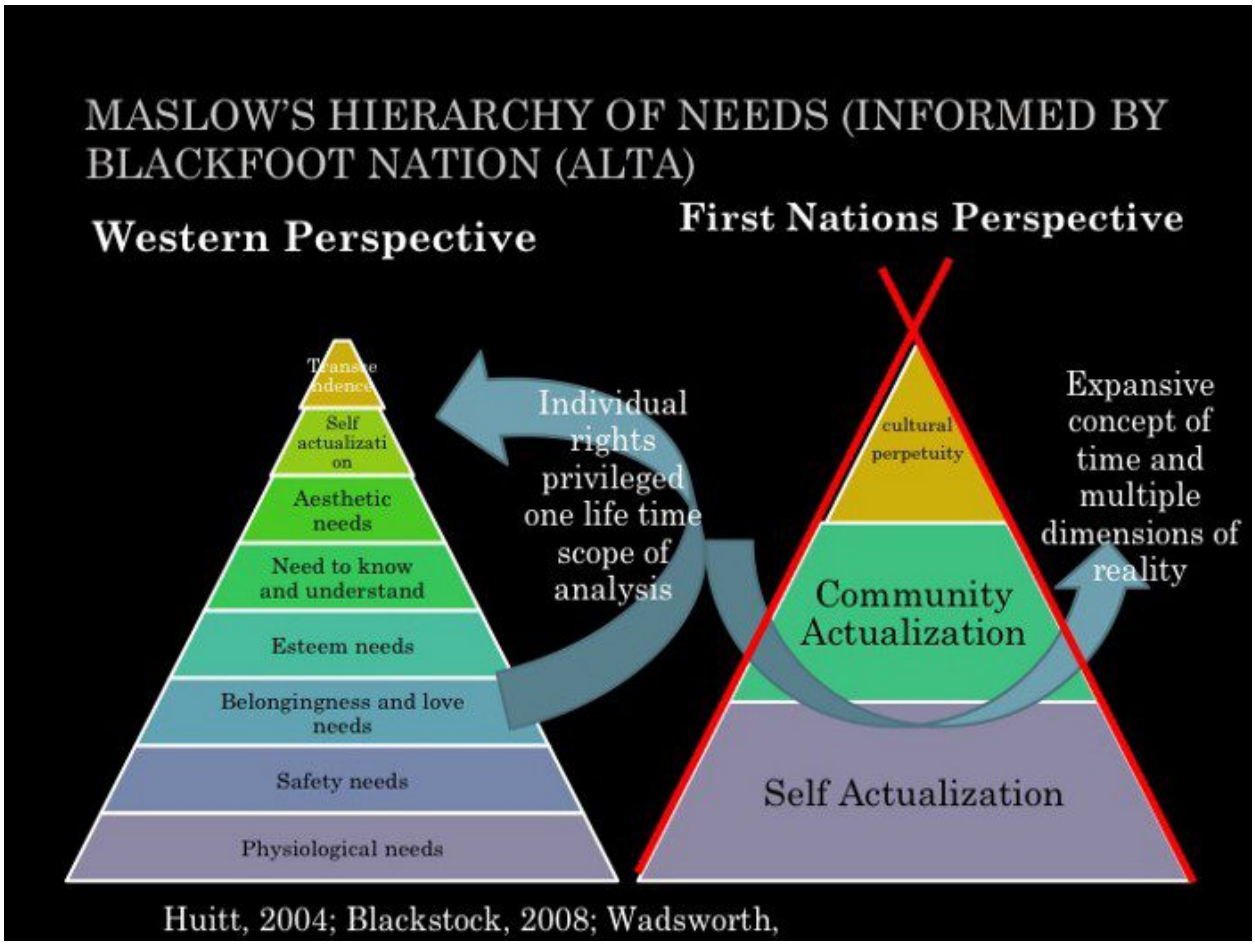


Diagram showing two pyramids. Pyramid 1: Western perspective: Individual rights privileged one life time scope of analysis; Pyramid 2: First Nations perspective with expansive concept of time and multiple diemsions of reality. (credits: Huitt, 2004; Blackstock, 2008; Wadsworth.)

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What is this Regenerative Cultures thing?

The Regenerative Cultures circle have recorded a workshop “What is this regenerative cultures thing?” where you can join participants to explore these themes.

https://www.youtube.com/embed/85Fhtj9UDKM?si=6PF1WsvB_9wTBZJc

Creating Regenerative Cultures

Principles and Conditions for creating cultures that are regenerative.

This section gives an overview of the guiding principles or conditions that support the development of regenerative cultures. Regenerative environments and systems are sometimes easily recognisable, especially when contrasted with their opposite, extractive or destructive systems.

Have a look at these contrasting pictures of different environments, is it possible to identify the values that are driving the very different approaches to the same scenario? Can we see the principles or conditions that are embedded in these regenerative solutions? Follow the links for relevant articles.

The Fast Fashion Epidemic



Repair Cafe



Planting Hedgerows



334 acre Field



Enjoying the Natural World



Water firms allowed to 'get away with polluting rivers'



The whole is more than the sum of its parts.

The mechanistic and reductionist scientific methodology of recent time, along with the specialisation of human investigation and practice has led to a fantastic increase in knowledge and technological developments and will no doubt continue to do so. However this method of “objectively” separating components of a thing makes assumptions about the working of the thing as a whole. This can be very useful, for instance when fixing a watch but is less effective when applied to complex living systems, a person, a movement, a community or an ecosystem.The problem of reductionism and specialisation is that it misses the interconnectedness and relationship between the different parts of a thing. E.g. In XR an “affinity team” containing different roles to plan and carry out an “action” tends to work more smoothly and effectively than teams coming together who are simply focussed on playing their individual roles. In larger actions integrators meet to bring the aspects of the action together successfully. It is not always possible to work in this way, but then good communication between roles and teams is crucial.

Are we able to “see” the whole picture?

This way of separating things from each other, focussing in on particular goals and fixes has also shaped the human brain. Iain Mcgilchrist (polymath – neuroscientist, psychiatrist, philosopher, literacy scholar) believes this is so. In researching the development of the human brain, he concludes that for reasons of survival the left hemisphere way of doing things, goal oriented, getting, manipulating and controlling has become dominant over the brains’ right hemisphere way of perceiving things, which is to see the whole picture. These two ways of paying attention are vital, we must be able to simplify and analyse situations but if we rely on this way of organising our experience, we miss the wider field of knowledge and context that whole brain thinking can access.

(NB. to be clear this is not the simplistic view of the left brain doing reason and language and the right doing feelings and pictures. Research shows that both hemispheres do everything. It is the way they approach experience that is different.)

When the left hemisphere of the brain focuses to make a wise decision, it uses a narrow beam of attention to one detail after another, to what is familiar, certain, disembodied, categorised and reduced to its parts. It is like a map. On the other side, the right hemisphere does not see the map but the living presence. It pays broad, open, sustained, vigilant attention, it is embodied, relational, it sees the potential and understands that everything is interconnected. Left brain thinking believes it is right and knows everything, whilst the right hemisphere in understanding more, knows it doesn't know everything.

We need an integrated approach of left and right brain processes to make wise decisions based on the whole picture.

Here is a link to a cartoon where Iain McGilchrist explains this! RSA ANIMATE: The Divided Brain

Daniel Siegel (psychiatrist, mindfulness professor and systems thinker) use the acronym FACES, to describe the characteristics of an integrated brain. Flexible, Adaptive, Coherent, Energised, Stable. This is expressed externally as harmony, kindness and compassion. What is great about this acronym is that it applies equally to larger systems.

We need whole-systems thinking

As individuals and activists we live in a network of relationships. In order to move beyond dualistic either or logic which suggests that, if two perspectives seem to contradict each other, one must be wrong for the other to be right. Whole-systems thinking allows us to co-create multifaceted and integrated responses that take account of different perspectives and are able to be flexibly responsive to change. This kind of integration is relevant both to complex individuals and systems that involve many different beings and facets of connection.

Conditions that support the creation of regenerative culture

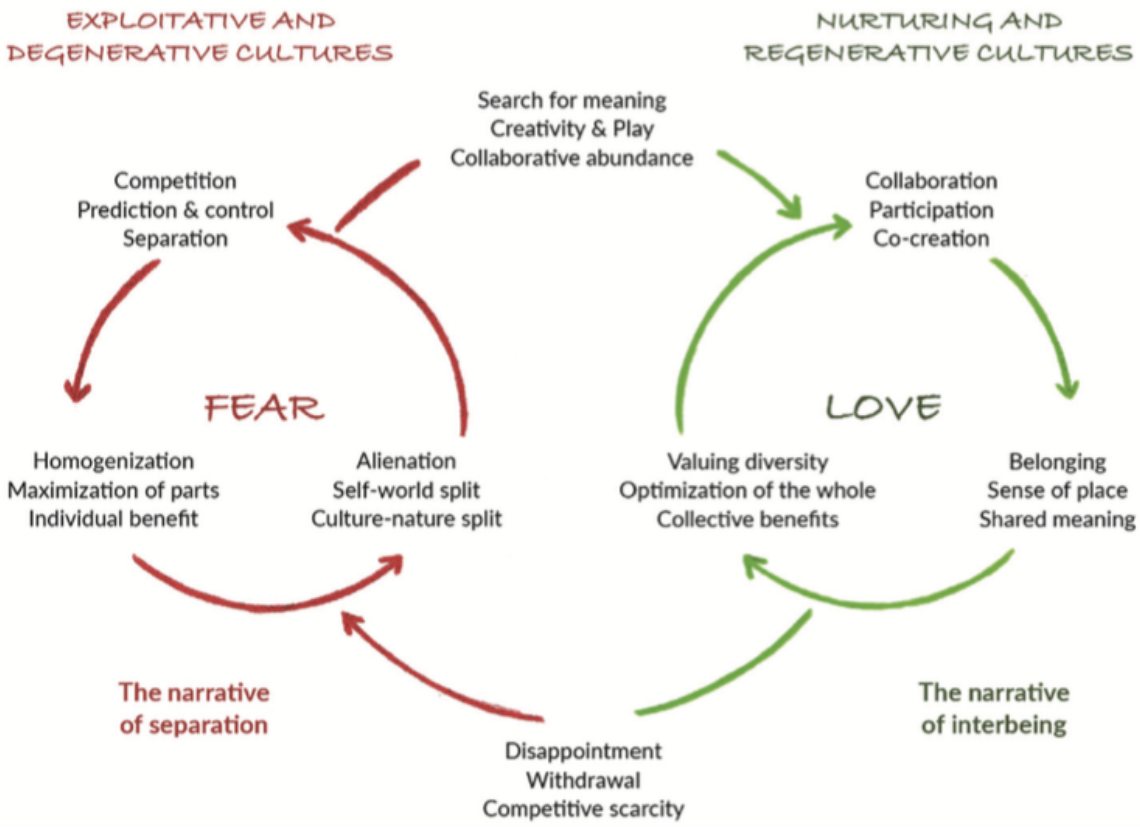
Here are some but not all of the conditions that support the development of regenerative cultures.

