

Dharma of Resistance

For Climate, Justice and Trauma healing



(By Mexican artist Saner Edgar)

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Twitter @KriteeKanko Website boundlessinmotion.org

My roots -- My grandpa



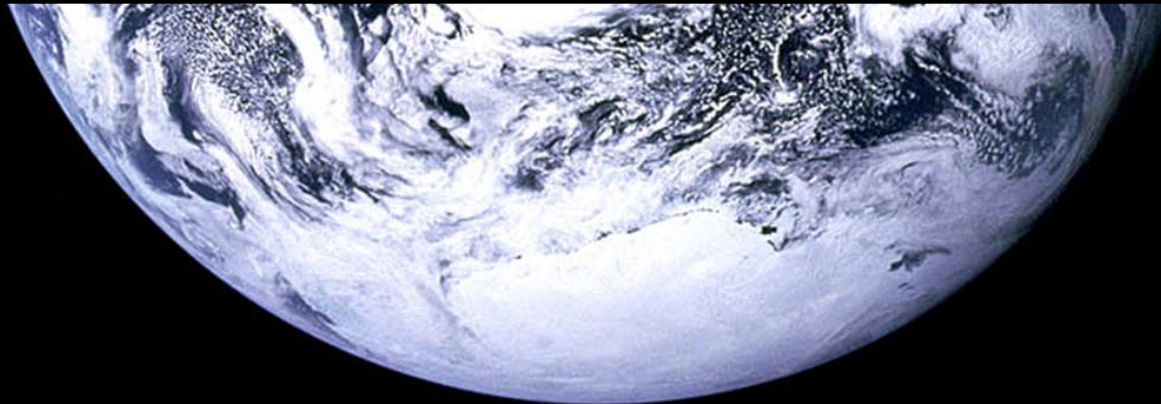
Lawyer, Gandhian Visionary : moolchandjain.org



Challenge #1

Human trauma

(Take a deep breath)



Trauma & relationships

In North America:

- 1 in 3 witness domestic violence
- 1 in 4 have alcoholic relatives
- 1 in 4 beaten with marks on the body
- 1 in 5 sexually molested as a child



AND there is racial, gender-based, economic, and climate trauma

You & me. We are needed.



There is no group of non-traumatized people outside of us that is going to lead us.

Trauma damages our ability to stay in relationships.

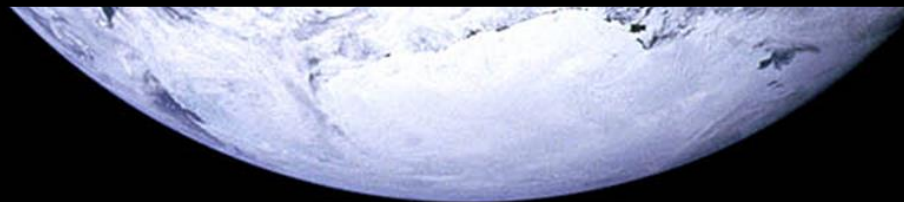
1 to 1 professional psychotherapy isn't going to be enough to heal the scale of trauma we have.



Challenge #2

Scale of ecological and climate trauma

(Take a deep breath)



