

Collective transformation through radical inner-led change

Support resources for these testing times ...

We offer this list of freely available online resources which may be useful in the current pandemic. This list has been compiled by harvesting resources and links from many different networks - and was last updated on 17th April.

With another UK lockdown now in full swing we are keen to remind people of these support resources. We would love this list to constantly evolve, so if there is a resource / network you know of that would be useful to add to this list, please send a web link, plus a sentence of info to: [johamilton121@gmail.com]. The resources are mainly drawn from the UK and USA organisations, and primarily aimed (although not limited to) those in the UK.

Different approaches will suit different people. We start with support addressing the most basic of needs and then move onto more deep diving, nature-based spirit and soul oriented support. Many resources are free, some may have a cost or invite donations to support the practitioners in these times. We are not 'vetting' any organisation listed here.

Whilst many resources can be accessed online without any need to download software, many interactive events (talks and webinars) are using Zoom (but many other online platforms are also available). If you're not familiar with Zoom, there is info at the end of this document.

Being Online in a COVID-19 Climate

We find that being able to gather online in these times is somewhat of a mixed blessing. Personally we are all working hard to balance and honour our deep pull to; stillness and going inwards; connecting with other humans; being out on the land with other-than-humans; and being of service in these times. We offer the following signposting to myriad online resources alongside an honouring of how essential this balance is to our personal and collective wellbeing.

Practical help and mutual aid

Mutual aid groups across the country are organising to ensure people can support each other,

even from a distance. Check out the website and find one in your area.

The community resources section also has useful links and resources on supporting migrants in your community, supporting those with disabilities, and London LGBTQ+ mutual aid, resources for autistic people, and resources for those suffering or concerned about domestic abuse.

You can also connect with Mutual Aid Network UK through facebook

The Social Change Agency are helping community groups and collectives who have formed in response to the Covid-19 pandemic, easily receive donations and pay expenses via opencollective.com

Coronavirus Tech Handbook is a crowd-sourced library for technologists, civic organisations, public and private institutions, researchers, and specialists of all kinds working on responses to the pandemic. It is a rapidly evolving resource with thousands of expert contributors.

Stress and anxiety

- **Finding Steady Ground**: general resources for steady ground and social change
- **Coping with anxiety from the BACP**
  British Association for Psychotherapists and Counsellors
- **Coronavirus and your wellbeing from MIND**

Resources for health and care staff

- **Mindfulness resources for health and care staff from the Mindfulness Initiative**
- **The Trauma Group info for healthcare workers**
- **Frontline 19:or NHS workers on the front line of COVID-19**
  For NHS and frontline workers - and to offer your professional services if you can provide online mental health and emotional wellbeing support
- **Guided free group support for frontline healthcare workers**
  Trained facilitators offer inner processes support for relieving stress and fear and offer safe spaces for professionals to deal with the effects of the exposure to strongly heightened amounts of human suffering, trauma, and overwhelm.
- **Covid Calm Clinics**: Free Zoom sessions sharing evidence-based practical techniques that you can take away and use whenever you like, and a chance to connect with other professionals around the world who know what you're going through.

Intentionally Inclusive support

- **Disability News Service report** - detailing implications of discriminating intensive care guidance and links to sources of support
- **The bunker:** a support group for disabled people who are having to partially protectively isolate ourselves due to being at extra risk from the Coronavirus.
- **Coronavirus Experts zine:** A zine about going into lockdown with disabled expertise. Also see Clare Bonetree's video sharing her experience of creating a forum to provide support and share expertise on how to maintain wellbeing during lockdown

- **Electronic Immigration Network**
  Brief guide on Covid-19 / coronavirus immigration and asylum resources: A list of some resources to keep up to date with the pandemic's impact on immigration and asylum
- **White Awake**
  White Awake - addresses white racial socialization with tools and resources that prioritizes spiritual practice, emotional process, compassion, and curiosity alongside historical analysis and intellectual rigor to dismantle white supremacy. They have put together resources for **Coronavirus Times:** to help stay spiritually grounded, politically aware, and actively engaged to help those with white racialisation tackle root causes of racism.
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Resilience and wellbeing

- **Resilience Skills in a time of Coronavirus Crisis** from Chris Johnstone and the College of Wellbeing. See recent email newsletter
- **Free Resources to Build Resilience in Challenging Times**
  In response to the heightened stress during this unprecedented time, Sounds True has created a free digital care package to help you navigate the coming days with mindfulness, compassion, and presence.
- **COVID-19 wellbeing resources**
  Signposts to a wide range of free online resources compiled by the US-based Center of the Advancement of Wellbeing.

