

Fall 2021 EcoSattva Training – BC Islands Online Group Hosted by the Salt Spring Zen Circle

*Gaia is in peril; I vow to protect her.
Climate change is relentless; I vow to end it.
Gaia's teachings are infinite; I vow to hear them.
Awakened love is inconceivable; I vow to embody it.¹*

The devastating effects of climate change are being felt around the globe in increasingly dramatic ways. Record-breaking heat waves, wildfires, floods, droughts, and mass migrations have become commonplace. This in turn has exacerbated existing inequalities and has fueled the rise of authoritarian regimes. All too often, world leaders pay lip service to calls for action while continuing to support the increased use of fossil fuels.

One Earth Sangha's EcoSattva Training

"The call to develop inner stability has never been more clear." – One Earth Sangha

Many of us ask ourselves how we can face this reality without getting overwhelmed by grief, and how we can be agents of change without being consumed by anger or frustration. The [EcoSattva Training](#) offered by [One Earth Sangha](#) is designed to help with such issues. Drawing on insights from Buddhism and climate psychology, the training guides us through an exploration of our thoughts and feelings about the climate crisis so we can respond to it wholeheartedly. The training is structured around a series of videos from leading voices in Ecodharma, and includes suggested practices and background material. These teachings and practices help explore this uncertain time of change and cultivate the wisdom and compassion that can carry us forward.

BC Islands Online Study Group and Spiritual Friendship

"Admirable friendship, admirable companionship, admirable camaraderie is actually the whole of the holy life." – The Buddha, to his disciple Ananda (SN 45.2)

To support each other throughout this training, we will be meeting in a small online group (maximum 10 participants) on alternate Tuesdays from September 7 through December 14, 2021. Participants will view the videos and explore the practices on their own so that our time together will be devoted to discussion of the materials, as well as any current events related to climate change. The group sessions will be facilitated by Bill Henderson and Gabriela Persson, of the Salt Spring Zen Circle. In addition to our own gathering, all registered participants from around the world will be invited by One Earth Sangha to join monthly live conversations for all those registered for the training.

¹ *The EcoSattva Vows by Lama Willa Miller.*

Who is this training for?

Whether you are a seasoned activist or a concerned individual, this training will provide teachings, practices, and a group of peers that can support you wherever you are in your journey. An interest in Buddhist teachings is assumed, but no prior experience in Buddhism or meditation is necessary.

BC Islands Group Facilitators

The BC Islands online group will be facilitated by Bill Henderson and Gabriela Persson, Ph.D., of the Salt Spring Zen Circle. Bill is a well-known musician, songwriter, and music producer. He is a Member of the Order of Canada, and a Zen practitioner. Gabriela has done research in astronomy, bioengineering, and applied math. She has trained with Vipassana and Zen teachers. Both Bill and Gabriela completed the EcoSattva Training in the Spring of 2021.

Details and Contact

For more details and a **list of teachers**, please see the [description of the training on the One Earth Sangha website](#), and their [FAQ page](#). If you have any questions, please email bcislands.ecosattva@gmail.com or call Gabriela at +1 (250) 931-7179.

Summary and Registration

- Where:** Two online components:
1. Individual study of One Earth Sangha's materials
 2. Biweekly Zoom meetings of the study group (BC_Islands)
- When:** 7:00-8:30 PM, every other Tuesday, September 7 - December 14, 2021 (Sep 7, 21, Oct 5, 19, Nov 2, 16, 30 and Dec 14)
- Who:** Open to people with or without experience in Buddhist practice. There will be a maximum of 10 participants. An optional introduction to meditation will be offered at the beginning of the training.
- Cost:** Approximately \$140 Canadian payable to One Earth Sangha*. Partial and total scholarships are available. No one will be turned away for lack of funds.

Registration: The procedure depends on whether you will need a scholarship. For details, please email bcislands.ecosattva@gmail.com

* All dollar amounts on One Earth Sangha's website are in USD.

Quotes from Past Participants

“EcoSattvas strive for a healthy resilient mind; a mind that can rest amid thorough uncertainty.”

"The EcoSattva training I took this Spring is still helping me face the emotional trauma of climate change, keep clear of despair and not lose faith in my deep self, in humanity and life."

“It was thrilling to hear from other participants that they wanted to become better equipped to understand their angst and turn their despair into action.”

“The Dharma is a terrific lens through which to view ecoactivism. This has helped me think about ways to help others who are either overwhelmed or think no action can be sufficiently effective and have given up. “