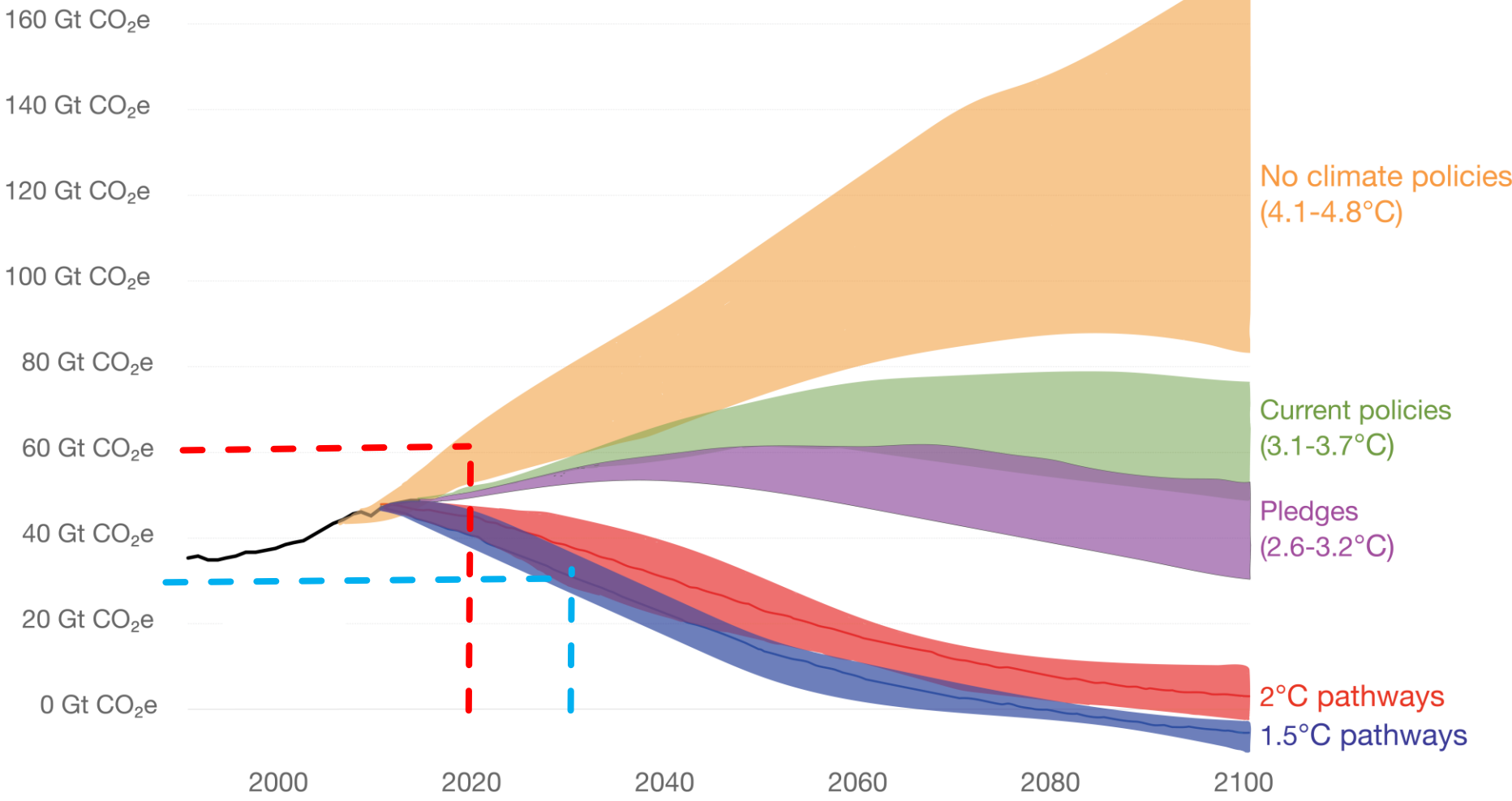
**In the US,
we need to decrease average individual footprint
from 6000 lbs to 5000 lbs CO₂e
within next 10 years.**

(Will not happen without systemic work on 132
trillion lbs of global annual emissions)

