



# WE ARE THE GREAT TURNING

## Episode 6: The H-Word

Check out the [toolkit page](#) for an in-depth guide to bringing the wisdom of this episode deeper into your life: learn more about the *Work That Reconnects*, host discussions about the episodes, and start a podcast club.

### Hope resources:

- **BOOK:** [Active Hope - Joanna Macy and Chris Johnstone](#)
- **BOOK:** [Sacred Instructions – Sherri Mitchell](#)
- **BOOK:** [Hope in the Dark- Rebecca Solnit](#)
- **BOOK:** [Not Too Late - Rebecca Solnit and Thelma Young Lutunatabua](#)
- **COURSE:** [ActiveHope.Training](#): A free online course with Chris Johnstone, Joanna’s coauthor on the book *Active Hope*
- **POEM:** “[Go to the limits of your longing](#)” - [Rainer Maria Rilke](#). Hear Joanna read her translation
- **COURSE:** [Zen and the Art of Saving the Planet](#): An amazing course on climate action and Buddhism from the monastics at Plum Village, Thich Nhat Hanh’s monastery



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### Prompts and practices to take this episode deeper into your life:

- **PROMPT:** Consider this quote from Rebecca Solnit: *“Hope is not a lottery ticket you can sit on the sofa and clutch, feeling lucky. It is an axe you break down doors with in an emergency. Hope should shove you out the door, because it will take everything you have to steer the future away from endless war, from the annihilation of the earth's treasures and the grinding down of the poor and marginal... To hope is to give yourself to the future—and that commitment to the future is what makes the present inhabitable.”*

What metaphor for hope comes to mind? Do you relate to hope as a lottery ticket? Or as an axe? Or Emily Dickinson’s “hope is a thing with feathers?” Or a beacon or a shining star? Or something else?

- **PROMPT:** In this episode, Jess and Joanna talk about the relationship between uncertainty and possibility, and how the human mind hates uncertainty. In what ways does uncertainty “mess with you”? When you think about the uncertain future, are you more inclined toward blind optimism? Doomerism? Something in between? What helps you to stay present with uncertainty without making up a story about the unknown?

*Are there resources you'd like to see on this page that aren't here yet? Email us at [GreatTurning@SoundsTrue.com](mailto:GreatTurning@SoundsTrue.com).*