Curiosity, deep listening, valuing diversity, recognising interbeing-relationship, collaboration, participation, co-creation, compassion, copying from natural systems.

The Love and Fear cycles

From 'Designing Regenerative Cultures' by Daniel Wahl.

FROM A VICIOUS CIRCLE TO A VIRTUOUS CIRCLE



Regenerative Systems

Extinction Rebellion is not involved in designing systems outside the movement, but it is inspiring to introduce examples of these here. Regenerative culture sees overlap and interchange everywhere, XR regenerative cultures is largely inward facing but very aware of the cultures and systems in the wider world it connects to and sits within.

The common characteristics of these regenerative systems are the use of nature as a model for design, maximal use of solar energy, preservation of biological and cultural diversity, and full cost accounting. These principles are creating real world transformation in farming, building, transportation, manufacturing and planning. You can check out Daniel Christian Wahl's excellent book 'Designing Regenerative Cultures' for more examples of these regenerative systems.



Examples of a regenerative transition are increasing around the globe, they often seem outweighed by the destruction and harm we see around us and on our screens but they are growing in number. Transition towns, regenerative agriculture, local green energy systems, permaculture projects, regenerative forestry, green transport initiatives, community co-operatives etc. If rebels are interested in these kinds of projects, a simple entry in your favourite search engine should find local examples, they really are popping up everywhere.

Regenerative Culture Reminders - Intention Statements

This collection of intention statements, regenerative reminders, poems, prose which can be helpful for the start or end of sessions. If you have a contribution, please contact the Rebel Toolkit team via their Mattermost Reception or email LGsupport@extinctionrebellion.uk.

Choose an invitation: pause, breathe, close eyes/lower gaze and share:

The Vision Reminder

This is also known as the Solemn Intention Statement, is can be read out at the beginning or end of an XR meeting/event.

> Let us take a moment to consider why we are here.
> Let's recall our love for the whole of humanity, in all corners of the world.
> Let's remember our love for this beautiful planet that feeds, nourishes and sustains all life.
> Let's recollect our sincere desire to protect all this, for now, and for generations to come.
> As we act today/this week, may we find the courage to bring this sense of peace and appreciation to every being we encounter, to every word we speak, and to every action we make.
> In this emergency. Together. Rooted in love. We are all we need.

1) Transitioning towards regenerative cultures

We are transitioning towards regenerative cultures.
These are cultures of respect and listening, in which people deal with conflicts when they arise, using short feedback loops to talk about disagreements and issues without blaming and shaming.
They are cultures in which we cultivate healthy boundaries by slowing down our yes' and returning tasks when we are unable to follow through.
They are healthy resilient cultures built on care and support, where people arrive on time for commitments.

We are all crew.

2) Online sessions

Let us take a moment to be present with each other, despite the physical distance we have to maintain.
Let’s remember that we are transitioning to regenerative cultures. These are cultures of respect, understanding, inclusivity and listening where we arrive on time for commitments, slow down our yes, return tasks we cannot complete, where we do not blame and shame.
We deal with issues and conflicts as they arise, using short feedback loops to talk about disagreements and issues without blaming and shaming.
These are also cultures where we understand and celebrate that we are all deeply connected to the natural systems that sustain us, and that what affects us in one time and place will come to affect all of us.
We are a part of nature, a part of each other, never apart. Let us embrace this time of isolation and reflection as an opportunity to revisit our principles and values.
Let’s use the time and space as a cocoon in which we transform, ready to continue our rebellion in new beautiful and creative ways when we reemerge.
We are all crew.

3) You can’t be neutral on a moving train

You can’t be neutral on a moving train…
The world is already moving in certain directions – many of them are horrifying.
Children are going hungry, people are dying in wars.
To be neutral in such a situation is to collaborate with what is going on. We will not collaborate and choose instead to rebel.

-Howard Zinn (1997)

4) Arundhati Roy

“Our strategy should be not only to confront empire, but to lay siege to it. To deprive it of oxygen. To shame it. To mock it. With our art, our music, our literature, our stubbornness, our joy, our brilliance, our sheer relentlessness – and our ability to tell our own stories. Stories that are different from the ones we’re being brainwashed to believe.

The corporate revolution will collapse if we refuse to buy what they are selling – their ideas, their version of history, their wars, their weapons, their notion of inevitability.

Remember this: We are many, and they are few. They need us more than we need them.

Another world is not only possible, she is on her way. On a quiet day, I can hear her breathing.”

5) We come from a world which makes us weary

If you would like to close your eyes or lower your gaze….. We come from a world which makes us weary. And we have volunteered to be wearier. We know that by fighting for this planet we will be poorer, more tired, and more stressed than the versions of ourselves who did not do this. Thank you all. We have put ourselves at risk for others. But whilst we fight for a different world, let us each take a moment now to decide a way that we will enjoy a glimpse of that world. Decide now how you might take a day, or an afternoon, or even an hour. To enjoy the qualitative over the quantitative, the odd over the one-size-fits-all, the joyful over the productive, the community over the individualist. In some small way which is meaningful to you, commit to it, to keep you going, through all the amazing work that you do.

6) XR Youth grounding

We have the right to self sooth, To take care of ourselves throughout the day,

We have the right to self care, To make our lives ones in which we can find enjoyment,

We have the right to community care, To be a part of networks who look after one another,

We have the right to structural change, To live lives in which we are not exploited and are not required to exploit others

We have the right to a planet all life is able to thrive on

Let us make this meeting one which is understanding of the need for each of these things,

That they look different to each to us,

That we don’t always get it right,

And that we need each other to make it happen.

7) Think from the gut

Think from the gut

Follow from the heart

Act with the brain

Do what's right for the self

The planet will not thank you for worrying about it, unless the self is at peace.

XR is an intra capitalist organisation.

It needs warriors at peace within, not burnt out individuals. Nothing is worth that.

Especially not extinction.

It's not going away. Step back: take time to observe the self especially when quiet!

Now is all you have. Get peace now and the future will take care of itself.

And enjoy lots of clever, interesting books on how.

-Liam Geary Baulch

8) A poem by Becky Hemsley

“She sat at the back and they said she was shy.
She led from the front and they hated her pride.
They asked her advice and then questioned her guidance.
They branded her loud, then were shocked by her silence.

When she shared no ambition they said it was sad.
So she told them her dreams and they said she was mad.
They told her they'd listen, then covered their ears,
And gave her a hug while they laughed at her fears,

And she listened to all of it thinking she should,
Be the girl they told her to be best as she could,
But one day she asked what was best for herself,
Instead of trying to please everyone else.

So she walked to the forest and stood with the trees,
She heard the wind whisper and dance with the leaves.
She spoke to the willow, the elm and the pine,
And she told them what she'd been told time after time.

She told them she felt she was never enough,
She was either too little or far far too much,
Too loud or too quiet, too fierce or too weak,
Too wise or too foolish, too bold or too meek,

Then she found a small clearing surrounded by firs,
And she stopped...and she heard what the trees said to her.
And she sat there for hours not wanting to leave. For the forest said nothing, it just let her breathe.”

-Becky Hemsley

9) Quick Quotes

“Go where the energy is.” – Kate Rayworth

“Let this radicalise you, rather than lead you to despair” - Mariame Kaba

“In our struggle for freedom, truth is the only weapon we possess.” – Dalai Lama

“Enthusiasm is common. Endurance is rare”- Angela Duckworth

“Turn your face to the sun and the shadows fall behind you”. – Maori proverb

“Take into account that great love and great achievements involve great risk.” — Dalai Lama

“Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying 'I will try again tomorrow.” - Mary Anne Radmacher

‘We need, in every community, a group of angelic troublemakers’ – Bayard Rustin

“Compassion is the radicalism of our time.” — Dalai Lama

“What surprises me most is “Man”, because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he doesn’t enjoy the present; The result being he doesn’t live in the present or the future; He lives as if he’s never going to die, and then he dies having never really lived.” – Dalai Lama

“Whether one is rich or poor, educated or illiterate, religious or non-believing, man or woman, black, white, or brown, we are all the same. Physically, emotionally, and mentally, we are all equal. We all share basic needs for food, shelter, safety, and love. We all aspire to happiness and we all shun suffering. Each of us has hopes, worries, fears, and dreams. Each of us wants the best for our family and loved ones. We all experience pain when we suffer loss and joy when we achieve what we seek. On this fundamental level, religion, ethnicity, culture, and language make no difference.” – Dalai Lama

10) Rediscovering Our Belonging

Being fully present to fear, to gratitude, to all that is, we rediscover that we belong. We can develop a practice of mutual belonging and find ways to remember, celebrate, and affirm this deep knowing of our inter-existence. We belong to each other.