See YouTube talk for explanation:
<https://www.youtube.com/watch?v=UGmpHfTETTE>

Global greenhouse gas emissions scenarios

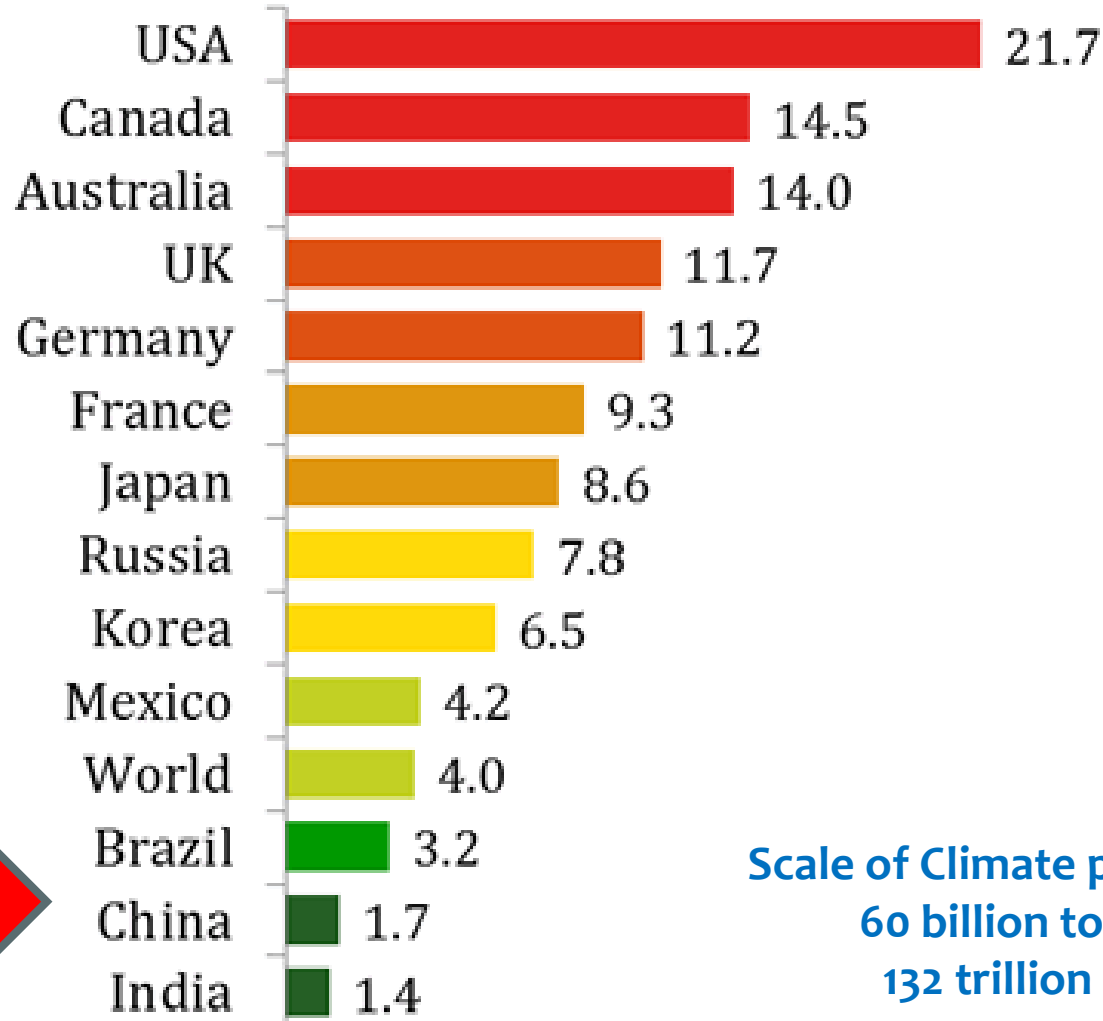
it,



Based on data from the Climate Action Tracker (CAT). The data visualization is available at [OurWorldinData.org](https://www.ourworldindata.org). There you find research and more visualizations on this topic.

Licensed under [CC-BY-SA](https://creativecommons.org/licenses/by-sa/4.0/) by the authors Hannah Ritchie and Max Roser.

Personal Carbon Footprints: t CO₂e



Scale of Climate problem =
60 billion tons =
132 trillion lbs

Note: The personal carbon footprint represents the combined emissions from personal consumption, including housing, travel, food, product and service emissions. It excludes capital, government and land use emissions.

Sources: Hertwich & Peters 2009

Keep it in the ground. Add it to the ground

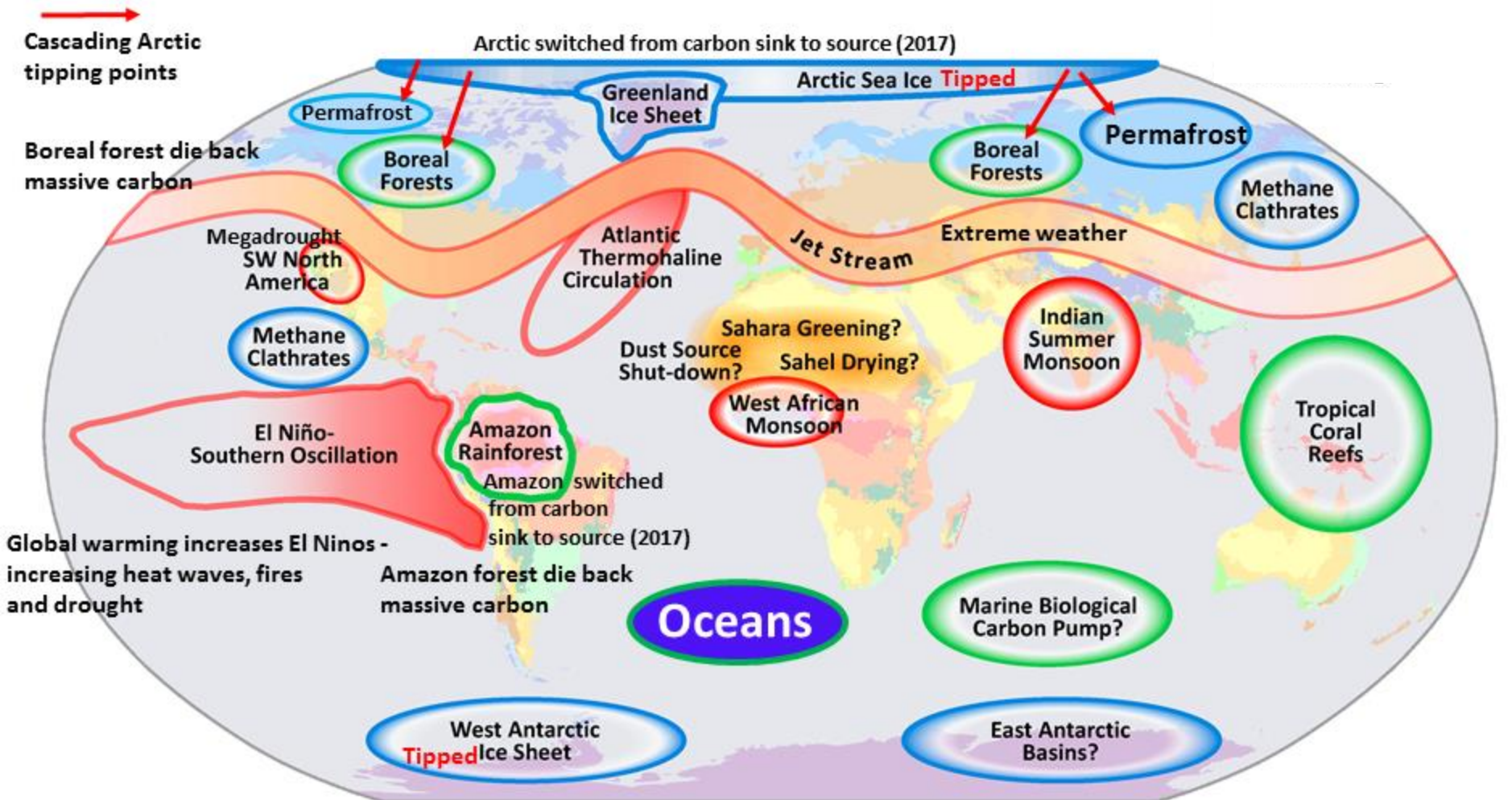
We can not allow any more fossil fuels to be dug out, any new coal, oil and gas infrastructure.

