

# GRATITUDE



MONTH 3











































JOANNA MACY



"THE GREAT UNRAVELLING"



"THE GREAT UNRAVELLING"

"BUSINESS AS USUAL"

"THE GREAT UNRAVELLING"

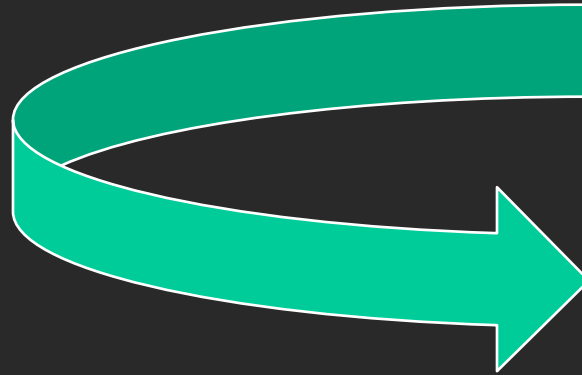
"BUSINESS AS USUAL"

"THE GREAT TURNING"



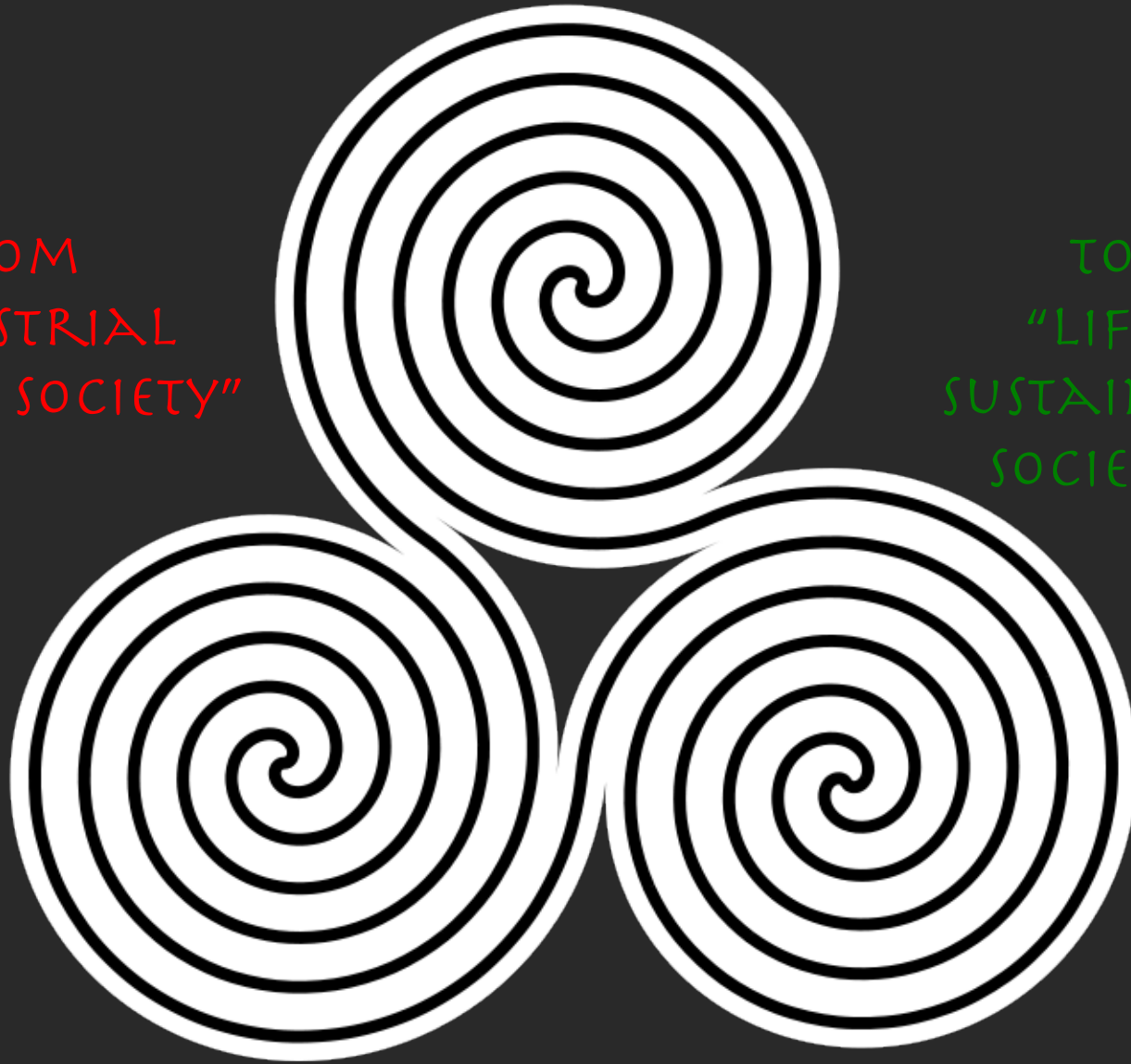
# THE GREAT TURNING

FROM  
"INDUSTRIAL  
GROWTH SOCIETY"