We belong to the living body of Earth and nothing can ever separate us. We are already home. The practice of mutual belonging is the medicine for the sickness of the self-isolated ego and will accompany us through the hard times upon us.

The field of belonging is rooted in the living body of Earth, in the flows of time and relationship that form our bodies and communities, our land and climate.

-Joanna Macy

11) We hear history calling

“We hear history calling to us from the future. We catch glimpses of a new world of love, respect and regeneration, where we have restored the intricate web of all life.

It’s a future that’s inside us all – located in the fierce love we carry for our children, in our urge to help a stranger in distress, in our wish to forgive, even when that seems too much to ask. And so we rebel for this, calling in joy, creativity and beauty.

We rise in the name of truth and withdraw our consent for ecocide, oppression and patriarchy.

We rise up for a world where power is shared for regeneration, repair and reconciliation.

We rise for love in its ultimate wisdom.

Our vision stretches beyond our own lifespan, to a horizon dedicated to future generations and the restoration of our planet’s integrity.”

12) Anti-Regen Reminder?

We refuse to wait any longer

We have been chosen by time

When we see injustice

We must speak out

There is no room for silence

When we feel defeated

We must stand tall

There is no time for despair

No place for self-pity

No time to grieve

No time to rest

When confronted

We must challenge

We must push as hard as they push

And then push harder

When we feel anger

ACT!

Act with audacity

Relentless audacity

We are a movement

An unstoppable movement

The need for protest will never end

Either we all live in a decent world or nobody does!

When the history of our time is written

We will be the heroes

13) From Joanna Macy

Out of this darkness, a new world can arise, not to be constructed by our minds so much as to emerge from our dreams. Even though we cannot see clearly how it's going to turn out, we are still called to let the future into our imagination. We will never be able to build what we have not first cherished in our hearts."

"The biggest gift you can give is to be absolutely present, and when you're worrying about whether you're hopeful or hopeless or pessimistic or optimistic, who cares? The main thing is that you're showing up, that you're here and that you're finding ever more capacity to love this world because it will not be healed without that. That is what is going to unleash our intelligence and our ingenuity and our solidarity for the healing of our world.”

14) Active Hope is not wishful thinking

“Active Hope is not wishful thinking.

Active Hope is not waiting to be rescued . . . .by some saviour.

Active Hope is waking up to the beauty of life on whose behalf we can act.

We belong to this world.

The web of life is calling us forth at this time.

We’ve come a long way and are here to play our part.

With Active Hope we realise that there are adventures in store, strengths to discover, and comrades to link arms with.

Active Hope is a readiness to discover the strengths in ourselves and in others; a readiness to discover the reasons for hope and the occasions for love.

A readiness to discover the size and strength of our hearts,our quickness of mind, our steadiness of purpose, our own authority, our love for life, the liveliness of our curiosity, the unsuspected deep well of patience and diligence, the keenness of our senses, and our capacity to lead.

None of these can be discovered in an armchair or without risk.”

15) The Three Beings

The Three Beings

"We call first on the beings of the past: Be with us now, all you who have gone before. You, our ancestors and teachers, who walked and loved and faithfully tended this Earth, be present to us now so that we may carry on the legacy you bequeathed us. Aloud and silently in our hearts, we say your names and see your faces...

"We call also on the beings of the present: All you with whom we live and work on this endangered planet, all you with whom we share this brink of time, be with us now. Fellow humans and brothers and sisters of other species, help us open to our collective will and wisdom. Aloud and silently we say your names and picture your faces...

"Lastly we call on the beings of the future: All you who will come after us on this Earth, be with us now. All you who are waiting to be born in the ages to come, it is for your sakes too that we work to heal our world. We cannot picture your faces or say your names — you have none yet — but we feel the reality of your claim on life. It helps us to be faithful in the task that must be done, so that there will be for you, as there was for our ancestors: blue sky, fruitful land, clear waters."

— World as Lover, World as Self

16) Roots

It’s a quiet job being a root. No one hugs you, climbs you or praises your intricate ways. Roots work in the dark. And it’s hard work tunnelling, travelling, finding nutrition. But when the storms come it’s our fingers which cling. When the drought comes it’s our lips that drink. Without us, the ground would crumble. Without us life would fall. Everyone needs roots.

-Steve Turner

17) Standing on a precipice

Facing the reality that we're standing on a precipice right now, as a species and as a whole planet, is sobering, to say the least. But facing what is real opens the heart to grief, which somehow opens

the heart to love even more deeply... When you reconnect with the alive world in a more compassionate way, and when you realise that the whole world is a living system that can only thrive when death makes room for new life, you may feel a calm settle inside you. You may find yourself with the energy that comes from love to embrace the whole story including the necessary emptiness and loss... When we look toward what has been lost with the climate crisis or other ecological damage that our species has inflicted, we do still need to strive toward repair, but the cure is in our own mentality. The mentality that love really is as strong as death compels us to regard those of us who remain - forests, polar bears, wilderness, people - with fierce love, looking toward how we can all live our highest quality of life together as a beloved community, no matter what We don't need to minimise or overlook the pain and tragedy we encounter as we live in this time of interwoven crises. Eventually, when we recognise that the pain is directly connected with our love, we can embrace it. We can move into actions of restoration that are firmly planted in love.

-"Church of the Wild: How Nature invites Us into the Sacred" Broadleaf Books 2021

18) The Peace of Wild Things

When despair for the world grows in me and I wake in the night at the least sound in fear of what my life and my children's lives may be, I go and lie down where the wood drake rests in his beauty on the water, and the great heron feeds. I come into the peace of wild things who do not tax their lives with forethought of grief. I come into the presence of still water. And I feel above me the day-blind stars waiting with their light. For a time I rest in the grace of the world, and am free.

-Wendell Berry

19) The emancipation of the proletariat

"The emancipation of the proletariat is not a labour of small account and of little people; only they who can keep their heart strong and their will as sharp as a sword when the general disillusionment is at its worst can be regarded as fighters for the working class or called revolutionaries."

-Antonio Gramsci, Selections from Political Writings 1910-20, p.349

20) Thankful to our Mother, the Earth

“We are thankful to our Mother, the Earth, for she gives us everything that we need for life. She supports our feet as we walk upon her. It gives us joy that she still continues to care for us, just as she has from the beginning of time. To our Mother, we send thanksgiving, love and respect."

20a) Now our minds are one

Intention Setting Statement.

At a foundational level, regeneration requires us to RESIST. We are in resistance.
We ARE the resistance.
Resistance against a failing government.

Resistance against corporate greed.
Resistance against a system that is killing us.

In resistance we need to reframe how to fully show up in our humanity, at this, the most critical point in human history.
We refuse to wait any longer.
We have been chosen by time.
And we must do what is necessary.

The task at hand, our great calling is to ACT.

When we feel anger,
ACT.
When we feel love,
ACT.
When we are alone,
ACT.

We cannot treat social injustices and ecological crises as separate. When we see injustice,
We must speak out,
There is no room for silence.

The need for protest will never end.
Either we all live in a decent world or nobody does!

When we feel defeated We must stand tall When confronted We must challenge We must push as hard as they push And then push harder

There is no time to waste on projects that make us feel good but lack deeper impact.
There is no time for despair or distraction.
There is no time for infighting or division.
There is no time for navel gazing, self pity and ego.

There is no time…
There is. NO. TIME.
All we have is now!

21) The Seasons

May you all enjoy the beautiful colours of spring, the fragrant Summer breeze and glowing sun, the gold and crimson leaves of autumn, and the cool, beautiful light of winter. May you remember also that every being with whom we share this beautiful planet is also a precious gem. May you enjoy everyone around you and not wait until it is too late, until everything is nothing more than a dream.

-Sister Chân Không (Cao Ngọc Phượng)

22) XR Intention

“If you would like to close your eyes or lower your gaze.
Let us take a moment to consider why we are here. We are all here out of a sincere love for the Earth, who is still sustaining us and nourishing us after all the hurt that has been inflicted on her. Even as she burns, she is still feeding us. Sometimes this feels like too much to bear. We are all here because something deep inside each of us compels us to action. Call it conscience or courage, maybe even fear, or just love. We are all propelled by the same wish to protect our Mother and all our fellow beings who she gives life. Today, let's take a little extra time to show love and compassion to ourselves and to each other as we walk this difficult path together. Choose the generous word over the snarky one, choose the act of self care over the act of self criticism. Remember that, different as we all are, we are all joined in the most important work that has ever been. Let’s take a moment to cherish each other. We are XR, and you are us."

23) Blaming Never Helps

When you plant a lettuce, if it doesn’t grow well, you don’t blame the lettuce. You look into the reasons it is not doing well. It may need more nutrients, more water or less sun. You never blame the lettuce. Yet if we have problems with our friends or our family, we blame the other person. But if we know how to take care of them, they will grow well, like the lettuce.
Blaming has no positive effect at all, nor does trying to persuade using reason and arguments. That is my experience. No blame, no reasoning, no arguments, just understanding. If you understand, and you show that you understand, you can love, and the situation will change.
One day in Paris, I had a lecture about not blaming the lettuce. After the talk, I was doing walking meditation by myself and when I turned the corner of the building, I overheard an eight year old girl telling her mother, “Mommy remember to water me. I am your lettuce.” I was so pleased that she had understood my point completely. Then I heard her mother reply, “Yes my daughter, and I am your lettuce also. So please don’t forget to water me too.” Mother and daughter practising together, it was very beautiful.

