



Transition Kerry

Biodiversity & Climate

Community Leadership Programme

Biodiversity is the foundation of all life on earth and its interconnections

*Navigating
Challenges*



Navigating Challenges

Themes that were explored regularly throughout the programme focused on the topics of eco anxiety, dealing with uncertainty and having difficult conversations, particularly at a local level when existing paradigms/ worldviews are challenged.

The work of Joanna Macy, Chris Johnstone and Molly Brown (Active Hope and the Work that Reconnects), Per Espen, Otto Scharmer and many others who are confronting these existential challenges was explored and offered as alternative lenses to view and navigate the complex challenges facing individuals and communities.

The [Head, Heart Hands guiding principles](#) that informs the work of Transition Networks was very much employed throughout the programme as was the [Global to Local perspective](#)



The Spiral



The Work That Reconnects, based on the teachings of Joanna Macy, unfolds as a spiral journey through four stages: Coming from Gratitude, Honoring our Pain for the World, Seeing with New Eyes, and Going Forth.

Each of these stages leads naturally to the next and indeed can be experienced in any one moment.

Group Exercise:

Moving through the Spiral

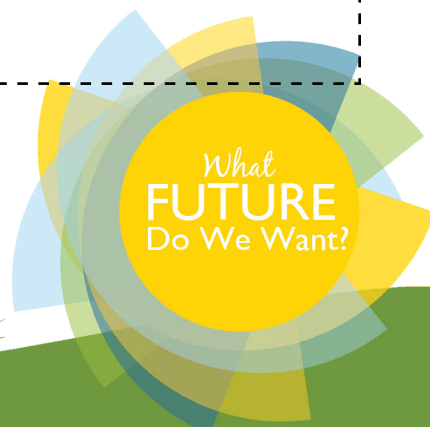
Participants were facilitated through a series of exercises to experience and move through the 4 stages.

The spiral process helps us experience firsthand that we have capacities and the resilience to deal with what is often now referred to as eco anxiety. It also shows how deeply interconnected we are.

<https://workthatreconnects.org/spiral/>

[Poetry](#), sharing of stories and the webs of connection woven at a local level were deeply nourishing as is highlighted in this short video which gives an insight into the work of this 3 year programme

<https://vimeo.com/757180458>



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Five D's & Five S's

The five main barriers to Climate Action that Per Espen refers to as the 5 D's: **Distance, Doom, Dissonance, Denial and iDentity** were helpful for framing how we deal with difficult issues like climate breakdown and biodiversity loss.

The 5 S's Solutions, **Social Networks, Social Framings, Simple Actions, Storytelling and Signals** are 5 motivating strategies for addressing Climate and Biodiversity communications.

The wisdom of Kerry native, John Moriarty (Poet and Philosopher) was shared and offered as another perspective through which we might examine our relationship and interconnectedness with the more than human world.

Moriarty on Nature and Wildness

"We shape the earth to suit us. We plough it and we knock it and we shape it and we reshape it. Dolphins were land animals once and they went down into the sea; they said to the ocean "Shape me to suit you". I was in a house in Connemara some time recently and I saw a dolphin bone. The curve of it was as beautiful as any couple of bars of Mozart's music, it was so beautiful. I've no bone in my body that is shaped to the earth like that. They said "Shape us to suit you". We went the opposite way, we shape the earth to suit us. That's going to fail. Shaping and reshaping - if we turn the whole earth into a Holland, we're gone. Because unless there's wildness around you, something terrible happens to the wildness inside of you. And if the wildness inside of you dies... I think you're finished."

Resources:

Active Hope:

Eco Philosopher **Joanna Macy** and sustainability activist **Chris Johnstone** introduce their book **ACTIVE HOPE: How to Face the Mess We're in with Unexpected Resilience and Creative Power**, which offers practical tools for coping with despair over climate change and environmental crisis.

For more info visit <https://www.activehope.info>.
<https://www.youtube.com/watch?v=Wsf5elo-ys8>

Per Espen

<https://www.bi.edu/research/business-review/articles/2015/12/five-ways-to-climate-action/>

Otto Scharmer

<https://www.u-school.org/theory-u>

Alistair Mc Intosh

[2008-Rekindling-Community-McIntosh.pdf \(alastairmcintosh.com\)](#)

What
FUTURE
Do We Want?



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