

A photograph of a green metal gate in a field of tall grass. The gate is made of green-painted metal bars and is partially open. It is surrounded by tall, green grass and some dry, brown stalks. In the background, there is a grassy hill and a line of trees under a bright sky.

# The Inner Dimensions of Transition

*"In the past, changing the self and changing the world were often regarded as separate endeavors and viewed in either-or-terms. But in the story of the great turning, they are recognized as mutually reinforcing and essential to one another."*

JOANNA MACY

**SECRET AGENT  
UNDER COVER  
FOR THE  
NEW STORY**





# “THE DOUGHNUT”

## *WHY DO WE DO WHAT WE DO?*

### **a) Behaviours** leading to climate change

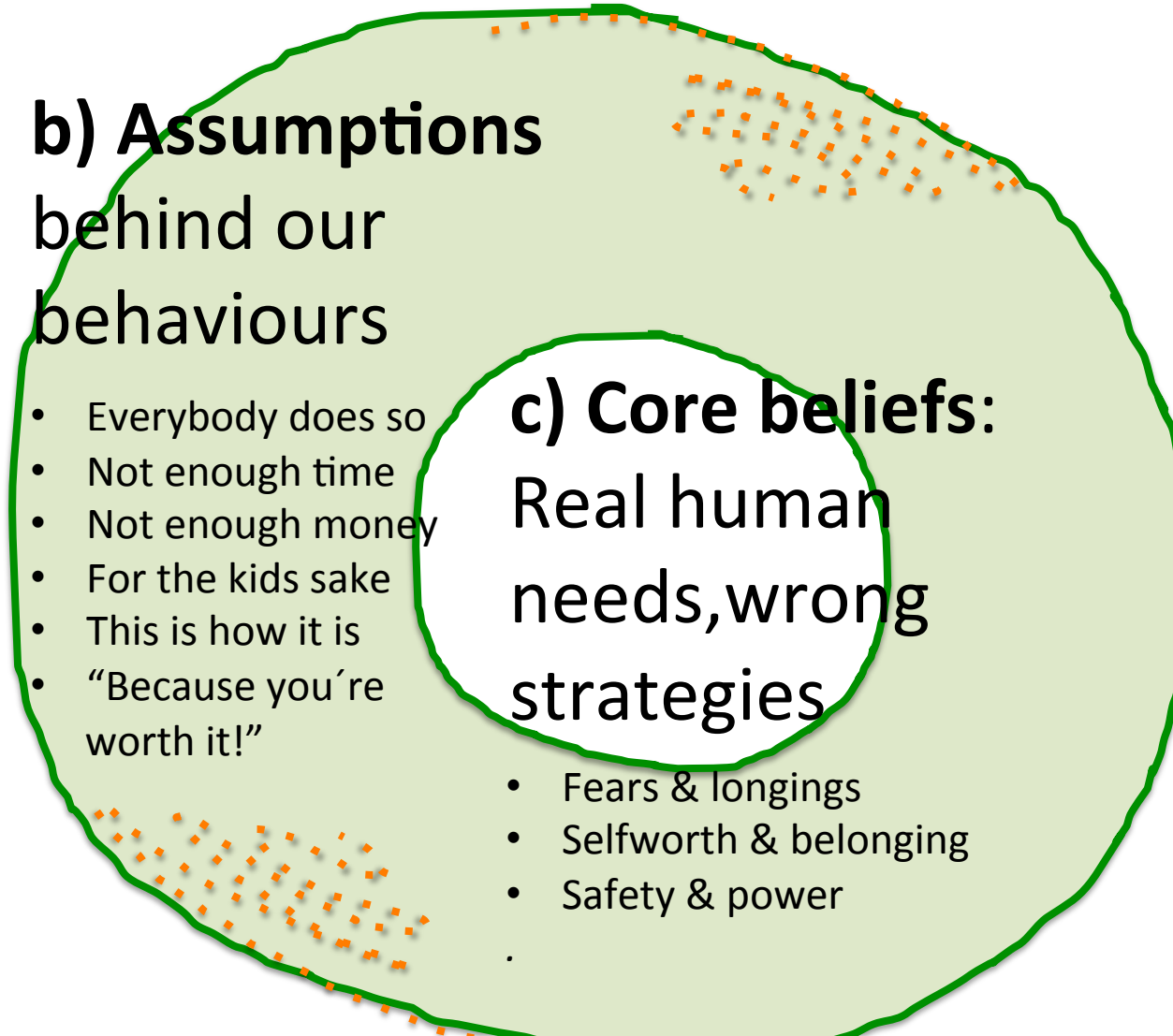
- Overconsumption
- Driving & flying
- Eating too much meat
- Overuse of chemicals for convenience & efficiency etc...

### **b) Assumptions** behind our behaviours

- Everybody does so
- Not enough time
- Not enough money
- For the kids sake
- This is how it is
- “Because you’re worth it!”

