

# Spiritual Ecology

The simple essence of a spiritual ecology worldview is that everything is sacred and interconnected

## Staying Rooted in Times of Uncertainty

Saturday 22nd of March 2022 from 10.00am until 5.00pm

At Studio/K in Amsterdam

Facilitated by Flo Scialom & Annick Nevejan

This workshop is ideal for anyone who cares about the world and is keen to find ways to resource themselves to make a positive difference. The workshop is based on Active Hope and the Work that Reconnects by Joanna Macy.

Active Hope is not wishful thinking  
Active Hope is not wanting to be rescued  
by the Lone Ranger or by some savior.  
Active Hope is waking up to the beauty of life  
on whose behalf we can act.  
We belong to this world

### During the participatory one-day training we will explore:

- How to meet the vast and complex challenges we are faced with in today's world - like climate change, the pandemic, and social and ecological injustice - while also staying rooted and well?
- How to use the energy and information in our challenging emotions - like fear, anger, and desire - in a wholesome and powerful way to impact the system we are part of?
- Ways we can potentially be strengthened by these times of great uncertainty.
- Connecting to communities and the roots of wider social change movements.

You will learn tools to help support a clear mind and an open heart, or so called 'radical presence', through mindfulness and compassion practices you can apply in daily life. Our overarching intention is to create a safe space together to explore, share, practice and reflect in a meaningful way, to find resonant connection and allowing the wisdom of the group to emerge in its own way.

Come and join us to nurture your fearless, compassionate heart and increase your capacity to face challenges and suffering with more resilience and ease.

### Practical details

For whom: Open to everyone who is curious about this experiential workshop.  
Spoken language: Basic English  
Location: Studio/K in Amsterdam  
Costs one-day workshop: € 30, - in total  
Buying a ticket: Through Studio/K: <https://studio-k.nu/events/>

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## Further details

Feeling restless and uprooted is a normal reaction in the times of great transition we are living through. The restlessness in the world feels like we are in an ongoing crisis, and it is not strange that we can feel the same inside. Everything we took for granted is at stake, many things are changing quickly, which can give the feeling of losing grip on our lives. This causes a lot of uncertainty for all of us; something we as human beings generally do not like.

There is a lot of knowledge passed down from ancient wisdom traditions about how we can use times of uncertainty, challenges and obstacles to grow and learn from and find more trust in ourselves and life itself. Their messages can be quite radical, making clear 'There are no guarantees in life, never been or will be' (Joanna Macy from the Work that Reconnects') and 'There will always be obstacles' (Tibetan Yogi who shared this lesson after his 21 years of solitary retreat).

These types of statements help to wake us up, by going to the heart of the matter with a sense of fearlessness; a courage and strength to show up and to meet reality as it is with a clear mind and open heart. A willingness to be with the truth and to place it in a wider perspective.

During this workshop we will explore how to cultivate a more rooted and resourced place in ourselves so we can be with difficult emotions like fear, anger, or desire. Through mindful inquiry and dialogue, we can recognize the energy and information these emotions hold for us, and how to use them to respond or act from a wholesome and centered place in ourselves. This will enable you to have more impact on the systems you are part of.

We will also explore together who are inspiring people or allies from your past and/or present life, remembering the wisdom they passed on to you/us and to which communities or lineages you want to belong to. By honoring and owning your roots and communities it can become an inner resource in taking your own place in the world and to stand your ground in face of adversity.

Our overarching intention is to create a safe space together to explore, share, practice and reflect in a meaningful way, where also the wisdom of the group-as-a-whole can emerge. We will use different kinds of practical skills, tools and methods like meditation, mindful movement and inquiry, dialogues in pairs or small groups and free writing or drawing.