

4: Personal Action for the Climate

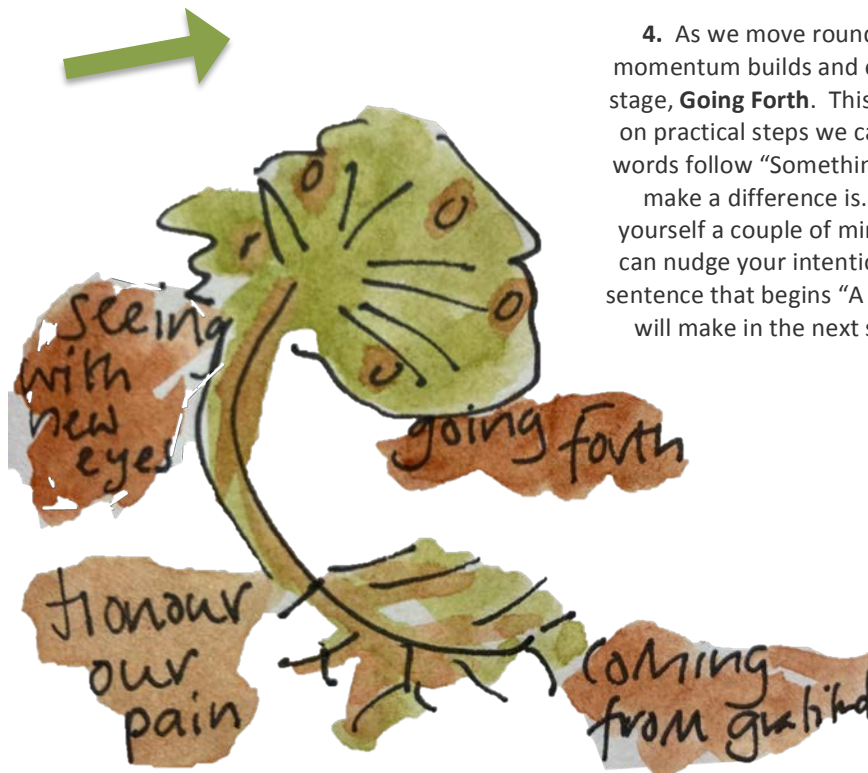
Active Hope

'Active Hope' is about becoming active participants in the story of bringing about what we hope for. It is moving beyond passive hope, when we may blame others or wait for agencies to take action. It is also a practice, that needs to be regularly topped up, like yoga, meditation or tending the garden. Chris Johnstone says it has three steps:

- Get a clear view of reality
- Identify what we hope for
- Take steps to move in that direction

In *The Work that Reconnects*, Joanna Macy and Chris Johnstone take people on a journey around a spiral that has four stages starting with 'Gratitude' and ending with 'Going Forth'.

3. Motivated both by appreciation and alarm, the next stage of our journey involves opening to perspectives that help fuel our response. We call this stage **Seeing with New Eyes**. For this, see what words follow a sentence that begins "Something that inspires me is...", or "For supporting me to live, I give thanks to..." .



4. As we move round the spiral, the momentum builds and energises the final stage, **Going Forth**. This focuses attention on practical steps we can take. See what words follow "Something I'd love to do to make a difference is...". After giving yourself a couple of minutes on this, you can nudge your intention forward with a sentence that begins "A step towards this I will make in the next seven days is..." .

2. The second step is to **Honour our Pain** for the World. Pain can act as an activating impulse, a wake-up call that alerts us to danger. An open sentence we can use here is "Looking at the future we're heading into, concerns I have include...". Give yourself a couple of minutes, or, if writing, see if you can fill a page.

1. The first part of call is **Gratitude**. See what words naturally follow a sentence that begins "For supporting me to live, I give thanks to...". If you are with a friend or a group, you might take it in turns with a couple of minutes each. If you are by yourself, you can fill a page in a notebook or speak out your thanks. When we experience gratitude, we tend to feel more like giving back. This is a great way of mobilising motivation to act for our world.

'Use your voice - Use your vote - Use your choice'

- Consume less**
 - Buy less stuff.
 - Turn off un-needed lights, stand-bys.
 - Lower the thermostat, radiator settings, washing machine temperature.

- Waste less**
 - Don't throw away food.
 - Repair, rather than throw away.
 - Give presents that are wanted, or are experiences rather than just 'stuff'.
 - Insulate your home so you're not wasting heat.

- Travel wiser**
 - Use the car only when necessary.
 - Make fewer trips to the supermarket.
 - Ask yourself: could I walk or cycle instead of drive, take the bus or train instead of the car, and take a train or drive rather than fly.

- Eat wiser**
 - Take an interest in where your food comes from.
 - Eat less meat and dairy, and look for pasture-fed meat.
 - Buy locally-sourced food when you can.
 - Choose organic and/or regenerative food when you can.

- Use renewables**
 - Switch to a fully-renewables supplier, eg. Octopus, OVO, GreenEnergyUK.
 - When you next change your car, consider a second hand EV car.
 - If you can afford it, install solar panels (though there are no grants any more).

- Learn more**
 - Take an interest in the subject – read the papers, read good books and websites.
 - Use your knowledge to inform others.

- Share more**
 - Car-share when you can.
 - Pass on unwanted clothes to family and friends, or ask them to share theirs with you.
 - Take surplus stuff to charity shops so it gets another life.

- Invest wisely**
 - If you have money to invest, get some green advice, so that your money helps support green technologies and programmes.

- Use your voice**
 - Write or speak to your MP, write to companies whose products should change.
 - Vote – and use your vote wisely.
 - Talk to your friends and neighbours.
 - Join climate campaigns.

- Volunteer**
 - Join in with Neroche Woodlanders' conservation or wellbeing volunteering sessions, and other environmental and social volunteering opportunities.

- Adapt**
 - Climate change is real, and is happening. Adapt your life to become more resilient to its effects, and help your loved-ones to do so.