

Being Sustainability: An inner and outer pathway to sustainability

Gathered by Abigail Lynam

“We go into ourselves to work more effectively in the world and out into the world to work more effectively on ourselves until inner and outer are no longer seen as separate”

~ Roger Walsh

“An increase in exterior or social development can only be sustained with a corresponding increase in interior development in consciousness and culture. Simply trying to put a new form of governance, political system, [techno-economic system] or social distribution network in place without a corresponding development in the levels of the interior dimensions of consciousness has historically guaranteed failure in societal transformation.”

~Ken Wilber

“Sustainability is as much about the mindset through which the world is seen as it is about the activities taken in support of it.”

The following is a collection of practices, perspectives and awarenesses for integrating interiors into sustainability education and leadership development. Who we are and how we envision and embody sustainability has a significant impact on the outcomes of our work. By integrating interiors into how we educate and lead, we can cultivate the deepest possible vision and practice for sustainability. Ultimately, by following our inner awareness, we can discover a sustainability within that we might scarcely have imagined to be possible. And as we begin to encounter what it means to “be sustainability”, we begin to manifest this vision in our outer actions and interactions with all.

Overall practices for integrating and cultivating interiors

- Journaling
- Reflection
- Solitude
- Dyads – pair or small group dialogue
- Contemplative practices
- Breathing practices
- Silence
- Nonlinear ways of reflecting and expressing – creative expression, somatic integration, movement, play, poetry.

- Wilderness immersion

Cosmological framing

The broadest context possible, evoking awe, wonder and humility.

Resources

- Film: Journey of the Universe <http://www.journeyoftheuniverse.org/>
- Series of short films: http://youtu.be/TRykk_0ovl0
- Websites: <http://www.thegreatstory.org/>

Practices

- Cosmic Spiral Walk <http://www.thegreatstory.org/CosmicWalk.pdf>
- We are made of stardust <http://www.thegreatstory.org/StardustRitual.html>

Books:

Berry, T. (2009). *The sacred universe: Earth, spirituality, and religion in the twenty-first century*. Columbia University Press.

Dowd, M. (2007). *Thank god for evolution: How the marriage of science and religion will transform your life and our world*. San Francisco: Council Oak Books.

Elgin, D. (2009). *The living universe: Where are we? Who are we? Where are we going?* San Francisco: Berret-Koehler.

Swimme, B. & Tucker, M. E. (2011). *The journey of the universe*. New Haven, CT: Yale University Press.

Shadow work

Removing the blocks to greater inclusivity, widening circles of identity, responsibility and care.

Resources

- Commonway Society <http://www.commonway.org/>
- Immunity to Change <http://www.strategies-for-managing-change.com/immunity-to-change.html>
- Shadow work <http://integrallife.com/awaken/shadow/practice-3-2-1-shadow-process>
- More on shadow work <http://www.markwalstrom.com/articles/shadow-work.html>
- Perspective taking and cultivating empathy for others <http://www.joannamacy.net>

Books:

Abdullah, S. (1999). *Creating a world that works for all*. Berrett-Koehler Publishers.

Kegan, R., & Lahey, L. L. (2009). *Immunity to change: How to overcome it and unlock potential in yourself and your organization*. Boston, Mass: Harvard Business Press.

Ecological Identity and Worldview Development

Cultivating an ecological and cosmological worldview.

Practices:

- Practices that Reconnect <http://www.joannamacy.net>
- Stepping stones to wholeness
<https://homes.bio.psu.edu/people/faculty/uhl2/stepstones.shtml>
- Vision quest and sacred solos <http://www.ritesofpassagevisionquest.org/>
- Nature Connection activities: sit spots, wilderness experience, etc.
- Goethean science <http://www.janushead.org/8-1/holdrege.pdf>
<http://www.natureinstitute.org/scied/index.htm>
- Deep Ecology, Ecopsychology

Books:

Abram, D. (2011). *Becoming animal: An earthly cosmology*. New York: Pantheon.

Buzzell, L. & Chalquist, C. (Eds.). (2009). *Ecotherapy: Healing with nature in mind*. San Francisco: Sierra Club Books.

Goleman, D. (2009). *Ecological intelligence: How knowing the hidden impacts of what we buy can change everything*. Broadway Books.

