



WE ARE THE GREAT TURNING

Episode 7: We Are a Part of a River of Time

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.

Deep Time Resources:

- **APP:** [The Deep Time Walk App](#): Put in your headphones and take a 4.6km (2.8 mile) walk through the 4.6 billion year history of our planet! An amazing way to get a feel for deep time in real time
- **PODCAST:** [The Long Time Academy](#): A show about deep time and “how to be a better ancestor”

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

- **BONUS:** Listen to the accompanying bonus episode, [“The Seventh Generation” Exercise](#)
- **PRACTICE:** [Seventh Generation](#): A guide for facilitating the exercise yourself
- **PRACTICE:** [Connecting with Your Ancestors](#)
- **PRACTICE:** [Harvesting the Gifts of the Ancestors](#)
- **PROMPTS:** Consider your relationship with time: At what pace do you live? Hurried? Leisurely? Do you feel like you “have enough time”? If not, what would you do if you had more time? When is your attention on the present moment rather than revisiting the past or imagining the future? When does going forward or back in time help you or hinder you as you try to live the kind of life you want?



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Prompts and practices (continued):

- **PROMPT:** In the episode, Jess and Joanna talk about being “plugged into life.” When do you feel the most “plugged in”? What kinds of experiences or conversations help you feel present and connected in that way?

Are there resources you'd like to see on this page that aren't here yet? Email us at GreatTurning@SoundsTrue.com.