

## Eco-Dharma Resources

This list has been compiled to accompany my online Eco-Dharma course; video recordings of the talks and meditations that comprise the course can be found at the Jamyang Leeds TV YouTube channel: <https://www.youtube.com/user/jamyangleedstv>

### Books

Jill Bolte Taylor

My Stroke of Insight

Jill Bolte Taylor is a specialist on brain function, so when she suffered a major stroke which disabled the left side of her brain, she was able to bring a unique insight into the fascinating differences between how the two sides of the brain work. Our present dysfunctional society may have a great deal to do with the way our culture reinforces an excessive dominance by the left brain hemisphere.

Iain McGilchrist

The Master and His Emissary

Iain McGilchrist has spent more than thirty years researching the psychology and physiology of the brain, particularly focussing on the left brain / right brain question. His findings reinforce and extend Jill Bolte Taylor's insights. An extremely important book.

Eckhart Tolle

A New Earth

Eckhart Tolle underwent a profound spontaneous enlightenment experience and has become one of the world's foremost contemporary spiritual teachers. In this book he explores the implications of what he sees as a coming revolution in consciousness, as we learn to let go of our fixation with conceptual thinking and open to the intuitive spiritual wisdom that is our deeper potential.

Joanna Macy

World as Lover, World as Self

Joanna Macy is a Buddhist scholar and long time environmental, social and peace activist. She works principally with how to engage with and transform our emotional and personal responses to the multiple threats to the Earth posed by our out of control industrial civilisation.

E.F. Schumacher

Small is Beautiful

This groundbreaking 1973 book was pivotal in launching the ecological movement. E.F. Schumacher was a distinguished economist who was one of the first to recognise that industrial growth threatened to overwhelm the ecological resources of the Earth. The book was based on an earlier essay on 'Buddhist Economics' - Schumacher was deeply influenced by Buddhism and later wrote an inspiring book on a spiritual path for the contemporary world, 'A Guide for the Perplexed'.

James Lovelock

Gaia: A New Look at Life on Earth

The original book-length exposition of the revolutionary theory of the Earth as a single living entity, able to maintain conditions hospitable to the continuance of life as the collective actions of living organisms operate, through systemic feedback mechanisms, to return physical and chemical variables to a near-optimal level. Highly controversial as the theory is considered within the scientific establishment, Lovelock's arguments are rigorous and extensively backed by evidence; in practice

the theory has been incorporated with all the relevant scientific disciplines, though most scientists are uncomfortable with the idea the 'The Earth is Alive'.

Lynne Margulis

Microcosmos

Microbiologist Lynne Margulis played a major role in the development of Gaia Theory, working closely with James Lovelock over a period of many years. This book outlines her Nobel Prize winning theory of Symbiogenesis, how evolution progresses to a great extent through intimate co-operation between micro-organisms; this theory transformed the scientific understanding of life in a profound way, illustrating the complete interdependence of all life forms.

Dianne Dumanoski

The End of the Long Summer

An extremely important book that shows in precise scientific detail how the Earth's present ability to support the vast current human population depends on a fragile and unusual balance within the Earth system, which we are in grave danger of disrupting fatally with our industrial economy, which in turn is disastrously lacking in resilience to cope with such an ecological catastrophe.

Tim Flannery

Here on Earth

A distinguished evolutionary biologist, Tim Flannery has dedicated his efforts over the last two decades or more to tackling climate change. In this book he gives a brilliant and comprehensive overview of the evolution of Planet Earth from a Gaia Theory perspective, arguing that to deal with the challenges we have created through becoming an excessively powerful, globally dominant species, we will need to evolve into a new kind of 'superorganism' - as we become more deeply connected globally, can we develop the collective wisdom and skill to manage the Earth's ecosystem and repair the damage we have done? Flannery is optimistic.

HH Karmapa

Interconnected

His Holiness the 17th Karmapa is deeply concerned about environmental and other global issues. In dialogue with a group of American university students, he sets out his views on how we must act with greater spiritual awareness to tackle these global problems.

Thomas Berry

The Great Work

American theologian (he calls himself a 'Geologist') Thomas Berry is one of the most revered leaders of what can be called the spiritual ecology movement. This, his best known book, is a clarion call to everyone to make the healing of the Earth their primary aim in life. A deep, wise and important work.

Llewlyn Vaughan Lee (Ed.)

Spiritual Ecology

Excellent anthology of writings by a number of the foremost ecological and spiritual thinkers of the present time, including Thich Nhat Hanh, Joanna Macy, Richard Rohr, Satish Kumar, Vandana Shiva, Chief Oren Lyons, Wendell Berry and others.