Hochachka, G. (2005). *Developing Sustainability, Developing the Self*. Victoria, BC: POLIS Project on Ecological Governance.

Roszak, T., Gomes, M. E., & Kanner, A. (Eds.). (1995). *Ecopsychology: Restoring the earth, healing the mind*. San Francisco: Sierra Club Books.

Sattmann-Frese, W. J. & Hill, S. B. *Learning for Sustainable Living: Psychology of Ecological Transformation*. Lulu Books

Suzuki, D. (2007). *The Sacred Balance: Rediscovering Our Place in Nature*. Greystone Books.

- Thomashow, M. (1996). *Ecological Identity: Becoming a Reflective Environmentalist*. Cambridge, MA: MIT Press.
- Uhl, C. (2004). *Developing ecological consciousness; Path to a sustainable world*. New York: Rowman and Littlefield Publishers.
- Van Eyk McCain, M. (Ed.). (2010). *GreenSpirit: Path to a new consciousness*. San Francisco: O Books.
- von Essen, C. (2010). *Ecomysticism: The profound experience of nature as spiritual guide*. New York: Bear and Company Press.

Despair and Empowerment: Practices to Reconnect

“Our experience of pain for the world springs from our inter-connectedness with all beings, from which also arises our powers to act on their behalf. When we deny or repress our pain for the world, or treat it as a private pathology, our power to take part in the healing of our world is diminished... Unblocking occurs when our pain for the world is not only intellectually validated, but experienced.” (Macy, 1998).

Websites

- Practices to Reconnect <http://www.joannamacy.net/>

Books:

Macy, J. (1998). *Coming back to life: Practices to reconnect our lives, our world*. Gabriola, BC: New Society Publishers.

Adult Development and Sustainability

Research in adult development reveals that as we develop (cognitively, emotionally morally), our circles of identity, care and responsibility widen and deepen, as does our awareness of and capacity to engage with complex systems also deepens.

“Transformation really means a change in the way you see the world - and a shift in how you see yourself. It is not simply a change in your point of view, but rather a whole different perception of what is possible. It is the capacity to expand your worldview so that you can appreciate different perspectives, so that you can hold multiple perspectives simultaneously. You are not just moving around from one point of view to another, you are really expanding your awareness to encompass more possibilities. Transformation implies a change in the sense of self.”

- Frances Vaughn

Websites

- Experience Integral <http://www.experienceintegral.org/>
- Integral Ecology <http://www.integralecolology.org/open>
- Next Step Integral <http://nextstepintegral.org/branches/ecology>

Resources and Articles:

Mindsets in Action <http://www.avastoneconsulting.com/MindsetsInActionReport.html>

Conscious Leadership for Sustainability: http://integralthinkers.com/wp-content/uploads/Brown_2011_Conscious-leadership-for-sustainability_Full-dissertation_v491.pdf

Boiral, Olivier, Cayer, Mario, & Baron, Charles M. (2009). The action logics of environmental leadership: A developmental perspective. *Journal of Business Ethics*, 85, 479-499.
http://english.preprod.fsa.ulaval.ca/files/content/sites/fsa/files/sections/La_recherche/chaieres_recherche/Gestion_developpement_durable/action_logics_environmental_leadership_2009.pdf

Hochachka, G. (2005). *Developing Sustainability, Developing the Self*. Victoria, BC: POLIS Project on Ecological Governance.
http://www.polisproject.org/PDFs/developing_sustain_hochachka.pdf

Lynam, A. (2014). *Embracing developmental diversity: Developmentally aware teaching, mentoring, and sustainability education*. Dissertation Prescott College.
<http://pqdtopen.proquest.com/pubnum/3629433.html>

Integrated Approaches

These approaches to sustainability work integrate and recognize the necessity and value of including interiors.