### **c) Core beliefs:** Real human needs, wrong strategies

- Fears & longings
- Selfworth & belonging
- Safety & power

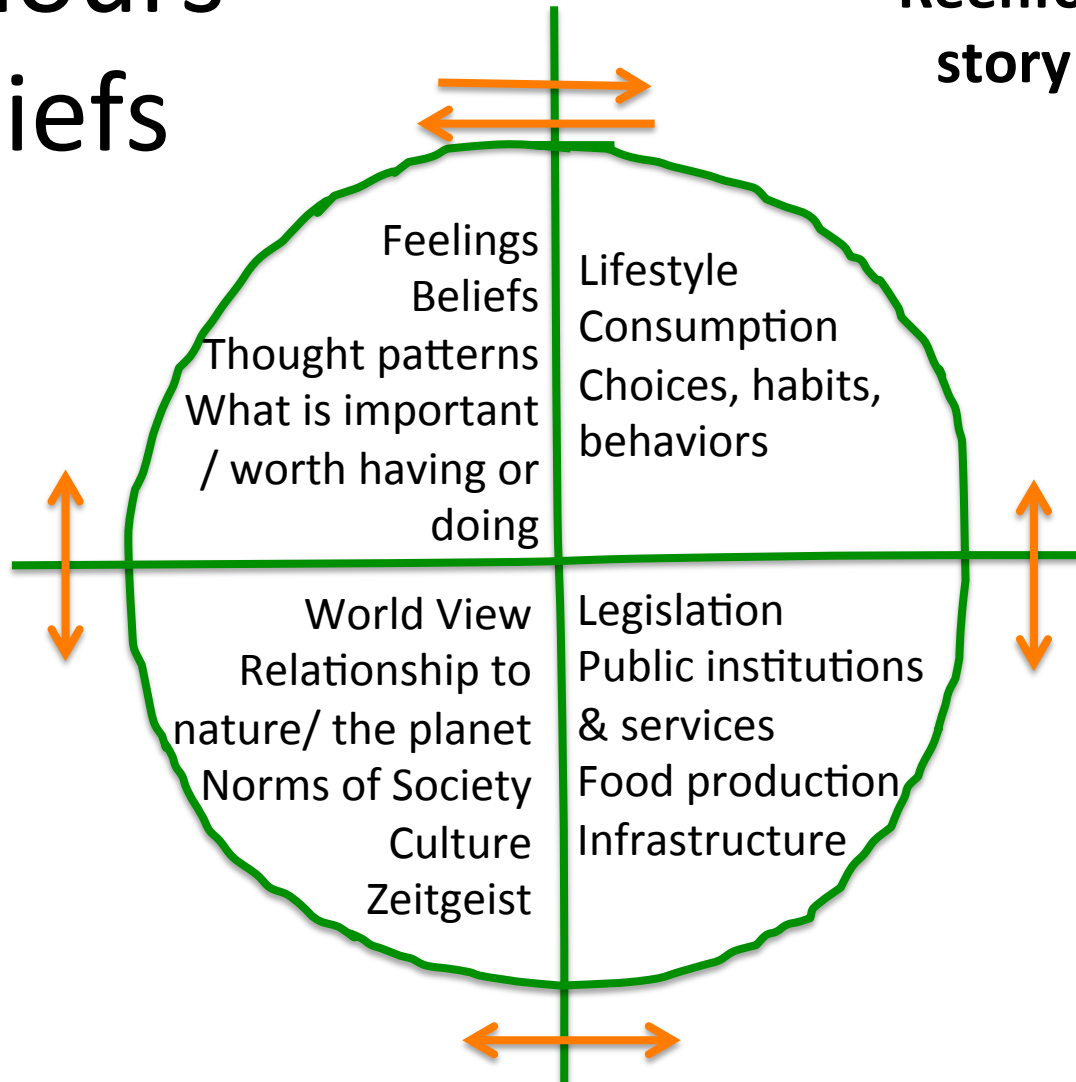


Behaviours  
& beliefs

**INDIVIDUAL**

Reenforcing the old  
story – or creating  
a new one?

**INNER**



**OUTER**

**COLLECTIVE**

*"FOUR QUADRANT MAP"  
BY KEN WILBER*

# Creating **RELATION** instead of **SEPARATION**

<b>CORE WOUNDS =&gt; FEARS</b>	<b>COMPENSATORY BEHAVIOURS</b>	<b>HEALING ACTIVITIES = CREATING A GOOD REALITY</b>
<i>Is there enough?</i>	Overconsumption	<i>There is plenty!</i> Sharing meals and things, swopping, gift economy, doing things together that does not cost money
<i>Am I good enough?</i>	Status hunting, competition	<i>You are appreciated, we are all important!</i> Celebrating work well done (even failures), encourageing each other, cooperating, documenting what you do and showing it
<i>Am I strong enough?</i>	Suppression techniques, overachieving	<i>It is okay to be vulnerable - to be human!</i> Working with Joanna Macy's process tools, creating healthy structures where everybody get seen and heard – and it is allowed to rest!
<i>Am I safe?</i>	Defences	<i>This is a safe space!"</i> Creating safe spaces for creativity & fun and meeting forms building trust: Vibes Watcher, "No questions are stupid "
<i>Do I belong?</i>	Shallow relationships, lack of intimacy, "We & Them"	<i>We are all connected!</i> Doing things together, connecting to nature and to the seasons. Group activities like excursions, learning new things together, rituals, discussing a movie...

