

ENACTED RECONNECTIONS

A Dance & Movement Journey into Active Hope led by Dr. Samuel Tettner

INTRODUCTION

This workshop is based on the work of Joanna Macy. For more information check <https://www.activehope.info/>

THREE STORIES OF OUR TIMES

Business as Usual — the ‘everything’s fine’ story of endless growth and separation.

The Great Unraveling — the story of breakdown: ecological crisis, individualism, consumerism

The Great Turning — the story of transformation: we remember interconnection and co-create life-sustaining cultures.

To be part of the great turning, today we’ll explore through movement and dance the four stages of the spiral: Coming from Gratitude - Honoring our Pain for the World - Seeing With New Eyes - Going Forth

COMING FROM GRATITUDE

“The whole thing is grace. Everything of the Universe — everything that has brought forth the carbon in my body, my body itself, the trees that are shining outside my window, the bees that are flying around collecting pollen — it’s all grace if we recognize it. It’s there for us.” — Sister Miriam MacGillis

Prompts for Gratitude Dance:

Some things I love about being alive on Earth are ...

A place that was magical to me as a child was...

Someone who helped me believe in myself is or was...

Prompts for Gratitude Pair Sharing:

“What beauty did you discover or share?”

“How did it feel to communicate gratitude without words?”

HONORING OUR PAIN FOR THE WORLD

“We can be caught between two fears — the fear of what will happen if we, as a society, continue the way we’re going and the fear of acknowledging how bad things are because of the despair that doing so brings up. If we listen to the first fear, it can provoke responses that aid our survival; but to benefit from this wake-up call, we need to free ourselves from the stifling effect of the second fear.”

Prompts for Honoring Our Pain Dance

In what ways, in my own life, do I experience and observe the Great Unraveling?

When I see what’s happening to the natural world, what breaks my heart is ...

When I see what’s happening to our society, what breaks my heart is ...

Prompts for Honoring our Pain Pair Sharing

“When I stepped into [emotion], what arose for me was...”

“A moment in my life when I felt this strongly was...”

“One way this emotion connects me to the wider world is...”

SEEING WITH NEW EYES

“The distinction often made between selfishness and altruism is therefore misleading. It is based on a split between self and other, presenting us with a choice between helping ourselves (selfishness) and helping others (altruism). When we consider the connected self, we recognize this choice as nonsense. It is from our connected selves that much of what people most value in life emerges, including love, friendship, loyalty, trust, relationship, belonging, purpose, gratitude, spirituality, mutual aid, and meaning.”

Prompts for Seeing With New Eyes Dance

“What did you notice about joining and leaving an ongoing dance?”

“What new perspectives on interconnection emerged?”

GOING FORTH

Active Hope is not wishful thinking.

Active Hope is not waiting to be rescued by the Lone Ranger or by some savior.

Active Hope is waking up to the beauty of life on whose behalf we can act.

We belong to this world.

The web of life is calling us forth at this time.

We’ve come a long way and are here to play our part.

With Active Hope we realize that there are adventures in store, strengths to discover, and comrades to link arms with.

Active Hope is a readiness to engage.

Active Hope is a readiness to discover the strengths in ourselves and in others; a readiness to discover the reasons for hope and the occasions for love.

A readiness to discover the size and strength of our hearts, our quickness of mind, our steadiness of purpose, our own authority, our love for life, the liveliness of our curiosity, the unsuspected deep well of patience and diligence, the keenness of our senses, and our capacity to lead.

None of these can be discovered in an armchair or without risk.

Prompts for Going Forth Writing Exercise

“What is one feeling I experienced today while moving my body that I want to cultivate in my everyday life?”

“How do I imagine my life (routines, habits, etc) when I envision feeling like this often?”

“What small steps am I willing to take to make it happen?”

“What is something I felt today that I didn’t like? What can I learn from it?”

Space to write:

