

PATHWAYS TO SUSTAINABILITY

The quest for the full flourishing of all life.



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RITUALS FOR THE JOURNEY

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INTRODUCTION

On 25th September, 2015, the United Nations General Assembly formally adopted the universal, integrated and transformative 2030 Agenda for Sustainable Development along with a set of 17 Sustainable Development Goals and 169 associated targets. (See Appendix A for a list of SDGs.)

The expression “sustainable development” was first used in the 1987 Brundtland report, *Our Common Future* and was defined as

“development that meets the needs of the present without compromising the ability of future generations to meet their own needs.”

Achieving a sustainable society is the biggest issue of our time but the transition to a more sustainable society requires thinking in fundamentally different ways from those that set society on a trajectory towards collapse in the first place . The rituals in this booklet have been influenced by a definition of sustainability offered by John Ehrenfeld in *Sustainability by Design*, “*Sustainability is the possibility that humans and other life will flourish on Earth forever.*” The rituals are offered as an entry point into the quest to achieve this hopeful vision, one that will require a shift in consciousness, both individually and collectively.

Grace Blindell in *Path to a New Consciousness* suggests that one of the shifts that will mark our journey to a new vision will be the shift from **Tourist** to **Pilgrim**. Satish Kumar in *Earth Pilgrim* suggests the difference between these two ways of relating to the Earth. Either we can act as tourists and look at the earth as a source of goods and services for our use, pleasure and enjoyment or we can act as Earth Pilgrims, perceiving the planet as sacred and treating it with reverence and gratitude.

The rituals we offer are an invitation to be a pilgrim, to recognise the intrinsic value of all of life. We hope these rituals will support us as we try to co-create a world that works for all.

Caroline Myss in *Defy Gravity* suggests that the problems facing humanity have become impossible to solve with conventional solutions, that we need to shift into another realm of perception, one beyond conventional reason, in order to solve them, that we need to think like the mystics did. She reminds us that

“What is impossible in the physical world of reason and logic becomes completely possible in the world of grace, mystical laws, prayers and divine companionship”.

These rituals invite us into other realms of perception, with each ritual a stepping stone on the pilgrimage to sustainability. May we journey well, may we welcome the unpredictable, the strange, the paradoxical.

At the end of our journey, may we be able to echo the words of the Earth Charter.

“Let ours be a time remembered for the awakening of a new reverence for life, the firm resolve to achieve sustainability, the quickening of the struggle for justice and peace, and the joyful celebration of life.”

HOW TO USE THE RITUALS

Thich Nhat Hanh once said that we all desire to live in peace and have environmental sustainability but that we do not have concrete ways of making our commitment to sustainable living a reality in our daily lives because “we haven’t organised ourselves yet”.

Rituals are a powerful way of helping us with that transformation. Combs and Holland remind us that the word *ritual* comes from the Indo-European root which means to ‘fit together’. While these rituals recognise all that is falling apart they are designed to awaken our creativity and imagination as we search for ways to fit things together again. Hence there is a greater emphasis is on the positive.

Each ritual follows a similar pattern, with a song, story, activity, meditation and closing blessing. The format offers a variety of resource material. It does not have to be followed slavishly. Feel free to pick and choose, to modify and to extend.

SONGS

All of the rituals flow from and were inspired by the words of the opening song. All of the songs are taken from the work of Joyce Johnson Rouse whose mission at Earth Mama is “Helping heal the planet one song at a time”. As you sing the song, listen to it on CD or read the words, you are connecting with that intention and become part of the healing of the planet. We are grateful to Joyce for allowing us to use these songs and for her willingness to share the rituals through her network of connections. Information on where to purchase the song recordings are in Appendix B.

CHANT

A chant is used in the ritual *I've got enough, enough stuff*. The music notation to the chant is in appendix B. The words were written by Kathleen Glennon and the music composed by Mairin Ní Mhurchú. We suggest that participants learn the chant before the celebration of the ritual.

MEDITATIONS

Some of the meditations have been written by Carmel Bracken. Some are used with permission of the creators, some are adaptations. We thank **Denise Linn**, **Hale Dvoskin**, **Nick and Jessica Ortner**, **Karl Honore**, and **James O Dea** for their inspiration.

POEMS

We use an excerpt of the poem *hieroglyphic stairway* by Drew Dellinger: we thank him for his permission to use it.

CENTREPIECE

Each ritual contains suggestions for creation of centrepiece but feel free to make additions/modifications to it.

ADDITIONAL RESOURCES

Some supplementary resources are listed in Appendix C.

In the ritual, *The Turning* we list a number of organisations making a difference in the world. Please feel free to create a different list based on your own context and experience and of organisations that inspire you

THE FULL FLOURISHING OF ALL

MATERIALS NEEDED

Centrepiece: Luscious fruits, nuts, colourful flowers, plants, grain etc. to symbolize abundance.

Candles or night light for each participant

LEADER

We come this evening to celebrate the abundance of creation and to remind ourselves that it is our Creator's desire that all beings share in this abundance.

The cosmologist Thomas Berry believes that our Creator's most cherished dream is that all beings come to their full flourishing. This theme is echoed in Dr. John Ehrenfeld's seminal book, *Sustainability by Design*:

'Sustainability is the possibility that humans and other life forms will flourish on Earth forever'.

To bring this wonderful vision about we need to recognize, as the following song reminds us, that every day is an earth day and that every day is an opportunity to work towards a healthy planet.

EVERY DAY IS EARTH DAY *by Joyce Johnson Rouse*

Every day is Earth Day for everyone who cares
For eagles and aardvarks, for people and bears
Everyone's a winner when we begin to know
That every day is Earth Day everywhere we go

Every day is Earth Day, an opportunity
To make a healthy planet for you and me
We can shape tomorrow by what we do today
We can build the future a cleaner, wiser way
So let's hear a cheer for the ozone layer. And one for biodiversity
Let's say a word for the forests and rain forests
And promise to do everything we need

Every day is Earth Day, a chance to celebrate
Dancin' on the planet, you know it's not too late
Never stop believing it matters what you do
Every day is Earth Day, Happy Earth Day to you!

LEADER

Most of us grew up in conditions more sympathetic than those of the present day to the full flourishing of all life. Let us get in contact with that time.

SHORT MEDITATION

I now invite you to close your eyes and imagine you are in a field where you walked as a child ---it may be a field of grass, a field of corn, a tilled field or a field with cattle in it.

Imagine yourself standing there on a summer's day.

What do you see?

What do you hear?

What do you smell?

Are there any flowers, sedges, grasses?

Are there any insects crawling on the ground or buzzing in the air?

Are there any birds there?

Are there animals there?

What do you see in the hedge-rows?

Is there water in or near the field? What colour is the water?

What are the colours of the scene?

For a few moments be present to all of the life in that field.

I now invite you to open your eyes and ponder the changes that may have happened to that field.

Has the field been built on?

Are all the species that were there previously still there?

Is the water still pure?

Time for sharing

LEADER

Let us reflect on the following statement:

‘If all the insects were to disappear from the earth, within 50 years all life on earth would end. If all human beings disappeared from the earth, within 50 years all forms of life would flourish.’ Jonas Salk

Time for reflection and sharing

LEADER

In less than 70 years we humans have disturbed the balance of nature and upset the full flourishing of many creatures.

Scientists tell us that we can reverse what we have done through the use of our imagination. Albert Einstein believes that when we use our imaginations we are most God-like. Through our imagination we can image new ways of being and doing. As the Disney slogan says 'If you can imagine it you can do it.'

All around our world creative people; scientists, engineers, crafts people, artists- are seeking innovative solutions to our present global crisis. People are using their imaginations to devise cleaner energy, greener transport, more sustainable agriculture. People are working on reducing packaging and obtaining substitutes for plastic. Individuals are planting organic gardens. All of us are making efforts to reduce, recycle and re-use.