TO  
"LIFE-  
SUSTAINING  
SOCIETY"

FROM  
"INDUSTRIAL  
GROWTH SOCIETY"



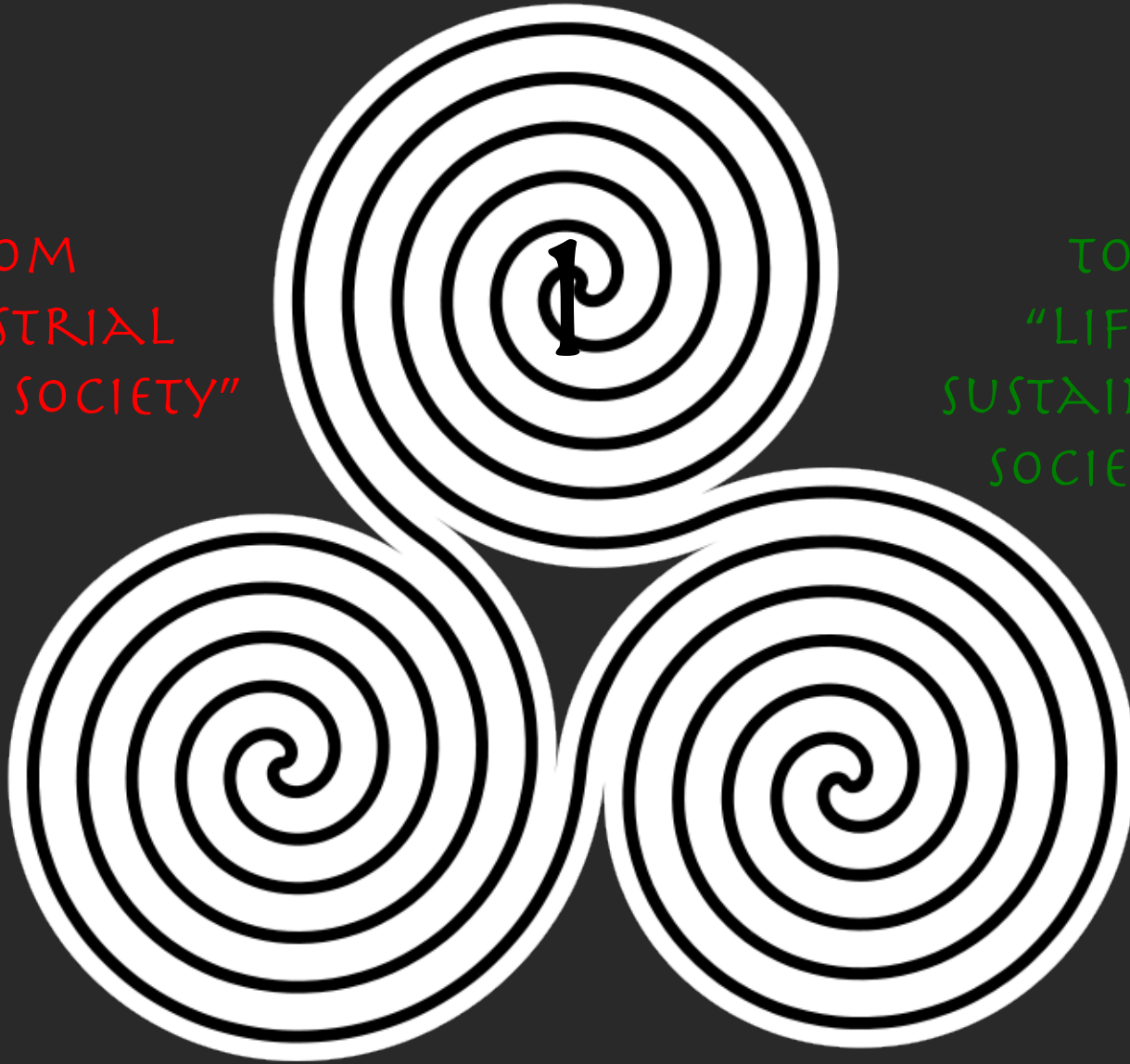
TO  
"LIFE-  
SUSTAINING  
SOCIETY"



# HOLDING ACTIONS

FROM  
"INDUSTRIAL  
GROWTH SOCIETY"

