

Malvern Hills: Inner Transition 2015-6

Recovering the Wisdom of Gaia

The Transition movement generally focuses on initiatives that will have a positive impact on the planet and our communities or, at the very least,



damage them less. For example, here in Malvern, Transition Malvern Hills has been involved in a car club, saving the gas lamps, a garden-share scheme, a repair café, reskilling workshops, The Cube community centre, and home energy surveys

amongst others. These ‘Outer Transition’ actions are vital – as are the ‘Inner Transition’ shifts which support us to choosing to live harmoniously, and so increasingly act to care for our world.

In the Inner Transition group we work towards:

- Harmony within ourselves
- Harmony with each other
- Harmony with the natural world and the planet.

This means we focus both on our Inner reality (thoughts, feelings, spirit), and on connecting this Inner reality to the Outer world of form and behaviour.



In 2014-5 the Inner Transition programme had as its theme “Falling in Love with our Planet”. In 2015-6 we continue this theme with a programme entitled “Recovering the Wisdom of Gaia”. Gaia here refers both to James Lovelock’s Gaia (the theory that the Earth is a living, self-regulating system) and to Gaia the Greek goddess (the great mother of all, creator and giver of birth to the Earth and all of the Universe).

Recovering the Wisdom of Gaia

Programme for 2015-6

We have structured the programme around a journey into the unknown in which we leave behind the familiar and embrace the mystery of unknowing, finally seeking to bring this openness back to our everyday lives. In so doing, we are seeking to increase our inner harmony, our harmony with others, and our harmony with the more-than-human world. The programme will consist of 3 terms, as follows:



1. **Entering the Unknown:** We develop our willingness to leave behind our familiar ways of seeing and thinking about the world as a collection of things and realise that it is more a matrix of relationships and connections which we are a part of:
 - a. **September 28 - Recovering the Wisdom of Gaia** with Raphael Bate & Melanie Jameson. Introduction to Gaia themes; ways of deepening the work we are undertaking together.
 - b. **October 26 - Relationship & Interconnection** with Robin Coates. Cycles of Being (*This will be a Joint session with Transition Malvern Hills*)
 - c. **November 30 - The Heroic Journey** with Hester Bate. What is the Heroic Journey you are on – and what is your next step?



2. **Embracing the Mystery:** We recognise that we are more than a mind on legs. We connect to all of who we are – and to all that is
 - a. **January 25 – Celebrating the Pleasure of Embracing the Mystery** with Altair de Almeida. A gently experiential session using simple movements to help us safely explore our depths.
 - b. **February 29 – The Divine Feminine Arising** with Miguel Dean. Balancing masculine and feminine principles/energy for personal and planetary wholeness.
 - c. **March 21 – Becoming Whole** with Emma Gathergood. By embracing and nurturing our body, feelings, mind and spirit, we can become the change we wish to see in the world.



3. **Enfolding the Wisdom:** We learn to live with the unknown, to be open, to be centred in our everyday lives.
 - a. **April 25 – Braving the Unknown** with Mike Munro Turner. Exploring how we can be more fearless when we feel vulnerable.
 - b. **May 23 – Living in Harmony with the Other** with Raphael Bate. In which we develop our ability to live in harmony with the mystery..
 - c. **June 27 – The Wisdom of Gaia.** Reviewing the year and gathering up the threads. Living life as enquiry. Deepening Community

