



## Why and How?

This document presents a collection of resources, which can be supportive to stay connected with ourselves, others, nature and the world to support inner-outer sustainability and transformation. Staying connected is particularly important during challenging times, characterised by increasing climate and health crises, associated climate anxiety, ecological grief, or reduced face2face contact.

This collection has been developed for the Contemplative Sustainable Futures Program at Lund University Centre for Sustainability Studies (LUCSUS) and, more specifically, its 'Transformative Learning & Reflection Space' (short: the SPACE), a listening and sharing space to stay human and connected in support of sustainability. The SPACE was jointly set up together with students enrolled in the LUCSUS Master's Program on Environmental Studies and Sustainability Science (LUMES), but is also open to other programs at Lund University. It include regular activities and a Facebook group.

This collection includes perspectives and practices that can be used both individually and together for different SPACE activities. Please note that it is a working document, which will be updated regularly based on existing needs, continuous learning and feedback. For questions and feedback, please contact the LUCSUS coordinator ([christine.wamsler@lucsus.lu.se](mailto:christine.wamsler@lucsus.lu.se)) or the SPACE student group representative Cara Siepenkort (via email: [cara.siepenkort@gmail.com](mailto:cara.siepenkort@gmail.com), or via the Facebook group).

## Perspectives – Reading, Listening or Watching

- [Why humanity is in a phase shift, what it might look like & what emergence is](#), video interview and talk by Schmachtenberger. Other inspirational videos can be accessed via the [Emerge project](#).
- [About knowing as a communal act](#), talk by Palmer (relevant excerpt: 47:43-52:17 min.).
- [Eight Emerging Lessons: From Coronavirus to Climate Action](#), article by Scharmer et al.
- [The Corona, Climate, and Economic Crises: Is this Fundamentally a Relationship Crisis?](#), article by O'Brien.
- [A degrowth perspective on the coronavirus crisis](#), article by degrowth.info.
- [The coronation. An essay on the coronavirus](#), by Eisenstein.
- [COVID-19 – a social phenomenon requiring diverse expertise](#), article by the Inst. of Dev. Studies.
- [Covid-19, a war broke out in heaven](#), article by Stein, Emerge project.
- [Our calm is contagious. How to use mindfulness in a pandemic](#), article/ interview with Brach.
- [Mindfulness, Healing, and Wisdom in a Time of COVID-19](#), video talk with Kabat-Zinn.
- [Honoring our fear, finding our resilience in a time of crisis and pandemic](#), video talk by Hübl.
- [In a time of global crisis, some reflections on compassion and action](#), article by the Free Mindfulness

## Targeted Practices & Courses – Focus on Ecological and Health Crises

- [The Work that Reconnects](#) by Macy. You can find a list of resources on their [website](#).
- [Climate and mind](#) focuses on exploring the relationship between climate disruption and human behavior. Under 'What is Climate Grief?', they bring together related perspectives and practices.
- [The Good Grief Network](#) aims to build personal resilience while strengthening community ties to help combat despair, inaction, eco-anxiety, and emotions in the face of daunting systemic predicaments. You can find an array of resources on their website, but not all are for free.
- [GAIA: Global Activation of Intention and Action](#). Online process with seminars over 14 weeks by the Presencing Institute.
- [Creating a Home Retreat](#), Finding Freedom Wherever You Are, practices by Kornfield and Bach.
- [A steady heart in the time of the coronavirus](#), a 13 minute practice by Kornfield.
- [Managing Emotions Effectively in Uncertain Times](#), recommendations by Brackett.
- [20 suggestions for dealing with feeling overwhelmed by global challenges](#), by Vessanchara.
- [Advice for climate change activists](#) to deal with climate anxiety, etc. by Miller.
- [Corona Virus Anxiety & ways to address it](#), daily videos by Brewer.
- [Practicing in a Pandemic](#). Teachings and collection of practices on how to find compassion and equanimity in a time of great uncertainty.
- [The Mindfulness initiative](#) offers a list of resources and practices for health and care staff, which can also be used by other professionals.
- [A collection of resources and practices for challenging times](#) by Hübl.
- [Leading change in times of disruption](#), free online course.

## Targeted practices – Current offerings due to the corona pandemic

- Jon Kabat-Zinn, founder of mindfulness-based stress reduction, will be live daily from Monday 30th March through to Friday 3rd April. You can sign up [here](#) or watch later [here](#).
- [The Mindfulness Association](#) is offering a [Free Daily Online Meditation](#) via Zoom at 7pm.
- [Oxford Mindfulness Centre](#) is offering Free Weekly Online Mindfulness Sessions, [Podcasts](#) afterwards.
- [Spirit Rock Meditation Center](#) is opening its virtual doors to the [Monday evening and Wednesday morning program](#) as well as [longer retreats](#).
- [The OUTSIDE](#) is offering free e-courses for 90 days due to the coronavirus pandemic.
- Breathworks is offering a [weekly Facebook live meditation](#) on Tuesdays at 7 pm.
- [Garrison Institute](#) will be offering a [daily noontime meditation, reading and discussion](#) over Zoom.
- [Breathworks](#) offers [free courses](#) for troubling times.
- [UCSD Centre for Mindfulness](#), Sanford Institute for Empathy and Compassion and the Compassion Institute offer [daily live mindfulness and compassion sessions](#), recordings of practices.
- [The Mindfulness Network](#) is offering free online practice sessions at a range of times, delivered by our network of trainers, supervisors and retreat leads, to support the community.
- [Gaia House](#), a retreat centre in the UK, is opening an [Online Dharma Hall](#).
- [Mindfulness in Action](#), based in Cardiff, Wales, are running [daily live sessions](#).
- [Mindful](#), the online magazine, is offering free access to its '[Find Calm and Nourish Resilience](#)' course.
- Free online eight week [mindfulness-based stress reduction course](#).

