

Inter-Narratives – Newsletter Quotes

Newsletter #1

"I believe that through all of this we have learned to fight with joy, even though it gets very hard and painful. We must know that we don't have a backup planet, we only have one." — Berta Cáceres

"I believe that in order to understand reality, we have to keep in mind that reality is this network of relations, of reciprocal information, that weaves the world." — Carlo Rovelli

"Narrative organizing is the act of building, creating and using narrative to shift power towards justice, equity and democracy...When we bring alignment, polyvocality, and community leadership to narrative work we are organizing people to hold and exert narrative power." — Rachel Weidinger

"Stories matter. Many stories matter. Stories have been used to dispossess and to malign, but stories can also be used to empower and to humanize. Stories can break the dignity of a people, but stories can also repair that broken dignity." — Chimimanda Ngozi Adiche

"Only in death is there rebirth. The balance is not a stillness, it is a movement, an eternal becoming." — Ursula K Le Guin

Newsletter #2

"Our task must be to free ourselves – by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty." — Albert Einstein

"When we are dreaming alone it is only a dream. When we are dreaming with others, it is the beginning of reality." — Dom Helder Camara

"We are ground people who have been worshipping sky stories not properly suited to our relational existence rooted in the land." — Sophie Strand

"We are living off expired or expiring stories." — Vanessa Andreotti

"There is no objective truth, there is only the quality of relationships." — David Abram

"We need to re-pair, to pair again with new alliances and new bodies in order to address and think with these times like we've always done. To meet this crisis we need to change relationships. We need to be in relationship again, with other kinds of bodies, to make new moves." — Bayo Akomolafe

Newsletter #3

"We are living in the imaginaries of those long gone before us, one day people will be living in the imaginaries we've created" — Angela Davis

"The task is not so much to see what no one has yet seen; but to think what nobody has yet thought, about that which everybody sees." — Erwin Schrödinger

"I can only answer the question 'What am I to do?' if I can answer the prior question 'Of what story or stories do I find myself a part?'" — Alasdair MacIntyre

"What I see is just focusing on climate is getting us nowhere and I don't see any genuine signs of progress on that front that bring us in line with the science-based targets. I think there's something kind of uninspiring about just the narrow focus on climate." — Naomi Klein

"If we're not organised towards what we really want and what we long for, we will always settle into just reacting and trying to stop something bad from happening...we need to be adaptive and in right relationship to change but also with intention. Because if you change all the time, you're just a mess. You're just a leaf blowing in the wind." — Adrienne Marie Brown

Newsletter #4

"In the world we're creating and the things that we're handing off to the next generation - if love, hope, and community aren't at the core of it, we're not doing this right." — Fenton Lutunatabua

"How do we learn to do this love work of collective care that lifts us instead of abandons us, that grapples with all the deep ways in which care is complicated?" — Leah Lakshmi Piepzna-Samarasinha

"Life did not take over the world by combat, but by networking" — Lynn Margulis

"If you go off into a far, far forest and get very quiet, you'll come to understand that you're connected with everything." — Alan Watts

"Why have these ideas lying around? Let's get them up and running" — Kate Raworth

Newsletter #5

"You can never direct a living system. You can only disturb it." — Centre For Ecoliteracy

"Don't seek to replace people's thoughts, seek to displace them." — Loretta Ross

"It is difficult to speak of or to practise love, friendship, generosity, understanding, or solidarity within systems whose rules, goals, and information streams are geared for lesser human qualities. But we try and we urge you to try." – Donella Meadows

"They laugh 'cause they know they're untouchable/Not because what I said was wrong." – Sinead O'Connor

"There is no power for change greater than a community discovering what it cares about." – Jude Mckechnie

Newsletter #6

"It is your concern when your neighbour's wall is on fire." – Quintus Horatius Flaccus

"If philanthropy is not actively working to dismantle the unjust conditions it operates in, then we are complicit in these conditions, and we are facilitating their continuance." – Amahra Spence

"We need to have a very strong bias of responsibility to transcend status quo logics. How do we hold ourselves accountable to, first and foremost, higher order accountabilities such as future generations?" – Jayne Engle

"The biggest 'f*ck you' a black woman can give to europatriarchy is to take genuine pleasure in being alive." – Minna Salami

"Carry your heart through this world like a life-giving sun." – Hafez

Newsletter #7

"Explaining is not excusing; understanding is not forgiving" – Christopher Browning

"We are in the midst of an epic contest...between the rights of Mother Earth and the rights of corporations and militarised states using obsolete world-views." – Vandana Shiva

"If your deepest-held beliefs can be comfortably absorbed into Starbucks' PR strategy, it may be time to go on a vision quest." – Alexander Beiner