Meditation and mindfulness

Meditation and mindfulness practices can be helpful to calm our anxiety, help us deal with difficult situations, and deepen our resources to respond to an ever changing situation. Below are some links for online courses, or centres which will have regular online mindfulness and meditation practices.

- **Tara Brach**
  Many online talks and guided meditations to support you through these times of pandemic.
- **Free mindfulness project list of resources**
- **Mindfulness Network for People of Colour** - lots of resources and talks
- **Mindfulness from the Community of Interbeing** / Plum Village
  Courses, talks and resources in the Plum Village Tradition founded by Thich Nhat Hanh
- **The Mindfulness Initiative resource**: **Mindfulness for Staying at Home & After**
  A curated list of free mindfulness resources particularly intended for those staying at home through a time of crisis
- I**nsight Meditation talks** and online Dharma hall from Gaia House
- Dharmaseed: Freely offering Western Buddhist Vipassana Teachings
- Mindfulness and Social Change Network: resource for those who already have a mindfulness practice and want to link with a group who are exploring the link between mindfulness and our social context.

- Oxford-based mindfulness trainer, Paula Haddock, is offering free mindfulness drop ins for those new to mindfulness who would like to explore how mindfulness can resource them through the crisis. Paula is also the co-organiser of the Mindfulness and Social Change Network and will incorporate broader reflections on the connection between mindfulness and social change. The drop in is 8.15-9.30pm on Tuesday. Please contact her directly [paulahaddock@hotmail.co.uk] to be added to her mailing link and Zoom sign in details.

Bodywork and movement

- **Online 5 Rhythms dance sessions via Zoom**
- **Totnes Dance Collective: regular online movement and dance sessions via Zoom**
- **A Call to Dance: regular online movement and dance sessions via Zoom**
- **Yoga: - Steph Bailey Yogionline** online yoga classes and meditations focusing on healing and stress reduction.
- Sati Yoga: Satiyoga.eu Online yoga and meditation courses taught on Dana.
- Katies Yoga: Zoom yoga sessions during COVID 19. email info@katiesyogapages.co.uk, fb-katiesyogapages;

Grief tending

- **Grief Tending in Community** - online spaces hosted by people who are apprenticing to grief in some way, acknowledging grief as a teacher, a doorway, a mystery.

Resilience in our social and ecological change work

- **Inner Transition**: resources to support the integration of the inner dimension of change into our groups and meetings.
- **The Ulex Project**: a resource that explains the ULEX project's approach to regenerative activism, based on their long history and experience supporting hundreds of activists from around the world.
- **Ecopsychology UK practitioners** working in the UK and Ireland, together with links to articles, further resources and news relating to Ecopsychology.
- **Thriving Activist Toolkit**: links to relevant articles, videos and books compiled by the US-based Center of the Advancement of Wellbeing.
- **Commons Library:** Range of resources to support activists around stress and burnout
- **Hell Yeah Self Care**: a self-care zine offering reflections on activist culture and links to more resources.
- **Finding Steady Ground**: 7 suggested behaviours to support and empower
- **Work that Reconnects Online Guide:** a guide for Work That Reconnects facilitators to offer this work online in response to Coronavirus:: *"Hope is a kind of renewable energy ... the attitude that we take into the future, and the power that drives us forward. ... we renew and relight it in each other, through collective movement and action."*
- **Doing Hope Toolkit:** 90 minute workshop that can be offered online

- **Courage of Care**: resources for a more loving, liberated and just world
  They offer a range of online workshops with more information in their programme guide.

Linking responses to Covid-19 and Climate Change

- **AloneTogether**
  Extinction Rebellion (XR)'s programme of online regenerative culture workshops
- **XR's AloneTogether handbook**
- **XR's Regenerative Cultures YouTube Channel**
- **XR's Sanctuaries Journaling project**
- **Climate Psychology Alliance** offer **Individual Therapeutic Support** to people who are affected by the ecological, biodiversity and climate crises to find someone near you.

- **Protecting mental health in a time of Climate Crisis** - an article that is also relevant to the current virus crisis.

Nature-based Soul Oriented Support

Animas Valley Institute

If you are feeling the tug to go deeper in response to these times; to step through the portal this pandemic is offering, we highly recommend connecting with Bill Plotkin and the work of Animas Valley Institute:

* Chaos and a Collective Initiatory Journey - latest musing by Geneen Marie Haugen.
* Check out and/or subscribe to regular musings by Bill Plotkin and other Animas Guides
* Dive into Bill Plotkin's life-changing books Soulcraft, Nature and the Human Soul and Wild Mind
* Check out this online guide to a wide range of experiential processes that accompany Nill's books.