-Thich Nhat Hanh

24) The Fragrance of the I am She

The Fragrance of the I am She

When the Fragrance of the I am She is upon the Wind The Bee of the Heart Finds the Flower of it’s choice And nestles there, caring for no other thing

-Kabir, 17th Century Sufi

25) Starhawk from The Earth Path

“We give thanks for all those who are moved, in their lives, to heal and protect the earth, in small ways and large. Blessings on the composters, the gardeners, the breeders of worms and mushrooms, the soil builders, those who cleanse the waters and purify the air, all those who clean

up the messes others have made. “Blessings on those who defend trees and who plant trees, who guard the forests and who renew the forests. Blessings on those who heal the grasslands and renew the streams, on those who prevent erosion, who restore the salmon and the fisheries, who guard the healing herbs and who know the lore of the wild plants. “Blessings on those who heal the cities and bring them alive again with excitement and creativity and love. Gratitude and blessings to all who stand against greed, who risk themselves, to those who have bled and been wounded, and to those who have given their lives in service of the earth. “May all the healers of the earth find their own healing. May they be fueled by passionate love for the earth. May they know their fear but not be stopped by fear. May they feel their anger and yet not be ruled by rage. May they honor their grief but not be paralyzed by sorrow. May they transform fear, rage, and grief into compassion and the inspiration to act in service of what they love. “May they find the help, the resources, the courage, the luck, the strength, the love, the health, the joy that they need to do the work. May they all be on the right place, at the right time, in the right way. “May they bring alive a great awakening, open a listening ear to hear the earth’s voice, transform imbalance to balance, hate and greed to love. Blessed be the healers of the earth.”

-Starhawk from The Earth Path

26) Just show up, as you are

"Just show up, as you are. You don't have to look or feel great. You don't have to be prepared for each challenge or know all the hows of every situation. You don't have to be fearless, or have all the answers, or be 100% ready. Nobody is any of those things. Nobody ever was. It's not about being perfect, at all. You just have to show up, as you are, despite all the objections and insecurities in your mind, despite each and every fear that threatens to hold you back, despite the limitations and criticisms others will place in you. To hell with it all. This is your life, your journey, your adventure, and all it's asking is to show up for it, as you are. That's enough, That's more than enough. That's everything."

-Unknown of Facebook

27) All we can do in a crisis is try

The human spirit is an unwavering force that shines brightest in the face of adversity.
When crisis strikes, it is our innate resilience that propels us forward.
Despite the overwhelming challenges that may surround us, we find the strength within ourselves to persevere and adapt.
It's in these moments that we discover the extent of our capabilities, fueled by an unyielding determination to overcome.
Though the road ahead may seem uncertain, the human spirit reminds us that all we can do is try.
In the midst of chaos, we rise above, forging connections, offering support, and demonstrating the remarkable power of our collective will to endure and emerge stronger on the other side.

-Ned Evans

28) Hold onto Hope

Amidst the challenges of the climate and ecological crisis, let's hold onto hope. Humanity has a remarkable history of overcoming adversity and finding solutions. By working together, embracing innovation, and fostering a deep connection with nature, we can forge a path toward a more harmonious and sustainable world. Every step we take today, no matter how small, brings us closer to a future where nature thrives and generations to come will be grateful for our unwavering determination.

-Ned Evans

29) Gratitude

Looking into mental health and wellness this week, I found out more about Gratitude as a practice. I found out that by expressing Gratitude, it allows us to recognise something which we shouldn't take for granted. (It helps us build resilience and not feel bad when something is taken from us, as it wasn't ours by right.) I also found out that Gratitude is best done in detail, really saying what I'm grateful for, so not just "the flowers, my latest book, the sunset ...".

So here is what I'm grateful for today: I'm grateful for the space we make when we come together in XR communities. I'm grateful for the way we build and make bridges in our work, carrying out a purpose, and strengthening our bonds. I'm grateful that working together helps me overcome "I might do this wrong, I'm afraid to start". I'm grateful for the love and respect I am encouraged to show, and that I receive.

-Mariah Huff

30) Fear Nothing

You're a ghost driving a meat-coated skeleton made from stardust, riding a rock, hurtling through space.

Fear Nothing

-Boaty Jim

31) Pessimistic or Optimistic

When asked if I am pessimistic or optimistic about the future, my answer is always the same: If you look at the science about what is happening on earth and aren’t pessimistic, you don’t understand data. But if you meet the people who are working to restore this earth and the lives of the poor, and you aren’t optimistic, you haven’t got a pulse. What I see everywhere in the world are ordinary people willing to confront despair, power, and incalculable odds in order to restore some semblance of grace, justice, and beauty to this world.

-Paul Hawken

32) **A love like that…lights the whole sky** (poem by Hafiz)

Even after all this time
The sun never says to the earth,
“You owe Me.”
Look what happens with
A love like that,
It lights the Whole Sky.

33) Why Rebel?

The human conscience needs to be corroborate with the natural world and aligned to it’s ethic, furthering a politics of kindness. But a political stance that is the opposite to kindness is on the rise: libertarian fascism with it’s triumphal brutalism; it’s racism and misogyny; the politics that loathes the living world.
Here then, the causes for rebellion: survival and awe; beauty and necessity; grace and grief. There is an uprising of life in rebellion for life, those who are grief struck and furious for the tawny ones, the creatures of feather and fur, demanding that media and governments tell the truth about the emergency we are in, fighting for life in this shared wild home. Only when it is dark enough can you see the stars, and they are lining up now to write rebellion across the skies. Why rebel? Because nature is not a hobby, it is the life on which we depend.

-From the book 'Why Rebel' by Jay Griffiths (that got Pickle into XR)

34) "Hope" is the thing with feathers

“Hope” is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -

And sweetest -
in the Gale - is heard -
And sore must be the storm -
That could abash the little Bird
That kept so many warm -

I’ve heard it in the chillest land -
And on the strangest Sea -
Yet - never - in Extremity, It asked a crumb - of me.

-Emily Dickinson

35) Justice as a verb

Justice is:
. . . the actions we take
. . . the choices we make

. . . the standards we hold ourselves to
. . . the way we treat people
. . . the things we care about
. . . the difference we make for people.
. . . the opportunities we accept (and turn down)
. . . doing the right thing, right now.
By reclaiming justice as something that we do, instead of something done to us, it becomes a stronghold in the storm, a guiding light out of the dark. By committing to doing the right thing, here and now, we create for ourselves an internal compass that guides and directs us home.

-Ryan Holiday

36) Never doubt...

"Never doubt that a small group of thoughtful, committed citizens can change the world; it's the only thing that ever has."
Margaret Mead, anthropologist, 1901-78

37) Regroup

You lend your strength to justice.
You hold in tears.
You carry anxiety like an ember on your palm.
The hungry seas of human affairs churn beneath your boat.
Come ashore for a day.
Touch something green.
Let the whispering life in you speak to nature and find its voice renewed.

-Jarod K Anderson

38) Rebellion

I incite this meeting to rebellion

-Emmeline Pankhurst, 1912

39) BEANNACHT / BLESSING

On the day when the weight deadens on your shoulders and you stumble, may the clay dance to balance you. And when your eyes freeze behind the grey window and the ghost of loss gets into you, may a flock of colours, indigo, red, green and azure blue, come to awaken in you a meadow of delight. When the canvas frays in the currach of thought and a stain of ocean blackens beneath you, may there come across the waters a path of yellow moonlight to bring you safely home. May the nourishment of the earth be yours, may the clarity of light be yours, may the fluency of the ocean be yours, may the protection of the ancestors be yours. And so may a slow wind work these

words of love around you, an invisible cloak to mind your life

-John O’Donohue

40) Anger

Keep my anger from becoming meanness.
Keep my sorrow from collapsing into self-pity.
Keep my heart soft enough to keep breaking.
Keep my anger turned towards justice, not cruelty.
Remind me that all of this, every bit of it, is for love.
Keep me fiercely kind.

-Laura Jean Truman

41) Hopeful in bad times

To be hopeful in bad times is not just foolishly romantic.
It is based on the fact that human history is a history not only of cruelty but also of compassion, sacrifice, courage, and kindness.
What we choose to emphasise in this complex history will determine our lives.
If we see only the worst, it destroys our capacity to do something.
If we remember those times and places – and there are so many – where people have behaved magnificently. This gives us the energy to act, and at least the possibility of sending this spinning top of a world in a different direction.

And if we do act, in however a small way, we don’t have to wait for some grand utopian future.
The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvellous victory.

-Howard Zinn

42) It is an important and popular fact...

“It is an important and popular fact that things are not always what they seem. For instance, on the planet Earth, man had always assumed that he was more intelligent than dolphins because he had achieved so much, the wheel, New York, wars and so on - whilst all the dolphins had ever done was muck about in the water having a good time. But conversely, the dolphins had always believed that they were far more intelligent than man for precisely the same reasons.”

-Douglas Adams

43) Tomorrow

So, the bad news is, we have to keep going tomorrow. The good news is, we'll keep going with you.