"This is not the time to wallow in despair and fear, this is not the time to waste our energies pointing fingers and casting blame. This is a time for us to organise, it's a time for us to galvanise our efforts, and to unify in ways that we never have before, to protect what is sacred and precious to us." – Sherri Mitchell

"We live in capitalism. Its power seems inescapable. So did the divine right of kings. Any human power can be resisted and changed by human beings." – Ursula K. Le Guin

Newsletter #8

"The most common way people give up their power is by thinking they don't have any." – Alice Walker

"It's really important to understand we're not seeing reality. We're seeing a story that's being created for us." Patrick Cavanagh

"Unless we change the whole way we conceive of what humanity is, what the world is, and how the two connect, we will not get this right." – Iain McGilchrist

"We live in troubled times, times of decay and predicted collapse. But such times, painful as they are, also provide opportunities for change and for growing the new. Within the cracks the future can be glimpsed. It is present in new systems, movements and stories that have the potential to be life-changing. These emergent possibilities must be shaped by us, for us. This is our time. This is our social revolution." Hilary Cottam

"The future can't be predicted, but it can be envisaged and brought lovingly into being" Donella Meadows

Newsletter #9

"Defend the world in which we win as if it were your child. // It is your child. // Defend it as if it were your lover. // It is your lover." – Aurora Levins Morales

"The daunting task ahead of us is to completely rebuild the world economy...it is time to get uncomfortable." – Ha-Joon Chang

"Western intellectual and academic discourse is so configured that it is easier to talk about abstract economic systems than it is to address racism, imperialism, and the structures of organized violence that sustain global hierarchies of power." – Amitav Ghosh

"To any rational mind, there aren't economics and ecological economics. There's economics, and then there's the delusion that such a thing as 'non-ecological economics' could exist." – Anna Mercury

"I'm no longer accepting the things I can't change, I'm changing the things I can't accept." – Angela Davis

Newsletter #10

“If a lie is only printed often enough, it becomes a quasi-truth, and if such a truth is repeated often enough, it becomes an article of belief, a dogma, and men will die for it.” – Isa Blagden

“One of the saddest lessons of history is this: If we’ve been bamboozled long enough, we tend to reject any evidence of the bamboozle. We’re no longer interested in finding out the truth. The bamboozle has captured us. It’s simply too painful to acknowledge, even to ourselves, that we’ve been taken.” – Carl Sagan

“In nature’s economy the currency is not money, it is life” – Vandana Shiva

“The embedded growth obligation is totally incompatible with planetary boundaries. So do you have to change financial institutions to not have an embedded growth obligation? Absolutely.” – Daniel Schmachtenberger

“The power of technology is immense. The choice is ours — whether we use it to amplify our humanity and connectedness to each other and the planet or we use it to further short-term profits at the cost of humanity and all sentient beings.” – Sahana Chattopadhyay

Newsletter #11

“The opposite of fear is not courage, but the ability to keep our eyes open to the larger reality.” – Ece Temelkuran

“The whole of the cosmos is relational. Relations are primary to the things that are related, they are more basic. First we have a web of relations, and we then pick out the crossover points and call them things.” – Ian McGilchrist

“We have a longer human history, of being part of the solution, and as being propagators, pollinators and accelerators of these natural processes, than the current story around being part of the problem.” – Timo Granzotti

“In order for me to write poetry that’s not political, I must listen to the birds and in order to hear the birds the warplanes must be silent.” – Marwan Makhoul

“Look closely at the present you are constructing, it should look like the future you are dreaming.” Alice Walker

Newsletter #12

“A poem cannot stop a bullet. A novel can’t defuse a bomb. But we are not helpless. We can sing the truth and name the liars. Stories are at the heart of what’s happening... we must work to overturn the false narrative of tyrants by telling better stories.” – Salman Rushdie

"Our cultural practices, media, and institutions must reinforce the future we want." – Bina Venkataraman

"Ideology is often weaponised by those who are totally morally bankrupt to control those who are oriented towards values." – Rachel Donald

"Our strategy should be not only to confront empire, but to lay siege to it. To deprive it of oxygen. To shame it. To mock it. With our art, our music, our literature, our stubbornness, our joy, our brilliance, our sheer relentlessness – and our ability to tell our own stories. Stories that are different from the ones we're being brainwashed to believe. The corporate revolution will collapse if we refuse to buy what they are selling – their ideas, their version of history, their wars, their weapons, their notion of inevitability." – Arundhati Roy

"The antithesis of beauty is not ugliness, it's carelessness" – Stefan Sagmeister

Newsletter #13

"Don't rush to escape the dissonance. You can bear witness to pain without being consumed by it. Lament is sacred. Grief is an honoring" – Black Liturgies