Resources

- The Inner and Outer Work of Sustainability
<http://www.oxfordleadership.com/news-and-events/articles/used-article/>
- *The handbook of sustainability literacy: Skills for a changing world* chapters available for free <http://arts.brighton.ac.uk/stibbe-handbook-of-sustainability>
- Overview of Integral Approach <http://integrallife.com/learn/overview/essential-introduction-integral-approach>
- Four Quadrants of Sustainability <http://nextstepintegral.org/wp-content/uploads/2011/04/Four-Worlds-of-Sustainability-Barrett-C-Brown.pdf>
- Mindsets in Action
<http://www.avastoneconsulting.com/MindsetsInActionReport.html>

Websites

- Commonway Institute for Societal Transformation; Creating a World That Works for All <http://www.commonway.org/>
- Awakening the Dreamer, Changing the Dream: Environmentally Sustainable, Socially Just and Spiritually Fulfilling <http://www.awakeningthedreamer.org/>
- Experience Integral <http://www.experienceintegral.org/>
- Integral Ecology <http://www.integralecology.org/open>
- Next Step Integral <http://nextstepintegral.org/branches/ecology>
- Sustainability Frontiers seeks to transform the human condition through repaired and restored earth connection. <http://www.sustainabilityfrontiers.org/>
- Sustainable Seattle's Happiness Initiative <http://www.sustainableseattle.org/programs/sahi>
- Thriving Communities: http://wiki.thrivingcommunities.org/wiki/Main_Page

Books:

Esbjorn-Hargens, S. & Zimmerman, M. E. (2011). *Integral ecology: Uniting multiple perspectives on the natural world*. San Francisco: Integral Books.

Hochachka, G. (2005). *Developing Sustainability, Developing the Self*. Victoria, BC: POLIS Project on Ecological Governance.
http://www.polisproject.org/PDFs/developing_sustain_hochachka.pdf

Moore, K. D. & Nelson, M. P. (2011). *Moral ground: Ethical action for a planet in peril*. Trinity University Press.

Stibbe, A. (Ed.) (2009). *The handbook of sustainability literacy: Skills for a changing world*. Devon, UK: Green Books. Chapters available for free
<http://arts.brighton.ac.uk/stibbe-handbook-of-sustainability>

Thomashow, M. (2002). *Bringing the biosphere home: Learning to perceive global environmental change*. Cambridge, MA: MIT Press.

Uhl, C. (2004). *Developing ecological consciousness; Path to a sustainable world*. New York: Rowman and Littlefield Publishers.

Contemplative Practices and Environmental Studies

A pedagogy of sustainability needs to engage students in ongoing reflection and contemplative practice in order to strengthen both individual and collective capacity for difficult and effective work.

Willing to die you give up your will
Keep still... until
Moved by what moves all else
You move
~Wendell Berry

Practices

- Who Am I in a Changing Climate meditation by Karn Litfin

Websites

- The Association for Contemplative Mind in Higher Education
<https://acmhe.memberclicks.net/>
- Naropa http://www.naropa.edu/about/pres_message.cfm
- Using the Earth Charter and contemplative practice to develop narratives that promote intergenerational care. <http://www.freepatentsonline.com/article/ETC-Review-General-Semantics/265048821.html>
- Institute for Contemporary Ancient Learning: Contemplative Ecology
<http://gburneko.blogspot.com/2009/11/contemplative-ecology-seminar.html>
- Contemplative Leadership and Sustainability Program at Santa Clara University
<http://www.scu.edu/fyi/blog.cfm?b=136&c=9356>

Events

- Contemplative Environmental Studies: Pedagogy for self and planet, July 2012
<http://www.american.edu/sis/gep/Contemplative-Environmental-Studies-Workshop.cfm>
- Contemplative Pedagogies in Geosciences with Jill Schneiderman, Professor of Earth Science, Wednesday, January 25, 2012
<http://www.acmhe.org/webinars#upcoming>
- Contemplative Environmental Studies Conference, October 2012 Whidbey Institute
- Integral Ecology/Sustainability Seminar, Next Step Integral
<http://nextstepintegral.org/programs/past-events/ied-leco-2010>

Resources

- Reflective Practices and Whole Systems Healing
<http://www.csh.umn.edu/wsh/reflectivepractices/index.htm>
- Nathan Cummings Foundation Contemplative Practices Grant
<http://www.nathancummings.org/CPractice/index.html>
- Inviting the World to Transform: Nourishing Social Justice Work with Contemplative Practice
<http://www.contemplativemind.org/programs/cnet/inviting.pdf>

- Contemplative Environmental Studies
www.naropa.edu/faculty/images/a_parker.doc
- Transformational Ecology at the Garrison Institute: Climate, Mind and Behavior
http://www.garrisoninstitute.org/index.php?option=com_content&view=article&id=256&Itemid=233
- Wapner, P. , 2010 "The Case for Contemplative Environmental Studies" http://www.allacademic.com/meta/p415646_index.html

Books:

Emerson, M. (2010). *Contemplative hiking along the colorado front range*. Images and Adjectives Publishing.

