

# 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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