"The future depends much less on the images we project ahead than on our capacity to repair relations and build relationships differently in the present. We will need to combine engineering and relational sciences and technologies if humanity is to have a future on this planet. Before we can do that, Western disciplines of science and technology will need to lose their ingrained ethnocentrism and universalism, and confront the harms they have caused and/or contributed to. Once that happens, Indigenous sciences and technologies can be integrated with Western sciences and technologies to coordinate efforts towards regeneration and the expansion of social- ecological accountabilities." – Chief Ninawa Huni Kui, PWIAS International Indigenous Scholar

"Humanity is now faced with a stark choice... If the structures of the human mind remain unchanged, we will always end up re-creating the same world, the same evils, the same dysfunction." – Eckhart Tolle

"If we surrendered to earth's intelligence we could rise rooted, like trees." — Rainer Maria Rilke

"Sit, be still, and listen, for you are drunk, and we are at the edge of the roof." – Rumi

Newsletter #14

"Part of the reason we're failing is that we ask what is politically possible more than we ask what is necessary." – Julia Barnes

"Pragmatism does not suit environmental crises. Either we will do what is required, or we won't. There are no half-measures. Rather than asking what's realistic and then pretending it's what we need, we should recognise what's required and then make a plan to make it possible." – Jeff Sparrow

"Things are not getting worse, they are getting uncovered. We must hold each other tight and continue to pull back the veil." – Adrienne Maree Brown

"The problem, it turns out, is not an overabundance of humans but a dearth of humanity. Climate change and the Anthropocene are the triumph of an undead species, a mindless shuffle toward extinction" – Ellie Mae O'Hagan

"Wisdom characterizes any factor that facilitates greater engagement with more of the whole" – Tom Atlee

Newsletter #15

"As you sleep and count the stars, think of others
(those who have nowhere to sleep).
As you liberate yourself in metaphor, think of others
(those who have lost the right to speak).
As you think of others far away, think of yourself
(say: "If only I were a candle in the dark")."

From the poem, 'Think of Others' – Mahmoud Darwish

"The polycrisis, and the convergence of crises in the collapse that we are learning about and experiencing—that crisis happened a long time ago. We've been saying this for centuries. We did it again and again and again, kept brutalising each other, kept brutalising the Earth, and the Earth can only take so much. The fact that she's even lasted this long is incredible, with the amount of brutality and the amount of abuse, but she's very resilient. But only to a certain point. We can't go on like this." – Lyla June Johnston

"The polycrisis is not a cognitive problem, it is a relational and effective problem." – Azul Duque

"Dignity is a word that has the capacity to cut through all the floors of society, from the very top where the big deals are done to the very bottom where the tea-man sits with drooping shoulders. That is why in today's world, in which our system is in its last act, the word might have the power to gather people to build a better life."
– Ece Temelkuran

"My mind is pessimistic, but my will is optimistic. Whatever the situation, I imagine the worst that could happen in order to summon up all my reserves and will power to overcome every obstacle." – Antonio Gramsci

Newsletter #16

"The opposite of more is not less, it is enough." – Ece Temelkuran

"When we evoke the 'We' to do something, we have to specify who it is, who's going to do it, and how, otherwise we're not really saying anything." – Jonathan Rowson

"I am often struck by the dangerous narcissism fostered by spiritual rhetoric that pays so much attention to individual self-improvement and so little to the practice of love within the context of community." – Bell Hooks

"When I'm watching images of unimaginable loss and pain, I'm taking a moment to thank my exquisite sensitivities for reminding me of my humanity. I would much rather feel this much pain, than be numb to this kind of suffering." – Leah Maneama

"Don't fall asleep in someone else's dream." – Black Liturgies

Newsletter #17

"The secularisation of the West has resulted in the loss of something deeply significant. Society is now the most atomised it's ever been. We live in a plasticised world where belief is siphoned into abstractions, products, and individuals. There is a clear need for an earthbound sense of the sacred and a more inclusive, mycelial infrastructure for congregation." – Hannah Close

"Maybe we need to go underground – working in networked, symbiotic companionships, like mycelial arrangements, to generate infinite micro-revolutions." – Anab Jain

"Forget being either/or, be both and more, and moving." – Vanessa Andreotti

"What if what we mean by repair is less restitution to a lost original than it is a pairing-with-another-composite-body, a re-pair-ing, a borrowing of limbs and organs and tendons from the others around us in order to navigate the complexities of living and dying?" – Bayo Akomolefe

"If I can't dance, I don't want to be part of your revolution" – Emma Goldman

Newsletter #18

"Hope is too fragile a word for our times, because these are times when we might have to act when there is no hope." – Ece Temelkuran

"Facing the magnitude of the task of enabling a world without separability (between us and the land, and each other) requires more than a change of narratives, convictions, or identities. It also requires more than a mere intention to change. It requires an interruption of harmful desires hidden behind promises of entitlements and securities that people hold onto, particularly when they are desperate or afraid." – Vanessa Andreotti

