

The Work that Reconnects

A map for personal empowerment and transformation



"I walk on the precarious edge of the new and the old, wanting to shed the locks and lies of a mechanical world, eager to dive into the smooth cool water of abundant life." Kirstin George

Tags Culture and Worldview: Reconnecting with Nature; Personal Growth: resilience, transformation of consciousness, spiritual practice; Whole System: Education and Pedagogy, lifelong learning

Challenge

Despite rapidly worsening social and ecological conditions it is not easy to stay in trust and in connection with the meaning and faith of the own work for a life-friendly culture. People who engage themselves can get stuck in difficult feelings like anger, grief, fear or agony. That bases on an assumption, that mankind is disconnected from nature, observing nature but not being nature itself.

Solution

Drawing from deep ecology, systems theory and spiritual traditions, the Work That Reconnects (WTR) builds motivation, creativity, courage and solidarity for the transition to a sustainable human culture. First emerging in 1978, this pioneering, open-source body of work has its roots in the teachings and experiential methods of Joanna Macy. The methods are widely used in environmental and civil rights campaigns, classrooms, faith communities and grassroots organisations.

The activist's inner journey appears like a *spiral*, interconnecting four successive stages or movements that feed into each other.

1. opening to gratitude,
2. owning our pain for the world (despair work),
3. seeing with new eyes,
4. going forth.

References:

www.joannamacy.net
www.workthatreconnects.org

Submitted by : Pioneers of Change