

# Exploring Deep Ecology

*"I really enjoyed the discussion style of the course. It was wonderful to hear everyone's different viewpoints and opinions...The diversity caused me to think a great deal about my own ideas and beliefs and was inspiring."*

*-Deep Ecology Participant*

**EXPLORING DEEP ECOLOGY IS AN EIGHT-SESSION DISCUSSION GUIDE FOR THE WORKPLACE, COMMUNITY CENTER OR HOME.**

**PARTICIPANTS IN THIS DISCUSSION COURSE WILL:**

Clarify Earth-related values through discussions about deep ecology and related topics

Discover how personal values affect the way we view and treat the Earth

Explore what it means to take personal responsibility for the Earth.



**INSPIRING PEOPLE TO TAKE RESPONSIBILITY FOR EARTH**

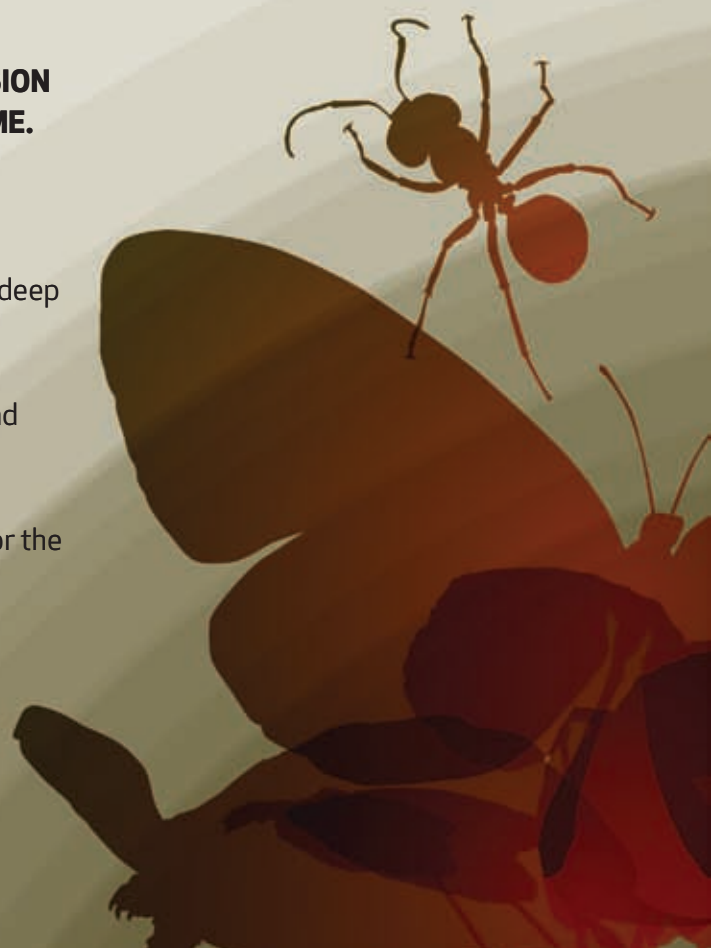
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# EXPLORING DEEP ECOLOGY: DISCUSSION COURSE DESCRIPTION

SESSION THEME	DESCRIPTION	READINGS
<b>Deep Ecology</b>	Human beings are one of many species, everything is interconnected, and sustainability should replace economic growth as our long-term goal. How do these underlying assumptions differ from current assumptions of our society?	<p>"Deep Ecology" by Tanya Kucak</p> <p>"Thinking Like a Mountain" by Aldo Leopold</p> <p>"Seeing the Whole at the Center" by F. Marina Schaufler</p> <p>"Deep Ecology and Lifestyle" by Arne Naess</p>
<b>Wild Nature</b>	An experience of awe and wonder in nature can lead to a deeper sense of connection to the Earth. How do these experiences shape our relationship to the Earth?	<p>"The Real World Around Us" by Rachel Carson</p> <p>"A World of Waldens" by Martin Rosen</p> <p>Excerpts from Walden and "Walking" by Henry David Thoreau</p> <p>"The Tuolumne Camp" by John Muir</p> <p>"Stalking" by Annie Dillard</p> <p>"The Phosphorescent Soul" by Terry Tempest Williams</p>
<b>Native American Wisdom</b>	Most Americans are far removed from the Earth in their daily lives. What can be learned from the rich heritage of Native Americans and their relationship with Mother Earth?	<p>"Chief Seattle's Message"</p> <p>Excerpts from Profiles in Wisdom edited by Steven McFadden</p> <p>"A Native American Perspective" by Winona LaDuke</p> <p>"Sharing One Skin" by Jeannette Armstrong</p>
<b>The Gaia Hypothesis</b>	In some ways, the earth functions like a living organism, maintaining conditions favorable to life. How do the biological and physical worlds interact to create a self-regulating process?	<p>"The Gaia Hypothesis" from Mother Earth News</p> <p>"The Gaia Hypothesis" by James Lovelock</p> <p>Excerpts from The Web of Life by Fritjof Capra</p> <p>"Genius of Nature" by Janine Benyus</p>
<b>The Universe Story</b>	Scientific discoveries in physics, biology and cosmology are challenging our assumptions about how the world works. How might these insights change our relationship to the Earth?	<p>"The Universal Eco-Story" by Dick Roy</p> <p>"Comprehensive Compassion," an interview with Brian Swimme</p> <p>"The Universe is our University," an address by Thomas Berry</p> <p>"Living the New Story," an interview with Sister Miriam Theresa MacGillis</p>
<b>Ecopsychology</b>	Modern life tends to cut us off from our bond to the natural world. Could restoration of that bond help to heal both individuals and the planet?	<p>"The Greening of Psychology" by Theodore Roszak</p> <p>"The Voice of the Earth" an interview with Theodore Roszak</p> <p>"When the Earth Hurts, Who Responds?" by Sarah A. Conn</p> <p>"The Coming Biophilia Revolution" by David Orr</p>
<b>Simplicity</b>	With conveniences of modern life come distractions. What are the benefits and challenges of living a simple life in a society dominated by materialism and technology?	<p>"The Discipline of Simplicity" by Richard Foster</p> <p>"Voluntary Simplicity and the New Global Challenge" by Duane Elgin</p> <p>"The Green Triangle" by Ernest Callenbach</p>
<b>Bioregionalism</b>	Each person lives in a unique geographical area with natural boundaries. Will a deeper understanding of our bioregion enable us to better care for the Earth?	<p>Definitions of "bioregion"</p> <p>"Bioregions" by Peter Berg</p> <p>Excerpts from "Dwellers in the Land" by Kirkpatrick Sale</p> <p>"Homeplace" by Scott Russell Sanders</p> <p>A bioregional quiz</p>

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