

# JOANNA MACY

## Personal Guidelines for the Great Turning

[www.joannamacy.net/thegreatturning/personal-guidelines-t.html](http://www.joannamacy.net/thegreatturning/personal-guidelines-t.html)

### ***Come from Gratitude***

To be alive in this beautiful, self-organizing universe – to participate in the dance of life with senses to perceive it, lungs that breathe it, organs that draw nourishment from it – is a wonder beyond words. Gratitude for the gift of life is the primary wellspring of all religions, the hallmark of the mystic, the source of all true art. Furthermore, it is a privilege to be alive in this time when we can choose to take part in the self-healing of our world.

### ***Don't be Afraid of the Dark***

This is a dark time, filled with suffering and uncertainty. Like living cells in a larger body, it is natural that we feel the trauma of our world. So don't be afraid of the anguish you feel, or the anger or fear, for these responses arise from the depth of your caring and the truth of your interconnectedness with all beings. To suffer with is the literal meaning of compassion.

### ***Dare to Vision***

Out of this darkness a new world can arise, not to be constructed by our minds so much as to emerge from our dreams. Even though we cannot see clearly how it's going to turn out, we are still called to let the future into our imagination. We will never be able to build what we have not first cherished in our hearts.

### ***Roll up your Sleeves***

Many people don't get involved in the Great Turning because there are so many different issues, which seem to compete with each other. Shall I save the whales or help battered children? The truth is that all aspects of the current crisis reflect the same mistake, setting ourselves apart and using others for our gain. So to heal one aspect helps the others to heal as well. Just find what you love to work on and take joy in that. Never try to do it alone. Link up with others; you'll spark each others' ideas and sustain each others' energy.

### ***Act your Age***

Since every particle in your body goes back to the first flaring forth of space and time, you're really as old as the universe. So when you are lobbying at your congressperson's office, or visiting your local utility, or testifying at a hearing on nuclear waste, or standing up to protect an old grove of redwoods, you are doing that not out of some personal whim, but in the full authority of your 15 billion years.