"You can't put something back together unless you really look and see how you took it apart." – Stan Rushworth

"The future enters into us, in order to transform itself in us, long before it happens." – Rainier Maria Rilke

"If the goal was to increase the Love, rather than winning or dominating a constant opponent, I think we could actually imagine liberation from constant oppression." – Adrienne Marie Brown

Newsletter #19

"In a strict systems sense, there is no long-term, short-term distinction. [...] We experience now the consequences of actions set in motion yesterday and decades ago and centuries ago." Donella Meadows

"Our systems don't recognize how trauma impacts people, and as a result decision makers in those systems create trauma and hold people in a space of trauma." Allison Wainwright

"Some systems are working really, really well, because they're meant to be violent systems and they're meant to oppress people. And so you can't decolonize them, you have to destroy them and you have to create new institutions." Claire Johnston

"Life, in its essence, is a making new: a wholly superfluous, super-abundant, self-overflowing — an exuberant, self-delighting process of differentiation into ever more astonishing forms, an unending dance, in which we are lucky enough to find ourselves caught up." Iain McGilchrist

"Courage is the power to let go of the familiar" Raymond Lindquist

Newsletter #20

"Before anything different can happen, before people can sense, hear, relate, and imagine differently, there must be a clearing, a decluttering, an initiation into the unknowable; and a

letting go of the desires for certainty, authority, hierarchy, and of insatiable consumption as a mode of relating to everything.” Vanessa Andreotti

"To love other humans is not a broken hearts club; it is a philosophical and political responsibility that should be worked on with all the faculties of the mind, sometimes pushing our mental and emotional skills to the limit. It is a perpetual political action and a moral stance that is not for the fainthearted. It is the most serious invitation to challenge the bloody history of humankind." Ece Temelkuran

“We are family with everything that exists. We belong to these networks of responsive, living, active things around us, to whom we owe our service.” Yuria Celidwen

“I am a woman searching for her savagery//even if it’s doomed” June Jordan, Poem for Nana

"Let us continue to continue." Kogi Elders

Newsletter #21

“Life is very short. What we have to do must be done in the now.” – Audre Lorde

“The only thing you need to remember, is that when people stand up, Imperialism trembles.” – Thomas Sankara

"Western intellectual and academic discourse is so configured that it is easier to talk about abstract economic systems than it is to address racism, imperialism, and the structures of organised violence that sustain global hierarchies of power." – Amitav Ghosh

“I imagine one of the reasons people cling to their hates so stubbornly is because they sense, once hate is gone, they will be forced to deal with pain.” – James Baldwin

“We are going to a different place, let’s go differently.” – Nora Bateson

Newsletter #22

“Be careful of those who demand you remain neutral in the face of oppression. Do not shackle your soul to the middle when you know which way is freedom.” – Cole Arthur Riley

“Perhaps now is the time that we must join the awesome, the unexpected, already present in the world.” – Jayna Brown

“Our task is to make trouble, to stir up potent response to devastating events, as well as to settle troubled waters and rebuild quiet places.” – Donna Haraway

“Keeping people in a constant state of lack, in perpetual desire, strengthens the marketplace economy. Lovelessness is a boon to consumerism.” – Bell Hooks

“It may be advisable for us to get ahead of the game and begin creating cultures of transition, to lessen the impacts of this calamity on our communities and potentially avoid post-apocalyptic stress altogether.” – Tyson Yunkaporta

Newsletter #23

“It is no measure of health to be well-adjusted to a profoundly sick society.” – Jiddu Krishnamurti

“In spiritual bypassing, people want to think they are “one” with everything beautiful, while negating their connection with everything that is destroying that beauty.” – Vanessa Andreotti

“I am the tragic mask. I am how you defend yourself from what it is catastrophe to have to know.” – Ruth Padel

“Sometimes you don’t survive whole, you just survive in part. But the grandeur of life is that attempt. It’s not about that solution. It is about being as fearless as one can, and behaving as beautifully as one can, under completely impossible circumstances”. – Toni Morrison

“There are no new ideas, just new ways of giving those ideas we cherish breath and power in our own living.” – Audre Lorde

Newsletter #24

“We are here, because you were there.” – Sathnam Sanghera

"It was the rendering of humans into mute resources that enabled the metaphysical leap whereby the Earth and everything in it could also be reduced to inertness." – Amitav Ghosh

"Mistreating a gift has emotional and ethical gravity as well as ecological resonance" – Robin Wall Kimmerer

“Continue to contaminate your bed, and you will one night suffocate in your own waste.” – Duwamish chief Seattle, 1885