Spirituality, Religion and Sustainability

Resources

- Ecoevolutionaries <http://ecoevolutionaries.com/home.html>
- Nondual Ecology <http://www.tricycle.com/special-section/nondual-ecology>
- Inner Sustainability
<http://www.healinggardenjournal.com/articles/0903/lundy.htm>
- Earth Ministry <http://earthministry.org/>
- Sacred Activism
- Nature Mysticism
http://hummingbirdworld.com/spiritnature/nature_mysticism.htm
- Nature Mysticism, the re-enchantment of the world
<http://integrallife.com/node/118603>
- Reflections on Evolutionary Activism <http://evolutionaryactivism.com/>

Books:

Dowd, M. (2007). *Thank god for evolution: How the marriage of science and religion will transform your life and our world*. San Francisco: Council Oak Books.

Harvey, A. (2009). *The hope: A guide to spiritual activism*. New York: Hay House.

Van Eyk McCain, M. (Ed.). (2010). *GreenSpirit: Path to a new consciousness*. San Francisco: O Books.

von Essen, C. (2010). *Ecomysticism: The profound experience of nature as spiritual guide*. New York: Bear and Company Press.

Somatic Awareness and Integration Practices

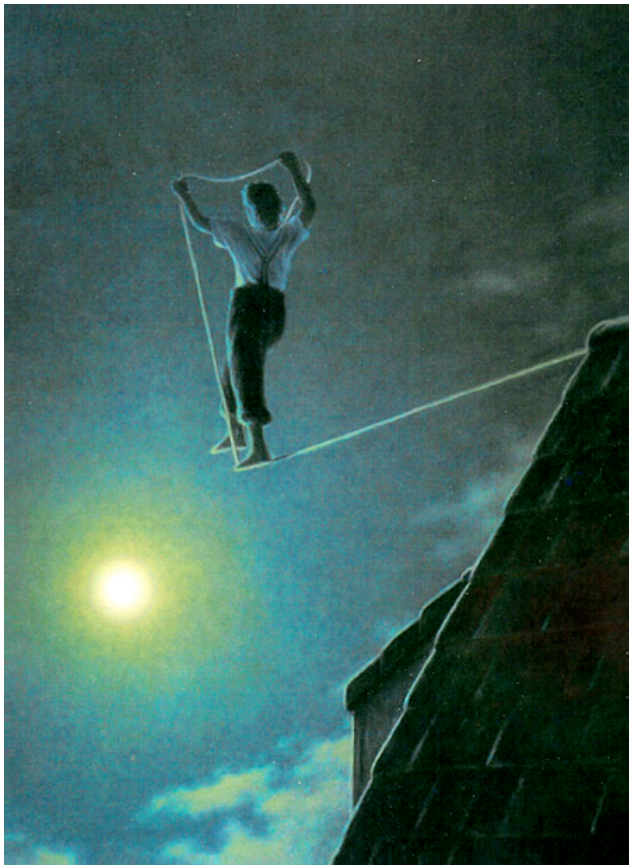
Olsen, A. (2002). *Body and earth: An experiential guide*. Hanover, NH: University Press of New England.

Suzuki, D. (2007). *The Sacred Balance: Rediscovering Our Place in Nature*. Greystone Books.

Definitions for Sustainability

- Apprenticing and aligning ourselves with the vitality and thriving of the Universe
- Sustainability education supports a fuller relationship with ourselves, all of humanity and the cosmos – so that we can better serve the flourishing of life and the wellbeing of all, now and in the future
- Widening/deepening of our circles of care, compassion, responsibility and action.
- Environmentally sustainable, socially just and spiritually fulfilling
- “Thrive – to feel balanced as an individual, to feel a sense of belonging and to experience harmonious relationships with other people and with Nature”

Jeff Van der Clute



We make the
road by
walking, and
by listening to
the future
as it emerges