And we need to

- ration transport
- let go of meat industry
- invest in local soils & plant-based food
- adopt communal village life.

Climate crisis: Tipping points

- Cryosphere Entities
- Circulation Patterns
- Biosphere Components



Adapted from Potsdam Climate Institute
Tipping Elements the Achilles Heels
of the Earth System



• Miami

Is it too late?

NO.

We have crossed some tipping points.

Gaia's lungs and heart are hurting.

But there are many other tipping points.

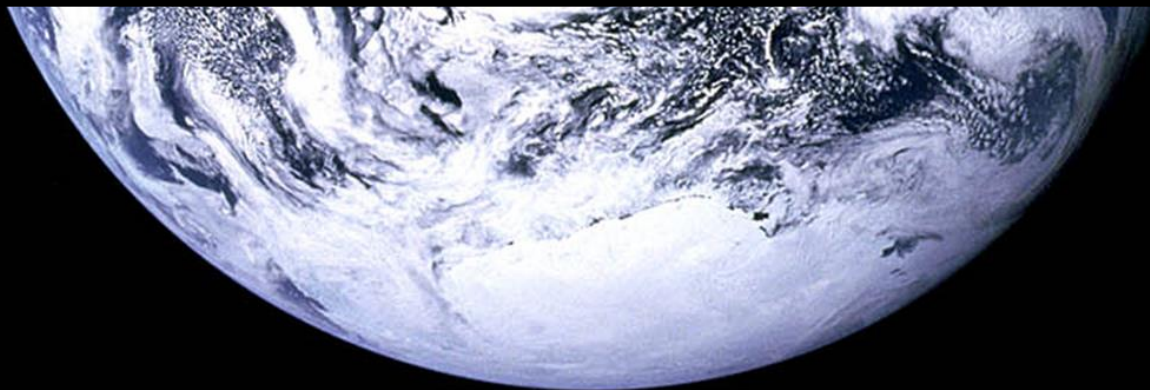
We must create "islands of sanity" no matter what.



Challenge #3

Our participation in the systems of oppression

(Take a deep breath)