Thich Nhat Hanh

Interbeing

One of the greatest of all Buddhist teachers, and a recipient of the Nobel Peace Prize, Thich Nhat Hanh was the founder of the International Buddhist Peace

Fellowship, now the International Network of Engaged Buddhists. He has consistently integrated his Buddhist teaching with activist work for peace, ecology and social justice - an outstanding example of someone who 'walks his talk'.

Paul Hawken

Blessed Unrest

Inspirational eco-entrepreneur and lifelong eco-activist Paul Hawken anatomises the global movement for peace, ecology and social justice, arguing that it is the largest and most powerful social movement in history, and should be considered as the Earth's immune system that is evolving to protect her from the damage being done by thoughtless expansionist economic growth.

David Loy

Ecodharma

'How can we respond urgently and effectively to the ecological crisis—and stay sane doing it? This landmark work is simultaneously a manifesto, a blueprint, a call to action, and a deep comfort for troubling times. David R. Loy masterfully lays out the principles and perspectives of Ecodharma—a Buddhist response to our ecological predicament, introducing a new term for a new development of the Buddhist tradition.

This book emphasizes the three aspects of Ecodharma:

- practicing in the natural world,
- exploring the ecological implications of Buddhist teachings,
- and embodying that understanding in the eco-activism that is needed today.'

(Google Books review)

Alan Hunt Badiner

Dharma Gaia

An outstanding collection of essays by leading Buddhist scholars, ecological thinkers and activists, exploring how through practising awareness and compassion we can develop a deep and authentic relationship with and understanding of the living body of the Earth. Highly recommended.

## Videos

Thomas Hübl: Honoring Our Fear, Finding Our Resilience In a Time of Crisis and Pandemic

<https://www.youtube.com/watch?v=1SWiWqzCZt8>

Thomas Hübl and Otto Scharma: Global Social Witnessing and the Current Crisis

<https://www.youtube.com/watch?v=lc6rzySeTkU>

Jill Bolte Taylor - 'My Stroke of Insight'

[https://www.ted.com/talks/jill\\_bolte\\_taylor\\_my\\_stroke\\_of\\_insight](https://www.ted.com/talks/jill_bolte_taylor_my_stroke_of_insight)

Iain McGilchrist - The Divided Brain and the Making of the Western World' by:

<https://www.youtube.com/watch?v=SbUHxC4wiWk>

Staying Conscious in the Face of Adversity | A Special Message From Eckhart Tolle

<https://www.youtube.com/watch?v=wKpmXhGVMxl>

Joanna Macy and the Great Turning

<http://www.joannamacyfilm.org> (paid download or buy DVD – can also be viewed on [www.gaia.com](http://www.gaia.com), subscription video site.)

Deep Adaptation Q&A with Joanna Macy hosted by Jem Bendell

<https://www.youtube.com/watch?v=k1wUY6945kY>

Paul Hawken - Drawdown - Speech at Bioneers conference

[https://www.youtube.com/watch?v=\\_EfBGjHuy9g](https://www.youtube.com/watch?v=_EfBGjHuy9g)

What is Buddhism? - David Loy, author of 'Ecodharma', interviewed by Kaspalita Thompson of NBO (Network of Buddhist Organisations)

<https://www.youtube.com/watch?v=liHtGgGogoY>

Touching Eternity: Thich Nhat Hanh on Ecological Collapse

<https://www.youtube.com/watch?v=EAoQQFV0yiY>

Humanity Rising Global Solutions Summit - Opening Session

<https://www.youtube.com/watch?v=N85YLWc5N7U&feature=youtu.be>

## **Websites**

Joanna Macy: <https://www.joannamacy.net>

Pachamama Alliance: <https://connect.pachamama.org>

Deep Adaptation Forum: <https://www.deepadaptation.info>

Post Carbon Institute Resilience website: <https://www.resilience.org>

St Ethelburga's Spiritual Ecology Project: <https://stethelburgas.org/projects/spiritual-ecology/>

Carbon Brief:

<https://www.carbonbrief.org>

## **Articles**

Jem Bendell: Deep Adaptation: A Map for Navigating Climate Tragedy

<https://www.lifeworth.com/deepadaptation.pdf>

Martin Ogle: Overview of Gaia Theory

<http://www.gaiatheory.org/overview/>

Michael Buckley: TIBET: time to declare a climate emergency

<http://www.planetexperts.com/tibet-time-to-declare-a-climate-emergency/>