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

By Joanna Macy & Molly Young Brown
Foreword by Matthew Fox

Published by New Society Publishers 1998
Price: New: £9.25 – New & Used From: £5.05

Available from Amazon
Click on this link or the book cover to purchase.

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." 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. 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. 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.