Pachamama Alliance

Empowered by their partnership with indigenous people, is dedicated to bringing forth an environmentally sustainable, spiritually fulfilling, socially just human presence on this planet.

Many rich online offerings in response to COVID-19:

*Join the Pachamama Alliance community weekdays at 12pm PT to connect and explore how we can best respond to the global COVID-19 pandemic, grounded in the vision of an environmentally sustainable, spiritually fulfilling, socially just human presence on this planet.
- Mondays: A weekly one hour conversation between Pachamama Alliance Co-founders Lynne and Bill Twist and various thought leaders exploring the challenges and opportunities of these times.
- Tuesdays – Fridays: A daily 5 – 10 minute Sacred Space ritual that offers a moment of calmness and connection, with one another and the Spirit of life
* Check out a range of webinars, trainings, and discussion forums exploring how we might respond in these times.
* Sign up to receive weekly emails to stay up to date on the latest offerings.

8 Shields Institute: Rebuilding Nature-Connected Communities World-wide
Online nature-connection resources to support connection in these times of physical distancing.

Guided Online programmes

- **Emergence & Empowerment in an Age of Uncertainty April 8 - 12**
Free Global Online Conference
30+ panel of revolutionaries, wisdomkeepers, teachers, & thought leaders.

- **Mindfulness for Uncertain Times** from Tuesday 14th April, 7-9pm, for 6 weeks
With body-based psychotherapist Justine Corrie.

- **Living Deep Adaptation 29th April - 10 June 6.30-9pm BST**
A 7-week online journey, combining personal inquiry, shared experiments and practical action with Toni Spencer.

Inspiring reading and websites

- **Arundhati Roy: 'The pandemic is a portal'**
- **Rebecca Solnit, on What the coronavirus can teach us about Hope**
- **Why You Should Ignore All That Coronavirus-Inspired Productivity Pressure**
  by Aisha S. Ahmad MARCH 27, 2020. In The Chronicle of Higher Education
- **Hopes Work** Reflections and stories about hope in troubled times
- **Why does Patriarchy Persist?** by Carol Gilligan and Naomi Snider
- **Emergent Strategy** by Adrienne Maree Brown
- **'Space between Stories'** radio programme (30 Mins)
  Chris Johnsone with Charles Eisenstein

Leading Online Groups

Training for Change have some very useful resources and trainings: **Guide to Leading Online Trainings and events during COVID-19** and Online Facilitation.

Using Zoom

Zoom is web-based so does not require any permanent software to be downloaded but it does require a device with speakers or headphones and a reasonable internet connection to stream live video, and ideally a camera and microphone, this can be a laptop, tablet or mobile phone.

An account is not needed to join the meeting, but on first use the program/app needs to be downloaded onto your PC/Mac or mobile device.

If accessing on a smart phone or tablet, you will also be prompted to download the app from either Google Play or the Apple App Store. Using Google Play or the App Store, search for Zoom. It can also be downloaded from here.

Suggestions for building connection in online meetings

- **Really make the effort to join on time**: because online meetings work best if they're quite structured, getting everyone 'in the room' is important before you start.
- **Land and check in**: always spend even a little time to allow everyone to arrive in the meeting. It can be helpful to do this with a minute or two of silence followed by some time spent on hearing how everyone is feeling. In larger groups you can give more time for this by splitting into smaller groups (it's easy to split into separate chatrooms of different sizes on zoom). If this isn't your usual practice it can feel like a waste of time, but experience shows that people are more focused and productive when they've had a bit of time and space to fully engage with the meeting.
- **Bring attention to the strangeness**: specially for people who're not used to meeting online, it's really useful to dedicate a bit of time in the meeting itself for people to process what they're finding difficult or distracting in an online meeting. This can be done in pairs or in the whole group depending on how many people and how much time you have.
- **Emphasise visual feedback including hand signals**: much of the subtle, connective feedback we get from one another during in person meetings is harder to see or even invisible online. Help others to feel heard by nodding, smiling and using the 'wavy hands' signal liberally. Other hand signals can also be helpful, depending on what kind of meeting you're having - see here for more info.
- **Invoke connection**: even though we are in separate spaces physically, we are all present in the call. The cues on all levels that bring the richness to our connections when meeting in person are often sent and picked up unconsciously. In remote meetings, all those energies are still present, but to experience the more subtle ones, those which we may not even notice when they're happening face to face, we need to bring more awareness to them and more sensitivity to giving and receiving them. It's useful to assert this verbally in the meeting, and allow a little silence to let people really feel into their sense of their own and others' genuine presence - and commit to really receiving and connecting with one another consciously.
- **Appreciation**: this is a hugely important feature of all of our relationships and one which is very often sorely neglected in real life as well as online. Building a habit of consciously appreciating the people in our lives - and sharing that with them - contributes to our own and others' wellbeing, supports healthier collaboration and even makes the more difficult aspects of our interactions easier if people also know that they're also deeply appreciated. Sharing appreciation can be done verbally or silently (which can be better for a group who don't know one another so well). Take a few minutes to go round the circle either saying one or two things you appreciate about the others - or silently focusing on sending appreciation to each person. It's helpful for one person to say the name of each person, leaving space for appreciation in between.
- **Create rests, breaks and shared silence**: it's very easy for online meetings to get over focused and static. For meetings over an hour it's essential to build in breaks - they allow people to shift their focus, move their bodies and process what's been happening.

