Despair Work

Acknowledging the pain for wholehearted action

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"What we need to do most is to listen inside ourselves and hear how the earth cries."
Thich Nhat Hanh

Tags Culture, World View, Personal Resilience, Ritual,

Challenge:
People feel disconnected from their own nature and there is a huge gap between awareness and action. We know so much about the systemic influences of our own actions in the world and still the mainstream goes on endangering life itself with our lifestyles. The multifold crisis we are in and the necessary steps to take to face it can be overwhelming. It evokes a lot of emotional energy inside that is not processed and leads to numbness, fear, helplessness and ignorance. Western culture responds to this by finding even more rational arguments to bring the mind into control again - thus creating more pressure.

Often what is needed is an opportunity to process, honoring and expressing these feelings and this is (generally) not usual in western culture. This is especially true of negative feelings like despair, anger, grief or emptiness. People become tense, have tendencies to deny the crisis or to do too much and burn out. Or perhaps they do nothing because they don't know where to start, are frightened or are too frustrated to act proactively.

Solution:
Facing the unpleasant feelings that arise when we consider the state of the world helps us to reconnect with our own nature again. This also helps us to feel the world through our own experience. Honoring, sharing and admitting to the pain people experience about global, political, environmental and social issues helps us to connected to our own life once more .It can help us to open up to the urge and joyful side of contributing and taking action.

References:

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Submitted by: Pioneers of Change

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