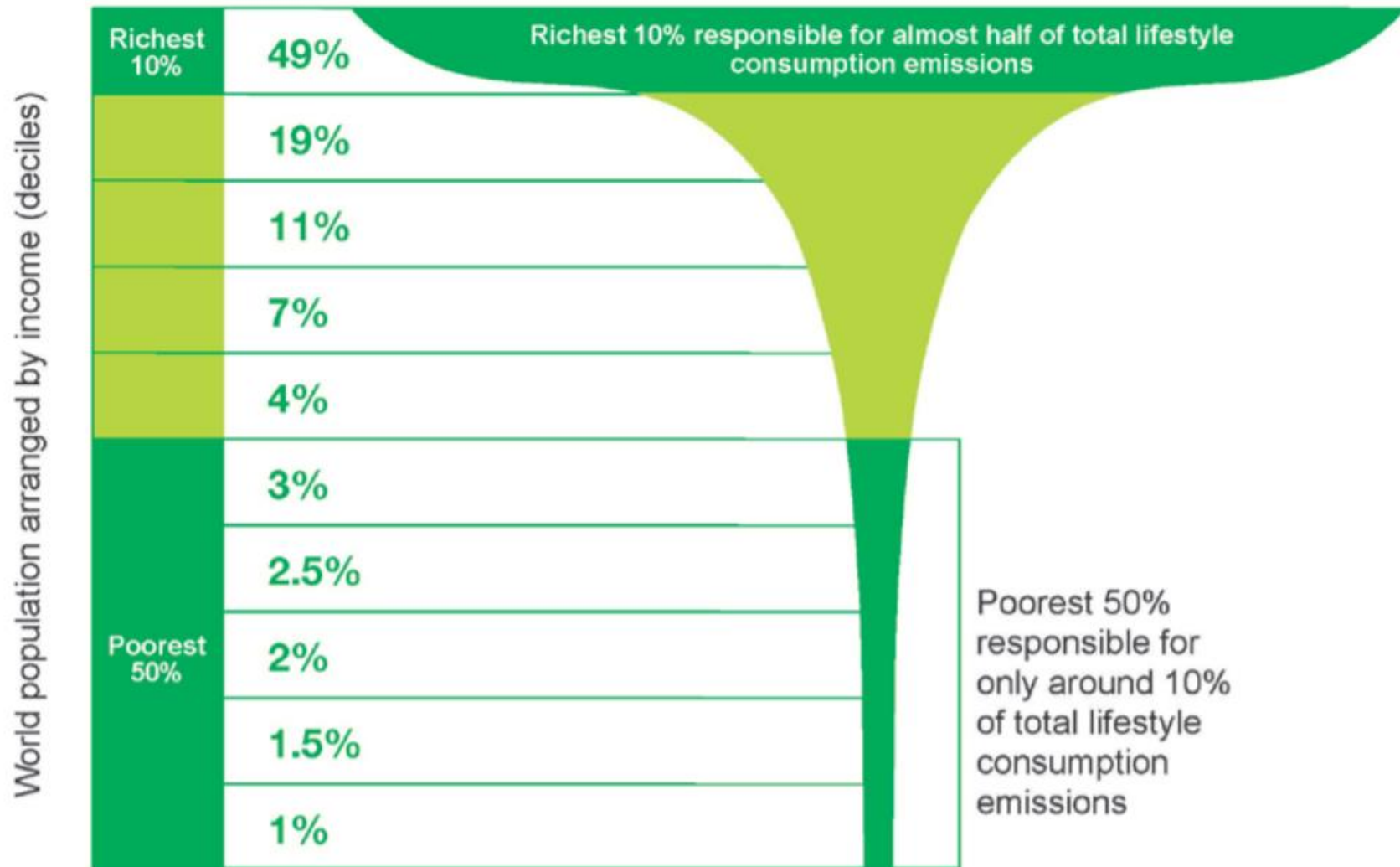
WOMEN WALK FOR HOURS TO REACH A WELL



Why millennials are facing the scariest financial future of any generation since the Great Depression.

BY MICHAEL HOBBS

Percentage of CO₂ emissions by world population



Racism & Colonialism

Black, indigenous and other people of color (BIPOC)

- Cause least harm
- (will) suffer the most
- “Side dish” in environmental NGOs
- White folks also need atonement: Truth/Reconciliation circles
- Have teachings that white folks need to face chaos and collapse
- Their culture & ancestral knowledge subjugated – cultures that knew how to live in harmony with the living Earth
- *Have called for repair (financial and non-financial reparations)*



Connections between challenges

**Systemic racism & white supremacy
= A mother of climate crisis**

<http://boundlessinmotion.org/white-supremacy-mother-of-climate-crisis/>

We can't solve for climate now and then
come to racial healing.

“The most important thing you can do to strengthen
climate movement is to fight racism against black and
brown people”..... within and outside you.

Ian Haney Lopez, Berkeley Law Professor

Lopez: Videos

[The first video](#) is a lecture basically presenting the thesis of his latest book “Merge Left”, and [the second](#) is an interview with Extinction Rebellion where Ian and [Dr. Adam Elliott-Cooper](#) together roast the notion that one can deal with the climate crisis without directly tackling racism. They make an extremely clear argument that however messy it is, white folks need to face racism within and around them. The content of the first video might be important to fully understand the second discussion.