-Bored Panda

44) Sit for Climate

We sit in gratitude

For sudden rain on slate grey roofs
Beating a heavy refrain Clouds swollen like a purple bruise
Probing fingers bringing life

For ice-sheets, and oceans Maritime winds that sweep across continents
Bringing dew to the parched mountain
For the cloud in my teacup

For vast coral reefs
And swirling blooms of plankton Blue whales, barnacles And the ancient song of the orca

For rainforests and a million unnamed species
For the soil on my boots teeming with unseen life We sit in gratitude. For the whole damn lot

We sit to say, no more

To endless extraction To Seared landscapes and foul run-off
To the cost born by the young in far off places And at home

To the bloated consumption of the few That leaves a child too drawn and weak To flick away flies From crusted cheeks

To the solitary farmer
Standing sentinel over threatened fields
Playing Canute
To the tendrils of an angry emboldened sea

To denial, delay and debate That challenges the inferno we all see
And feel and know in our bones The gathering storm

To the coloniser Whose boots still leave prints and shape the world With debt and dollars and cash crops of coffee
We say, No more

And we sit in hope

Hope that change is coming, that there is still time That compassion, connection and reason will prevail And humanity can grow and learn And maybe then nature can flower and with it her children.

-Carl XR Newark

45) Not - by Erin Hanson

You are not your age, nor the size of clothes you wear,
You are not a weight, or the color of your hair.
You are not your name, or the dimples in your cheeks.
You are all the books you read, and all the words you speak.
You are your croaky morning voice, and the smiles you try to hide.
You’re the sweetness in your laughter, and every tear you've cried.
You're the songs you sing so loudly when you know you're all alone.
You're the places that you've been to, and the one that you call home.
You're the things that you believe in, and the people whom you love.
You're the photos in your bedroom, and the future you dream of.
You're made of so much beauty, but it seems that you forgot
When you decided that you were defined by all the things you're not.

46) It’s not that life is short - it’s that we waste a lot of it.

We watch our money.
We protect our property.
Yet we fritter away the most valuable of our resources, the most finite of them—the one thing we can never get back, that they aren’t making any more of.
The time that passes, belongs to death.
It is gone forever, never to return.
Once a dawn happens, it is gone to you forever.
Once a day ends, it’s done for you for all time.

Act accordingly.
Protect your calendar accordingly.
Say “No” accordingly.
Do it now…before it’s too late.
Memento Mori

-Seneca

47) Patience visited me

Patience visited me
And it reminded me
That good things take time to come to fruition
And grow slowly with stability

Peace visited me
And it reminded me
That I may remain calm through the storms of life
Regardless of the chaos surrounding me

Hope visited me
And it reminded me
That better times lay ahead
And it would always be there to guide and uplift me

Humility visited me
And it reminded me
That I may achieve it
Not by trying to shrink myself and make myself less
But by focusing on serving the world and uplifting those around me

Kindness visited me
And it reminded me
To be more gentle, forgiving and compassionate toward myself
And those surrounding me

Confidence visited me
And it reminded me
To not conceal or suppress my gifts and talents
In order to make others feel more comfortable
But to embrace what makes me me

Focus visited me
And it reminded me
That other people’s insecurities and judgements about me
Are not my problem
And I should redirect my attention
From others back to me

Freedom visited me
And it reminded me
That no one has control over my mindset, thoughts and wellbeing
But me

And love visited me
And it reminded me
That I need not search for it in others
As it lies within me.

-Tahlia Hunter

48) Girls

there is power in being a girl
but there's also sadness
struggle

anger
uncertainty
and most of the time it's hard to find strength in being a girl
except in knowing that the sisterhood is rising,
we're coming,
a force to be reckoned with
and nothing to stop us

there is power in being a girl
and there is also inevitability

-Kimi Sanchez

49) Chris Packham on Trump's re-election



Chris Packham ✔
@ChrisGPackham

Follow

Things have just got a lot more difficult . Here's what I think . I had no control over what just happened . None . But I do have control over how I will react to it . And I am not going to give up on the beautiful and the good , the grip on my dreams just got tighter .



50) A quote from Thomas Merton

1915-1968 (American Trappist monk, writer, theologian, mystic, poet, social activist and scholar of comparative religion)

"There is a pervasive form of contemporary violence to which the idealist most easily succumbs: activism and overwork. The rush and pressure of modern life are a form, perhaps the most

common form, of its innate violence.

To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything, is to succumb to violence.

The frenzy of our activism neutralizes our work for peace. It destroys our own inner capacity for peace. It destroys the fruitfulness of our own work, because it kills the root of inner wisdom which makes work fruitful."

51) Keep Telling of Gaza

To love the land,
Even when its burnt.
To love freedom,
Even when it looks impossible.
To love justice,
Even when its far away.
To love the old house,
Even when its just rubble....
Such is to practice love.
In a loveless world, ...Daily.

-Khawla Badwan

Keep telling of Gaza

52) Pessimism is for Lightweights

Think of those that marched this road before
And those that will march here in years to come
The road in shadow and the road in the sun
The road before us and the road all done
History is watching us and what will we become

This road is all flags and milestones
Immigrant blood and sweat and tears
Built this city, built this country
Made this road last all these years

This road is made of protest
And those not permitted to vote
And those that are still fighting to speak
With a boot stamping on their throat

There is power and strength in optimism
To have faith and to stay true to you

Because if you can look in the mirror
And have belief and promise you
Will share wonder in living things
Beauty, dreams, books and art
Love your neighbour and be kind
And have an open heart

Then you're already winning at living
You speak up, you show up and stand tall
It's silence that is complicit
It's apathy that hurts us all

Pessimism is for lightweights
There is no straight white line
It's the bumps and curves and obstacles
That make this road yours and mine

Pessimism is for lightweights
This road was never easy and straight
And living is all about living alive and lively
And love will conquer hate.

-Salena Godden

53) Do it. Do what you can

It could fail. It could go badly. It could be harder than you expect. It could.
But how will you know? How will you know until you start?
That’s the one thing all fools do, Seneca said. They delay to start. They put it off. They let their fear or their laziness win. This is where two essential Stoic virtues come in: Courage and Discipline. We have to be brave enough to push past our fears. We have to be strong enough to will ourselves to do what needs to be done.
And perhaps this is also where a third virtue comes in: Justice. What you’re doing might be important. It could make a real difference. It could fail…but it could also help people. And here you are putting it off. Here you are taking counsel of your fears, letting the resistance win. This is not without cost…to yourself and to others.
Don’t be afraid to start. Don’t put it off any longer.
Do it. Do what you can. Do good.

54) Joy Chose You

Joy does not arrive with a fanfare on a red carpet strewn with the flowers of a perfect life
joy sneaks in as you pour a cup of coffee watching the sun hit your favourite tree just right
and you usher joy away because you are not ready for her,
your house is not as it should be for such a distinguished guest

But joy, you see, cares nothing for your messy home or your bank balance or your waistline
joy is supposed to slither through the cracks of your imperfect life
that's how joy works
you cannot truly invite her
you can only be ready when she appears
and hug her with meaning
because in this very moment joy chose you.

55) Des's Citizens' Assembly Vision

Let’s take a moment to close our eyes and imagine something … it’s six months from now … you’re out and about … but you’re keen to get home to watch the news … because today’s the day that the recommendations of the UK-wide Citizens Assembly are being announced … five hundred of your fellow citizens have taken part in the assembly which has run over the last eight weekends … every TV station, every news channel, every media outlet is reporting on this … the whole country … indeed the entire world is watching … because your fellow citizens are about to announce the most sweeping raft of changes to how we live our daily life in human history … these social and environmental changes represent the profoundly powerful solutions that we need to overcome the ecological and climate emergency that we face … they are fair, far reaching and embody justice, integrity and regeneration … and there has been unanimous support for these changes amongst the participants in the assembly and the wider public … the Government is now tasked with implementing these changes and they begin to do so with immediate effect … that’s one vision of how a Citizens Assembly might work … help us make it happen.

56) Today is here

It’s not that we’re never going to do it.
It’s not that we don’t plan to do it.
It’s not that we don’t understand that time is passing.
It’s that we say we’re going to do it tomorrow.
It’s that we think we still have many more tomorrows.

And you know what? We might! Most of the time, we’re right.

One thing we can say for certain is that eventually, inevitably, some day we will not.
When will that be? We don’t know.
It could be right now though.

We must act and prioritize accordingly.
We should not put important things off.
We should not take things for granted.
We should not presume a future, none of us are entitled to tomorrow.

Today though, is here. It is ours.
Will we use it?

57) On forgetting

I've learned that people will forget what you said,
people will forget what you did,
but people will never forget how you made them feel.

-Maya Angelou

58) On compassion

Whenever someone has done wrong by you, immediately consider what notion of good or evil they had in doing it. For when you see that, you'll feel compassion, instead of astonishment or rage. For you may yourself have the same notions of good and evil, or similar ones, in which case you'll make an allowance for what they've done. But if you no longer hold the same notions, you'll be more readily gracious for their error.

—Marcus Aurelius, Meditations, 7.26

59) Stand very still

If you stand very still
In the heart of the woods
You will hear many
Wonderful things
The snap of a twig
And the wind in the trees
And the whir of invisible wings

If you stand very still
In the turmoil of life
And you wait for a voice from within
You will be led to the path
Of wisdom and peace
In a world of chaos and din

If you stand very still
And hold on to your faith
You will get all the help that you ask
And you will draw from the silence
The things that you need
Hope and Courage
And strength for your task.

-Patience Strong

60) The bird that sings

The next time you refuse to sing because you’ll never fill a stadium
or decline the joy of dance for fear of looking ridiculous
or you resist risking the new adventure because you’re not entirely ready
or you dim your shine because you’re not completely healed and whole
the next time you hold yourself suspect because you’re not entirely qualified

just remember

a bird doesn’t sing because it’s talented a bird sings because it has a song
the moon doesn’t only shine when it’s whole
it can show up with a single sliver of itself and still light an entire night sky

show up. sing. shine.

the world needs you as you are

-Angi Sullins

61) This body is a long-term rental

This body is a long-term rental
my skin is on a 70-year lease
someday my bones will be a fossil ~ and my atoms will be a breeze
My hair is here for a quick visit
This brain won't linger too long
My heartbeats are a thunderstorm ~ my breaths are a love song
Our lives are a campfire spark as we blaze against the night
Our existence is a quick "crack" ~ before we fall back into the light
Since we are here for just a single blink we can't waste time fearing the grave

Embrace the moment, my sweet mayfly

‘Cause life isn't the ocean - it's the wave.

