

CONVOCAION 2021

THE BTS
CENTER

Photo: hackeria.org

Digging deeper session

Daring to touch the dark soil of despair – Growing a grounded hope

with Susi Moser

Welcome

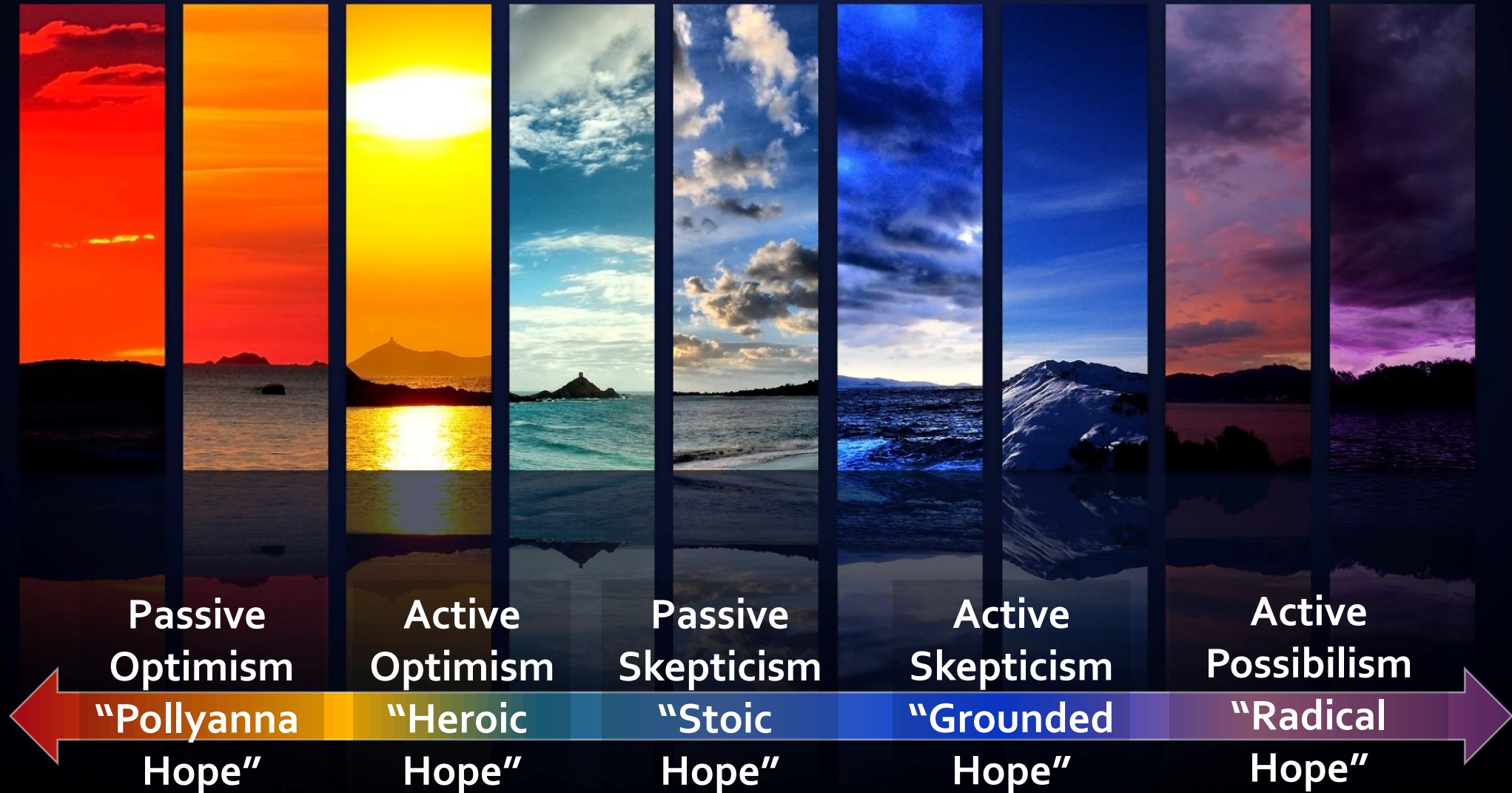


Susi Moser, Ph.D.