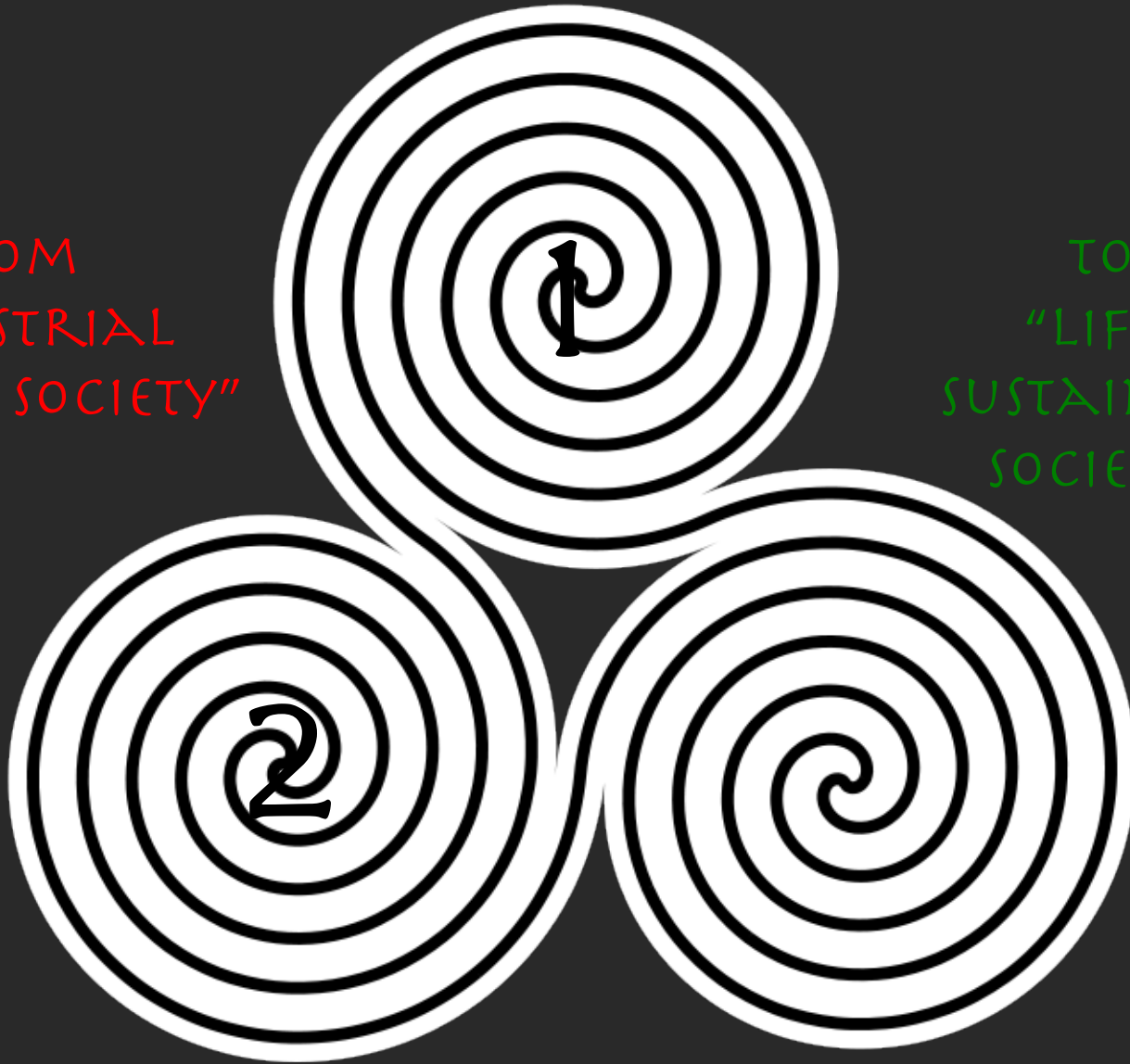
TO  
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HOLDING ACTIONS