-John Roedel

62) The Road Not Taken

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;

Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

-Robert Frost

63) Where Blackcap sings, Hope remains

(Lakenheath Peace Camp 2025 poem)

Blackcap sings, beneath the roar of destruction.
Shelduck nest under the rumble of obliteration.
Hare in fear flees,
Of courser and fox,
Yet overhead potential armageddon flies.

Oh foolish men,
For men it mainly is,
Why amidst this greening and growing,
Are thee planning all to dust return?
Not the dust of life anew and star flung possibility.
No, the dust of years of warp and life unweaving.

In the Spring promise,
And the call to life.
Evil intention and bow to power.
Not the giving, the sharing, the humble serving,
Wherein life is renewed and sustained.

We gather here in witness,
And fellowship.
Frail bodies and strong hearts,
Trusting, though in a world of war,
And rumour of war,
That love may find a way through,

And hope, though foolish,
Is everlasting.

-David Bagott (Christian Climate Action)

64 Attend to your corner

According to an old Native American legend, one day there was a big fire in the forest.
All the animals fled in terror in all directions, because it was a very violent fire.
Suddenly, the jaguar saw a hummingbird pass over his head, but in the opposite direction. The hummingbird flew towards the fire! Whatever happened, he wouldn't stop.
Moments later, the jaguar saw him pass again, this time in the same direction as the jaguar was walking. He could observe this coming and going, until he decided to ask the bird about it, because it seemed very bizarre behavior.
"What are you doing, hummingbird?" he asked.
"I am going to the lake," he answered, "I drink water with my beak and throw it on the fire to extinguish it."
The jaguar laughed. 'Are you crazy? Do you really think that you can put out that big fire on your own with your very small beak?'
'No,' said the hummingbird, 'I know I can't. But the forest is my home. It feeds me, it shelters me and my family. I am very grateful for that. And I help the forest grow by pollinating its flowers. I am part of her and the forest is part of me. I know I can't put out the fire, but I must do my part.'
At that moment, the forest spirits, who listened to the hummingbird, were moved by the bird and its devotion to the forest, miraculously they sent a torrential downpour, which put an end to the great fire.
The Native American grandmothers would occasionally tell this story to their grandchildren, then conclude with, "Do you want to attract miracles into your life? Do your part."
“You have no responsibility to save the world or find the solutions to all problems—but to attend to your particular personal corner of the universe. As each person does that, the world saves itself.’"

-Author unknown

65) Slowing Down

How brave you are for slowing down. For not finishing that to-do list.
How courageous you are for not crossing that finish line, because your body said “enough.”
How fearless you are for choosing the quiet of your soul over those voices driving you always towards more.
It is truly an act of courage and rebellion to do any such thing, in a world demanding you resist your own self, your own rhythm, your own soul.

-Leyla Aylin

full length version

How brave you are for slowing down. For not finishing that to-do list.
How courageous you are for not crossing that finish line, because your body said “enough.”
How fearless you are for choosing the quiet of your soul over those voices driving you always towards more.
How bold, how rebellious -
You, out there,
honouring your own natural rhythm,
going against the culture’s breakneck speed.
We tend to make heroes of those hungry with ambition,
relentlessly doing, producing always more.
We applaud those who refuse to stop or rest. Who push themselves so hard in the name of achievement, that they sacrifice their body and soul and heart in the process.
We celebrate those who are ill or ageing but never show it, never slow down, never reveal a moment of vulnerability.
This drivenness can be heroic, at times. It can be necessary for our survival or the greater good.
But,
I want to make heroes of those who slow down.
I want to make heroes of those who listen to their bodies, who do not strive for more than what the soul truly needs.
I want to make heroes of those who do not force or push, but surrender to each moment as it opens.
I want to applaud those who may not be driven towards success as we know it, but instead are nurturing something deep and subtle and needed.
I want to celebrate those brave enough to cease all doing, even for a second, and sit with the ache in their hearts. A task many find harder than summiting the highest peak.
I want to make heroes of those who honour their limitations. Who are unable to keep up with the busy-ness of our times, yet show up to each profound, necessary moment.
It is truly an act of courage and rebellion to do any such thing, in a world demanding you resist your own self, your own rhythm, your own soul.
And the paradox is, that often when we cease our incessant doing, even for a minute, and listen to that quiet voice within, we discover what it is we absolutely must do, and what instead can fall away.
We finally hear the call towards what serves our soul, and what then will serve the world.
Nothing more, nothing less.
A hero is simply someone brave.
So come, be softly brave.
Be a new, quieter kind of hero.
Few may applaud, it’s true, but your soul certainly will.

66) For when people ask

I want a word that means
okay and not okay,
more than that: a word that means

devastated and stunned with joy.
I want the word that says
I feel it all, all at once.
The heart is not like a songbird
singing only one note at a time,
more like a Tuvan throat singer
able to sing both a drone
and simultaneously
two or three harmonics high above it—
a sound, the Tuvans say,
that gives the impression
of the wind swirling among rocks.
The heart understands swirl,
how the churning of opposite feelings
weaves through us like an insistent breeze
leads us wordlessly deeper back into ourselves,
and blesses us with paradox
so that we might walk more openly
into this world so rife with devastation,
this world so ripe with joy.

-Rosemerry Wahtola Trommer

67) Because

So I can't save the world—
can't save even myself
can't wrap my arms around
every frightened child, can't
foster peace among nations,
can't bring love to all who
feel unlovable. So I practice opening my heart
right here in this room and being gentle
with my insufficiency. I practice
walking down the street heart first.
And if it is insufficient to share love,
I will practice loving anyway.
I want to converse about truth,
about trust. I want to invite compassion
into every interaction.
One willing heart can't stop a war.
One willing heart can't feed all the hungry.
And sometimes, daunted by a task too big,
I tell myself what's the use of trying?
But today the invitation is clear:
to be ridiculously courageous in love.

To open the heart like a lilac in May,
knowing freeze is possible
and opening anyway.
To take love seriously.
To give love wildly.
To race up to the world
as if I were a puppy,
adoring and unjaded,
stumbling on my own exuberance.
To feel the shock of indifference,
of anger, of cruelty, of fear,
and stay open. To love as if it matters,
as if the world depends on it.

-Rosemerry Wahtola Trommer

68) As I began to love myself

As I began to love myself I found that anguish and emotional suffering are only warning signs that I was living against my own truth. - Today, I know, this is Authenticity.

As I began to love myself I understood how much it can offend somebody if I try to force my desires on this person, even though I knew the time was not right and the person was not ready for it, and even though this person was me. - Today I call this Respect.

As I began to love myself I stopped craving for a different life, and I could see that everything that surrounded me was inviting me to grow. - Today I call this Maturity.

As I began to love myself I understood that at any circumstance, I am in the right place at the right time, and everything happens at the exactly right moment. So I could be calm. - Today I call this Self Confidence.

As I began to love myself I quit stealing my own time, and I stopped designing huge projects for the future. - Today, I only do what brings me joy and happiness,

things I love to do and that make my heart cheer, and I do them in my own way and in my own rhythm. - Today I call this Simplicity.

As I began to love myself I freed myself of anything that is no good for my health – food, people, things, situations, and everything that drew me down and away from myself. At first I called this attitude a healthy egoism. - Today I know it is Love of Oneself.

As I began to love myself I quit trying to always be right, and ever since I was wrong less of the time. - Today I discovered that is Modesty.

As I began to love myself I refused to go on living in the past and worrying about the future. Now, I only live for the moment, where everything is happening. - Today I live each day, day by day, and I

call it Fulfillment.

As I began to love myself I recognized that my mind can disturb me and it can make me sick. But as I connected it to my heart, my mind became a valuable ally. - Today I call this connection Wisdom of the Heart.

We no longer need to fear arguments, confrontations or any kind of problems with ourselves or others. Even stars collide, and out of their crashing, new worlds are born. - Today I know: This is Life!

-Written by Kim & Alison McMillen, famously read aloud by a 70 year old Charlie Chaplin.

69) Time to Stop & Stare

What is this life if full of care
We have no time to stand and stare?
No time to stand beneath the boughs
And stare as long as sheep, or cows.
No time to see, when woods we pass,
Where squirrels hide their nuts in grass.
No time to see, in broad daylight,
Streams full of stars, like skies at night.
No time to turn at Beauty’s glance,
And watch her feet, how they can dance.
No time to wait till her mouth can
Enrich that smile her eyes began.
A poor life this, if full of care,
We have no time to stand and stare.

-William Henry Davies

70) The front line of the rebellion is everywhere

Freedom is a pure idea. It occurs spontaneously and without instruction. Random acts of insurrection are occurring constantly throughout the galaxy. There are whole armies, battalions that have no idea that they've already enlisted in the cause. Remember that the frontier of the Rebellion is everywhere. And even the smallest act of insurrection pushes our lines forward.

And then remember this. The Imperial need for control is so desperate because it is so unnatural. Tyranny requires constant effort. It breaks, it leaks. Authority is brittle. Oppression is the mask of fear.

Remember that. And know this, the day will come when all these skirmishes and battles, these moments of defiance will have flooded the banks of the Empire's authority and then there will be one too many. One single thing will break the siege. Remember this. Try."