Susanne Moser Research & Consulting
University of Massachusetts-Amherst
Antioch University New England
www.susannemoser.com



Varieties of Hope



Sharing in Groups

- Speak from the heart (authenticity)
- Listen with the ears of the heart (attention and receptivity)
- Be spontaneous
- Practice brevity
- Share a second time only after everyone has shared at least once



Seven Ingredients of Authentic/Grounded/Active Hope



Photo: villageofhopeuganda.com

Resources

- GROUP WORK

- Good Grief Network:
<https://www.goodgriefgroup.org/>
- The Work That Reconnects:
<https://workthatreconnects.org/>
(see also <https://www.activehope.info/work-that-reconnects.html> and <https://www.joannamacy.net/>)
- Existential Toolkit for Climate Justice:
<https://www.existentialtoolkit.com/>
- Council on the Uncertain Human Future:
<https://councilontheuncertainhumanfuture.org/>
- Wisdom Bridge/Francis Weller:
<http://www.wisdombridge.net/>
- Center for Courage and Renewal:
<http://www.couragerenewal.org/>
- Starter Culture - Collective Transformation from the Inside Out: <https://starterculture.net/>

- WRITINGS

- Lear, J. (2006). *Radical Hope: Ethics in the Face of Cultural Devastation*. Cambridge, MA: Harvard University Press.
- Pihkala, P. (2018). Eco-anxiety, tragedy, and hope: Psychological and spiritual dimensions of climate change. *Zygon* 53(2), 545-569.
- Cunsolo, A., and Landman, K.E. (eds.). (2017). *Mourning Nature: Hope at the Heart of Ecological Loss and Grief*. Montreal: McGill University Press.
- Solnit, R. (2016). *Hope in the Dark: Untold Histories, Wild Possibilities*. Chicago: Haymarket Books.
- Macy, J., and Johnstone, C. (2012). *Active Hope: How to Face the Mess We're in Without Going Crazy*. Navato, CA: New World Library.
- Gen Dread Newsletter (by Britt Wray): Email to subscribe to: gendread@substack.com

- MUSIC

- <https://youtu.be/oq7JxwBFJxM>
<https://youtu.be/K8AegG5en2g?list=PLiCW-xiO2aOmMBvw-4N2gXGYiOr-suEKv>

- PODCASTS/APPS/ONLINE RESOURCES

- On Being Project (Wisdom App currently features a course on hope): <https://onbeing.org/>
- Climate Hope: <https://www.climatehope.earth/resources>
- Living Resilience: <https://livingresilience.net> and Dean Spiller-Walker's Podcast: The Poetry of Predicament ([YouTube channel](#))
- <https://www.drjenniferatkinson.com/facing-it>
- <https://podcasts.google.com/feed/aHR0cHM6Ly9yc3MuYXJ0MTkuY29tL2hvbWV0b3duLWVhcnRo/episode/Z2lkOi8vYXJ0MTktZXBpc29kZS1sb2NhHG9yL1YwLy0zdDZzY2dFRkFyQW5XVHVzMIYwdk9yUkx6QWlnOEY5Y0VSR3JEcmp2dms>
- <https://www.audible.com/pd/Episode-1-Facing-Down-Climate-Grief-Podcast/B08K7Z1NW5>
- <https://www.climatepsychologyalliance.org/podcasts/358-caroline-and-verity-in-conversation>
- <https://www.degreespod.com/episodes/episode-08>
- <https://www.alliance4water.org/blog-posts/climateready-podcast-coping-with-climate-climate-grief-and-adaptation>
- Joanna Macy: [Climate Crisis As Spiritual Path](#)
- Climate & Mind: <https://www.climateandmind.org/>