Trauma/shame + fear of uncertainty

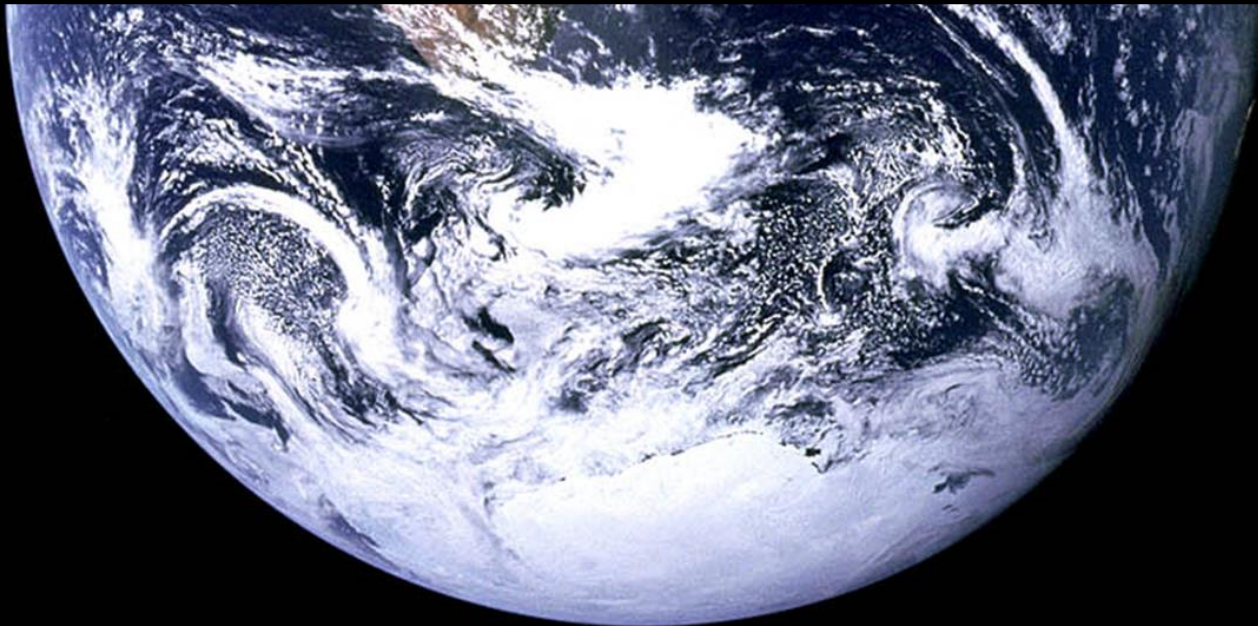
= Fight, flight and freeze mind

= Engine of oppression....

....that further traumatizes us



Line 3





www.mprnews.org/story/2020/11/17/majority-of-mpca-advisory-group-resigns-in-protest-of-agencys-line-3-decision

Major Pipelines for Canadian Oil

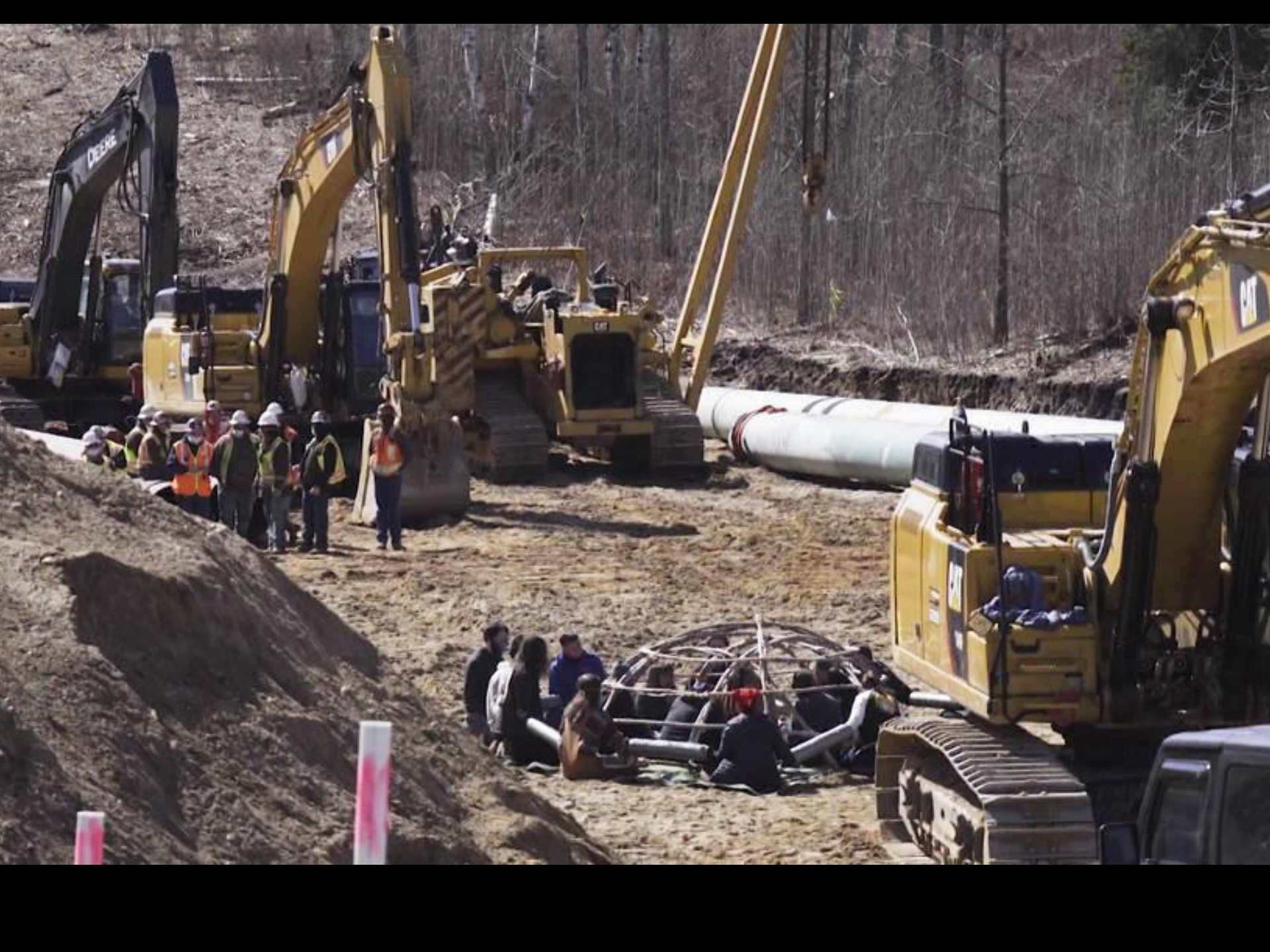
Energy companies have struggled to build new pipelines connecting Alberta's oil sands with ports or refineries.



