

finiteness in the context of sustainability

Booklet for session 2

Booklet for session 1 is available [here](#)

Contact the workshop team

The workshop is designed by Nora Kroeger and co-led by Gwyn Jones.

Questions, praise, feedback, or comments? You can reach us via email!



Reach Nora at n.f.kroeger@gmail.com



Reach Gwyn at gwynbryanjones@gmail.com

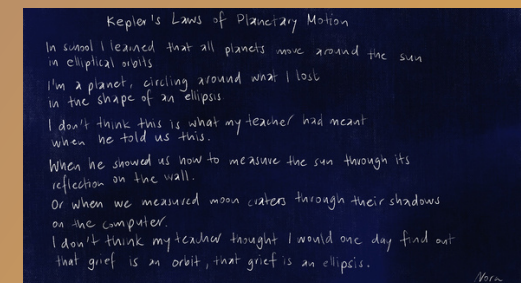


Creative expression

If you want to explore the workshop themes more, you have the option to use the three weeks of the workshop to do something creative around the themes of the workshop in a way that brings you joy and meaning. This is completely optional!

You can share your creations via Google board and upload pictures, writing or links there. Google board does not have many design functionalities, but you can easily design a 1920 by 1080 pixels graphic on Powerpoint, Canva or similar apps and then just upload it as image on the board.

Access the **board here** to share your creations



Session 2: The silence around finiteness – death anxiety and ecological grief

Why do we prefer to stay in the spiral of silence instead of facing grief and death anxiety in a mindful, conscious way? Whether it is grieving a loved one or grieving Mother Earth, how does grief manifest in us and how can we start talking about finiteness and mortality?



Cartoon by first Dog on the Moon

Titled "I only read about climate change now because I have to"

Read the whole comic [here](#)

First Dog on the Moon says to tell you all he said Hi :)



The Spiral of Silence on climate and death

Our findings suggest that there is a climate change “spiral of silence,” in which even people who care about the issue, shy away from discussing it because they so infrequently hear other people talking about it – reinforcing the spiral.

- ANTHONY LEISEROWITZ

The more I hear from others who've had encounters with mortality via accident, sudden life-threatening events, or the diagnosis of potentially terminal disease - the more I am getting actually *enraged* about how incapable & cowardly white culture is when it comes to death talk

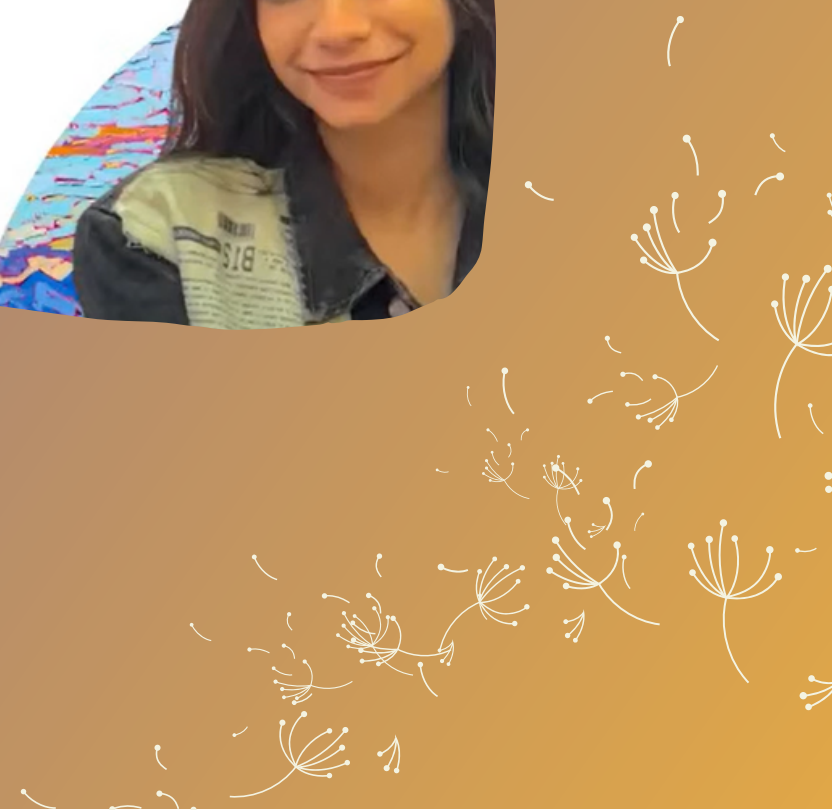
- MARTHA CRAWFORD



Gauri Singh on climate anxiety

Gauri is Core Team Member at
Youth for Climate India

You can find her whole presentation on
“Inner & Outer Crises - Is Biodiversity Loss
Affecting our Mental Health?” online [here](#)



Ecological grief

For older Inuit in Nunatsiavut, changes to weather and landscape are invalidating long-standing and multi-generational ecological knowledge, and with it, a coherent sense of culture and self. As one well-respected hunter shared:

“It’s hurting in a way. It’s hurting in a lot of ways. Because I kinda think I’m not going to show my grandkids the way we used to do it. It’s hurting me. It’s hurting me big time. And I just keep that to myself.”