Ask the group to mention other things that are being done

Let us raise our hearts in gratitude for all the innovation that is taking place as we ask the Great Spirit to activate our imaginations so that we will find creative solutions to our current problems.

U.N. ENVIRONMENTAL SABBATH PROGRAMME PRAYER

One person reads a section and together we say: We pray.....

1. Great Spirit, whose dry lands thirst, help us to find the way to refresh your lands.

We pray for your power to refresh your lands.

2. Great Spirit, whose waters are choked with debris and pollution, help us to find the way to cleanse our waters

We pray for your knowledge to find the way to cleanse our waters.

3. Great Spirit, whose beautiful earth grows ugly with misuse, help us to find the way to restore beauty to your handiwork.

We pray for your strength to restore the beauty of your handiwork.

4. Great Spirit, whose creatures and being destroyed help us to find the way to replenish them.

We pray for your power to replenish the earth.

5. Great Spirit, whose gifts to us are being lost through selfishness and corruption, help us to find the way to restore our humanity.

We pray for your wisdom that we may restore our humanity so that we will enable all beings to come to their full flourishing.

LEADER

Modern Science is confirming what spiritual people always knew about prayer—that it has the power to effect change. When we focus with love and blessing on someone we raise that person’s vibrational levels and consequently effect healing. Mystics were keenly aware of the innate power of our imagination to change our world. Caroline Myss in *Defying Gravity* reminds us that

“What is impossible in the physical world of reason and logic becomes completely possible in the world of grace, mystical laws, prayers and divine companionship”.

Let us now spend a few minutes in silence focussing our attention, our love and our blessing on an area of the world that needs healing. Let us send rays of light and healing to that place.

I now invite you to mention the place to which you are sending healing.

After each person shares she lights a candle and places it around the centre-piece

RESPONSE TO EACH SHARING

All participants raise their right hands in blessing and say

We send the light of our healing to -----.

May our blessing usher in a time of abundance and flourishing

FINAL PRAYER

Let us go forth on our journey

Sending blessings of light where there is darkness,

Blessings of abundance where there is scarcity,

Blessings of peace where there is war,

Let us commit ourselves to work towards a time

When all beings will strive and flourish;

When all beings will share the abundance of the earth;

When we will rejoice in the wonder and majesty of each being. Amen

GRATITUDE AND CONTENTMENT

Enough is a feast. – Buddhist Proverb



Illustration with Wordle.

He who knows he has enough is rich.

Tao Te Ching (c 260 BC)

GRATITUDE AND CONTENTMENT

MATERIALS NEEDED

Participants are asked to bring to the gathering an object that is very precious – something they would bring to a desert island if they had only one choice.

LEADER

A Buddhist proverb reminds us that ‘Enough is a Feast’ In our opening song Joyce Johnson Rouse lists all the things that are precious to her, all that reminds her that enough is as good a feast. To think like this requires a change of mindset from our consumer mindset that thinks there is never enough. As you listen to this song, what stirs within you?

ENOUGH IS AS GOOD AS A FEAST -by Joyce Johnson Rouse

I’ve got a turtleneck sweater in my favourite shade of blue
And a cracklin’ fire to warm me when a cold front’s coming through
A window for air conditioning and the shade of a maple tree
I’ve got enough, enough, and enough is as good as a feast

I’ve got a tattered book of poetry filled with all the greats
Dickinson and Robert Frost, Angelou and Yeats
(Baldwin, Nash, Pound, Hughes? Sing your favorites!)
An old piano for music and a song that plays for free
I’ve got enough, enough, and enough is as good as a feast

I don’t need a mansion or a genie to grant me a wish
I believe that he who knows he has enough is rich

Out back there’s a garden that blesses my spring with peas
Later on in the summer, with tomatoes and beans
Sweet Williams and cosmos and fragrant peony
I’ve got enough, enough, and enough is as good as a feast

I don't need a mansion or a genie to grant me a wish
I believe that she who knows she has enough is rich

I've got a couple of good friends and a place I go to pray
A love of which I'm certain and I thank God for each day
A place to watch Orion, and the sun rise in the east
I've got enough, enough, and enough is as good as a feast

I've got an apple tree and I've got honey bees, what else do I need?
I've got enough, enough, and enough is as good as a feast

LEADER

I invite you to pause for a few moments and to ask yourself what you would write on your list if you were to write your version of this song.

(Pause for a few minutes)

LEADER

I invite us now to create a litany from what surfaced for us in our reflection.

After each sharing we say:

Enough is as good as a feast

LEADER

I now invite you to share the story of the precious object you brought to the meeting

Time for sharing

LEADER

In his book *Enough*, John Naish suggests that

At the point of enoughness you need to stop and enjoy. You need to appreciate the liberation that getting there brings you, rather than slogging ever onwards in the hope that the fun will eventually come back in larger doses.”

The following story is a dialogue between a person who has stopped at the point of enoughness and one who has not. As you listen to this story where do you situate yourself?

THE FISHERMAN’S DREAM- [Original Source unknown but quoted in Wisdom Stories by Margaret Silf.

A fisherman once sat in the midday sun, gazing out to sea, watching his little fishing boat riding at anchor, and thinking to himself how good it was to sit in the sun with no worries, watching the waves breaking and enjoying God’s creation.

But his daydream was interrupted when a smartly dressed and rather overweight businessman came up to him, and broke into his reverie with a sharp question: ‘What are you doing lazing around at midday? Why aren’t you out fishing?’

Somewhat taken aback, the fisherman replied, ‘I’ve done my day’s fishing. I’ve taken my fish to market, and now I am relaxing in the sun.’

‘But why don’t you put out to sea again, and catch some more fish?’ his questioner insisted.

‘Why would I want to put out to sea again and catch some more fish?’ his questioner insisted.

‘Why would I want to do that?’ replied the fisherman politely.

‘Well, then you would make twice as much money.’

‘Why would I want to do that?’

‘Well, then you could buy a bigger, better boat, and catch even more fish. You could even employ other people to do the fishing. My word, you could own a whole fleet of fishing boats if you weren’t so lazy. ‘

‘Why would I want to do that?’

‘Well, if you owned your own fleet of boats, and employed other people to do the fishing, you would have as much money as you could ever dream of.’

‘Why would I want that?’

‘Well, then you could spend the rest of your life just doing whatever you wanted to do, sitting in the sun, relaxing and enjoying yourself, with no worries....’

LEADER

We will pause for a few moments to share what surfaced for us as we listened to this story.

Time for sharing

LEADER

John Naish in *Enough* reminds us that our evolution as a species has brought us to this age of technological and material bounty and its consequent crises and suggests that it is now “down to each of us to start evolving our species out of it.”, to evolve an ‘enough’ button to break the vicious cycle of more, more, more. Rick Hanson offers one way of doing this, teaching us how to rewire our brains using the HEAL meditation process of taking in the good. This meditation involves four simple steps.

H = Have a good experience.

E = Enrich it.

A = Absorb it.

L = Link it to bad so good soothes the bad

(For more information on this form of meditation see appendix C)

In the following meditation inspired by the work of Rick Hanson we will focus on the experience of Enoughness, Gratitude, Gladness and Contentment, we will enrich and absorb these feelings and finally link them to the sense of not having enough and not being enough so these negative places can be healed.

HEAL MEDITATION ON GRATITUDE AND ENOUGH.

LEADER

I invite you to close your eyes and bring your awareness to your breath and allow your breath to draw your attention inwards.

We're not pushing the air out and in; we're just letting the body breathe itself. Feel the sensation of the flowing breath in the body...as it flows in and out ...in and out. It's almost as if you could feel and touch the breath

I invite you to bring to mind some of the things you named at the beginning of this ritual as being precious to you, things that represent your place of enoughness. Pause for a few moments and bring each of these things to mind. Picture them clearly.Be aware of how they have shaped your life.....Feel the pleasure they bring you. Notice feelings of gratitude, gladness and contentment that are already present as you think of these things. Take another minute here to feel your sense of gratitude.

Gently help these feelings to become as rich and intense as possible, filling your whole body. Open to related feelings such as joy, ease, fulfilment. Let those feelings fill your body . . . and heart . . . and mind . . . However mildly or intensely you experience them, it's alright . . .

Now, sense that these positive feelings of gratitude, gladness, contentment, enoughness are sinking into you . . . Perhaps like warm sun on your face . . . Or like a golden light settling into your core . . . Or like a treasure going into your heart . . . Or sensations settling into your back or any other part of your body . . . Positive feelings are becoming a part of you . . . Positive feelings are being woven into the fabric of yourself . . . These are growing resources inside you, a growing part of your inner landscape . . . continue to sense these positive emotions sinking into you.

Now sense that the positive experience is going down into old hollows and wounds within you and filling them up and replacing them with new positive feelings and views. Sense that gratitude and gladness are connecting with any disappointments or loss. Imagine that some of the many things you feel grateful for or glad about are showering down into and gradually filling any emptiness or ungratefulness inside.

Let feelings of enoughness reach into any places where you feel you don't have enough or are not enough. Let those places be healed. See yourself letting go of any negativity and just stay with a sense of gratitude, gladness and contentment.

In your own time, bring your awareness back into the room and whenever it is right for you, open your eyes, carrying with you a sense of gratitude, gladness, contentment and enoughness.

CLOSING BLESSING

Mindful of Meister Eckhart's words that if the only prayer we ever say is 'Thank You', it is enough, let us raise our hearts in gratitude:

For the love and companionship we experience in our communities

For the graciousness and contentment of sisters as they grow older

For the enthusiasm and passion of young people

For all the insects that aerate our soil

For the song of birds and the playfulness of pets

For the perfume and colour of flowers

For the abundance of fruit in orchards and hedge-rows

For the crops that supply our food

For the gift of life, and for health to enjoy the magnificence of creation

Amen

I COME FROM A FIREBALL- I AM ENOUGH

Centre Piece a reproduction of the Milky Way



MATERIALS NEEDED

A globe and a large candle to represent the sun

Cloths ---- the colours of the spectrum

Coloured stars with I AM STARDUST written on them

Coloured pens, crayons, biros

LEADER

We live in an age when we are bombarded by messages that we have not enough and are not enough. Beliefs about scarcity and separation are deeply ingrained in our psyche--beliefs such as: There is not enough, not enough money, not enough possessions. We don't just experience scarcity when it comes to money and possessions we also experience scarcity of time and scarcity of just being. Most of us rarely feel whole, complete and at rest, just as we are. We need to stop telling ourselves 'not enough' stories which lead to hoarding, greed, over-consumption, and align with the remarkable story of our origin, a story of abundance, creativity and profusion as told in our opening song.

FIREBALL *by Joyce Johnson Rouse*

Fourteen billion years ago a primal flaring-forth occurred

From primordial universe a billion galaxies emerged

Then Hydrogen and Helium, the elements of dawn

Finally Carbon and heavier elements began to form

CHORUS:

I come from a fireball, grandest fireworks of all

Every element in me is stardust in the Galaxy

I come from a fireball

I come from a fireball started from a part so small

Just a singularity, the rest, they say, is history

I come from a fire ball

Fourteen billion years of light and still we stumble in the dark
From the quantum vacuum into roses and a human heart
Cosmic history unfolds, round and round and round it goes
Expanding wider, wider still and where it stops, nobody knows
REPEAT CHORUS

Only five billion years ago our sun was born
Only billions more til it burns down and out!
Fourteen billion years of wonder, still we marvel at the show
Through our history we wander, thinking there's no place else to go
Tiamat, Prospero, Kronos, Argos, Capaneum
No one has seen it all before, we are the first generation!
REPEAT CHORUS

LEADER

We are the first generation to know the awesome story of our birth but it has not yet seeped into our beliefs. In the *Universe is A Green Dragon*, Brian Swimme reminds us that it was out of the dynamic of cosmic celebration that we were created and that we are the opening through which the universe celebrates its existence. We are stardust: we are precious beyond measure.

The 'not enough story' is a story that emerged when we humans lost the sense of our place in the web of life. The 'not enough story' pales before the 14 billion year old universe story. We need to move out of 'the not enough' story in order to align with the larger story of who we are.

When we believe we are enough our consumption patterns change. We do not buy 'stuff' to compensate for a perceived inner deficit that keeps demanding to be satisfied again and again. The following meditation invites us to reclaim that sense of being enough.

MEDITATION ON WHO I AM IS ENOUGH -[adapted from work of Denise Lynn and used with permission].

To begin this mediation take a few very few deep and full breaths and with each exhalation find yourself letting go, surrendering, You are not surrendering to some force outside yourself, you are surrendering to spirit within . Every sound is taking you deeper, every breath is taking you deeper into a wonderful feeling of relaxation ...that is good ..Taking a very deep breath in now, breathing in...in... in , hold and now let go Just allow every part of your body to relax, from your toes all the way up to the top of your head, allowing

your thoughts to drift and float the way clouds drift and float on a warm summer afternoon ... that is excellent ...travel now in your imagination to a wonderful forest. There is a pathway that meanders through the forest. ... Imagine yourself walking on this pathway. On one side of the path is a small creek, a stream , the water is so sparkling and bright.... ...long rays of light filter through the canopy of leaves overhead .

Visualise this, imagine this, make it as real as you can.....there are birds in the trees, scatterings of wild flowers on forest floor and seemingly crowds of butterflies fluttering through the meadows and in between trees. If you are not visual that is perfectly alright ... get a feeling of how relaxed you would be in this beautiful forest walk , it is as if you can hear the song of the earth beneath you , you can hear the voices of the trees that surround you. With every step you take , feel more and more connected to the natural world within you and all around you that is excellentI am going to say some affirmations and as I do, allow these words to sink deep inside of yourself Who you are is enough ...just as you areyou are enough...you are strong enough, you are wise enough, you are kind enough...who you are is enough just as you areIf only you could see yourself as those in spirit see you , you would know the truth of these words...you are strong , majestic , beautiful , , wise , wondrous and remarkable in every way. Who you are is enough.....I am going to say these affirmations now in the first person ...allow my voice to be your voice or you can repeat the words after I say them, out loud or silently.

I am enough just as I am .

I am strong I am wise I am a remarkable being...all is well in my universe....I am worthwhile and I am worthy, who I am is enough I make a difference in the world ... I matter... I am an important part of the evolution of the planet. This is so I inspire those around me...I love deeply and fully and I allow myself to receive love deeply and fully. Who I am is enough.... What I am is enough , what I do is enough

I am child of the creator.. I am creative I am powerful beyond measure. Who I am is enough.. This is so . This is so As these words are spoken each affirmation sinks deep into the wellspring of your being, like a spiritual seed planted in the fertile soil of your soul Do know that in days and weeks and months ahead that this awareness that you indeed are enough, that who you are indeed makes a difference in the world around you, begins to grow more and more within you. And more and more you find a sense of confidence and

self esteem and self awareness filling each and every part of your world, of your life. That is excellent. Imagine now you continue to walk on that pathway, walking with the knowledge that who you are is enough.. that you are valued and you are valuable.. This is so, This is soHow would you hold your shoulders if you knew that who you were is enough? How would you hold your head? How would you move your body? How would you swing your arms if you had a deep sense of your own value:?. ..If you had a sense of a profound and deep confidence?

Allow my words to be yours. I am enough just as I am. Who I am is enough.

I am remarkable. I am wondrous. There is majesty deep within me, my path is guided. I am making a difference in the world. Who I am is enough. Who I am is enough. All is well. All is well. All is truly well. May the creator within all things bring you blessings and peace in the days and weeks and months ahead. So be it and so it is. So be it and so it is.

RITUAL

Stars are distributed among participants and the leader asks participants to write their name on the star

LEADER

I invite us to focus on something that makes us feel enough e.g.

I am intelligent enough, I am creative enough.

