The Work That Reconnects

Inspired by Joanna Macy’s The Work That Reconnects, which draws from deep ecology, systems theory, and spiritual traditions, this course asks participants to engage the strong emotions resulting from the ecological crisis and work with transformative practices. Building on mindfulness training, the course introduces specific practices of loving-kindness, non-violent communication, active listening, and group experiential engagement. Participants will work with the arc of The Work That Reconnects: opening to gratitude, owning our pain for the world, seeing with new eyes, and going forth. This course includes a nonresidential weekend intensive. This course is open to the public through the Joanna Macy Center. Prerequisite: Inner Work or instructor approved Meditation Training. Course fee. Required for MA Resilient Leadership students (both tracks).

Course Number: ENV650
Unit: 3.0
Program: Environmental Studies