

# Sustaining Warrior-ship for life of the Earth

*Dr Peter H Cock and Giselle Wilkinson*

## Draft Program

### **First night:**

#### **Introductions:**

- Outline of what we aim to achieve and how it will work.
- Sharing expectations.
- What do you mean by warrior-ship and what experience has particularly shaped yours?

### **First day: Working Towards Wise Warrior-ship**

#### *Morning session*

Reflections in Nature

Questions for your reflection as a sustainable warrior for the earth: Inner work for outer action:

- How would someone who knows you well describe you?
- Who and what has particularly shaped who you are?
- Where do your earth care impulses come from?
- What are the roots of your activism and practices for nurturing them?
- How do you assess the gifts; the strength and weaknesses of your roots?
- How do you view the state of your physical well-being?
- As your own mentor, what practices in self-care do you recommend for yourself?
- How would you describe your ability to reflect upon your activism motives?
- How do you balance your actions with listening and respecting 'other'?

## *Practice*

Mapping the sources and nature of who you are?

Sharing self-care practices

## *Afternoon session*

### *Challenges*

- Confronting our ecosystems responses to our demands
- Warrior-ship Response-abilities?
- Grief, courage and empowerment
- The politics of what is possible now and the path ahead?
- Hard versus soft policy. (e.g. limits on human population and choices; direct democracy).

### *Practice principles*

- Being cool in the heat
- Authentic action (limits to responsibility, need v capability)
- Non-violence and working with violence within and without

### *Warrior-ship Practice:*

The effectiveness and integrity of ethical action?

What are meaningful actions that demonstrate an earth partnering and empowering way of being for the individual activist? Examples; Gandhi; Mandela; Assange.

## *Evening session*

Reviewing how I respond to other people's grief and/or anger?

Role playing activist scenarios we encounter will assist us to deliver courageous and wise action in the face of fear and hostility. It will also increase our understanding of diversity. Interpreting meaning can be difficult and based on incorrect assumptions.

## **Second Day: Nature as Teacher and Healer**

### ***Morning session***

Relationship building with the Six Directions

#### *Reviewing my nature relations*

- What is my experience of deep nature connections?
- How can they be enriched?
- How do I experience myself as part of a larger universe and listen to its voice?
- What species do I particularly connect with?

#### *Practices for drawing on nature as teacher and healer.*

- working the soil
- being in wild places
- re-invigorating the senses

How efficiently do you absorb information through your senses?

- Openness versus receptivity
- Listening versus hearing
- Looking versus seeing
- Touching versus feeling
- The value of stillness – finding a place to be still
- Is empathy important for sustaining warrior-ship?

### ***Evening session***

Energizing and pleasurable group play/simulation?

Being inside the other (Emu dance)

Warrior team dance (the kung)

## **Day Three: Mobilizing Human Support**

## ***Morning session***

Group attunement exercise

### *Reviewing my relationship with significant others*

- Honoring group support and significant others
- Who matters to me and to whom do I matter?
- How do I take care of family/friends/comrades' support?
- What barriers do I create to receiving the support I need?

### *Practices for bonding and sustaining relationships with significant others.*

- Team momentum through knowing and working with how we function together
- Individual/ group accountability to your purpose/mission

## ***Afternoon session***

- Reviewing my organization as career and enabler?
- Quality of organizational governance
- Available resources
- Relevant policies
- Group dynamics

## **Revisiting and reviewing**

Drawing together ways of maintaining your commitment and energy for the long haul:

- honoring your gifts
- inner work on strengths and weakness
- working in groups
- strengthening connections with nature.

Closing ritual; developing rituals for warrior-ship (e.g. a mission dance)

## **Background of Facilitators:**

### **Peter:**

I am not in the front line so I am working to support those who are.

My warrior ship journey began with being a conscientious objector to the Vietnam War, marching on Washington and down Bourke Street, then being arrested for being a leader in an anti-electricity grid blockade; facilitating an Eco-warrior ship workshop for forest activists in Gippsland and now facilitating Ecological Citizenship at Oases. My life focus is advocacy and practice in co-creating alternatives for a sustainable future (Moora Moora co-op community, Ceres, Sustainable Living Foundation). I lectured in sociology and environmental science and action at Monash University for over 30 years.

### **Giselle:**

Giselle is a thought leader, author and social innovator. She is the co-founder and current president of the Sustainable Living Foundation, Director of the Safe Climate Australia and co-founder of the co-housing community in Heidelberg. Giselle is an author and public speaker on the rapid transitions needed for accelerating sustainability. Her inspiration comes not just from a desire to avoid a human and planetary catastrophe but also from a vision of an achievable, community initiated transformation