spiral journey of the person/planet
a challenging, intensive exploration of personal empowerment and social transformation

an invitation to cultivate 24 interwoven strengths in conscious evolution, radical friendship, and compassionate resistance (to the culture of greed and violence that is consuming Planet Earth)


1. Living more gratefully, opening to awe and wonder
2. Expanding empathy and compassion
3. Facing the truth and telling the truth, more courageously and more compassionately
4. Expanding emotional aliveness – accepting both sorrow and joy, fear and hope, regret and satisfaction, (and more) as essential parts of living
5. Accepting more personal, cultural, and ecological responsibility for the life and the world I am helping to make
6. Exploring and deepening forgiveness, to make spaces in my life for new beginnings
7. Reclaiming the love hidden within my/our pain for the Earth & all her peoples/creatures
8. Practicing active serenity of body, heart and mind
9. Turning away/breaking free from the destructive institutions, systems and practices that hold us in their grip
10. Turning away/breaking free from destructive thinking patterns: of my personal family, of my country, and of the global culture of violence/oppression

11. Exploring & embracing the wisdom of connectedness, and finding the forms of that wisdom that are my doorways to deeper connectedness
12. Living a deeper YES to life
13. Exploring “Deep Time” and infinite relatedness
14. Living a deeper YES to life
15. Growing beyond blaming and punishing, and toward continual creative initiative
16. Bringing out the deepest and best in myself and in other people
17. Forming & deepening communities of shared focus & mutual support
18. Envisioning success more vividly – making better plans of action
19. Acting more transformatively -- inspiring bystanders & converting opponents into allies
20. Nurturing co-workers in long campaigns
21. Sustaining emotional engagement
22. Learning more consciously, creatively & continuously
23. Celebrating more exuberantly
24. Resting/Meditating/Dreaming/Renewing

How can I learn/invent/adapt the skills, and make safe spaces & times, for sharing the many different feelings that arise when working to mend the world?

How can I learn to better nurture and support our team-mates and campaign companions (for work that may continue one's entire lifetime) ?

In our actions to heal the world, how can I learn/invent more creative ways to transform fear into love, & passive helplessness into courage and openness toward new possibilities?

How can I work with others to better translate love, hope and vision into plans for specific creative actions?

How can I learn to participate more effectively & sustainably in communities of conscience, concern & action?

How can I learn to better express & examine the lies of our current systems of endless war, mindless greed, & increasing ecological destruction?

How can I learn to encourage each person (and myself) to follow their deepest calling/talent & to work on the issues that bring their deepest love?

How can I live a deeper YES to Life to bring more completely awake and alive, in the experience of beauty as an empowering & guiding mystery, to the evolution of love, to the healing of the world?

How can I learn to see with new eyes, & feel with a new heart, my life connected to and empowered by infinite ancestors, infinite present kin, and infinite descendants?

How can I learn to hazard my pain for the suffering of the world as a deep expression of my love for the world, and as the world speaking through me, rather than seeing my pain for the world as a problem to be gotten rid of.

How can I learn serenity practices that would increase my ability to hold the many crises of the world in my heart surrounded with clarity & compassion?

How can I learn to acknowledge, and make amends for, any mistakes I have made, and any harm or pain to which I may have contributed?

How can I deepen my understanding of interconnectedness, co-arising, and the life-sustaining wisdom of living systems & traditional cultures?

How can I grow beyond the current mechanistic, hyper-individualizing, technocratic & anti-biological models, of world views, paradigms, & life stories that are creating the present breakdowns?

How can I deepen my understanding of interconnectedness, co-arising, and the life-sustaining wisdom of living systems & traditional cultures?

How can I find/acknowledge & express the changes I want to see, to practice, embody & initiate more of the changes I hope for in my society and the world?

How can I find more compassionate & emotionally sustainable ways of facing the truth, telling the truth, and confronting the lies of my time?

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