

2 & 2X: Activist Bonus Self-Empowerment Activities

(Eco-Relational Living)



The activities in this course offering are designed to support you in cultivating an eco-relational lifestyle. Use them to Identify your interests and nurture your talents in the realm of eco-relational living. Be the eco-learner and Eco-Mentor you were born to be!

ACTIVITIES IN PART 2 INCLUDE:

- Mother Earth's Resume
- Giving Nature a Voice
- Are You Eco-Phobic?
- Are You the Earth's Caretaker, or its Conqueror?
- Healing Our Relationship with Nature Is a Decision
- Do You Need to Re-Possess Your Biophilia?
- Sensing Nature with Your Eyes Wide Shut
- Exploring the Earth as a Role Model for How to Live
- What Elephants Know about Living in Ecological Harmony That We Have Forgotten
- The Sacred Give-Away
- Celebrating the Feminine, the Masculine, and All of Life's Diversity
- Exploring the Male and Female Qualities that Set Us Apart

- Diversity Is Whom You Represent, and It Isn't Meant to Cause You Pain
- Exploring the 8 Multiple Intelligences
- What is Eco-Intelligence, and How Does It Inspire Us to Live Whole?
- Is Your Brain as Diverse as the Earth's Ecosystem?
- So, Do You Want to Become an Ecopsychologist?
- Do You Have a Poetic Perception of the Planet?
- Creating Nature-Inspired Sculptures
- Embracing Mother Nature's Seasonal Wisdom

ACTIVITIES IN PART 2X INCLUDE:

- The Nature of Reality and the Reality of Nature
- Forming a Sacred Partnership with the Earth in the 21st Century
- Connecting with and Giving Back to the Land
- How is Your Lifestyle a Relationship?
- Earth Walk, Earth Talk
- Are You Crowding Out the World with Cell Phones?
- Are You Frying Your Brain with a Cell Phone?
- Sleeping with the Enemy Known as EMF and Radiation
- Does a Wireless World Connect Us to a Looming Disaster?
- What Racehorses Are Teaching Us about the Hazards of Wi-Fi
- Are You Anxious, Depressed, or Deprived of Nature?
- Getting Rooted in Earth's Electromagnetic Energy

Learning Objectives:

Become aware of the inner relationships that govern the well-being of your personal ecology (your body, mind, emotions, and spirit) and the relationships that govern the well-being of the planetary ecology that you're an integral part of.

Be inspired to create a more eco-relational mindset and lifestyle.

Use your understanding of eco-relational living to encourage eco-relational awareness in others whose health and well-being you care about.