-Karis Nemik in Andor

71) 20 Things to Remember

1. Action is the antidote to anxiety.
2. You get 4,000 weeks if you're lucky-stop waiting.
3. Notice the people who bring out your favorite version of yourself.
4. You teach people how to treat you by what you tolerate.
5. Growth happens when you do things you feel unqualified to do.
6. The cave you fear to enter holds the treasure you seek.
7. If you don't schedule your priorities, someone else will.
8. The most dangerous addiction is the approval of other people.
9. Burnout happens when you treat rest as a reward rather than a right.
10. You'll never regret investing in your health, learning, or relationships.
11. Normalize not having an opinion on things you aren't informed on.
12. The only person who's going to magically show up to save you-is you.
13. Your habits are the silent architects of your life.
14. Discipline is choosing what you want most over what you want now.
15. The people who matter won't leave you for having boundaries.
16. Your worth isn't tied to your productivity.
17. Reach out to people just because they crossed your mind.
18. Not everything requires your reaction-silence is a response, too.
19. Action creates motivation-not the other way around.
20. You can literally change your life any day - you can wake up tomorrow and decide that you want something different.

72) A quiet Kind of Beauty

It does not shout, nor beg to be seen,
But waits in the hush where the moss has been.
It lives in a petal, half furled with grace,
In wind blown branches that cradle their space.
Not painted or polished, not bought or displayed,
It lingers in moments the world lets fade.
A Badger’s snuffle, the hush before rain,
The sight of cubs, that eases pain.
Real beauty is not what the mirror finds,
But what holds the gaze of our deepest minds.

73) Love is Wise

Love is wise; hatred is foolish.
In this world, which is getting more and more closely interconnected,
we have to learn to tolerate each other,
we have to learn to put up with the fact that some people say things that we don't like.
We can only live together in that way.

But if we are to live together, and not die together,
we must learn a kind of charity and a kind of tolerance,
which is absolutely vital to the continuation of human life on this planet.

-Bertrand Russell

74) Feeling for Collective Healing

It takes resource to feel. But what we think of as resource can be expansive. Human and animal relationships often provide resource for us to face what was previously unfaceable. If we are open to it, trees can help us feel; their steady strength can be an ally, a way to ease our fear. Feeling needs resource and gives us resource in return...

Feeling and connection bring us into the world and into relationship with one another. Some things seem too big to be felt alone because they are. They require the collective to hold the space for big feeling, for it to move through, and to remind us that we're not alone...

This is why we meet in the streets. As much as mass protests and direct action are about putting strategic pressure on opposition, they are often a gathering space for our grief and pain because they are too big to feel alone. Protests don't get reported on this way, as an eruption of collective grief; on the news they are riots, and we begin the cycle of minimizing the feelings that bring people to the streets, and ultimately we miss the message. We need those spaces and others, too, where our grief can swell, where feeling for feeling's sake can reconstitute us, where our empathy for one another can build. A community, a society, becomes one, remains one, I think, through sharing feeling.

-Prentis Hemphill

75) Hope Is Not a Bird, Emily, It's a Sewer Rat

Hope is not the thing with feathers
That comes home to roost
When you need it most.

Hope is an ugly thing
With teeth and claws and
Patchy fur that's seen some shit.

It's what thrives in the discards
And survives in the ugliest parts of our world,
Able to find a way to go on
When nothing else can even find a way in.

It's the gritty, nasty little carrier of such
diseases as
optimism, persistence,

Perseverance and joy,
Transmissible as it drags its tail across
your path
and
bites you in the ass.

Hope is not some delicate, beautiful bird,
Emily.
It’s a lowly little sewer rat
That snorts pesticides like they were
Lines of coke and still
Shows up on time to work the next day
Looking no worse for wear.

-Caitlin Seida

76) Climate Limericks to make you smile

Present and Accountable
Unless we find ways more sustainable
The future will not be attainable
And children will ask
Were we up to the task?
But our actions will not be explainable

Read more limericks from King of Limericks

77) To love. To be loved.

To love. To be loved.
To never forget your own insignificance.
To never get used to the unspeakable violence and the vulgar disparity of life around you.
To seek joy in the saddest places.
To pursue beauty to its lair.
To never simplify what is complicated or complicate what is simple.
To respect strength, never power.
Above all, to watch.
To try and understand.
To never look away.
And never, never to forget.

-Arundhati Roy.

78) Choosing Engagement Over Escape

We don’t get to pick the era we’re born into. But we do get to choose how we meet it. Some will check out. Some already have. But others, maybe even you, will step further in.

Not because it’s glamorous. Not because it’s easy. But because something inside you insists on showing up. For your children. For your neighbours. For the sliver of future still within reach.

That’s not idealism. It’s responsibility.

-Angus Peterson 2025

79) Involvement in Activism

You can stand up. You can speak out.
You can march, you can chant,
you can write, organise, educate and resist.
But it's also okay if the only
thing you can do today is put your
phone down and protect your peace.
The world is heavy right now and I'm tired too.
Remember, rest is not retreat.
Quiet is not weakness.
We're not all meant to carry the same weight every day.
So if you need a moment to breath, take it.
We've got you.
We'll hold the line until you're redy to join us again.

-Paul Avellino

80) A piece for all hard times

They want you to feel powerless and to surrender and to let them trample everything and you are not going to let them. You are not giving up, and neither am I. The fact that we cannot save everything does not mean we cannot save anything and everything we can save is worth saving. You may need to grieve or scream or take time off, but you have a role no matter what, and right now good friends and good principles are worth gathering in. Remember what you love. Remember what loves you. Remember in this tide of hate what love is. The pain you feel is because of what you love.

The Wobblies used to say don't mourn, organize, but you can do both at once and you don't have to organize right away in this moment of furious mourning. You can be heartbroken or furious or both at once; you can scream in your car or on a cliff; you can also get up tomorrow and water the flowerpots and call someone who's upset and check your equipment for going onward.

A lot of us are going to come under direct attack, and a lot of us are going to resist by building solidarity and sanctuary. Gather up your resources, the metaphysical ones that are heart and soul and care, as well as the practical ones.

People kept the faith in the dictatorships of South America in the 1970s and 1980s, in the East Bloc countries and the USSR, women are protesting right now in Iran and people there are writing poetry. There is no alternative to persevering, and that does not require you to feel good. You can

keep walking whether it's sunny or raining. Take care of yourself and remember that taking care of something else is an important part of taking care of yourself, because you are interwoven with the ten trillion things in this single garment of destiny that has been stained and torn, but is still being woven and mended and washed.

-Rebecca Solnit

81) Gratitude for Others exercise

On a zoom call, Facilitator to ask "Please could everyone put cameras on (if possible); then choose to look at one person on your team."

Facilitator to read the following:

“The person you are looking at has stuck with XR.
Whether they have been in the movement for three months or three years, there have been times when they have asked themselves ‘what’s the point?’ but they have stuck it out and stepped up.
Every day they do things for the movement which go largely unrecognised and unappreciated but which help build us up.
In these moments of silence send them appreciation”

Facilitator: Leave a space for silence, then ask everyone to look at a different person on their screen.

“Because this person has stepped up in XR they are constantly having to learn and change, with all the challenges that brings.
They never have enough time to do anything as well as they would like. Because they have stepped up they have made, and will make, mistakes.
But they keep going. In these moments of silence send them strength”

Facilitator: Leave a space for silence, then ask them to look at a final person

“This person is a human being who has hopes and fears, joys and sorrows and things going on in their life about which we know nothing.
They are on a personal journey, both as part of our collective journey but also one which is uniquely theirs.
In these moments of silence send them love”

82) Awakening people to a truth they've been taught to forget

Folk wisdom has long told us that evil succeeds when good people do nothing. That's what actually stops movements from building the power they need: not the 30% who actively oppose justice, but the 40% who've given up believing change is possible.

Activism at its best speaks to something deeper and more fundamental in human beings - the battle within each of us between determination and defeat, and between courage and despair.

It's about awakening people to a truth they've been taught to forget: that they have agency, that their choices matter, that they possess gifts the world desperately needs, and that sharing those gifts is both possible and necessary.

-Tim Hjersted

83) In the depth of winter...

"In the depth of winter, I finally learned that within me there lay an invincible summer."

-Albert Camus

84) And now we must unmake it

Extract from speech by Natalie Kyriacou 'How Will History Judge Us?'

The future isn't just shaped through grand sweeping gestures, but in the little moments, the tiny choices that we make every day.

The small actions that ripple outwards,
in the fights that we refuse to abandon,
in the status quo we refuse to accept,
in the moments that we show up for one another,
the moments that we choose empathy over apathy, and kindness over cruelty, and courage over silence.

The world doesn't have to be this way, it doesn't.
We made it this way, we tolerate it, we endorse it.
And now we must unmake it.

85) Hymn to Water - Leopold Bloom reflects on the properties of water while filling a kettle...

What in water did Bloom, waterlover, drawer of water, watercarrier returning to the range, admire?