"The invitation I feel from my people is to listen. To humble ourselves to fall down to the earth and listen differently, listen to the world around us that we have numbed and muted as resource in our attempts to progress beyond the planet." – Bayo Akomolefe

Newsletter #25

"It is not about right or left / It is about the depth that is stored in the roots" – Azul Duque

"Political power pools in bellies of laughter where the strongman's grip cannot reach." – Rachel Donald

"The opposite of our current predicament—climate collapse, social unrest, extinction, mass migrations, solastalgia, genocide—is, in fact, the disintegration of opposites altogether... Everything is both. And more. And everything is penetratingly, painfully, wildly alive." – Sophie Strand

"We don't have a right to ask whether we are going to succeed or not. The only question we have a right to ask is what's the right thing to do? What does this Earth require of us if we want to continue to live on it?" – Wendell Berry

"Rarely, if ever, are any of us healed in isolation. Healing is an act of communion." – Bell Hooks

Newsletter #26

"It matters what matters we use to think other matters with. It matters what stories we tell to tell other stories with. It matters what knots knot knots, what thoughts think thoughts, what descriptions describe descriptions, what ties tie ties. It matters what stories make worlds, what worlds make stories." – Donna Haraway

"The emergency of our situation does not call for the manic techno-narcissistic death dance of trying to "fix" the world. It calls for slowing down. For sitting next to the pool. And looking into the water." – Sophie Strand

"The work of decoloniality is not about knowing the answers; it is about staying with the tensions of not-knowing long enough to be changed by them." – Bayo Akomolefe

"The land is our Mother, so when we lose value for the land...people lose value for the women." – Vanessa Gray (Aamjiwnaang First Nation)

"We educate the gut, so that the heart can be filled with the message, motivation, direction and vision that the Earth provides through the umbilical cord for the head to follow." – Dean Inu Huni Kui

Newsletter #27

"Just as mushrooms are the fruiting bodies of underground mycelia, so are myths the aboveground manifestations of specific ecologies...Just as fungi originally taught plants how

to root into the soil, so myths teach us how to root into relation with our ecological and social ecosystems.” – Sophie Strand

"The destination of life is this eternal moment." – Alan Watts

"Wisdom tells me I am nothing. Love tells me I am everything. And between the two my life flows." – Nisargadatta Maharaj

“Grief is a path to understanding entangled shared living and dying; human beings must grieve with, because we are in and of this fabric of undoing. Without sustained remembrance, we cannot learn to live with ghosts and so cannot think.” – Donna Haraway

"How do we fall together, without falling apart?" – Alixa Garcia

Newsletter #28

“Democracy is a problem that capital is always trying to solve.” – George Monbiot

“Hegemony is defined as the predominant and pervasive influence of one state, religion, region, class, or group... A hegemonic society functions not just to establish a homogeneous way of thinking, but also to try to make any alternative disappear... One might say hegemony is ‘the language of conquest.’” – Paul Kivel

“Our ability to dream of something different, to name longing, to articulate a vision and commit to it, directly correlates to the likelihood that we will experience it, that it will be realized.” – Prentis Hemphill

“We’re in the world, not against it. It doesn’t work to try to stand outside things and run them, that way. It just doesn’t work, it goes against life. There is a way but you have to follow it. The world is, no matter how we think it ought to be. You have to be with it. You have to let it be.” – Ursula K. Le Guin

"There are no environmental problems, there are only environmental symptoms of human problems." – Robert Gilman

Newsletter #29

“You must never confuse faith that you will prevail in the end – which you can never afford to lose – with the discipline to confront the most brutal facts of your current reality, whatever they might be.” – Pablo Servigne

“It would be a healthier nation if you accepted that the British Empire was the single most influential incubator, refiner and propagator of white supremacy in the history of the planet.” – Sathnam Sanghera

"The world is changed through love, patience, enthusiasm, respect, courage, humility, and living life in balance." – Vanessa Andreotti

"If we are to live audaciously, we need to step into the calm eye of the storm and steer by the stars, to imagine in rich detail the biggest, most delicious, satisfying, inclusive future that we can." – Aurora Levins Morales

"Change happens at the speed of relationships" – Jennifer Bailey

Newsletter #30

"Humour is the first step to break taboos and fears. Making people laugh about dangerous stuff like dictatorship, repression, censorship is a first weapon against those fears... without beating fear you can not make any change." – Sami Gharbia

"A people's art is the genesis of their freedom." – Claudia Jones

"Narrative work is far more than words alone and far more than the probabilistic techniques of algorithms." – David Snowden

"I know I am preaching to the choir. A damn big and beautiful choir. But practice is over, people, the choir needs to sing." – Tim Walz

"And the speaking will get easier and easier...And you will lose some friends and lovers, and realise you don't miss them. And new ones will find you and cherish you...And at last you'll know with surpassing certainty that only one thing is more frightening than speaking your truth. And that is not speaking." – Audre Lorde

