



## COMING BACK TO LIFE – Practices to Reconnect Our Lives, Our World

By Joanna Macy & Molly Young Brown  
Foreword by Matthew Fox

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This book manages to bring together theory and practice based on many years experience by the authors, of travelling nationally and internationally to lecture and lead workshops, addressing the urgent need for a 'great turning' in the way we understand the environment and our place in the natural world. The book is a good resource for all those who are concerned about environmental and ecological issues regardless of their faith tradition.

Joanna Macy is a Buddhist who has lectured on Buddhist philosophy, systems theory and deep ecology. She has written six books previous to this one including: *World as Lover, World as Self* and *Thinking Like a Mountain*..

Molly Young Brown as well as being a workshop leader and consultant has written three previous books on spirituality and healing the environment including: *Growing Whole: Self-Realization on an Endangered Planet*..

*Coming Back To Life* is accessible to everyone even though it offers ways of thinking and being which are challenging. It is no academic tome but will stimulate scholars and the general reader alike. The first half of the book puts forward the arguments for a changed way of thinking and the second half offers clear guidelines on how to lead workshops and meditations. Although the exercises are aimed at group work I have found that some of the practices are equally valuable in offering ideas of engaging with the material when alone. .

Non USA readers might find some of the expressions and exercises different in that some of the exercises are nation specific. In spite of this the basis of the theory and

exercises are applicable universally and can be adapted to the workshop leader's own experience. .

The 'Table of Contents' are detailed and perhaps the best way of offering a review of this valuable resource. The detailed index demonstrates that in this book of 220 pages the chapters are broken down into short manageable sections. .

Message from the Dalai Lama  
Foreword by Matthew Fox  
Preface by Joanna Macy  
Preface by Molly Young Brown

#### TO CHOOSE LIFE

##### THE CHOICE FOR A SUSTAINABLE WORLD

##### THE GREAT TURNING

"Holding actions" in defense of life on Earth

Analysis of structural causes and creation of alternative institutions

Shift in perceptions of reality, both cognitively and spiritually

#### THE GREATEST DANGER: THE DEADENING OF MIND & HEART

##### PAIN FOR THE WORLD

##### PSYCHOLOGICAL SOURCES OF REPRESSION

Fear of pain

Fear of despair

Fear of appearing morbid

Distrust of our own intelligence

Fear of guilt

Fear of causing distress

Fear of being unpatriotic

Fear of appearing weak and emotional

Belief in the separate self

Fear of powerlessness

##### SOCIOECONOMIC SOURCES OF REPRESSION

The mass media

Job and time pressures

Social violence

##### CONSEQUENCES OF REPRESSION

Fragmentation and alienation

Displacement activities

Blaming and scapegoating

Political passivity

Avoidance of painful information

Diminished intellectual performance

Burnout

Sense of powerlessness

#### BREAKING FREE

## THE BASIC MIRACLE: OUR TRUE NATURE AND POWER

### LIVING SYSTEMS THEORY

How life self-organizes

Fire, water, and web

The holonic shift in consciousness

Gaia Theory

Positive disintegration

### DEEP ECOLOGY

Beyond anthropocentrism

The ecological self

Asking deeper questions

Related movements: ecofeminism, ecojustice, ecopsychology

### ANCIENT TEACHINGS

The Abrahamic religions

Earth-centered religions

Buddhist teachings

### THE NATURE OF OUR POWER

Power-over

Power-with

Power and feedback

The power of disclosure and refusal

Synergy and grace

## THE WORK THAT RECONNECTS

### THE GOALS OF THE WORK

### THEORETICAL FOUNDATIONS

### THE SHAMBHALA PROPHECY

## GUIDING GROUP WORK

### PART 1

Why Work in Groups?