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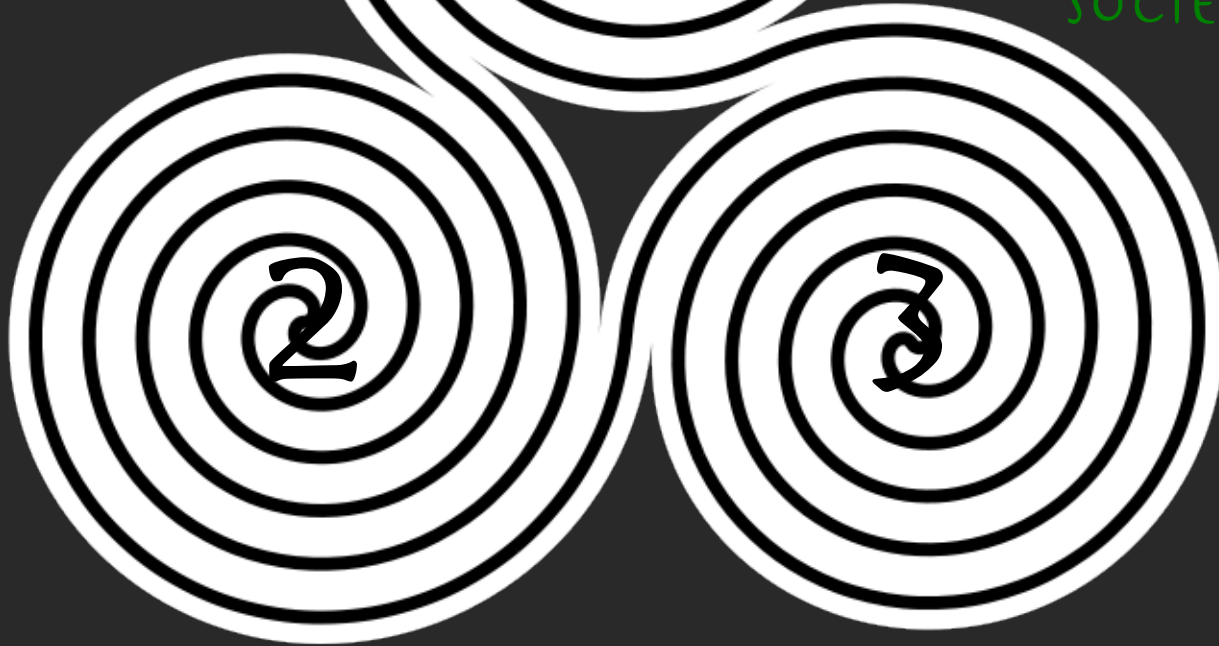
STRUCTURAL CHANGE



HOLDING ACTIONS

FROM  
"INDUSTRIAL  
GROWTH SOCIETY"

TO  
"LIFE-  
SUSTAINING  
SOCIETY"



STRUCTURAL CHANGE

SHIFT IN CONSCIOUSNESS

HOW DO WE DO THIS?



Joanna Macy:

## The Work That Reconnects

A workshop series that explores how to evoke creative, compassionate and transformational responses to the ecological crises of our time.



# THE SPIRAL OF THE WORK THAT RECONNECTS



# THE GREAT UNRAVELLING























# WHAT DO WE MEAN BY GRATITUDE?

- DOES NOT IMPLY A SENSE OF "SHOULD"
- DOES MEAN PAYING ATTENTION TO, FEELING, AND EXPRESSING WHAT WE ARE GRATEFUL FOR

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*GRATITUDE IS AN EMERGENT PROPERTY OF DEEP CONNECTION;  
WHEN WE ARE DEEPLY CONNECTED WITH OTHERS, WITH OUR  
WORLD, AND WITH OURSELVES, GRATITUDE NATURALLY ARISES*

# WHY IS GRATITUDE IMPORTANT?

- INCREASING SCIENTIFIC EVIDENCE THAT THE PRACTICE OF GRATITUDE HAS POSITIVE HEALTH BENEFITS
- GRATITUDE GROUNDS US IN OUR HEARTS ALLOWING US TO FACE TOWARDS UNCERTAINTY AND PAIN
- ALL INDIAN CEREMONIES BEGIN WITH GRATITUDE
- "THE WORDS BEFORE ALL ELSE" – THE THANKSGIVING CEREMONY OF THE HAUDENOSAUNEE TRADITION

"WE INDIANS ARE VERY PRAGMATIC PEOPLE. WE NOTICE THAT  
WHEN WE ARE GRATEFUL, THINGS GO BETTER"

WOLF WAHPERAH



## JOANNA MACY

- REMINDS US THAT THERE IS A RELATIONSHIP BETWEEN CHOICE AND GRATITUDE
- WE HAVE A CHOICE ABOUT WHAT WE ATTEND TO
- EVEN IN THE MIDST OF UNCERTAINTY AND CHANGE WE CAN CHOOSE WHAT WE ATTEND TO
- WE CAN CHOOSE TO ATTEND TO WHAT WE ARE GRATEFUL FOR
- HELPS US TO LIVE WITH UNCERTAINTY AND CHANGE
- FURTHERMORE, IN A CONSUMERIST CULTURE THAT DEPENDS ON OUR DISSATISFACTION, CHOOSING TO ATTEND TO WHAT WE ARE ALREADY GRATEFUL FOR FREES US

"GRATITUDE AS A REVOLUTIONARY ACT"

JOANNA MACY

"SOMETHING ABOUT BEING ALIVE ON EARTH  
THAT I FEEL TRULY GRATEFUL FOR?"

JOANNA MACY



# FURTHER READING ...

