

REFLECTIONS ON CAMP EUREKA

DEEPENING JUNE 2024

ELIZA: To continue to deepen connection to self, community and our precious earth is something imperative for these heartbreaking and exquisite times. Deepenings allow us to come together to prioritise feeling, singing, learning and loving, and to dream and action ways to expand the reach of this important work. I feel humbled, nourished and deeply supported being part of this community.

RON: I go to a gym regularly to strengthen my muscles that weaken sitting at desks and in couches. And I'm so appreciative of attending a Deepening where I can engage in an emotional exercise that practices calling forth my emotions and use them in a world that seeks to dismiss them from daily expression and understanding. Incorporating their use into my daily life makes me feel whole and in touch with my environment, I become once again purged of the oppression of Weltschmerz and am free to be more effective. Look no further than John to see the power of the cooperation of heart and mind and passion.

PHOENIX: The deepening was an invitation to not only deepen into this work but into a community of compassionate earth mirrors- here to show each of us those most brilliant and perfectly tarnished parts of ourselves.

The healing that is needed on this earth is not a solo job, it is relational! And without remembering of how to show up for and trust in ourselves, each other and our Great Mother- not much will change.

This weekend gave us the opportunity to tend to our web of connections- in the most tender and loving of ways. We got to nourish one another- body, hearts and souls- and in a world where distractions are many- the gift of time to come home to the hearth that is within each of us- was the best way I could have spent my weekend. My cup was filled and my faith in humanity restored.

Until we meet again family,

PHILIP: Participating in this deep ecology workshop offered me the lived feeling – the knowing in my whole self – of something that could otherwise just be an understanding, or something that you could hear, or read in book. And that is the lived feeling that we are utterly inseparable from Earth, from each other, and from all the other expressions of the life-force of the universe. We are made of the same stuff, even as we live as unique expressions of that stuff. To know, rather than to merely understand, that there *is* no separation, only the illusion of separation. To learn again that this illusion falls away so easily when we come together in intentional circle. This is the magic that may just save Earth from how we are when we live the myth of disconnection.

JO: The Deepening Gatherings

These gatherings are an ongoing , open enquiry designed to give everyone who is an alumni of a Deep Ecology weekend the opportunity to strengthen and deepen their facilitation of The Spiral of The Work That Reconnects at a price that covers costs and no more. It is an amazing and generous offer that I encourage you to take full advantage of.

Here is the opportunity to test a new process with others, here is an openness to the new within the familiar, and here is a Community willing to embrace change and the evolution of the Work that the Earth demands as she herself changes. Be a part of it !

My own experience of The Deepening?

A place where I am learning to receive as well as to give, to be seen and honoured for who I am and what I bring, and to relax into the safety of Community support.

So many of us who are Deep Ecologists, activists, and who think, feel and process differently feel the dual tension of co-existing connection to Earth, and isolation from culture. At the Deepening, I felt the masks come off, and my whole being was like a big out breath. It was like surrendering to the safety of a collective nervous system - a co-regulation.

I feel that the time of charismatic, individual leaders is over. I never want to lead anything solo again, and these Deepening events are a wonderful space to collaborate, to foment plans, to explore the leading edge of collective consciousness and what it is asking of us.

I used to think that when my cup was full that I was ready to give, to say yes, to serve others. These days I am coming to understand that a full cup is what I need JUST FOR ME ❤️ my life force is precious.

If my cup is not in a state of overflow, then any energy expended is ultimately a debt that my life force will have to repay. If I do this enough times in a row without being in overflow, then the debt is crisis - illness or burnout or depression.

The Deepening is a place where I leave and my cup is overflowing -- and that overflow sustains me as I go back into the world to do my Deep Ecology work. It is fortifying and wholesome and nourishing.

Separation from the Earth has never been an issue for me, but I have felt separate from most of humanity for a great deal of my life.

The Deepenings are the place I come to to restore my love for, and trust in other humans, and to reestablish my own humanity.

Soon the whole of humanity will be facing the Great Unravelling together, our differences of opinion and beliefs erased by the urgent need to come together and make collective decisions.

I feel that perhaps the greatest value of The Deepening is that it is creating the opportunity for those who are already awake to the crisis and in service to the Earth to bolster and support one another as we learn the new ways of leadership and way showing. To strengthen our bonds and trust as a Community, and to come into the safety of the self and the collective self. And to surrender to this process so that we have the capacity and support around us to continue this work into Deepening crisis and feel able to serve one another, our families, our communities, the planet and the Cosmos.

The Deep Ecology community holds strong medicines -- come and fill your cup, then let it overflow.

best love - Jo