Newsletter #31

"Seek more to understand than to be understood." – St. Francis

"The dominant narrative is usually apologism for the dominant power system." – Daniel Schmachtenberger

"The affluence we aspire to has been purchased at an unpayable price. The myth that sustained us, is in the process of undoing us." – Tim Jackson

"Without community, there is no liberation." Audre Lorde

"Bruv, just eat the plants, it's calm." – JME

Newsletter #32

"Power is always more secure when co-optive, covert, and manipulative than when nakedly brutish. The support elicited through the control of minds is more durable than the support elicited at the point of a bayonet." – Michael Parenti

"The larger mythic structures of history we've been deploying for the last several centuries simply don't work any more; they are impossible to reconcile with the evidence now before our eyes, and the structures and meanings they encourage are tawdry, shop-worn and politically disastrous." – David Graeber, David Wenlow

"We got here through limitless greed masquerading as a civilising mission" – Vandana Shiva

"Euro modernist individualism is Frankenstein's monster: a danger to itself and others." – Rajani Kanth

"We need to think like a planet." – Bruno Latour

Newsletter #33

"Funders can think of themselves as resource stewards, not agenda setters. The reality is that if you're doing good narrative work, you are approaching it as a gardener." – Mandy Van Deven

"It may be that when we no longer know what to do, we have come to our real work and when we no longer know which way to go, we have begun our real journey." – Wendell Berry

"You can't talk about hope if you can't see reality, and reality's pretty bleak, but that's the starting point." – Chris Hedges

"Pain relief is not pain release". – Vanessa Andreotti

"The only way out is through." – Robert Frost

Newsletter #34

"This is my message to the western world – your civilisation is killing life on Earth". – Nemonte Nenquimo

"In the west there's been this denial... The present horrors fit into a long history of western colonialism and western mass murder of indigenous people." – Gabor Mate

“There are millions and millions of people, hundreds of thousands of movements who are saying ‘no’, and this is the world, this is the world we want to build together – the few powers that are supporting the colonial project at any cost are not the world.” – Abir Kopty

“The primary use of 'misinformation' is not to change the beliefs of other people at all. Instead, the vast majority of misinformation is offered as a service for people to *maintain* their beliefs in face of overwhelming evidence to the contrary.” – Michael Caulfield

“There must exist a paradigm, a practical model for social change that includes an understanding of ways to transform consciousness that are linked to efforts to transform structures.” – bell hooks

Newsletter #35

“Our movements themselves have to be healing or there's no point to them.” – Cara Page

“The future is the outcome of relationships we weave in the present. To make the future different, we must weave relationships differently in the present, rather than focusing on idealisations of the future that perpetuate the relational fractures of the present.” – Chief Ninawa Huni Kui

“We’re living in two worlds simultaneously: one the fall of Rome and the other a new Renaissance. We need to be both death doulas and birth doulas, helping die peacefully the systems that need to die and helping give birth to a whole different kind of world.” – Marianne Williamson

“‘Everything's fine,’ isn't a unifying narrative. It won't work. It didn't.” – Jessica Wildfire

“Better a cruel truth than a comfortable delusion.” – Edward Abbey

Newsletter #36

“Without reflection, we go blindly on our way, creating more unintended consequences, and failing to achieve anything useful.” – Margaret Wheatley

“They offer crumbs while we bear the dead. Outrageous, evil and remorseless.” – Juan Carlos Monterrey Gómez, Panama lead negotiator, COP29

“When a system is far from equilibrium, small islands of coherence in a sea of chaos have the capacity to lift the entire system to a higher order.” – Ilya Prigogine

“Tyrants always fear art because tyrants want to mystify while art tends to clarify.” – Iris Murdoch

"Culture is ordinary; that is where we must start." – Raymond Williams

Newsletter #37

"The stories we've been living by for the past few centuries – the stories of male superiority, of progress and growth and domination – don't serve women and they certainly don't serve the planet." – Sharon Blackie

"I like to envision human supremacy as a baton that's been handed forward for millennia, from the Neolithic village to classical antiquity to Judeo-Christian and Muslim cultures to our modern mechanistic era. By coming to understand this past, we can begin to understand that our current struggle isn't simply to expedite an energy transition, to save some acres and wildlife here and there, or even to stave off the extinction of Homo sapiens. To put it accurately, our struggle is to change the course of history, to break with our history, to drop the baton." – Eileen Crist

"Poor countries don't need charity, they need justice." – Jason Hickel

"The test of a first-rate intelligence is the ability to hold two opposing ideas in mind at the same time and still retain the ability to function. One should, for example, be able to see that things are hopeless yet be determined to make them otherwise." – F. Scott Fitzgerald