Article *“Hope and mourning in the Anthropocene: Understanding ecological grief”* on [*The Conversation*](#)

Ecological grief

Similarly, a farmer in Australia worried about the future shared their thoughts on the possibility of losing their family farm:

“[It] would be like a death. Yeah, there would be a grieving process because the farm embodies everything that the family farm is ... And I think if we were to lose it, it would be like losing a person ... but it would be sadder than losing a person ... I don’t know, it would be hard definitely.”

Article “Hope and mourning in the Anthropocene: Understanding ecological grief” on [*The Conversation*](#)

Global Warming

Song by Sasha
Alex Sloan

From the 2022
album 'I Blame
The World'



An intact culture around death

What dying properly becomes in an intact culture is the opportunity—maybe the most glowing opportunity—for the fullness of your humanity to appear. Far from being your undoing, death becomes a showtime for your humanity. That's the way I'd say it.

- STEPHEN JENKNSON

*Interview with this quote can be found [here](#)
You can find more of Stephen's work [here](#)*

Closing meditation

This meditation is written by Martha Crawford and based on archetypal writings from Carlos Castaneda.

Picture in your mind's eye, sitting cross legged, on a straw mat, in an environment that feels healing and empowering for you — your “power spot” — It can be a place in nature, or indoors any setting, in real life, or in your imaginal life, that makes you feel deeply grounded — as if the energy at the base of your spine runs back and forth, upwards and down from deep into the core earth up through your central nervous system and back again. All energy grounded by the deep cool earth.

A companion, a guide, an advisor, arrives, quietly — slips off their shoes if they are wearing them, and unobtrusively takes a seat on the opposite corner of the mat. This helpful advisor is Death, in an embodied form. How did Death appear to you? An old woman? A young man? Some other form? Unearthly? Angelic? Death has arrived to offer you some valuable guidance: What is it? Sit quietly for a bit, and see what this form has to say.

They might offer some guidance about tangential attachments or entanglements that you might need to let go of. They might have something to say to you about your core purpose, about your essential priorities. They might remind you not to procrastinate or put things off, as our time here is limited, and the illusion that it will unfold forever has caused many to forestall and leave unfinished the central desire and work of their life. They might remind you that the things you most yearn for may also produce what others need most from you. They might remind you that your options are not unlimited. That you only have time to execute a few tasks impeccably.

Or they might offer guidance that you or I could never anticipate. If Death were to approach you as a friend, as an ally, as an advisor - committed to keeping you on your toes and keeping you alert and awake to what is most meaningful in your life, what advice might they have to offer?

Treat yourself! Book an offer from an ASP member

WHAT?	WHAT IS IT ABOUT?	BOOK IT WITH
<p>One-on-one coaching</p> <p><i>This offer is suitable for: People engaged in sustainability and environmentalism (in a personal or professional capacity) and who are open to the idea that self-regeneration is hugely important on our journey to planetary regeneration.</i></p>	<p>Regenerative life and leadership coaching for changemakers in sustainability and environmentalism. I help clients regenerate the area(s) in their life (personal and/or professional) that are keeping them from making a greater positive impact on our planet's future. Sessions take place outdoors in nature, regardless of where you are (weather permitting).</p> <p><i>Schedule a complimentary coaching session to see if it is a good fit by emailing Loes at loes@loes.eco</i></p>	<p>Loes van Mierlo</p> <p>https://loes.eco</p>

*Find more great offers by other ASP members in **booklet 1***

Background



'Finiteness in the context of sustainability' is inspired by the wonderful workshop **'Circling the Drain' by Martha Crawford.**

If you want to explore the topic of mortality more in-depth, 'Circling the Drain' is the perfect workshop for that.

Follow Martha's work [here](#).

Next session

Finiteness as a call to action – the role of sustainability practitioners

Monday, September 18th
19:00-20:30 UK time

Living through and contending with the polycrisis, where do we see our role in this as sustainability practitioners? Can we imagine old and new ways to make positive, generative contributions while we are still around – in the face of or even because of finiteness? This session will provide ample space to discuss our place in it all and to wrap up the series with a sense of agency.