I now invite us to write that on your star

I invite us to place our stars on the centrepiece saying aloud what we have written.

We will affirm each other by putting our hands in the blessings position and saying or singing the following chant:

Amen! We affirm,

Amen! We encourage

Amen! We bless and we celebrate Amen.

I'VE GOT ENOUGH, ENOUGH STUFF

“There are only two tragedies in the life; the one is not getting what one wants; and the other is getting it.” Oscar Wilde .



Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.”
— Oprah Winfrey

I'VE GOT ENOUGH, ENOUGH STUFF

MATERIALS NEEDED

A container for burning, pieces of paper and pens Participants are invited to bring to the gathering an item they brought recently which they regret buying

LEADER

The Greek philosopher Epicurus cautioned that while pleasure is the basis of contentment, extravagance is unlikely to bring us joy. Research is now showing that this is true, that once our basic needs are met, a focus on getting more and more stuff actually undermines happiness. Yet, we humans continue to seek more and more stuff, despite the fact that our obsession with stuff is trashing the planet, our communities, and our health. As you listen to the following song by Joyce Rohson Rouse, how does it resonate with you?

STUFF *by Joyce Johnson Rouse*

Well, I find it in my closet, and I find it in my pack
I find it on my dresser, and floating in my bath

It's stuff, lots of stuff

There's a pile in the corner that I need to put away
But, the places I should put it, are already full today
Of stuff, lots of stuff I've got enough, enough stuff

When I have to go out shopping, for one thing I really need
I get home and find I bought, a shopping bag or two or three
Full of stuff, lots of stuff

I've got mittens for a kitten, I don't even have a cat
And I'll never be a cowboy, but I've got a cowboy hat
Its stuff, lots of stuff. I've got enough, enough stuff

And sometimes I get a little worried
About all this stuff surrounding me
I think of all of the resources
And I wonder how much I really need
Do I need another movie? Do I need another game?
Do I need another sweater? It all starts to look the same
This stuff, lots of stuff

Then I think about the planet, and I wonder what to do
And I know it will be better, if we all decide to use
Less stuff, a lot less stuff. I've got enough, enough stuff

SHARING OF ITEMS WE REGRET BUYING

LEADER

I now invite you to share with the gathering the story of the items you have brought

Time for sharing

LEADER

Every day each of us, in one way or another engages in the creation and consumption of stuff. While consumption is necessary, excess consumption, individually and collectively is the primary cause of environmental and societal problems. Kofi Annan once said

‘A path to prosperity that ravages the environment and leaves a majority of humankind behind in squalor will soon prove to be a dead-end road for everyone.’

Melinda Watson in the *Handbook of Sustainability Literacy* suggests that choosing to purchase stuff such as the latest mobile phone is only the visible tip of a large material iceberg and says that the “*moment an individual hands over money to purchase a product they are connecting to a web of global activity that is invisible.*”

The following story from ***Digging at our Conscience Mining Toolkit*** highlights the invisible cost in the purchase of the latest tablet. (see appendix C for the link to access this toolkit)

It is 10.32 on a sunny Saturday morning in London and Paul is about to enter his favourite store on Regent Street, to browse the latest in the world of electronics. Having spent hours checking out all the new stuff. Paul decides on the latest tablet computer from a famed electronics company. Expensive?? Yes.... but the new retina screen bursting with colours and near-perfect definition will completely outclass his last tablet bought just 18 months ago. At the other end of the planet, it is dusk and the dust in the air is turning red. Zhao has finished his day mining rare earth minerals in Inner Mongolia, China, the heartland of the rare minerals extraction. These minerals are vital components in technological developments and Zhao knows the importance of this industry to his country, which controls 90% of the world production. He is aware of the

terrible environmental price that his community is paying and he knows that annually, millions of tons of processed soil, doused in acid and chemicals, are dumped in the nearby lake. Neither Paul nor Zhao have the slightest idea of the bond that unites them. (adapted from www.gaiafoundation.org)

Time for reflection

LITANY

Leader: As we begin to understand the full implications of our purchases our choices become mindful. If we want to say enough mining, enough tar sands, enough pollution, enough wars, we need to be able to say enough when our consumption becomes addictive.

Response: “Enough.”

For the times I buy more stuff to maintain my self-image? *Enough*

For the times I have bought stuff that I want rather than need. *Enough*

For the times I have bought more stuff because the desire was implanted by marketing techniques. *Enough*

For the times I have bought more stuff because I want to be fitter, cleverer, or just cooler. *Enough*

For the times I have not reflected on how I might achieve my goal without acquiring more stuff. *Enough*

For the times I have replaced something I already have with something new even when there was nothing wrong with the old item. *Enough*

For the times I have bought something in a sale unaware of the invisible effect of my choice on others and on the planet. *Enough*

For the times I have been persuaded that emotional well being will result from the purchase of a particular gadget or holiday. *Enough*

As we resolve to end our addiction to buying stuff let us look inward

MEDITATION

The following meditation is inspired by a meditation on slow shopping by Carl Honore in *The Power of Slow*. It is an invitation to mindful consumption.

I invite you to close your eyes and bring your awareness to your breath. Allow each breath to take you deeper into a place of relaxation.

Now bring to mind all the items you have bought over the past few years. Imagine now you can separate them into two piles. On the left, place all the items you bought on a whim, bought because they were advertised as a bargain, bought to fill an empty space within, items that are not really important to you and you now know you should not have bought them. Place all the new items you bought even though the old item you were replacing could have been repaired. Pause for a moment to have a look at all these items.

Now, on the right, place all the items that have brought you great pleasure that have shaped your life, items you would have buried with you if you were an Egyptian pharaoh.

Now look at those two piles. Notice how the pile on the left contains a mountain of useless junk. Imagine, in whatever way feels right for you that you can let all this junk go. Sense how light your body feels and how free you now are.

Now turn your attention to the smaller pile and focus in on the items that you have there. Ask yourself what is it about them that sets them apart? What are they made of? What is the story behind them? Do you know who made them?

Sink into the feeling of gratitude they bring you and allow the feeling to sink into you. Allow this feeling to fill your whole body, flooding your being.

Now imagine yourself at some future date when you are about to buy something. See yourself touching into this feeling of gratitude for what is important to you and know in your body what it feels to be free of what you do not need. Imagine yourself stopping before you purchase and taking a few deep breaths. See yourself asking 'Do I need this or do I want it?'. Will it bring a sense of gratitude or will it be something I regret buying? See yourself visualising your two piles. If you know it will end up in the pile of junk see yourself refraining from purchasing the item and just walking away. If you know it will end up in the pile of items for which you are grateful, see yourself purchasing this item and being grateful that you can.

Set your intention that into the future you will take time before you purchase anything, to listen to what you truly need and to know you are truly purchasing from a mindful place.

Now, bring your awareness back to the present moment and in your own time, whenever it feels right for you, I invite you to open your eyes.

RITUAL

LEADER

I invite us to take a few moments to look at our addiction to buying stuff and to get in touch with what it is in us that we want to release

Time for reflection

I now ask you to write down what you wish to release and we will burn these.

Pause to allow people time to write.

As people are burning the pieces of paper we will sing the following **chant**:

Let us burn away, burn away,

Burn away all that is not good,

All that is not wholesome. (See appendix B for music notation.)

CLOSING PRAYER

May we exercise our consumer power ethically.

May we choose products that have been ecologically designed.

May we grow in awareness of the invisible impact of our consumption patterns.

May we recognise when our stuff owns us rather than us owning our stuff.

THERE IS NO SUCH PLACE AS AWAY

MATERIALS NEEDED

Three plastic bottles, one which contains water, one which contains coco-cola and one which contains milk

Small bowls with Lemon and Jasmin oil in a carrier oil

Participants are asked to come to the gathering with ideas of how they re-use and re-cycle particular plastic and also to bring items they have made of plastic.

