

ABOUT THE CONTENTS & THE CONTRIBUTORS



PART ONE: PLACE

YOUR BIOREGION

by Ellen Gunter and Ted Carter

This chapter is adapted from their book *EarthCalling: A climate change handbook for the 21st century* (North Atlantic Books, 2014).

LEARNING TO LOVE PLACE THROUGH DWELLING

by Donna Ladkin

Donna Ladkin is Professor of Leadership and Ethics at Plymouth Graduate School of Management, Plymouth University. Her background in music and philosophy informs much of her work in the areas of leadership and aesthetics, and aesthetic approaches to business ethics. She is the author of a number of books including 'Mastering the Ethical Dimension of Organizations', which uses art based methods in a reflective approach to developing ethical astuteness. Home is Devon where she lives with her husband and flat-coated retriever Zelda, with whom she explores the local lanes, Dartmoor and coastal walks as part of her daily dwelling practice. This essay was first published in the GreenSpirit Journal in Winter 2005.

SHEEP AND ART: AN EXPERIMENT IN CONNECTED LIVING

by Helen Cockburn

Helen Cockburn is an artist and writer. This essay was first published in the GreenSpirit Journal in Summer 2004.

GREEN AND BELONGING

by Marianne Worley

Marianne Worley was born in the UK and grew up in Australia. After a year of wandering the world, she now lives in Healesville, Australia, with her partner and two young children. She is a trained biologist with an honours degree in botany and zoology and a Ph.D. in rainforest bryophyte ecology. She has been involved in a variety of research and biodiversity conservation projects, including threatened species conservation for the Victorian government, radio-tracking koalas, possums and platypus, and contributing authorship of Lonely Planet Publications' 'Watching Wildlife – Australia'.

PART TWO: LIFESTYLES

THREE MEDIA VIEWS OF GREEN LIVING

by Duane Elgin

This short essay originally appeared as a blog post in the Huffington Post in 2011 and is reprinted here with permission. Duane Elgin is the well-known author of *Voluntary Simplicity: Toward a Way of Life That Is Outwardly Simple, Inwardly Rich* (first published in 1981, with a Second Edition, published by Harper in 2010) and *The Living Universe: Where Are We? Who Are We? Where Are We Going?* (Berrett-Koehler 2009).

THE GREAT PARADOX OF SIMPLICITY

by Marian Van Eyk McCain

This chapter is adapted from *The Lilypad List: 7 Steps to the Simple Life*, published by Findhorn Press in 2004. Marian Van Eyk McCain is a retired psychologist and the author of seven books. She edited the anthology *GreenSpirit: Path to a New Consciousness* (Earth Books, 2010) and is also co-editor of the GreenSpirit magazine, a free-lance writer, book reviewer, columnist and blogger.

LIFE ON THE ALLOTMENT

by Chris Holmes

Chris Holmes has been a member of GreenSpirit for 17 years, is a past Chair and a long-serving member of Council. He has spent the past two decades unlearning the effects of 30 years of working in the world's stock markets. The original essay was first published in the GreenSpirit Journal in 2006.

HEALTHY PLANET – HEALTHY BEINGS.

by Sky McCain

Sky McCain, an American citizen living in Devon, is the author of *Planet as Self: An Earthen Spirituality* (Earth Books, 2011). He likes walking, playing the trombone in his local brass band, and visiting his favourite parts of southern Europe. Sky graduated from Boston College in the US and has an MA in Values in the Environment from Lancaster University, UK. He has also been involved in 'green' activism in the local community and was the co-founder of the Wholesome Food Association, an organization that champions local food.

THE GREEN GYM: GREEN EXERCISE AND GREEN FITNESS

by Chris Holmes

THE THIRD AWAKENING

by Marian Van Eyk McCain

PART THREE: WILDNESS

WILD GRACE: NATURE AS A SPIRITUAL PATH

by Eric Alan

This piece is excerpted, by permission, from Eric Alan's book of photography and writing entitled *Wild Grace: Nature as a Spiritual Path* (White Cloud Press 2003.) As well as a photographer, author and blogger, Eric is the music, arts and culture host for National Public Radio affiliate KLCC in Eugene, Oregon. He lives in Cottage Grove, Oregon, USA.

REWILDING MYSELF

by Rachel Corby

Rachel is a plant whisperer, Nature dreamer, biophile. She is the author of three books: *Rewild Yourself: Becoming Nature* (CreateSpace, 2015) being the most recent. Rachel is a rewilding coach and runs workshops, retreats and 1-2-1 sessions on plant consciousness and Sacred Plant Medicine. She also leads a Sacred Ecology apprenticeship. www.gatewaystoeden.com

PART FOUR – RELATIONSHIP

NATURE – WHO WILL CONQUER IT?

by Nigel Lees

Nigel Lees was a scientific librarian for 20 years and is now an Interfaith Minister searching for spirit in the garden and beyond. He lives in Chepstow, Wales.

CHANCE ENCOUNTER

by Peter Quince

SILENT THUNDER. GENTLE MINDS

by Eleanor O'Hanlon

Eleanor O'Hanlon is an author and conservationist who has carried out field research for international conservation and wildlife groups. Her articles on wildlife, wilderness and animal behaviour have appeared in BBC Wildlife, Geo, Animan, the Dark Mountain Project and others. Her first book *Eyes of the Wild Journeys of Transformation with the Animal Powers* explores the ancient, shamanic understanding of animals as guides to the awakening of the soul in a series of journeys with whales, wolves, bears and wild horses. It was awarded the 2014 Nautilus Gold Book Award for Nature Writing. Eleanor is currently at work on a second book.