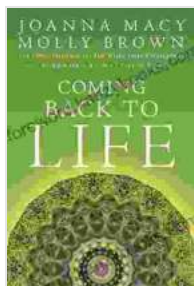


The Updated Guide To The Work That Reconnects: A Transformative Guide to Healing Ourselves and Our World



Coming Back to Life: The Updated Guide to The Work that Reconnects by Joanna Macy

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1449 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 379 pages
Lending	: Enabled



The Updated Guide To The Work That Reconnects is a powerful and transformative guide that can help you reconnect with your true self and your purpose in life. It is a comprehensive resource for anyone who wants to learn more about the Work That Reconnects, a global movement of people working to create a more just and sustainable world. This updated version of the book includes new material on the climate crisis, the rise of fascism, and the importance of social justice.

What is the Work That Reconnects?

The Work That Reconnects is a framework for personal and social transformation that was developed by Joanna Macy, a Buddhist scholar

and environmental activist. It is based on the understanding that we are all interconnected and that our actions have far-reaching consequences. The Work That Reconnects offers a path to healing our relationship with ourselves, with each other, and with the Earth. It is a way to find hope and meaning in the face of the challenges of our time.

The Updated Guide To The Work That Reconnects

The Updated Guide To The Work That Reconnects is a comprehensive guide to the Work That Reconnects. It includes everything you need to know to get started, including:

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- A history of the Work That Reconnects

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- The four pillars of the Work That Reconnects

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- How to practice the Work That Reconnects in your own life

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- How to get involved in the Work That Reconnects movement

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The Four Pillars of the Work That Reconnects

The Work That Reconnects is based on four pillars:

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- **Gratitude:** Cultivating a sense of gratitude for the gift of life and for all the beings who support us.

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- **Simplicity:** Living a simple life that is in harmony with the Earth.

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- **Nonviolence:** Committing to nonviolence in all our thoughts, words, and actions.

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- **Right Livelihood:** Earning a living that is in alignment with our values and that contributes to the well-being of the Earth.

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How to Practice the Work That Reconnects

There are many ways to practice the Work That Reconnects. Some of the most common practices include:

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- **Meditation:** Meditation can help us to connect with our true selves and to develop a sense of compassion for others.

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- **Journaling:** Journaling can help us to reflect on our experiences and to learn from our mistakes.

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- **Nature connection:** Spending time in nature can help us to reconnect with the Earth and to appreciate its beauty.

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- **Service:** Serving others can help us to develop a sense of purpose and to make a difference in the world.

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How to Get Involved in the Work That Reconnects Movement

There are many ways to get involved in the Work That Reconnects movement. Some of the most common ways include:

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- **Joining a local Work That Reconnects group:** Local groups meet regularly to practice the Work That Reconnects and to support each other.

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- **Attending workshops and trainings:** Workshops and trainings can help you to learn more about the Work That Reconnects and to develop your skills.

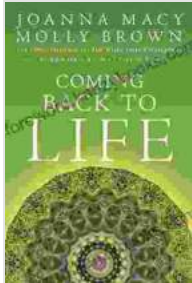
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- **Volunteering with organizations that are working to create a more just and sustainable world:** Volunteering can help you to make a difference in the world and to connect with others who share your values.

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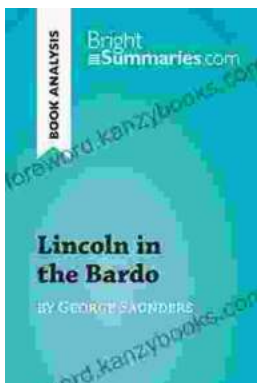
If you are ready to make a difference in the world, I encourage you to learn more about the Work That Reconnects. It is a powerful tool that can help you to heal yourself, your community, and the planet.



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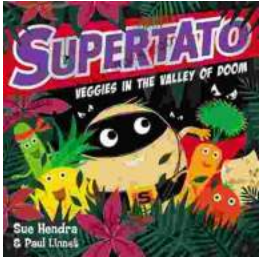
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