

# EXPLORING DEEP ECOLOGY

AN EIGHT-SESSION COURSE FOR THE WORKPLACE, FAITH CENTER OR HOME

## PURPOSE

- To clarify earth-related values through discussions about deep ecology and related topics.
- To discover how personal values affect the way we view and treat the earth.
- To explore what it means to take personal responsibility for the earth.

*"I really enjoyed the discussion style of the course. It was wonderful to hear everyone's different viewpoints and opinions...The diversity caused me to think a great deal about my own ideas and beliefs and in many cases was inspiring."*

- Deep Ecology participant



Simply Living — Creating a compassionate and sustainable world through personal, community and cultural transformation.

## SESSION THEMES

**Deep Ecology:** Human beings are one of many species, everything is interconnected, and sustainability should replace economic growth as our long-term goal. How do these underlying assumptions differ from current assumptions of our society?

**The Gaia Hypothesis:** In some ways, the earth functions like a living organism, maintaining conditions favorable to life. How do the biological and physical worlds interact to create a self-regulating process?

**Spirituality and the Earth:** Some environmentalists and theologians emphasize a spiritual dimension in our relationship with the earth. Some believe spirituality is the key to finding motivation to live on a sustainable basis with other species and the earth's finite resources.

**A New Story From Science:** Scientific discoveries in physics, biology and cosmology are challenging our assumptions about how the world works. What do these discoveries teach us about our relationship to the earth?

**Native American Wisdom:** Most Americans are far removed from the earth in their daily lives. What can be learned from the rich heritage of Native Americans and their relationship with Mother Earth?

**Ecopsychology:** Modern life tends to cut us off from our bond to the natural world. Could restoration of that bond help to heal both individuals and the planet?

**Simplicity:** With conveniences of modern life come distractions. What are the benefits and challenges of living a simple life in a society dominated by materialism and technology?

**Bioregionalism:** Each person lives in a unique geographical area with natural boundaries. Will a deeper understanding of our bioregion enable us to better care for the earth?

## Simply Living

2929 N. High St. Suite A

Columbus Ohio 43202

(614)447-0296, [www.simplyliving.org](http://www.simplyliving.org)