Introduction

> “
> Yesterday I was clever;
> So i wanted to change the world,
> Today I am wise: so I am changing myself.
>
> -Rumi

We are called to activism by our passion to transform the world as we see it now, in a rapidly unfolding climate and ecological crisis, impacted by the global forces harming many living beings.

We are living in very uncertain, often frightening and disturbing times. If we feel called to add our energy to bringing about transformation in a regenerative way, we are choosing to act from love rather than hate, compassion rather than fear. The curious place within us rather than from judgements and criticisms.

We are seeking to mobilise people by gathering them together rather than by inviting division. This means we have to find ways to face the world as it is, in both beauty and horror, at the same time tending to our natural reactions of grief, anger and fear so that they don’t overwhelm our ability to act wisely and effectively. And at once keeping in sight a vision of a more beautiful, just world that works for all life.

This book provides information and links to practical skills that support us to be a healthy functioning part of the XR and wider community ecosystem. We need to be well resourced to do this work.
