



One Earth Sangha

Session Eight: Closing

Transcript of EcoSattva Training 2023-24 Video

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Session Profile

Session Eight: Affirming and Resolving

[Session Resources](#)

Speakers in this video

- Kristin Barker - director and co-founder, One Earth Sangha

Transcript

Appreciating the Journey

Kristin Barker:

Well, here we are friends. Welcome to the last video offering — for me anyway — of this series. I want to say how incredibly grateful I am that you're even watching this video because that probably says you've watched a lot of these videos. And no matter how much of this material you've been able to integrate and take in, I'm just so grateful that you are here. However it went, whether you were alone, whether you were in a group, whether it was difficult for you, whether it was easy for you, whether it was too much material, whether it was not enough material, whether it was too much demanded of you, whether it was not enough demanded of you. Whether it was disappointing, inspiring, or some



One Earth Sangha

mixture of all of that and so many hundreds of other things. Can you appreciate yourself? Let's begin there.

So I'm going to invite some verbs here: Appreciate, integrate, intend, nourish, dedicate. That's what I want to offer here in the closing video. So yes, to begin with, there's my appreciation, but just inviting you to appreciate yourself. Appreciate the others that are doing this training with you, whether known or unknown, seen or unseen, contacted or not contacted. Whether you're a part of a group or whether you did this as a journey and hopefully joining the live gatherings. Appreciating that you are contributing to a field here that is using the gifts of the dharma to respond to this incredibly, arguably otherwise overwhelming moment for humans on earth. So, appreciating yourself. Appreciating the others who made this possible for you, who made, who created spaces, who did organizing, who made offerings, who contributed the nourishment of your body as you went through this whole thing. The nourishment of a quiet space for contemplation. Those — can we appreciate all the human and more-than-human beings that have supported us as we have undertaken this training, this journey.

And then to appreciate the dhamma. The countless gifts of the dhamma and the way that it has been shepherded through history. The dhamma with respect to ecological crisis that is foundational, that begins with mindfulness. Meeting this body, this heart, this mind with how difficult it is whether the impacts are material or psychic. Soothing the true pain and suffering that is there. Calming the reactivity that may be there. This is only the beginning of what the dhamma can invite and yet must be attended to this one and this suffering heart-mind. It starts there. It so must start there, and it does not end there. For here in this tradition, it invites us to — with compassion, with accountability, with bravery, with wisdom — inquire into causes and conditions. Inquire into what is happening, how it is happening, and also inquiring even into our own ways of looking, where we think this is headed in particular.

These are such important invitations and powerful ones of seeing the sacred, turning toward the suffering with compassion, with curiosity, with wisdom, with bravery, with others. Seeing how we see. Seeing the stories that we tell. Knowing that we have an experience not direct of exactly what is happening, but that this is dramatically shaped by the perceptions, the patterns of mind, of heart. And that those, too, are dramatically shaped, conditioned, if you will, by the collective: stories, the ways of looking, our role, how much power we have, whether it's too late, whether it's we're going to be saved by technology. Those are all collective narratives that we are in relationship with and that



One Earth Sangha

come into this mind. Whether the world is sacred or not sacred. Whether it's just a bunch of atoms — which is beautiful and inspiring and lovely, but not very meaningful. Or whether there is something really unfathomably deep going on here that does give a very powerful, meaningful place for us and the gifts that we offer this world. The communities and cultures that we are part of, can we see them and say, "Of course. Of course darling. Of course that would happen." And yet. And yet. So can the "of course" be there with all of the ways that we get lost and go so wrong, that would happen because of causes and conditions. And yet we are not powerless.

So the appreciate includes appreciating the gifts of this tradition, includes that investigate, and includes the appreciation of earth, of all that this body is earth. All the bodies and all of the sacrifices, all of the gifts that have come to this one. That, too, must be part of the appreciation of the land, the land spirits, the peoples who have nourished it into its wellbeing. All of the countless beings that sustain this one internally and externally. That I invite you to take some time to appreciate.

