

Spiral Journey: Seven Emerging Strengths in Nurturing & Defending the Web of Life (2019 Edition)

Seven interwoven life-practices and study/exploration/dedication topics for mending the web of life, mending the self and supporting one another. (A Creative Commons curriculum.)

1 **RECOGNIZING** our infinite interwovenness, and **RE-THINKING** our relationship with the world around us. Starting over every day and seeing anew with the eyes of both ancient indigenous wisdom and modern ecology/systems theory. Listening to the Web of Life: making peace with variety, complexity, change and emergence. Thru the paradigm of interwovenness, understanding our role in the injuring and the mending of the world.

REVERENCING: living with deeper wonder, gratitude, compassion, respect, & responsibility for the Extended Family of People & Nature. **2**

Evolving a love that includes both joy and sorrow, both gratitude for the gifts and beauty of life, and grief for the suffering of life, what has been lost, and will be lost. Honoring our pain for the world as an expression of our love for the world.

7 **RENEWING** ourselves: thru music, celebration, art, poetry, meditation, dance, prayer, dreamwork, times of rest & receptivity, nature, experiencing beauty, practices of letting go, and of tuning in to the Heart of Everything (our Deeper Power).

RELATING/ACCOMPANYING: learning to nurture, and be nurtured by, the people, plants and animals nearby. **3**

Seeing each person through the eyes of continuous evolution in/toward/thru the Beloved Community. Exploring resources such as deep listening, compassionate communication, Team-of-Two partnerships, and Permaculture gardening.

6 **REFLECTING/RESILIENCING:** more deeply thru explorations of gratitude, grieving, forgiveness, & learning-fully retracing our footsteps. Learning new skills. Exploring resources such as Appreciative Inquiry and J. Macy's Work That Reconnects. Connecting with co-workers as Team of Two partners. Connecting with archetypal mentors/permission grantors. Connecting with infinite ancestors, infinite kin and infinite descendants through evocative community rituals.

REPAIRING/HEALING: Head, heart and hands, mindfully joining with others to acknowledge the wounds and mend the world. Cooperating more deeply in the creation of new, more sustainable life-patterns, from happier families to cooperative societies & economies that embrace all people and all creatures as kin. **4**

5 **RESISTING/RESHAPING** the processes, institutions & culture of harm. Guiding resistance toward transformation thru an evolving nonviolence that weaves together courage, creativity, compassion for everyone, truthfulness, & Seven Generations commitment. Influencing others by radiantly embodying the good we advocate. Breaking free from the cultural grip & spiritual illnesses of war, domination, exploitation, weapons-making and poison-making.