LEADER

In *Laudato Si*, Pope Francis tells us that the earth, our home

“is beginning to look more and more like an immense pile of filth”

He challenges us to counteract the throwaway culture which affects the entire planet.

Our opening song by Joyce Johnson Rouse reminds us that there is no ‘away’.

AWAY *by Joyce Johnson Rouse*

There’s no such place as Away, away

There’s no such place as Away

You can dump it, you can burn it, you can sink it in the bay

But there’s no such thing as Away

Can’t throw it away

Can’t throw it away

Recycle it or use it again

Don’t throw it away

Round and round, Round and round

It all cycles round and round

The air and the water and the soil

All cycle round and round

©

LEADER

Barry Commoner, in his 1971 book, *The Closing Circle*, identified the central “laws of ecology”. The first law, according to Commoner, is that “*Everything is connected to Everything Else.*” The second law which follows from this is that “*Everything must go somewhere...Nothing goes away, it is simply transferred from place to place, converted from one molecular form to another.*”

The Tidy Towns competition in Ireland , Keep America beautiful campaigns and the Sanitation days in many African countries are all examples of humanity's quest to keep our neighbourhoods tidy.. While all this has solved the problem of littering another problem is created. We put our rubbish in a bin from where it goes to a landfill but is now just out of sight and mind. Ecologically speaking it is not gone, as there is no away.

Wendell Berry once observed that “we have never known what we were doing because we have never known what we have been undoing”. Today, the signs of what we have been undoing are obvious. There are numerous stories of the damage caused by plastic.

THE STORY OF THE THREE PLASTIC BOTTLES

LEADER holds up the first bottle

Hello I am Choaky. I would like to tell you my story which began in an oil refinery when gas and oil molecules were bonded together to make a substance called plastic. This substance is so strong and resilient that it takes up to a thousand years to bio-degrade.

In a factory sheets of plastic were moulded into bottles and I came into being. With my companions we were filled with water and transported to a supermarket. I wasn't long sitting on the shelf when a boy came in, bought me, drank my water and then dumped me in a black bin. The waste disposal lorry brought me to a landfill, an ever expanding dump full of decaying debris. I lie here compressed between layers of thrash. Toxic substances are escaping from my body. When rain falls, the water, having absorbed my toxins, flows into the soil and contaminates both the soil and ground water poisoning eco-systems and harming wild life. I am sad that I am causing environmental damage to our beautiful earth.

LEADER holds up a coco-cola bottle

Hello. I'm Cloggy. My story is similar to Choakie's. When I was manufactured I too was brought to a supermarket where I was purchased by a woman who later discarded me in a stream, a stream which flowed into a river. The river flowed into the ocean where I floated for months before I was sucked into a massive vortex of plastic debris. After a long time my body was broken into small pieces. Fish mistaking the shiny bits of plastic for food ate them. Humans

ate the fish which were saturated with toxins from my body. I have infiltrated the food chain causing disease and illness.

LEADER holds us the milk plastic bottle

I'm Changy. The story of my manufacture is similar to Cloggie's and Choakie's. Like them I sat on a supermarket shelf till Sister Eupharesa bought me. I supplied the sisters with milk for a few days. Then Sister put me in the re-cycle bin. I was taken to a plant where, with hundreds of other bottles I was transformed into sheets of plastic. A variety of objects were made from the new plastic. I was born again as a tooth-brush. I now live in the home of Anne Marie who takes good care of me.

Take a few minutes to ponder on these stories, then share what is surfacing for you.

LEADER

Kenny Ausubel in *Dreaming the Future* suggests that "*Human creativity focused on problem solving is eclipsing the mythology of despair.*"

Environmental Educator David W. Orr has said that "*Hope is a verb with its sleeves rolled up.*"

Let us for a few moments celebrate the creativity of those who are finding solutions to the problem of plastic that we highlighted in the story of Choakie, Cloggy and Changy .

RESPONSE

We celebrate your creativity.

- Thato Kgathanye from South Africa founded Repurpose Schoolbags at the age of 21. Many children in her community used plastic bags as school bags and she decided to change that. She designed school bags with up-cycled plastic bag, integrating solar technology and batteries to provide light for learners to study after dark. *Response*

- When 8 year old Ryan Hickman was 3, his father took him to a recycling centre where he cashed in a few bags of cans and bottles. He began to recycle in order to stop the pollution of the sea with cans and to earn money in the process. To date he has recycled 285,000 bottles and cans

and donated about 5,000 dollars to Pacific Marine Mammal centre and has raised money for his future college fees. *Response.*

- In Central Serbia, Tomislav Radovanic, a retired math professor has built a house from waste plastic. The foundation is concrete but all else is plastic, gutters, windows and furniture are made from recycled bottles. Similar houses are being built in Mexico, Nigeria, Honduras and many more places. *Response.*

- The Conscious Cup Campaign, aims to reduce and eventually eliminate single use cups in Ireland. Its campaign aims to encourage individuals to switch to reusable cups and to persuade coffee shops to; i) accept the reusable cups and ii) offer a reward to those customers, be it a monetary discount or extra loyalty points. *Response.*

- Refill , a practical tap water campaign in England aims to make refilling your bottle as easy, convenient and cheap as possible by introducing refill points on every street. Participating cafes, bars, restaurants, banks, galleries, museums and other businesses simply put a sticker in their window – alerting passers-by to the fact that they’re welcome to come on in and fill up their bottle – for free. *Response.*

- Lauren Singer and Daniel Silverstein opened up a pop-up shop, Package Free, in Williamsburg stocking eco-friendly alternatives to any single-use item you can think of: reusable tote bags, compostable toothbrushes, refillable dental floss, natural beauty products in bulk, even skateboards made from ocean plastic. *Response*

- FREEHOLD is a bar, café and shared work space in Brooklyn, New York that serves 2,500 people a day. When they discovered that they were using 1.5 million straws a year they decided to stop using them. If a customer asked for a straw they are offered paper straws that are compostable and biodegradable. This is similar to an initiative called Strawless in Seattle. *Response.*

-
- Canadian photographer Benjamin VonWong , aware that if the current trend continues there will be more plastic than fish in the sea by 2050, decided to use a mythical creature of the ocean to lead the fight. He pictured a mermaid inside a sea of 10,000 plastic bottles for his ‘mermaids hate plastic’ campaign. He hopes this will teach people about the damage being done to the earth by plastic bottles. *Response*

LEADER

I invite you to share ideas of how you or others are cutting down on plastic. If participants have made things e.g. holders for pens they can place them on the centre-piece.

Time for sharing

LEADER

Janine Benyus in her book *Biomimicry* reminds us that: “ Life creates *conditions conducive to life.*” The creativity of the universe flows through us to help us to find solutions to the challenges of today. We have heard the stories of those who have found solutions to the problem of plastic and we have shared some of our own stories.

I invite us now to bless one another with a mixture of Jasmin and Lemon in a base oil. Jasmin is an energizing oil which enhances our creativity. Lemon is a stimulating oil which will allow that creativity to flow. We will bless our hands, through which our creativity is often expressed and we will bless our forehead at the third eye, the place that opens us to creative solutions. As we bless each other we say:

“I bless you with the energy of Jasmin and Lemon to assist you in allowing your creativity to co- create conditions conducive to life”.

MEDITATION FOR HEALING

Eckhard Tolle suggested that

“The pollution of the planet is only an outward reflection of an inner psychic pollution, millions of unconscious individuals not taking responsibility for their inner space.”

In this meditation we consciously choose to take responsibility for healing our inner space and allow that healing to ripple outwards. Just as there is no external *away*, there is no internal *away* either. When we suppress or deny the emotions of painful experiences they do not go away, the energy gets stuck somewhere in our body. This meditation invites us to let go of this stuck energy, healing ourselves and thus healing the planet.