Line3 camps

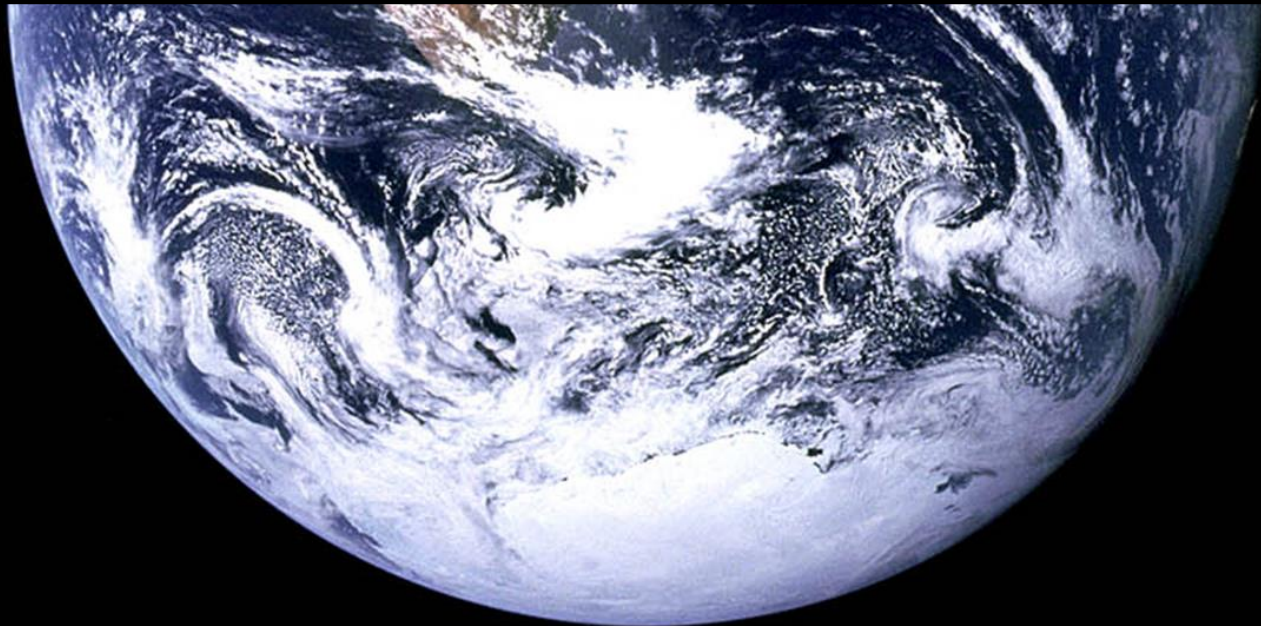
May 30-June 11

- Treaty land
- Missing and indigenous women
- 50 coal power plants
- Direct action as prayer – Direct action as healing





