



CLASS» INTRODUCTORY CLASS TO THE THEORY AND TOOLS OF SUSTAINING ALL LIFE

DATES: Sat. to Wed., September 21–25, 2019

TIME: 5:30PM – 6:30PM

LOCATION: 4W43 Building, Green Room

4 West 43rd Street, New York, NY 10036

Interpretation available upon request.

Venue is wheelchair accessible.

Participants will learn our theory about the nature of human beings: our inherent intelligence, goodness, and cooperative, caring, and enthusiastic nature; the negative feelings and rigid behaviors we develop as a result of early hurts and societal oppressions; and our natural ability to heal from hurtful experiences using the process of emotional release.

Participants will be paired together to listen to each other in equal turns. One person listens with respectful, non-judgmental attention while the other talks about the topic of their choice. Then the two switch roles. In the safety and confidentiality of these short “sessions,” we can access past hurts and current upsets, including experiences of oppression and environmental injustice; and the burnout, discouragement, and stress sometimes felt in working on the climate emergency.

People will be encouraged to appreciate themselves, take pride in their accomplishments, and set goals for themselves and for the world.



Sustaining All Life



SustainingAllLife.org



UnitedToEndRacism.org



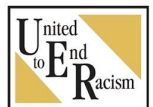
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**THE
WORK
OF SAL
& UER**

It is possible to limit the effects of human-caused climate change and restore the environment, but some very large changes in our economy and the lives we live are needed for this to happen.

Sustaining All Life (SAL) and United to End Racism (UER) believe the environmental crisis cannot be resolved without ending racism, genocide toward Indigenous peoples, classism, sexism, and other oppressions.

We believe that the barriers to building a large and powerful movement sufficient to make the needed changes include (1) longstanding divisions (caused by oppression, and especially racism and classism) between nations and between groups of people, (2) widespread feelings of discouragement and powerlessness, (3) denial of or failure to engage with the escalating damage to the earth's climate, and (4) difficulties in effectively addressing the connections between the environmental crisis and the failures of our economic system.

The mental and emotional harm done to us by oppression and other hurtful experiences interferes with our ability to think clearly and sets groups of people against each other. In SAL and UER we have learned that it is possible to free ourselves from these hurts and address barriers to effective organizing. By taking turns listening to each other and encouraging emotional release, people can heal from the mental and emotional harm and become better able to think, speak out, and organize and lead others in building a sustainable world. SAL and UER are projects of and use the tools of Re-evaluation Counseling, which currently exists in 95 countries.



Sustaining All Life

For more information, see:

www.sustainingalllife.org or www.unitedtoendracism.org

or write: Sustaining All Life/United to End Racism

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