



Storm Weathering: A Workbook for Our Inner and Outer Climate (Paperback)

By Dido Dunlop

Wisebirds, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This workbook interweaves personal and spiritual growth, and equips us with tools to create a culture that's resilient in the storms of climate change. How do we stay inspired and motivated, not overcome by fear, powerlessness and despair? How do we create strong community, and regenerative culture that cooperates with nature? We need all the help we can get from traditional wisdom such as Tibetan Buddhism: made accessible to modern people by weaving in psychotherapy, ecopsychology, permaculture, and Mother Nature. Imagery from nature reconnects us with our natural wisdom; we dive into the depths of oceanic mind, in a kind of conscious dreaming. Dido's artwork encourages our creative spirit. These practices help in ordinary life, and in emotional rough weather brought on by ever-worsening droughts and floods, economic instability, war and social injustice.

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