The Role of the Guide

Working with Strong Emotions

Personal Despair and Social Despair

Stresses in Guiding Group Work

### PART 2

The Workshop Setting

Sequencing

Opening the Workshop

Helping People Speak and Listen

Sustaining Group Energy and Participation

Closing the Workshop

## AFFIRMATION: COMING FROM GRATITUDE

### THE VALUE OF GRATITUDE

### EXERCISES

Warm-ups: Opening through Breath, Body, Sound, and Silence

Group Introductions  
Brainstorm on the Great Turning  
The Mirror Walk  
THE PRESENCE OF GRATITUDE THROUGHOUT THE WORK

DESPAIR WORK: OWNING AND HONORING OUR PAIN FOR THE WORLD  
NOTES ON GUIDING THESE EXERCISES  
EXERCISES  
Small Group Sharing  
The Milling  
Open Sentences  
The Truth Madala  
The Despair Ritual  
Spontaneous Writing  
Imaging with Colors and Clay

THE SHIFT: SEEING WITH NEW EYES  
NATURE OF THE SHIFT  
PART 1: BRAIN FOOD  
Key Concepts  
Pointers for teaching these concepts  
PART 2  
The Systems Game  
Widening Circles  
The Cradling  
"Who Are You?"  
The Dance to Dismember the Ego  
My Choices for This Life

DEEP TIME: RECONNECTING WITH PAST AND FUTURE GENERATIONS  
A HEALTHIER RELATIONSHIP TO TIME  
EXERCISES  
Invoking the Beings of the Three Times  
Harvesting the Gifts of the Ancestors  
Thirty Years Hence  
Tape Recording to the Future  
Letter from the Future  
The Double Circle

THE COUNCIL OF ALL BEINGS: REJOINING THE NATURAL WORLD  
THE GENESIS AND PURPOSE OF DEEP ECOLOGY WORK  
EXERCISES  
Reporting to Chief Seattle  
The Evolutionary Gifts of the Animals (or The Eco-Milling)  
The Remembering  
The Bestiary  
The Cairn of Mourning

## The Council of All Beings

### GOING FORTH

LEARNINGS WE BRING BACK INTO OUR LIVES AND COMMUNITIES

### EXERCISES

Tales of Power

Imaging Our Power

Goals and Resources

Consultation Groups

Planning Actions

Communicating Our Concerns and Hopes – Exercise

Communicating Our Concerns and Hopes – Guidelines

Networking

Overcoming Obstacles

Affirming Our Commitment

Circle of Blessings

### MEDITATIONS FOR COMING BACK TO LIFE

The Web of Life

Gaia Meditation

Meditation on Death

Meditation on Loving Kindness

Breathing Through

The Great Ball of Merit

Learning to See Each Other

### APPENDIX A: CHIEF SEATTLE'S MESSAGE

### APPENDIX B: THE BESTIARY

### APPENDIX C: A COUNCIL OF ALL BEINGS: THE SITE SPEAKS

Reference Notes

Resources

"Those who risk their lives to protect marine mammals, and those who risk jail to stop paying taxes for weapons, and those who risk their jobs to 'blow the whistle' on corruption and deception" they also draw on vaster powers of life. . . . Grace happens when we act with others on behalf of our world." So write Joanna Macy, author of *World as Lover, World as Self* and Molly Young Brown, author of *Growing Whole*. In his foreword to this paperback, Matthew Fox calls it "a manual for mystics and prophets."Â coming back to life. This is an invaluable sourcebook for spiritual activists who want to practice compassion and loving action in an anguished world. New Society, 11/98. ISBN: 0-86571-391-X. *Coming Back to Life: The Updated Guide to the Work That Reconnects*. Joanna Macy. 4.7 out of 5 stars 40.Â In this state of Blessed Unrest we are getting more aware of our own grief around the world we have created around the global industrial complex, Macy and Brown remind us of our authentic selves, and provide a road map for creating relationship strong enough to undo and generate life. Through the piece we (re)member that we are what we've been waiting for. download *Archduke Franz Ferdinand Lives!: A World without World War I*. download *Arthur and Sherlock: Conan Doyle and the Creation of Holmes* audiobook.Â *Falling Down Getting Up: A Story of Overcoming Life to Live* word download. *Faust, Part I*, Egmont & Hermann, Dorothea, Dr. Faustus: *The Five Foot Shelf of Classics* download. feckettrana-ulxpyipg.