I invite you to close your eyes and become aware of that breath of the universe being breathed in you and through you. As you breathe deeply and slowly... imagine all tension is draining from your body and mind..... feel yourself relax more and more deeply..... As your breath takes you to a still deep place within set your intention for the healing of yourself and the earth in whatever way feels right for you. *(Pause for 1 minute)*

I invite you to place both hands on your heart. As you breathe, repeat the word 'healing' as a mantra, sensing the flow of healing in your heart. For a few moments, remain with that flow. *(Pause for 1 minute)*

Now, visualise that energy of healing going to any area of your body that is sore or tight or tense. Where are the areas of your body where pain is hiding out because of painful personal experiences that you have suppressed or denied. Allow the flow of healing to saturate these places. Where are you holding the pain of all the places on earth that have been destroyed by our illusion that there is an away? Allow healing to flow to those places. Don't strain, just let it flow with your breath. *(Pause for 1 minute)*

And as your own being begins to heal, move your hands out in front of your heart and imagine you are holding the earth in your hands, in whatever position feels right for you. Imagine that you are like a golden sun, radiating healing energy to the earth, with its billions of beings, humans, insects, reptiles..... *(Pause for 1 minute)*

Imagine the energy of healing flowing to all lands that have been turned into wastelands, to oceans that have been destroyed by plastics, to beaches destroyed by rubbish. See the healing energy flow to fish that are dying, to birds that have nowhere to live, to plants and animals that are in danger of becoming extinct, to habitats that have been destroyed by landfills and discarded rubbish and to marshlands steeped in sewage. Picture yourself sending healing energy to all those struggling to breathe because of pollution, to all people, lands and all living beings poisoned by discarded chemicals.

Now imagine that other hands are joining yours in holding the earth in loving healing awareness. Feel the power of being connected to compassionate hearts all around the world who are also radiating healing energy to the earth. Feel the power of all that healing flowing from so many hearts, through many hands to the earth, flowing to all that needs healing. *(Pause for 1 minute)* I invite you bring your hands back to your lap and to gently, in your own time, bring your awareness back to this room, knowing that the earth is better for your meditation and so are you.

CLOSING BLESSING

May we deepen our awareness that there is no away and embrace the awesome responsibility to safeguard the fabric of life.

May we understand that our world is transformed with each of our actions and in turn we are transformed.

May we understand that nature is deeply complex and begin to think holistically from a systems point of view.

May we grow in our ability to expose the hidden impact of materials on sustainability.

May we grow in understanding of our place in the web of life and allow our lives to become transformed by our engagement within it.

THE TURNING

MATERIALS NEEDED

*A globe and green flags made of tooth-picks , green paper, with plasticine/
bluetack on the bottom*

LEADER

We live at a time that has been called the Great Turning. This is the name given for the shift from the Industrial Growth Society to a life sustaining civilization. The ecological and social crises we face stem from an economic system dependent on accelerating growth. More and more people are realizing that our needs can be met without destroying the world and are seeking to find a better way. Our opening song questions us on what we are doing today to create that better way and reminds us that we have the power to claim the future. As you listen to this song, what surfaces for you?

WHAT ON EARTH? *by Joyce Johnson Rouse*

What on Earth are you doing today for tomorrow?
Where on Earth are you going if you don't find a better way?
Every little thing we do really makes a difference
What on Earth are you doing for tomorrow, today?

We have the power to claim the future
We have the knowledge to change our path
We have love enough to move us
To a vision that can last. What on Earth are we doing.....

Today is only a fleeting moment
It will be gone in the blink of an eye
But tomorrow goes on forever
Like the footprints of you and I

What on Earth are we doing today for tomorrow?
Where on Earth are we going if we don't find a better way?
Every little thing we do really makes a difference
What on Earth are we doing for tomorrow, today?
What on Earth are we doing for tomorrow, today?

LEADER

We humans stand at a defining moment in history, described by Christopher Fry in *Sleep of Prisoners* as a time when “*wrong comes up to meet us everywhere*. Global problems are escalating. Terrorism, genocide, poverty, global warming, diseases, famine, economic meltdown all add to a sense of despair and helplessness. Our cherished institutions are failing us. It is in this context that we ask ourselves; “What are we doing today, for tomorrow?” This question is also asked by Drew Dellinger in the following excerpt from his poem.

hieroglyphic stairway by Drew Dellinger.

it's 3:23 in the morning
and I'm awake
because my great great grandchildren
won't let me sleep
my great great grandchildren
ask me in dreams
what did you do while the planet was plundered?
what did you do when the earth was unravelling?

surely you did something
when the seasons started failing?

as the mammals, reptiles, birds were all dying?

did you fill the streets with protest
when democracy was stolen?

what did you do
once
you
knew?

LEADER

As we look around the world it would be easy to think that we are doing nothing. However there is hope in the following insight from Joanna Macy.

“The most remarkable feature of this historical moment on Earth is not that we are on the way to destroying the world—we’ve actually been on the way for quite a while. It is that we are beginning to wake up, as from a millennia-long sleep, to a whole new relationship to our world, to ourselves and each other.”

Let us spend some time honouring all that is being done since we began to wake up and notice the unravelling of the earth.

Our opening song reminded us that every little thing really makes a difference. Let us listen for a few moments to a sample list of many organisations who are making a large difference in helping us to wake up, to shift our consciousness, helping to co-create a world that works for all. Let us listen to them telling us what their mission is. Let us affirm them with a response:

LITANY OF THINGS BEING DONE

RESPONSE

This is what we are doing today for tomorrow
This is how we are finding a better way
Every little thing makes a difference
This is what we are doing today.

Invite a different person to speech for each organisation.

A green flag is placed on the globe after each mission statement is read

We at the **Pachamama Alliance (Be the Change)** offer people a chance to learn, connect, engage, travel and cherish life for the purpose of creating a sustainable future that works for all. *Response*

We at the **Institute of Noetic Sciences** support individual and collective transformation through consciousness research, education outreach, and engaging a global learning community in the realization of our human potential. *Response.*

We at the **Happiness Alliance** seek to improve the well being of society by reducing the emphasis on economic growth and focusing on the domains that lead to life satisfaction, resilience and sustainability. *Response.*

We at **Charter for Compassion** supply resources, information and communication platforms to help create and support compassionate communities, institutes and networks of all types that are dedicated to becoming compassionate presences in the world. *Response.*

We at **Global Oneness Project** produce and curate stories and educational materials that explore the threads that connect culture, ecology and beauty. *Response.*

We at **Humanity Healing International** promote Spiritual Activism as a means to foster Healing for communities around the world that have little or no Hope.

Response

We at **Mindfulness Without Borders** aim to engage people across cultures to make each moment a turning point for peace and sustainable change.

Response

We at **Bioneers** are inspiring the shift to live on Earth in ways that honour the web of life, each other and future generations. We promote practical environmental solutions and innovative social strategies for restoring Earth's imperilled ecosystems and healing our human communities. *Response.*

We at the **Shift Network** aim to create a sustainable, peaceful, healthy and prosperous world. Our intention is to share the very best in personal and societal transformation, so that together, step by step, we're shifting the way we do things on this planet and creating a beautiful world that works for all.

Response.

We at **Mercy Global Action at the UN** are a worldwide project of the Sisters of Mercy. It is a mechanism by which all those associated with the Sisters of Mercy may interact with the UN System and bring the spirit of Catherine McAuley to the one forum where all nations have the potential to meet as equals. We use the tool of advocacy to work on behalf of poor people and work with other major international bodies. We try to raise awareness of critical issues.