"Live with uncertainty and do not let it come in the way of right action – you can't control the outcome – live in the moment with all the complexities and relationships in mind." – Vandana Shiva

Newsletter #38

"Certainty is the great enemy of unity. Certainty is the deadly enemy of tolerance." – Robert Harris, Conclave

"Hope builds a bridge across the abyss into which reason cannot look. It can hear an undertone to which reason is deaf. Reason does not recognise the signs of what is coming, what is not yet born. Reason is an organ that detects what is already there." – Byung-Chul Han

"Even a wounded world is feeding us. Even a wounded world holds us, giving us moments of wonder and joy. I choose joy over despair. Not because I have my head in the sand, but because joy is what the earth gives me daily and I must return the gift." – Robin Wall Kimmerer

"There must exist a paradigm, a practical model for social change that includes an understanding of ways to transform consciousness that are linked to efforts to transform structures." – bell hooks

“Sometimes artists are called on to make beautiful music with what is left.” – Itzhak Perlman

Newsletter #39

“Life isn’t about waiting for the storm to pass; it’s about learning to dance in the rain.” – Vivian Green

“Sometimes, the most regenerative act is to let go: to allow an initiative to stagnate or fade away, recognising its contribution as part of the larger cycle.” – Steffi Bednarek

“Those who wish to help communities to survive had better understand that a merely political freedom means little within a totalitarian economy.” – Wendell Berry

“If a factory is torn down but the rationality which produced it is left standing, then that rationality will simply produce another factory. If a revolution destroys a government, but the systematic patterns of thought that produced that government are left intact, then those patterns will repeat themselves...There’s so much talk about the system. And so little understanding.” – Robert Pirsig

“Distancing people from systems also distances people from their power. We accept dominant narratives if the stories they tell and challenges they present seem insurmountable...There’s another way to talk about systems: tell proactive stories about people changing systems.” – Rinku Sen

Newsletter #40

“Let’s start with the end of the world, why don’t we? Get it over with and move on to more interesting things” – N. K. Jemisin, The Fifth Season

“Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach.” – Clarissa Pinkola Estes

“Start with what’s strong, not with what’s wrong – then use what’s strong to fix what’s wrong.” – Cormac Russell

“Wealth is like manure. If you spread it around it helps things grow. If you hoard it all to yourself it’s just a pile of shit.” – Earthly Education

“Power is enacted – it is brought to life by our actions. Power is not about the rule of law, institutions, society, or the state. These are simply the dead forms, or artefacts, of past power-laden interactions. And power is never absolute; where there is power, there is resistance.” – Cindi Suarez

Newsletter #41

"Hope is a discipline. We should not have a passive relation to hope, but we should be generating and creating hope — that's the work of activists. We have to believe that a different world is possible." – Angela Davis

"The function of power is to tell you a story about the world. Real power is taking reality and shaping it." – Adam Curtis

"The loss of the underlying aesthetic unity was an epistemological mistake." – Gregory Bateson

"There are things we must do, sayings we must say, thoughts we must think, that look nothing like the images of success that have so thoroughly possessed our visions of justice." – Báýò Akómoláfé

"Dominant paradigms dominate only until they don't anymore. Eventually they give way, either gently or in turbulence, to something else." – Jessica Prendergrast

Newsletter #42

"We thought as environmentalists that what was needed was to just present the facts and the numbers and the data and then everyone would have to listen to us and it would all change, and we're living in the ruins of the failure of that." – Dougald Hine

"We see what we believe, rather than what we see." – Alan Watts

"The most revolutionary thing you can do is proclaim loudly what you see happening." – Rosa Luxemborg

"The more we pull together toward a common future, the less it matters what pushed us apart in the past." – Johnnetta B. Cole

"Joy is strategic, because joy inspires momentum." – Pattie Gonia

Newsletter #43

"How do we think our way through the messes we're in when the way we think is part of the mess?" – Nora Bateson

"I made the mistake of thinking the truth would be its own ambassador." – 'The Contingency Plan', Steve Waters

"Look at the gift of being, now. Look at the astonishing responsibility of legacy-leaving. And look at what you've inherited in the wonder of this world. And what will our time leave?" – Robert Macfarlane

"If the world is to be healed through human efforts, I am convinced it will be by ordinary people, people whose love for this life is even greater than their fear." – Joanna Macy

"The role of the artist is to make the revolution irresistible" – Toni Cade Bambara

Newsletter #44

"The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift." – Albert Einstein

"Do not depend on the hope of results. You may have to face the fact that your work will be apparently worthless and even achieve no result at all, if not perhaps results opposite to what you expect. As you get used to this idea, you start more and more to concentrate not on the results, but on the value, the rightness, the truth of the work itself. You gradually struggle less and less for an idea and more and more for specific people. In the end, it is the reality of personal relationship that saves everything." – Thomas Merton

