

# Falling in Love with Our Planet: Next Steps in Inner Transition 2014-15

This programme of 10 sessions will help us to deepen our relationship with the Earth, recognise and deal with attitudes that hold us back, and strengthen our commitment and joy in living more sustainably.

## GETTING CLOSER

<b>19 Sept</b>	<b>FALLING IN LOVE WITH THE PLANET.</b> How we can transform our relationship with the Planet.
<b>29 Sept</b>	<b>HOW TO FALL IN LOVE WITH THE PLANET.</b> An introduction to ways to get closer to our nature in nature.
<b>27 Oct</b>	<b>WHO AM I, HERE AND NOW?</b> Exploring whether who I am is separate from what nature is.
<b>23 Nov</b>	<b>THE VISION QUEST: TAKING RESPONSIBILITY FOR MY CONNECTION TO OUR PLANET</b> Recognising our connectedness to the world, and the power of the land.

## KNOCK YOUR BLOCK OFF!

<b>26 Jan</b>	<b>OVERCOMING OUR IMMUNITY TO CHANGE</b> Dismantling our psychological defences to living more sustainably
<b>23 Feb</b>	<b>BECOMING ONE WITH NATURE</b> Sharing experiences of transcendent moments outdoors. What are their characteristics?
<b>30 Mar.</b>	<b>KNOCK YOUR BLOCK OFF!</b> What prevents creativity in my life? An investigation into what stops me realising my creative sustainable lifestyle.

## WALKING YOUR TALK

<b>27 April</b>	<b>TRANSFORMATION THROUGH SERVICE</b> An Inside and Outside approach to 21 <sup>st</sup> Century Love
<b>25 May</b>	<b>DISINVESTING AND MOVING ON</b> Shedding the old and embracing the new.
<b>29 June</b>	<b>SHARING MY LOVE WITH MALVERN: COLLABORATION AND COMMUNITY</b> Bringing our love for the planet into our lives and those of our community

## FIELD WORK

Half day workshops will be arranged for those who want to explore loving the planet in more depth

Come to some or all of the sessions - each session is designed to stand alone as well as forming a part of an integrated whole.

The sessions are held at The Cube, Albert Road North, Malvern, WR14 2YF at 7.30pm for a 7.45pm start, and finish by 9.30pm

More Info from 01684 893380 / [mikethementor@mac.com](mailto:mikethementor@mac.com)