

# THE WORK THAT RECONNECTS

Connecting with each other and the Earth through a series of interactive practices

*Facilitated by Caya Tanski, PhD, ND, DC and Peter Holmes, PhD*

**2<sup>nd</sup> and 4<sup>th</sup> Saturdays** at The Unitarian Universalist Church

**9:00-10:30 am in the Sanctuary**

*A collaborative program of Columbia Friends Meeting, Show Me Dharma, and The Unitarian Universalist Church of Columbia*

**Join us on a Journey of Healing and Empowerment for Self, Earth, and Community.**

This immersive nine-session workshop is inspired by Joanna Macy's transformative "Work That Reconnects" and is deepened through the workbook, "*Mindful Earth Liberation*" which is a "decolonized and expanded" spiral model. This journey enriches the classic Spiral—**Gratitude, Honoring Pain, Seeing with New Eyes, and Going Forth** with Earth care (**sustainability**), a layered lens of **mindfulness (self-awareness)** and **social justice (equity and inclusion)**.

This series invites you to weave personal resilience and relational intelligence with ecological insight and practices that can help lead to collective liberation. Each session blends guided reflection, ritual, creative expression, and group sharing—cultivating healing, clarity, and purposeful action.

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**9 Sessions • 1.5 Hours Each**

## **What You'll Experience**

- Practices from *Coming Back to Life* and *Mindful Earth Liberation*
- A Spiral deepened through awareness of self, each other, the Earth, and liberation themes
- Tools to cultivate grounded presence, relational mindfulness, ecological empathy, and inclusive action
- A supportive community exploring healing at multiple levels

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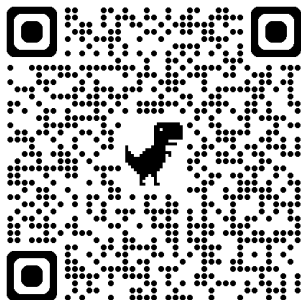
**Workshop Flow (9 Sessions)-Tentative outline**

1. **Orientation & Expanded Spiral Introduction** – Setting intentions, introducing the threefold spiral of mindfulness, Earth care, and justice.
2. **Gratitude (Self • Earth)** – Cultivating mindfulness practices for personal nourishment, relational and planetary wellness.
3. **Honoring Our Pain for the World I (Self • Others)** – Compassionately witnessing collective and intergenerational sorrow, with a social justice lens.
4. **Honoring Our Pain II (Earth • Others)** – Rituals to acknowledge ecological grief and systemic harm.
5. **Seeing with New Eyes I (Earth • Self)** – Practices to awaken ecological identity and deep-time awareness.
6. **Seeing with New Eyes II (Others • Earth)** – Embodying interconnectedness, and social awareness through council or other collective practices.
7. **Going Forth I (Self • Others)** – Clarifying purpose rooted in resilience, equity, and sustainability.
8. **Going Forth II (Earth • Self)** – Designing actions aligned with planetary well-being and personal integrity.
9. **Integration & Closing** – Weaving together personal, ecological, and collective insights; committing to continued practice.

**All are welcome.** No prior experience needed—just a willingness to explore with openness, accountability, and heart.

👉 *Join this spiral anchored in healing, connection, and liberatory action.*

**Need More info?** Contact Caya at [cayasadhana@yahoo.com](mailto:cayasadhana@yahoo.com). To sign up, use QR Code:



or go to:

<https://docs.google.com/forms/d/e/1FAIpQLSfUFdRIRtBgWZu8-XH3MzoNS7YfyCvBI122jQkak9wNqzX0rA/viewform>