"It is good to have an end to journey toward; but it is the journey that matters, in the end." – Ursula K. Le Guin

"In the dark times/ Will there also be singing?/ Yes there will also be singing./ About the dark times." – Bertolt Brecht

"Kindness eases change. Love quiets fear" – Octavia E. Butler

Newsletter #45

"The governing ideology of the far right in our age of escalating disasters has become a monstrous, supremacist survivalism." – Naomi Klein and Astra Taylor

"It is not our differences that divide us. It is our inability to recognise, accept, and celebrate those differences." – Audre Lorde

"It is the heart of US policy, Ladies and Gentlemen, to use fascism to preserve capitalism while claiming to defend democracy from communism." – Michael Parenti

"The death of human empathy is one of the earliest and most telling signs of a culture about to fall into barbarism". – Hannah Arendt

“Our bodily defence cannot rely on non-violence alone, because non-violence asks for the world to change, while our bodies exist in the world as it is.” – Rachel Donald

Newsletter #46

“You can’t fundamentally change big systems. You can only abandon them and start over or offer hospice to what’s dying.” – Deborah Frieze

“When you understand that under capitalism a forest has no value until it’s cut down, you begin to understand the root of our ecological crises.” – Adam Idek Hastie

“It is much better for all of us to discuss, plan, and make a mistake collectively than for each of us to do the right thing as individuals.” – Gilmar Mauro, MST

“The moral of a successful story is emotionally experienced understanding, not only conceptual understanding, and a lesson of the heart, not only the head.” – Marshall Ganz

“New narratives emerge from experience. We must go out and practice. Doing, remembering, doing, expanding.” – Colin Campbell

Newsletter #47

“If liberty means anything at all, it means the right to tell people what they do not want to hear.” – George Orwell

“The greatest crimes in the world are not committed by people breaking the rules but by people following the rules. It’s people who follow orders that drop bombs and massacre villages.” – Banksy

“Fascism is what white people call capitalism when it starts to colonise them too.” – Unknown

“If You find Your imagination cannot stop itself from churning out the scripts of the Death Machines, pull its plug. Dismantle it. Reprogram it. Dream Daylight. Manufacture Daylight. We are the Magicians. Make Magic.” – Krista Franklin

“You got to make your own worlds; you got to write yourself in.” — Octavia Butler

Newsletter #48

“You don’t have to know the way, the way knows the way.” – Lindsey Scott

“You can’t see the light of a candle until it’s dark.” – Kazu Haga

"You are not a drop in the ocean, you are the entire ocean in a drop." – Rumi

"If you find your imagination cannot stop itself from churning out the scripts of the Death Machines, pull its plug. Dismantle it. Reprogram it. Dream Daylight. Manufacture Daylight. We are the Magicians. Make Magic." – Krista Franklin

"I don't believe they have the right, after 3,000 years, to reclaim the land with Western bombs and guns on biblical injunction." – James Baldwin

Newsletter #49

"Power doesn't corrupt; it is magnetic to the corruptible." – Frank Herbert

"The norm is not normal: it's a construction // Designed to stifle the inner life and increase production." – Kae Tempest

"The infrastructure of justice demands philosophical literacy, historical consciousness, and moral seriousness – precisely what pragmatists abandoned for speed and supposed relevance." – Otto Voigt

"We are coming down to earth; we will not arrive intact." – Bayo Akomolefe

"Remember to imagine and craft the worlds you cannot live without, just as you dismantle the ones you cannot live within." – Ruha Benjamin

Newsletter #50

"If I promise my child survival, knowing the crossings are closed...Am I lying or loving?" – Duda Latif

"It's easy to get buried in the past // When you try to make a good thing last." – Neil Young

"In organisations, real power and energy is generated through relationships. The patterns of relationships and the capacities to form them are more important than tasks, functions, roles, and positions." – Margaret J. Wheatley

"Entanglement is evidence that the whole universe has ontological priority with respect to its parts: the parts derive their identity and properties from the whole, rather than the other way around." – Olimpia Lombardi

"One is never afraid of the unknown; one is afraid of the known coming to an end." – Jiddu Krishnamurti

Newsletter #51

“To truly hold the light, we must also know how to hold the darkness – because when we focus only on the light, our shadows grow larger.” – Vanessa Andreotti

“The demands of the market are not compatible with the obligations we have towards life.” – Kara Huntermoon

“You do not rise to the level of your goals; you fall to the level of your systems.” – James Clear

“What we are willing to see, we admit into being and make real.” – Charles Eisenstein

“The most beautiful and profound emotion we can experience is the sensation of the mystical. It is the power of all true science.” – Albert Einstein