Response

We the **Global Catholic Climate Movement** are a global network of over 400 member organizations and a community of thousands of Catholics responding to the Pope's call to action in the *Laudato Si* encyclical. *Response.*

We at **Zero Waste Alliance Ireland** are a campaigning organization focused on changing consumer behaviour in order to achieve a Zero Waste society. Our activities span both National and EU levels. *Response*

We the **End-Ecocide Movement** are a group of volunteers with communication, management or legal backgrounds who care deeply for our planet. Currently we are working to get ecocide, the destruction of ecosystems, recognised in law as a crime. *Response*

We, **The Transition Town Initiative** work at grass-root community projects that aim to increase sustainability and resilience in order to reduce the potential effects of peak oil, climate change, and economic instability. **Response**

We, **Green Sod Ireland**, a volunteer group of lay people and Sisters of Mercy protect and conserve land in Ireland for the sake of its indigenous inhabitants : animals ,plants, soils, rocks, micro-organisms, for their own sake and for the sake of present and future generations. *Response*

RITUAL

LEADER

I invite you to mention things you and others are doing today to make the world a better place for tomorrow

After each contribution a green flag is placed on the globe

LEADER

Our globe is dotted with green flags and they represent only a tiny fraction of all the work that is being done to heal our planet.

LEADER

Sometimes our actions can be more subtle. Subtle activism is defined by David Nicol as “*any activity of consciousness or spirit, such as prayer, meditation... intended to support collective healing and social change.*”

An example of such activism is the prayer being offered James O Dea author of Conscious Activism. This prayer is being prayed worldwide by thousands of people, with the intention of healing the planet. The Soul Awakening Prayer (used with permission) has 6 lines as follows:

Soul Awakening
Heart Opening
Light Shining
Love Flowing
Wounds Dissolving
Peace Radiating

We will say this prayer four times, beginning with self and moving on to those praying it with us, rippling out to all our connections and onwards again to the whole planet.

Before we pray this mantra we will reflect for a few moments on each of the lines .

I invite you to close your eyes and bring your awareness to your breath. As you breathe in, breathe in relaxation. Breathe out tension

Soul Awakening: What is awakening within you right now? What is asleep and in need of awakening?

Heart opening: Where do you sense your heart opening? What might be closed and in need of opening?

Light Shining: Imagine a light above you, flowing down through you, clearing away any stress and tension you are carrying.

Love Flowing. Feel the love flowing from your heart that is opening and the light that is shining within.

Wounds Dissolving: Feel the place within where you carry your woundedness. Allow the light and love and open heart to dissolve all those wounds and breathe the tension out.

Peace Radiating. Where are the places within you that need peace? Allow that peace to fill you and radiate out.

1ST TIME: PERSONAL

LEADER

I invite you to place your heart and feel the resonance of this mantra as we pray the words for ourselves.

Soul Awakening, Heart Opening, Light Shining, Love Flowing, Wounds Dissolving , Peace Radiating.

2ND TIME – FOR ALL PRESENT.

LEADER

I invite you to bring to your awareness all those present here or you might focus on someone you would like to commune with. Visualise your heart energies connecting as you say:

***Soul Awakening, Heart Opening, Light Shining.
Love Flowing, Wounds Dissolving, Peace Radiating.***

3RD TIME: FOR ALL OUR CONNECTIONS.

LEADER

As you say the mantra, picture the soul awakening process rippling out to your family, friends and colleagues.

*Soul Awakening, Heart Opening, Light Shining.
Love Flowing, Wounds Dissolving, Peace Radiating.*

4TH TIME. FOR PLANET EARTH.

LEADER

I invite you to bring your hands out in front of you and imagine you are holding the earth in them. Picture the soul awakening process rippling out to it as you say.

*Soul Awakening, Heart Opening, Light Shining
Love Flowing, Wounds Dissolving, Peace Radiating.*

CLOSING PRAYER

We thank our Creator, the Spinner of the universe, for the marvellous gift of creativity, a gift which enables us to seek innovative and inspiring ways to bring healing to our planet, Earth.

May we know that each of us really makes a difference, that we are each change makers in creating a better world.

May we continue working today so that tomorrow's children will enjoy a healthy planet in which all beings flourish .Amen.

APPENDIX A

17 Sustainable Development Goals

- 1) End poverty in all its forms everywhere
- 2) End hunger, achieve food security and improved nutrition, and promote sustainable agriculture
- 3) Ensure healthy lives and promote wellbeing for all at all ages
- 4) Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all
- 5) Achieve gender equality and empower all women and girls
- 6) Ensure availability and sustainable management of water and sanitation for all
- 7) Ensure access to affordable, reliable, sustainable and modern energy for all
- 8) Promote sustained, inclusive and sustainable economic growth, full and productive employment, and decent work for all
- 9) Build resilient infrastructure, promote inclusive and sustainable industrialisation, and foster innovation
- 10) Reduce inequality within and among countries
- 11) Make cities and human settlements inclusive, safe, resilient and sustainable
- 12) Ensure sustainable consumption and production patterns
- 13) Take urgent action to combat climate change and its impacts (taking note of agreements made by the [UNFCCC](#) forum)
- 14) Conserve and sustainably use the oceans, seas and marine resources for sustainable development
- 15) Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification and halt and reverse land degradation, and halt biodiversity loss
- 16) Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels
- 17) Strengthen the means of implementation and revitalise the global partnership for sustainable development

APPENDIX B.

SONGS

All of the songs used in this ritual are composed by Joyce Johnson Rouse at www.earthmama.org. The link to purchasing songs is on this website and the individual tracks can be bought as downloads at approximately a dollar.

Every Day is Earth Day from Album: Around the World.

Enough is as good as a feast from Album: Grass Roots.

Fireball from Album: Under the Rainbow.

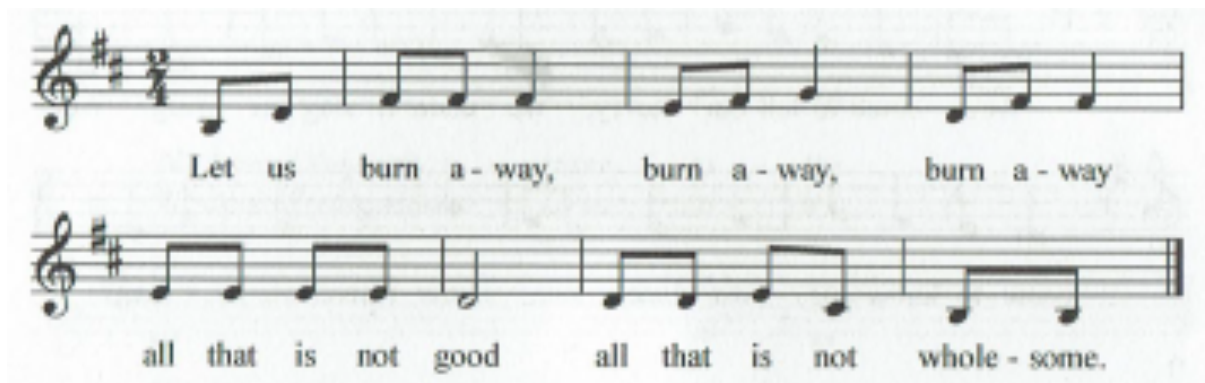
Stuff from Album: Around the World.

Away from Album: Grass Roots.

What on Earth? from Album Love Large

CHANT

Let us Burn Away -words of chant by Kathleen Glennon RSM and music composed by Mairin Ní Mhurchú RSM



The image shows two staves of musical notation in G major (one sharp) and 2/4 time. The first staff contains the melody for the lyrics "Let us burn a - way, burn a - way, burn a - way". The second staff contains the melody for the lyrics "all that is not good all that is not whole - some." The music is written in a simple, folk-like style with quarter and eighth notes.

APPENDIX C

SUPPLEMENTARY RESOURCES FOR RITUALS.

RITUAL 1: FULL FLOURISHING:

Thomas Berry and the Earth Community. <https://www.youtube.com/watch?v=e0XBltUQ8qU>

RITUAL 2: GRATITUDE AND CONTENTMENT.

More information on the process used in the HEAL meditation can be found at <https://www.rickhanson.net/> It contains some free resources to help rewiring our brain. The process can help move us away from negativity and into a sense of gratitude.

Various versions of the **Fisherman's story** are to be found on the internet. It is sometimes known as the Mexican Fisherman.

RITUAL 3. I COME FROM A FIREBALL, I AM ENOUGH.