Shared silence can be another good way to do this and can feel strongly connecting in itself.

- **Use Way of Council**: this is a simple and lovely way of generating depth and connection in groups. It's based on a few simple principles (http://www.heart-source.com/council/way_of_council_intentions.html): taking turns to speak round the circle, listening attentively from the heart when others are speaking (and consciously *not be* planning what you're going to say when its your turn), speaking spontaneously from the heart when your turn comes round - and respecting confidentiality. Depending on the purpose of the meeting this can be just one brief round or you can take longer and do more than one.

Acknowledgements

We are deeply grateful to the many people, groups, projects and organisations who are sharing their gifts in response to COVID-19 in beautiful kaleidoscopic ways. And we would particularly like to thank the Mindfulness and Social Change Network, Mutual Aid groups and facebook threads for the resource lists they have created and shared and which we have drawn from.

And who are we?

Starter Culture:

Collective Transformation from the Inside Out

We are a new initiative* co-creating a fractal local-global alliance of interconnected community hubs cultivating radical-inner led cultural transformation across a range of sectors and geographical areas. **our website is on its way!*

We are passionate about returning the inner and relational dimensions of life to the epi-centre of our collective efforts, actions and decision-making in service of radical inclusivity, Wholeness and the unconditional Love and deep collective transformation this co-creates.

Our vision is that the inner and relational dimensions of life are returned to the epi-centre of our collective efforts, actions and decision-making in service of radical inclusivity, Wholeness and the unconditional Love and deep collective transformation this co-creates.

Our mission is to co-create a fractal local-global alliance of interconnected community hubs cultivating radical inner-led cultural transformation across a range of geographical areas and societal sectors including frontline services, activism, politics/ collective decision-making, collective trauma, education and our legal system.

Our organisational purpose is to transform the health and effectiveness of social and ecological change efforts, and their capacity to collaborate across difference, by politicizing, prioritising, raising-awareness of and making space for the vital role radical inner-led change plays in a whole systems approach to social and ecological transformation.

We are seeking to do this by:

- **Connecting and cohering place-based and sectoral alliances** that bring together change-makers and inner-work practitioners to cultivate the radical inner-led change needed for regenerative culture.
- **Raising awareness** of how essential the inner dimension of change is to manifesting radical change.
- **Making support widely accessible, affordable and relevant** for change-makers.
- **Piloting inner-led social interventions** which create space for the inner dimension of life and demonstrate its vital role in progressive social change.
- **Collating a credible evidence-base** to catalyse widespread investment in, and uptake of, work supporting radical inner-led change and the regenerative culture it supports.
- **Co-creating a fractal alliance of inter-connected community hubs** emergently inquiring around what radical, inner-led social and ecological transformation looks and feels like.

Some musings on language

From the outset of this project we have struggled with the term 'inner', because in isolation this can easily be misread as speaking only to personal, individualised experience. For us, what we mean by inner is the *intra*-personal dimension of life, which is always and inherently in dynamic relationship with the *inter*-personal, social, cultural and other-than-human dimensions.

To some extent this highlights the main reason this work is needed: there is little shared language for the range of experience covered by what we call 'inner' and no easily accessible, shared term for this field because we tend not to talk about it, unless we are in very particular contexts with their own specialised language, which are often opaque, off-putting and/or alienating for others.

So for the time being, we will continue to refer to this rich and emergent cacophony of experience and territory as the inner dimension of life.

**** If you're curious to find out more about the Starter Culture**, you can do so here. ******