## General Practices – Personal Growth for Inner-Outer Transformation

- Molnar, Clinical Psychologist & President, META & Psychological Wellness Center, has a [collection of free mindfulness meditations](#) and [articles](#) with an emphasis on relating to anxiety and fear.
- [Guided online exercises](#) in mindfulness.
- [Guided online meditations](#) to cultivate self-compassion.
- [Worksheets](#) for Acceptance and Commitment Therapy (ACT).
- [Online module](#) on eco-psychology.
- [“Awakening the dreamer”](#), Pachamama Alliance online learning class, transformative educational.
- [The Free mindfulness project](#) has a list of free resources.
- [Online yoga](#) by Glo.
- [One earth sangha](#), a Buddhist platform for living in harmony with nature, incl. free resources.
- [A Mindful Tech Exercise](#) with David Levy: Relating to our Smartphones and Devices
- 90 second [mini-meditation for creativity](#).
- [Deep listening](#).
- [Mindful walking](#).

## Apps

- The meditation app [Headspace](#) (recommended by the Student Health Centre).
- The meditation app [Calm](#) has many [free resources](#) for this crisis period.
- The [Healthy Minds app](#) is now freely available.
- [MindPilot](#) is a free app with a mindfulness course by experienced mindfulness teachers (Watt and Vishvapani Blomfield).
- [29K](#). A personal growth program combining science-based tools for adult development and inner-outer transformation.
- [Insight Timer](#) has thousands of free meditations of many types freely available as well as meditative music recordings.
- [The healthy minds program/ App](#). Translating neuroscience into tools for everyday life.

## Arts-based practices and inspirations

- Poem reading. David Whyte: Preservation of the Soul (excerpt). [Video](#). [Text](#).
- [Arts based methods](#) for transformative engagement.
- [Collected works](#) by Mary Oliver, eco-poet.
- Cultural institutions closed due to coronavirus are welcoming virtual visitors. [WEFORUM](#) offers a list.
- [Words to Sit With](#) is a site, with a collection of contemporary mindfulness poetry. New poems in response to our current circumstances include '[Together](#)', '[This Long Night](#)' and '[Feeling Frantic in a Peaceful World](#)'

*"Make art. To allow yourself to move intuitively and bring thoughts and feelings together. Use materials around you. Give yourself space to create and connect the dots without thinking about it. Use clay, or colours, or write without an aim. Walk. Take pictures, print them and arrange them on the wall. Art-making can also be a powerful way to contemplate and pay attention to aspects and relations that were previously unclear or unattended. Making art though is not reserved only to artists." – Diego Galafassi, LUCSUS, Arts4SDGs project*

## Announcement of next SPACE Activity:

### Climate Stress & Relief Day

*How do you feel when you leave the classroom?  
Have you ever worried about the things you read in papers?  
Have you ever laid awake, thinking about the world?  
If you have, don't worry: many sustainability students experience this.  
Considering the fact that environmental studies can be quite substantial,  
mind-blowing, and intense, it is understandable that we sometimes feel like  
it is becoming a bit 'too much'.*

*What we learn influences what we think, what we feel, and how we act.  
Therefore, it is important to pay attention to how our studies affect us. The  
knowledge that we gather cannot simply be separated from our daily lives.  
There is no off switch.*

*So how do we cope with that?  
Do we start telling everyone around us what we know about sustainability?  
Do we always engage in conversations?*

*During lectures, there is not much time to talk about these types of  
questions. That is why we, students from both LUMES and the CPS  
programme, are organizing a **Climate Change Stress Relief Day**. We are  
providing a space and time to engage in conversation about what it's like to  
study sustainability. But not just conversation! We feel that expressing our  
thoughts and feelings through making art can be very helpful for processing  
and dealing with the.*

***In other words: let's come together and relief our Climate Change Stress!***

*Since we currently can't meet in person, as it was originally planned, we  
will adapt the focus and meet you online via zoom. Our first meeting will  
take place next **Sunday, April 5<sup>th</sup>, 13:00-16:00**. For more information  
contact Cara Siepenkort ([cara.siepenkort@gmail.com](mailto:cara.siepenkort@gmail.com)) to be invited to the  
(private) event on Facebook where all the details are published or to receive  
information via email if you are not on Facebook.*