<https://www.youtube.com/watch?v=gs-yWMuBNr4> (Stephen Hawkins – the Big Bang.

Participants could take part in a cosmic walk

Powerpoint of the Universe story

Other meditations that could be used are :

Tapping meditation: I am enough

Release on ‘Who I am is enough.’”

Meditation with mudra (See Appendix D for meditation scripts and information.)

COLOURING AFFIRMATIONS

The book *I Am Enough* by Elizabeth Crooks is a colouring book of reminders that we are enough. It is filled with pages of affirmations to colour, such as I am Accepted enough, I am talented enough, I am confident enough. I have found it great for working with all age groups. We all need to feel we are enough.

RITUAL 4: I'VE GOT ENOUGH, ENOUGH STUFF.

<https://www.youtube.com/watch?v=9GorqroigqM> The Story of stuff.

https://www.youtube.com/watch?v=sW_7i6T_H78 The story of electronics.

We used a story from Digging at our Conscience Mining Toolkit. This Toolkit can be downloaded using the following link.

http://www.mercyworld.org/_uploads/_ckbl/files/2016/Digging_at_our_%20Conscience.pdf

RITUAL 5: THERE IS NO SUCH PLACE AS AWAY

https://www.youtube.com/watch?v=ju_2NuK5O-E Plastic Ocean

<https://www.youtube.com/watch?v=Se12y9hSOM0> – The story of bottled water.

https://www.youtube.com/watch?v=uAiIGd_JqZc The story of microbeads.

<https://www.youtube.com/watch?v=cpkRvc-sOKk> The story of solutions.

(SOME OF THE ABOVE YOU TUBE CLIPS can be found on the following website <https://storyofstuff.org/>

RITUAL 6. THE TURNING

<https://www.youtube.com/watch?v=LwlXTAT8rLk> Joanna Macy: The Great turning.

<https://www.youtube.com/watch?v=Y2Y10cdOE3M> The Kingdom of Shambhala (Joanna Macy)

<https://www.youtube.com/watch?v=-cCCKo5rxE0> The Great Work by Thomas Berry

APPENDIX D

TAPPING MEDITATION: I AM ENOUGH.

This tapping meditation can be downloaded free both in PDF form and as an audio of the meditation on the following website: <https://www.thetappingsolution.com/> You can also download the information on how to tap for those of you who are new to it.

The **Sedona Method** is a unique, simple, powerful, easy-to-learn technique that shows you how to uncover your natural ability to let go of any painful or unwanted feeling in the moment. Information on this process of letting go can be found at: www.sedona.com).

The following meditation, based on the Sedona process is adapted from the work of Hale Dwoskin and used with permission.

RELEASE ON ‘WHO I AM IS ENOUGH’.

I invite you to close your eyes and bring your awareness to your breath. With each breath allow yourself to relax more and more. Allow yourself to think of a situation in your life where you don't feel like you are enough – it could be in relationships, it could be health, it could be to do with your body. And could you welcome the sensations, pictures and sounds . that come from that feeling of I am not enough. And then could you dig a little deeper and see if it feels like it is coming from wanting approval control, security separation or oneness and which ever one you are most aware of in this moment, could you set it free could you let it go as best you can . And then in this moment even if it is only for a moment could you be open to the possibility of feeling ‘I am enough’ .

I invite you to focus on that same part of your life or another part of your life where you feel you are not enough or you can just look into whatever you are experiencing in this moment. Most of us live with that feeling of incompleteness all the time. Could you welcome the sensations, the pictures the sounds that come from feeling “I am not enough” and then could you dig a little deeper and see if it feels as if is coming from wanting approval, control separation or oneness and which ever one you are most aware of in this moment could you just let it go. Could you drop it, could you set it free. And then could you be open to at least the possibility that in this moment you are enough. Or another way of saying this is ‘what you are is enough’ ...what you are is already whole or complete

And again look into what you are feeling now or look at some memory that you have been holding of someone who makes you feel you are not enough and could you welcome the sensations, the pictures, the sounds that come from that belief or feeling of I am not enough. And then could you dig a little deeper and see if it comes from a need for security, control, separation or oneness. And whatever feeling you are most aware of in this moment could you just drop it, could you let it go as best you can. And could you allow yourself to open up in this moment to at least the possibility that you are enough, that what you are is whole and complete

And let us do this one more time. Allow yourself to either, look into current experience or go into memory and check to see if there is any remaining feeling in this moment of “I am not enough” and if there is, could you just welcome it along with the sensations, pictures and the sounds that come from that. and could you dig a little and deeper and see if comes from wanting security, control, separation, onenessand which ever one you are most aware of in this moment could you just set it free. Could you let it go as best you can. And then as best you can. Could you be open to accepting at least the possibility that you are enough, that what you are is already whole already complete. And for a moment could you just relax into that feeling of ‘I am enough’.

And as you move through this day, look for ways that you can validate your completeness. Look for ways you are already enough.

GUPTA MUDRA FOR PROTECTION FROM LIMITING BELIEFS:

I learnt this Mudra from the Capacitar network (see below the meditation)

INSTRUCTIONS



1. Interlace the fingers loosely inward with the right thumb on top.
2. Gently join the base of the hands.
3. Rest the wrists against the abdomen.
4. Relax the shoulders back and down, with the elbows

held slightly away from the body and the spine naturally aligned.

Meditation to Protect yourself from the limiting thought that you are not enough. (adapted from the work of Capacitar and inspired by Mudras for Healing and Transformation by Joseph and Lilian Le Page)

With palms facing upward, interlace your fingers. Close your hands and place your right thumb over your left. Hold your joined hands in front of your body at the level of the solar plexus, your centre of power. As you hold this **Gupta mudra**, take several breaths to attune to all the feelings and sensations evoked by this gesture.

Breathe deeply into your pelvis and solar plexus connecting with your inner wisdom and power. Notice how your breath is gently directed into your abdomen. Feel a sense of warmth and ease. Sense yourself entering your own inner sanctuary of safety.

Take several breaths to rest within your sanctuary, deepening your connection with your inner being, inherently whole and complete, naturally enhancing your sense of protection and safety.

To rest even more deeply within your inner sanctuary, it is important to release any limiting beliefs that cause disharmony in the world around you and within your own being.

I invite you explore your beliefs around not being enough. Striving for fulfilment is normal and healthy, but when it becomes an end in itself rather than a means, you sacrifice your inner peace, making it difficult to rest within your inner sanctuary.

Take several breaths to sense the wholeness of your authentic being, recognizing that nothing in the world outside can add to or subtract from that which is inherently complete. You come from the fireball . Feel that sense of being enough as you listen to the words of Thomas Berry.

“We must feel that we are supported by that same process that brought the Earth into being, that power that spun the galaxies into space, that lit the sun and brought the moon into its orbit. [...] Those same forces are still present; indeed, we might feel their impact at this time and understand that we are not isolated in the chill of space with the burden of the future upon us and without the aid of any other power.”

Take several breaths to sense that power at work in you, to sense your essential oneness with all beings, allowing you to live and work in cooperation and harmony, naturally supporting your sense of protection and safety.

With the gradual release of your limiting belief about not being enough, take several breaths to sense yourself fully aligned with your authentic being, completely secure within your sanctuary of inner safety.

Abiding in complete inner peace, repeat the following three times, aloud or silently: **"Resting within my inner sanctuary, I know I am enough"**.

Slowly release the gesture, taking several breaths to rest in the safety of your authentic being.

When you are ready, open your eyes, returning slowly and gently, sensing the absolute protection of your inner sanctuary and know that you are enough.

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More practices for wellbeing and healing can be found at <https://capacitar.org>
Capacitar's vision is a healed and whole world where people are united across borders in solidarity, understanding, reconciliation and peace.

Capacitar's mission is to heal ourselves and heal our world. Capacitar teaches simple holistic wellness practices that help people tap into the wisdom of their own body, mind and spirit. This leads to healing, wholeness and peace in the individual and in the world.