



Eco Dharma Training Course 2021

Eight Week Course
On-line via Zoom

with Zen Teachers
Subhana Barzaghi &
Mari Rhydwen

Thursday nights
6:30pm - 9pm

March 18, 25

April 1, 15, 22, 29

May 6, 13

Sydney Zen Centre

www.szc.org.au



Zen Teachers Subhana Barzaghi & Mari Rhydwen will be joined by experts in the fields of ecology, mindfulness, psychology, economics, Buddhist ethics and activism to explore how we can participate in charting a positive way forward to address the current climate crisis.

The course is open to everyone and you can join in from wherever you are via Zoom.

The aims of the Eco-dharma training are:

- to honour our intent to protect the earth and all beings
- to create the space for reflecting on the difficult feelings in response to the destruction of our natural world
- to encourage open dialogue, reflective inquiry and embodied practices to support deep learning and collective action
- to increase our active engagement with the world by cultivating clarity, courage integrity and compassion
- to deepen our relationship with nature and promote life sustaining systems and culture
- to be guided by the Buddha Dharma in responding to this ecological emergency
- to support an eco-dharma community

Cost: \$250 waged, \$200 SZC member
Concession &/or student \$80

For inquiry and registration contact Julie Robinson
Email: julesandco@live.com.au

Sydney Zen Centre Bank details:
BSB 062-182 Account 1013 7103

Please tag payment with your name and the letters "ED" then email a copy of your bank transfer receipt confirmation to Julie Robinson.

Julie Robinson julesandco@live.com.au

Course Outline

Each session will also include discussion and reflective practices.

Week 1: March 18 What is Eco Dharma?

Presenters: Subhana Barzaghi, Dr. Mari Rhydwen

Mari Rhydwen is a Zen Roshi and teacher for the Zen Group of Western Australia, writer and climate activist. Mari will introduce the concept of eco-dharma and explore the relationship between Buddhist practices, meditation, environmental issues and activism. We will discuss how Buddhist practices can guide us in facing an ecological crisis that threatens all life on earth. **Subhana Barzaghi** is a Zen Roshi, Insight Dharma teacher, Director of the Insight Meditation Institute and climate activist. Subhana will introduce Joanna Macy's work from 'Active Hope' which outlines a spiral of the practices that reconnect: coming from gratitude, honouring our pain for the world, seeing with new eyes and going forth with active hope, wise and compassionate action.

Week 2: March 25 A Scientific Update

A scientific update on the global ecological crisis and how climate change is affecting Australia

Presenter: Dr. Rosalie Chapple is an environmental scientist who has worked in conservation for 30 years. Rosalie teaches in UNSW Masters of Environmental Management Program & is Director of World Heritage Institute in the Blue Mountains. This session will be an opportunity to educate and update ourselves about the current climate change situation, its impact, projections, the status of the ecological crisis in Australia and the importance of Indigenous knowledge systems in recovery and protection of Country.

Week 3: April 1 Honouring our pain for the world

Presenters: Subhana Barzaghi & Dr. Sally Gillespie

Sally Gillespie did her Ph.D. research on the psychological effects of climate change and her latest acclaimed book is called Climate Crisis & Consciousness. Sally will speak about the range of psychological and emotional responses to climate change and ecological collapse and how we can develop more resilience. Developing awareness of ecological threats and destructions can stir both eco-anxiety and grief. The more we talk about all of this, the more resilient we can be in our engagement and find ways to re-imagining ourselves in our world.

Subhana Barzaghi will then provide a safe harbour to explore ways to manage; eco-anxiety, despair, anger, fear and grief through dharma teachings, rituals, mindfulness and creative ways to express our grief for the world.

Week 4: April 15 Seeing with new eyes and deep listening

Presenters: Subhana Barzaghi & Dr. Mari Rhydwen

Subhana Barzaghi will share practices that open us to the insight of interconnectedness and inter-being to cultivate a compassionate response to suffering. The role of mindfulness in building resilience, renewal, inspiration, nourishment and regenerative work.

Mari Rhydwen In an age of constant chatter and argument via social media, listening deeply is a practice encouraged in many of the responses to our current situation. Mari will speak about Aboriginal practices such as deep listening (*Dadirri*) to Bohmian and Insight dialogue that offer ways to communicate that build and support community.

Week 5 - April 22 Principles of bearing witness & compassionate action

Presenters: Subhana Barzagli, Mari Rhydwen, Carol Perry & Gerard Mazza

Subhana Bazarghi will outline the principles of non-violent action and the 3 Tenets of the Zen Peacemaker Order; not knowing, bearing witness and compassionate action.

Carol Perry is an Insight dharma teacher and social environmental activist who has been involved in a number of successful Northern Rivers environmental campaigns. Carol will outline the 4 roles of the social activist and the importance of the positive rebel.

Mari Rhydwen and Gerard Mazza will explore how activism can be made inclusive for everyone through sharing their stories about Contemplative Rebels and other actions.

Week 6: April 29 Addressing big picture issues

Decarbonising the Economy: What would it take to achieve a rapid decarbonization of the global economy?

Presenters: Sue Holmes & Professor Neil Gunningham

Sue Holmes is an economist who worked for the Australian Productivity Commission, and the Organization for Economic Cooperation and Development and active member of Get Up.

Professor Neil Gunningham is a social scientist at the ANU who has researched and written widely concerning climate change policy and environmental activism.

In addition to personal actions, the earth needs governments to implement ambitious policies if a climate catastrophe is to be avoided. Only Governments are able to devise policies so that everyone and every business, not just the committed reduce their carbon emissions. Currently, Government and businesses are not doing enough. The reasons for this will be explored along with ways to push Governments and businesses to take action. They will outline the types of economic and regulatory policy options Governments could take.

Week 7: May 6 Low carbon living and deep adaptation to climate change

Presenters: Professor Neil Gunningham & Professor John Merson

This session will explore what effective actions you might want to take to avert a climate catastrophe.

John Merson is one of the founding Directors of the Blue Mountains World Heritage Institute and has been a consultant to UNESCO, APEC, IUCN and the Australian Department of Foreign Affairs. John will outline practical actions that individuals, households and community can take for low carbon living. We will discuss the moral values and positive benefits of engaged action.

Neil Gunningham will discuss principles of 'Deep Adaptation' building "resilience", "relinquishing" climate risky practices "restoring" older values; and "reconciliation" which is all about living in harmony and peace.

We will look at actions in terms of whether they are personal, community-based or political and ask what are you passionate about? How can you best contribute to a low carbon revolution?

Week 8: May 13 Going forth with mindful communication and wise action

Presenters: Carol Perry, Mari Rhydwen & Sage Ellis

Carol Perry is an Insight meditation teacher and an experienced communication expert. She will offer a seminar on wise speech, communicating mindfully, and developing empathy in conflict and difficult situations. She will outline principles of how to have open dialogues with different stakeholders who have different views.

Mari Rhydwen and Sage Ellis will talk about building and maintaining community. In times of existential threat, community is essential. How do we develop ways to provide and receive ongoing support and what support is already available in our area/s via networking and local action groups including the Anthropocene Transition Network and Extinction Rebellion?