CORE trainings – action and skill-building as antidote to vague anxiety

- Emotions around fire
- Working in food justice, feeling interconnected systems, yet feel urgency to get involved in climate – questioning what I’m doing
- Hearing Bill McKibben talk about how depressing this work is, tried to escape to Alaska
- Part of our task at this time is to hold the duality that nothing and everything we do matters, how to hold this in your body every day
- Being aware of feeling protected and relatively less vulnerable when I think about neighborhoods not receiving public services – that won’t be me
- Working with kids, noticing atypical behavior during the fires, talking about nuclear annihilation
- Built up arousal and release, like tag – training adrenal system
- Observing how denial functions
- Noticing defeated feelings, sure that world will end in my lifetime
- Set of ethical challenges – these problems are structural, not about individual decisions
- Individualism is counter-revolutionary, what is the difference with climate?
- Individualized response
  - Can get meaning out of, spiritual
- Not ready to relinquish privilege of affordable rent and contributing to gentrification
- Trying to get critical mass to not fly...?
- Comparison to vegetarian
- Moral inconsistency
- Issues of scale
- Time frame
- Gentrification and climate change – contrast with blaming individuals and blaming corporations
- Meeting with younger folks, war part of backdrop of their consciousness
- Eco-literacy, how to hold this psychologically?
- Inundated with information
- Wanting something liberatory and tangible to hold on to
- Cell phones and earth machines
- In 3rd grade did presentation on climate change and global warming and we were nowhere near where we are now – below 350
- Ozone holes closed – we didn’t celebrate that
- Motif and network
- How we take care of ourselves and each other – strengthening for future collapse
- Klein and Solnit
- It takes roots to weather the storm – climate justice
- Therapy – what is it to sit with grief and horror
- What more might be possible
- Easier to sit with if feel that it will end, the condition of endlessness does not feel safe
• Mourning
• Feeling these feelings and holding extreme inconsistencies
• “Breathe into the firm hand of the state”
• Urgency and capitalism
• Dark stories that help us process