# Resources - Introduction

In these pages you will find various resources:

- Information on counselling and listening support;
- Regenerative themed book suggestions;
- XR Regenerative Culture hosted videos;
- Suggestions and information on self care and personal development, see also Rebel Inner Work;
- Somatic practices and meditation;
- An Active Hope practice;
- Resources on oppression and accountability;
- Particular resources for People of Colour;
- Information and guidance for holding listening circles;
- Resources to support healthy working in Book 3, under Tools for relationship building in teams and circles;
- Resources for connecting into nature in Book 2, under Being and Belonging in Nature and 'A Walk with Gaia'.

These resources are offered simply as invitations. If this type of work feels unfamiliar to you perhaps give some things a go before disregarding them. See which ones feel helpful to you, feel free to pick and choose between them.

Perhaps you will have some of your own practices to offer the XR movement or the Regenerative Cultures Circle.

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