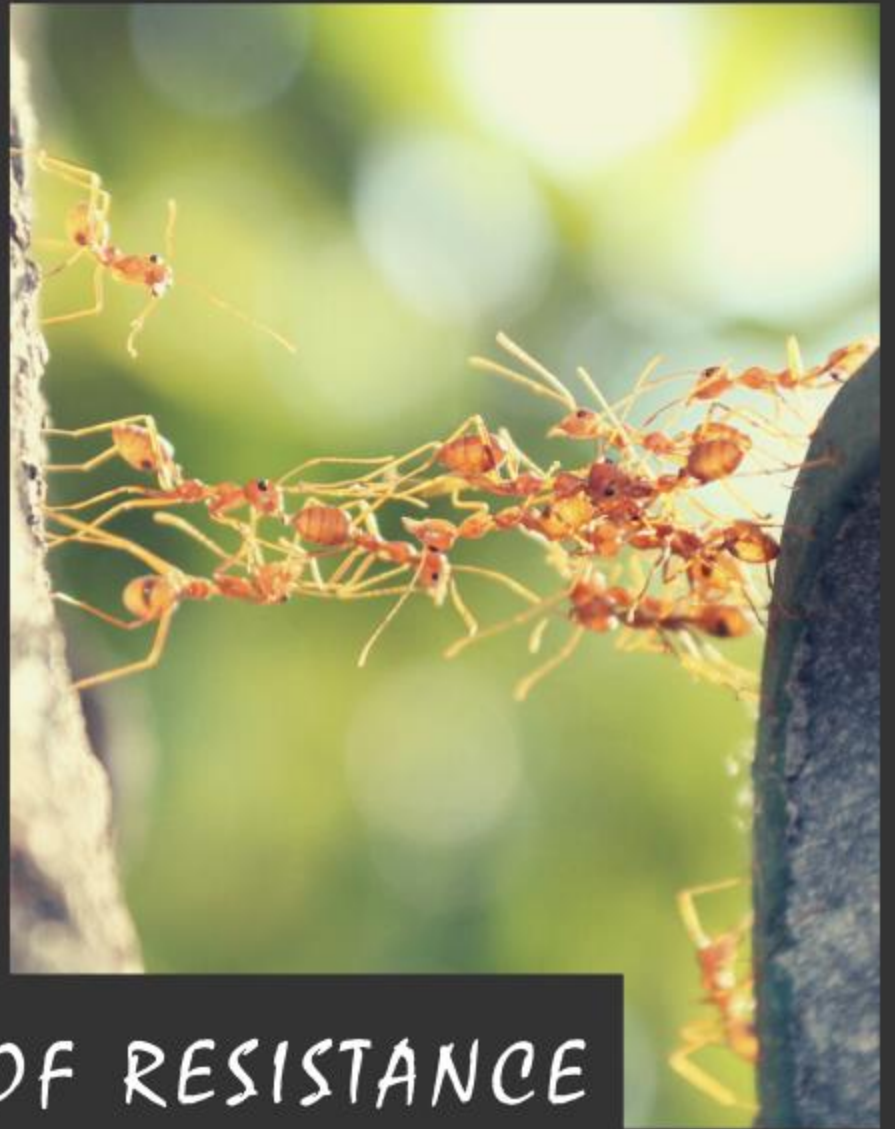
How do we deal with all three of them?



Three pillars of Ecodharma

Let our belonging empower each other





DHARMA OF RESISTANCE

<https://oneearthsangha.org/programs/dharma-of-resistance/>

Can we take inconvenient and risky actions necessary to minimize suffering on our planet?

How might taking such actions become more normal, healing, holistic and beautiful?

Can these actions authentically and skillfully express of our deepest spiritual truths?

Enter inconvenience in context of healing dharma friendships (3-7 friends)

Help teams build transparent structure/format for

- Relational soil building
- Grief/rage work
- Information/Email flow
- Decision-making
- Restoring conflict
- Relationship with money (if any)
- Action strategy and understanding of the movement ecosystem

Dharma of resistance

Apply with 3-7 friends

- Starts May 1st
- Last date to apply: April 24th
- Meets every two Saturdays between May and July
- Meets every Saturday between July-September
- Teams meet for 1-5-2 hours between classes
- Get ready to consider inconvenient risky actions that are rooted in Dharma and healing friendships.

Gratitude: Strands of my life

Justice

Grandpa: Gandhian freedom fighter in India
Yet-to-be-named direct action network

Science

IIT Delhi (India)
Rutgers & Princeton Universities
Imtiaz : My husband

Zen + Ecodharma

Cold Mountain (Han Shan) lineage
Heart Circle Sangha
Rocky Mountain Ecodharma Retreat Center



For more resources, articles and videos:

[http://boundlessinmotion.org/
ecological-crisis-content](http://boundlessinmotion.org/ecological-crisis-content)