Its universality: its democratic equality and constancy to its nature in seeking its own level: its vastness in the ocean of Mercator's projection: its unplumbed profundity in the Sundam trench of the Pacific exceeding 8,000 fathoms: the restlessness of its waves and surface particles visiting in turn all points of its seaboard: the independence of its units: the variability of states of sea: its hydrostatic quiescence in calm: its hydrokinetic turgidity in neap and spring tides: its subsidence after devastation: its sterility in the circumpolar icecaps, arctic and antarctic: its climatic and commercial significance: [breath...]

its preponderance of 3 to 1 over the dry land of the globe: its indisputable hegemony extending in square leagues over all the region below the subequatorial tropic of Capricorn: the multisecular stability of its primeval basin: its luteofulvous bed: its capacity to dissolve and hold in solution all

soluble substances including millions of tons of the most precious metals: its slow erosions of peninsulas and downwardtending promontories: its alluvial deposits: its weight and volume and density: its imperturbability in lagoons and highland tarns: its gradation of colours in the torrid and temperate and frigid zones: [breath...]

its vehicular ramifications in continental lakecontained streams and confluent oceanflowing rivers with their tributaries and transoceanic currents: gulfstream, north and south equatorial courses: its violence in seaquakes, waterspouts, artesian wells, eruptions, torrents, eddies, freshets, spates, groundswells, watersheds, waterpartings, geysers, cataracts, whirlpools, maelstroms, inundations, deluges, cloudbursts: its vast circumterrestrial ahorizontal curve: its secrecy in springs, and latent humidity, revealed by rhabdomantic or hygrometric instruments and exemplified by the well by the hole in the wall at Ashtown gate, saturation of air, distillation of dew: [breath...]

the simplicity of its composition, two constituent parts of hydrogen with one constituent part of oxygen: its healing virtues: its buoyancy in the waters of the Dead Sea: its persevering penetrativeness in runnels, gullies, inadequate dams, leaks on shipboard: its properties for cleansing, quenching thirst and fire, nourishing vegetation: its infallibility as paradigm and paragon: its metamorphoses as vapour, mist, cloud, rain, sleet, snow, hail: its strength in rigid hydrants: its variety of forms in loughs and bays and gulfs and bights and guts and lagoons and atolls and archipelagos and sounds and fjords and minches and tidal estuaries and arms of sea: [breath...]

its solidity in glaciers, icebergs, icefloes: its docility in working hydraulic millwheels, turbines, dynamos, electric power stations, bleachworks, tanneries, scutchmills: its utility in canals, rivers, if navigable, floating and graving docks: its potentiality derivable from harnessed tides or watercourses falling from level to level: its submarine fauna and flora (anacoustic, photophobe) numerically, if not literally, the inhabitants of the globe: its ubiquity as constituting 90% of the human body: the noxiousness of its effluvia in lacustrine marshes, pestilential fens, faded flowerwater, stagnant pools in the waning moon."

-James Joyce's Ulysses, Episode 17 - Ithaca

Download some of these as a Google doc here.

Regenerative Transition

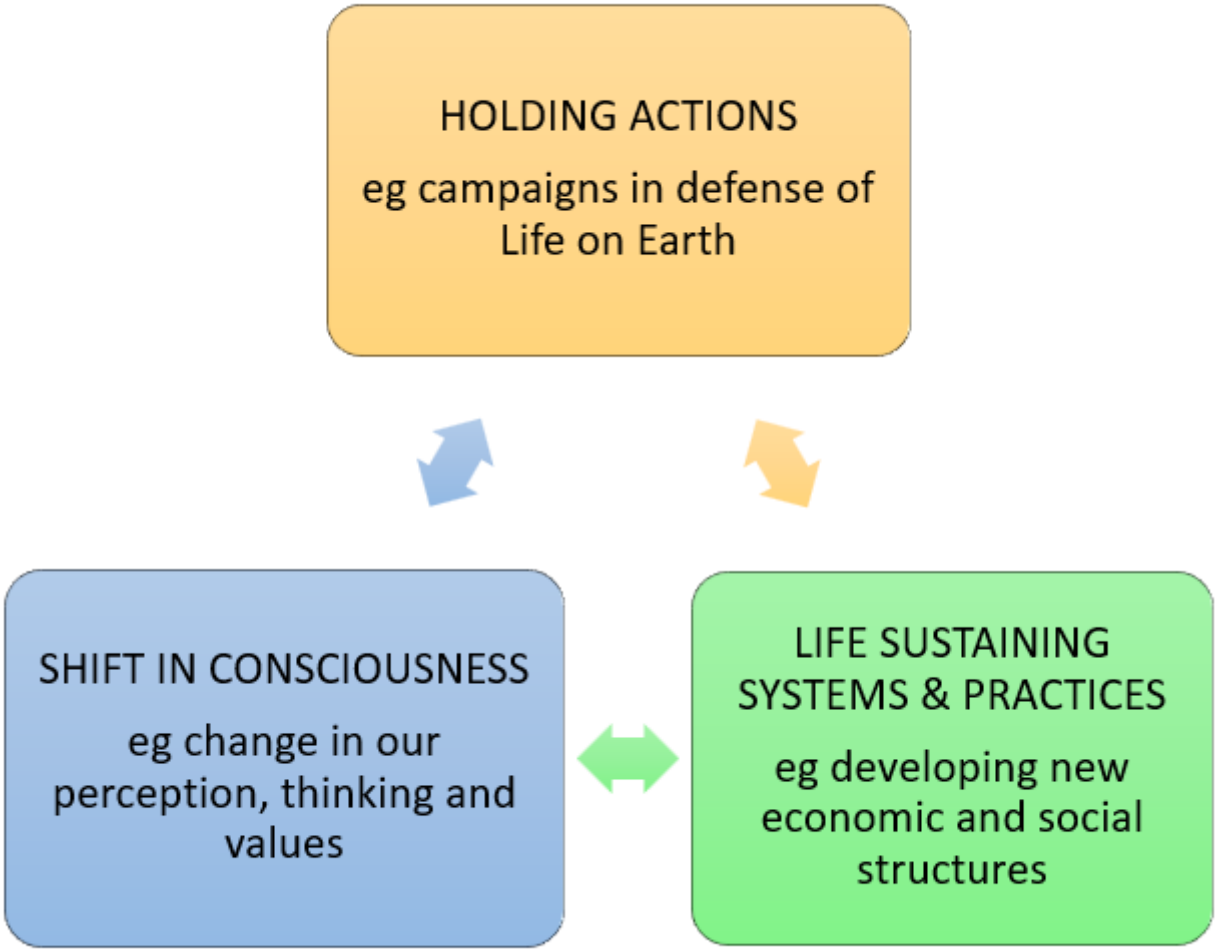
The Great Turning - Joanna Macy

The renowned soul Joanna Macy was an activist and a scholar of buddhism, systems theory and deep ecology. She conceived a model for a transition to a regenerative future, which she called The Great Turning. She described three stories of our time:

1. **Business as usual** where there is no need to change how we live, economic growth is key, and it’s all about getting ahead.
2. **The great unravelling** points to the disasters, the climate, ecological and social crises that business as usual is driving.
3. **The Great Turning** is described as the transition from an industrial society fixated on growth to a life-sustaining society committed to the healing and recovery of our world.

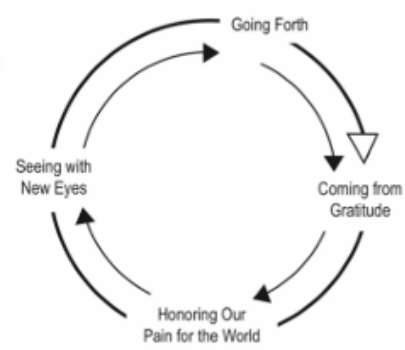
The three dimensions of The Great Turning.

The three dimensions provide a broad outline of what is necessary to challenge the stories of business as usual and the great unravelling that is happening around us. They are a helpful framework for our work as activists and particularly relevant for a movement that wants to frame the work within a culture of regeneration.



XR and the story of The Great Turning

We can view our XR movement as fitting into the **Holding Actions** category linking with our communities and our call for Citizen's assemblies to enable the development of **Life-Sustaining Systems and Practices**. Or we could consider this for a model as a whole for our movement, our NVDA being Holding Actions and our Culture, P and V's and our SOS being the Life-sustaining systems and practices. In either view, a shift in consciousness is a key component. In Joanna Macy's view this meant a shift to a scientific and spiritual realisation that we are deeply connected within a web of nature. From that sense of belonging in the world we grow our compassion, courage and determination and nourish ourselves in that wider relationship which protects us from burnout. In the story of the Great Turning, changing the self and changing the world are mutually reinforcing and essential to each other.



Joanna Macy developed an empowerment tool that has been used in workshops around the world for decades. It is the Spiral of the ‘Work that Reconnects’. It emerges from the story of The Great Turning creating a pathway to transform our grief about what is happening to the earth and beings we love into Active Hope that energises us to take our role in the Great Turning. These workshops are often offered within XR and have been a source of inspiration for XR Actions and gatherings.

You will find an exercise based on the The Spiral Process in the Resources section, which was developed through a collaboration between Joanna Macy and Chris Johnstone.

The Children's Fire

"The Children’s Fire" is another practise to guide our actions in a regenerative way. The concept has been handed down from the Indigenous people of the place we now call America (N. America is known by some indigenous people as Turtle Island).
Historically Indigenous peoples of that land established a decision making process called a Council. This was a circular gathering for the purpose of wisdom gathering and governance. They recognised that they were an integral part of nature and that the wellbeing of their people was dependent on them living in balance and harmony with the natural world around them.
The members (chiefs) of the Council adopted a practice of sitting around a fire that they named “The Children's Fire”. This was done to remind them to prioritise the future of their children and the children of the other beings when making decisions for the community. It is said that they bore in mind not just the next generation but **the next seven generations**.

Here is a short video of Mac Macartney (speaker, author and initiator of the Embercombe Eco-retreat) speaking about The Children’s Fire, a wisdom that was passed onto him through his Indigenous teachers.

https://www.youtube.com/embed/cLv_snZm4gQ?si=FMYUhNP7oUnlXFZC

The Children’s Fire and the XR Movement

You may hear the children’s fire being invoked in XR regenerative workshops or assemblies or XR events. Often a candle might be lit to represent the fire. It’s a helpful reminder for us to keep a focus on the wellbeing of the next seven generations and perhaps lighten the grasp on the importance of our opinions and ideas.