

CSG – DESPAIR & EMPOWERMENT **with John Seed** **BYRON SUNDAY MARCH 17, 10-5**

Cost: \$100 per wage-earner. Concessions to students, unemployed, etc.

A BENEFIT WORKSHOP TO SUPPORT LOCK THE GATE!

Feeling overwhelmed by Coal Seam Gas?

Wondering what one person can do?

Worried that it might all be too late?

Feeling paralysed or helpless, hopeless or despairing?

WE HAVE THE ANTIDOTE!!!

Join John Seed for a day of deep ecology processes generating renewal, enthusiasm, vision and empowerment to protect the beauty of the N Coast.

We are conditioned to repress feelings of grief, fear and anger and avoid their expression. We also learn to deaden ourselves and try to avoid feeling them at all. This repression takes a heavy toll and causes us to burn out, shut down, become shrill and ineffectual or burdened by quiet despair. To sustain our own work and reach out to other people in the community, we need to draw on our feelings for energy, not fight them. In this workshop we create a safe container of fellowship to invite these banished feelings back into our lives and explore the wisdom, energy and empowerment that this inevitably brings.

John Seed has participated in direct actions in defense of nature since Terania Creek in 1979. Founding the Rainforest Information Centre in 1981, he initiated nature conservation projects from PNG to India, from Ecuador to Borneo. Since 1986, alongside his activism, he has facilitated hundreds of deep ecology and despair & empowerment workshops all over the world. In 1995 he was awarded an Order of Australia Medal (OAM) for this work.

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