COMING BACK TO LIFE – Practices to Reconnect Our Lives, Our World

By Joanna Macy & Molly Young Brown
Foreword by Matthew Fox

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This book manages to bring together theory and practice based on many years experience by the authors, of travelling nationally and internationally to lecture and lead workshops, addressing the urgent need for a 'great turning' in the way we understand the environment and our place in the natural world. The book is a good resource for all those who are concerned about environmental and ecological issues regardless of their faith tradition.

Joanna Macy is a Buddhist who has lectured on Buddhist philosophy, systems theory and deep ecology. She has written six books previous to this one including: World as Lover, World as Self and Thinking Like a Mountain..

Molly Young Brown as well as being a workshop leader and consultant has written three previous books on spirituality and healing the environment including: Growing Whole: Self-Realization on an Endangered Planet..

Coming Back To Life is accessible to everyone even though it offers ways of thinking and being which are challenging. It is no academic tome but will stimulate scholars and the general reader alike. The first half of the book puts forward the arguments for a changed way of thinking and the second half offers clear guidelines on how to lead workshops and meditations. Although the exercises are aimed at group work I have found that some of the practices are equally valuable in offering ideas of engaging with the material when alone.

Non USA readers might find some of the expressions and exercises different in that some of the exercises are nation specific. In spite of this the basis of the theory and
exercises are applicable universally and can be adapted to the workshop leader's own experience.

The 'Table of Contents' are detailed and perhaps the best way of offering a review of this valuable resource. The detailed index demonstrates that in this book of 220 pages the chapters are broken down into short manageable sections.

Message from the Dalai Lama
Foreword by Matthew Fox
Preface by Joanna Macy
Preface by Molly Young Brown

TO CHOOSE LIFE
THE CHOICE FOR A SUSTAINABLE WORLD
THE GREAT TURNING
"Holding actions" in defense of life on Earth
Analysis of structural causes and creation of alternative institutions
Shift in perceptions of reality, both cognitively and spiritually

THE GREATEST DANGER: THE DEADENING OF MIND & HEART
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Fear of despair
Fear of appearing morbid
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Fear of guilt
Fear of causing distress
Fear of being unpatriotic
Fear of appearing weak and emotional
Belief in the separate self
Fear of powerlessness
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Sense of powerlessness
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The holonic shift in consciousness
Gaia Theory
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Asking deeper questions
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Synergy and grace

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THE SHAMBHALA PROPHECY

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The Remembering
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The Council of All Beings

GOING FORTH
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APPENDIX C: A COUNCIL OF ALL BEINGS: THE SITE SPEAKS
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"Those who risk their lives to protect marine mammals, and those who risk jail to stop paying taxes for weapons, and those who risk their jobs to 'blow the whistle' on corruption and deception— they also draw on vaster powers of life. . . . Grace happens when we act with others on behalf of our world." So write Joanna Macy, author of *World as Lover, World as Self* and Molly Young Brown, author of *Growing Whole*. In his foreword to this paperback, Matthew Fox calls it "a manual for mystics and prophets." Coming back to life. This is an invaluable sourcebook for spiritual activists who want to practice compassion and loving action in an anguished world. *New Society*, 11/98. ISBN: 0-86571-391-X. *Coming Back to Life: The Updated Guide to the Work That Reconnects*. Joanna Macy. 4.7 out of 5 stars 40. In this state of Blessed Unrest we are getting more aware of our own grief around the world we have created around the global industrial complex, Macy and Brown remind us of our authentic selves, and provide a road map for creating relationship strong enough to undo and generate life. Through the piece we (re)member that we are what we've been waiting for.
Coming Back to Life provides a much needed update and expansion of this pioneering work. At the interface between spiritual breakthrough and social action, Coming Back to Life is eloquent and compelling as well as being an inspiring and practical guide. The first third of the book discusses with extraordinary insight the angst of our era, and the pain, fear, guilt and inaction it has engendered; it then points forward to the way out of apathy, to "the work that reconnects."

The Council of All Beings: Rejoining the Natural World

Going Forth