Integration and Intention

Integrate. Integrate what has happened here. What have you come to understand? What surprised you? What stories are being strengthened? What stories are falling away? What helpful ways of looking are coming in? What ways of looking are falling away? Not to force anything, not to try to get on board and believe something that just doesn't make sense. But just to notice where is there softness? Maybe there wasn't before. Where is there release, where there wasn't before? What are you learning is helpful to you in order to integrate what happens? And can we invest in that integration, which doesn't end with session eight.

And then. So we're appreciating. We're integrating. We're intending. What is calling you? What is calling you in terms of how you want to move forward? What offerings do you want to make to community, to others, to actions? Where do you feel called to further release, to further cultivate? Where and what do you want to go deep with? Where do you really want to spend some time? So what are your intentions? Maybe the brahmaviharas are here for you. The four divine abodes of metta, compassion, sympathetic joy, equanimity. Beautiful practices. How can those shape your intentions? How can they become intentions of themselves?



One Earth Sangha

Nourishing Engaged Practice

Nourish. Nourish. What are the structures that will nourish your practice? So in a way, intention plus structure can create that nourishment. So we can nourish structures, we can invest in structures. This is bhavana, the cultivation. We are always cultivating something. What are the structures that you want to shift in your life that will support you in some of those intentions? In the furtherance of some of the integrations? So what structures will support you in realizing intentions, going beyond the wish? It's good to say the wish, but it's great, it's even more powerful to invest in the structures that can help realize the wish. Make real the wish. So daily practice, coming together in practice, moving out beyond the human built environment, finding others with whom you can practice, finding the others with whom you can carry forward, wise action. What is the community that you want to nourish? So the coming together. So there can be the coming together to support these ways of looking, the investment in--if it has been powerful for you--the furtherance of this overlap between dharma and ecological crises, ecological ways of looking.

What are the communities where you can continue to explore and develop that? Then what are the communities where you can respond? Respond from that place. Respond in ways that are hopefully local--hopefully really local--that can help you realize maybe the vows that you spoke to in part of the vow practice that was described here. And these need not be the same communities, the community of ecodharma, ecosangha practice. It's wonderful if it's also the community that is engaged and responding locally hopefully, or with really leveraging your areas of expertise, maybe nationally, internationally, but in local you have standing. Remember that always. Those need not be the same communities that are practicing with Buddhist ways of looking at ecocrises. One can nourish the other. Again, it can be great if they're the same, but they need not be the same. It's helpful if they're the same. But you may be creating a nourishing community over here. You may be creating and nourishing community in the engaged response.

Both are necessary. Both the place of practice and action. Wise speech, the eightfold path. Helping to nourish right livelihood for all of us. Boy, that's a big one. So we can be operating in both the left and the right spaces, the left brain and the right brain, the left hand and the right hand. And they are different sometimes; for most of us they are not the same community. But these are structures that can nourish the goodness of our intention and realize it.



One Earth Sangha

Dedicating the Merit

And finally: Dedicate. So as part of the closing here, I just want to offer the One Earth Sangha dedication of merit. So this is a practice--so beautiful in our community--that recognizes that any good that may have come to this one, right here, be in turn offered out into the world. That we hold nothing tightly to ourselves. That we instead turn it back out for the healing of this world. So I'll share now a dedication of merit that we use here, but any one that works well for you, encourage you, in that practice.

Thank you again dear ones for your participation in this journey. Please let us know anything that we could do to make it better for you. And respond to that survey, by the way, really respond to that survey. Give us feedback of how this can be made supportive, more supportive of you. Okay.

May all places be held sacred. May all beings be cherished. May all injustices of oppression, devaluation and theft be fully righted, remedied, and healed. May all who are captured by hatred be freed to the love that is our birthright. May all who are bound by fear discover the safety of understanding. May all who are weighed down by grief be given over to the joy of being. May all who are lost in delusion find a home on the path of wisdom. May all wounds to forests, rivers, deserts, oceans, all wounds to mother earth be lovingly restored to bountiful health. May all beings everywhere delight in whale song, bird song, and blue sky. May all beings abide in peace and wellbeing. Awaken and be free.

Go well, friends. Go well, be well. We look forward to connecting with you soon.

Dana

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