*Seeing with  
New eyes*

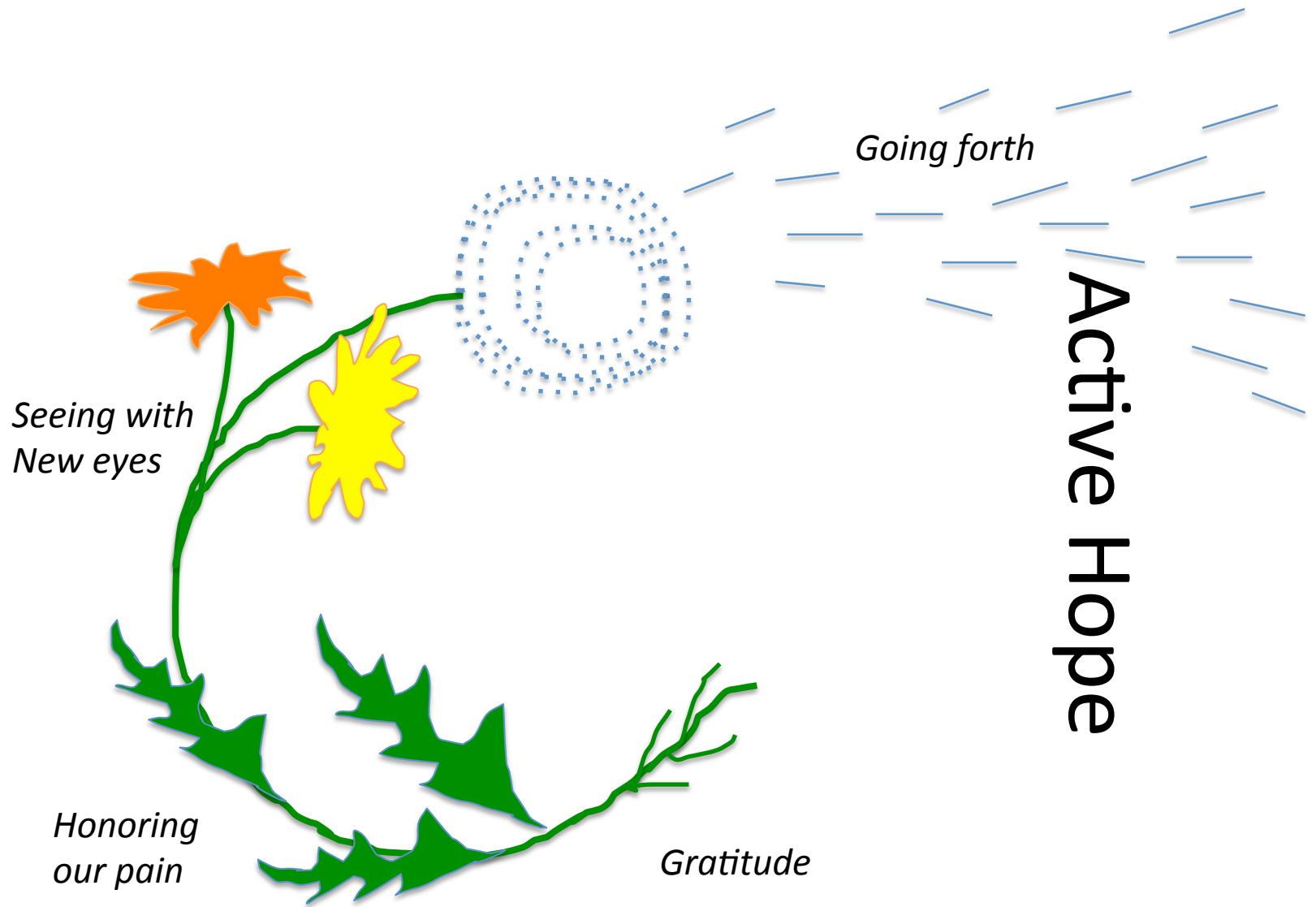
*Honoring  
our pain*

*Gratitude*

*Going forth*

# Active Hope

*"THE WORK THAT RECONNECTS"  
BY JOANNA MACY*





*“The world  
doesn’t need  
saving.*

*It just needs  
a lot of love.”*