

Personal Beliefs, Values and Identities

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As a member of this Earth charter Inquiry I highlight below the way in which I embody and intend to embody some of its principles, close my heart and reflect on the ones that I could do better in. My reflections and actions are embedded in my social and cultural identities as a white 40 year-old heterosexual woman originating from the island of Crete Greece . I am ready to grow and unlearn all the conditioned ways that I might have unconsciously been harming the body of our Mother Earth .

RESPECT AND CARE FOR THE COMMUNITY OF LIFE

I am a strong advocate and believer in the human potential and the inherent dignity of all beings . The trust in their actualising tendency to bring forth in the communities, and consequently, in the world and ripple changes that effect the greater good of all

The diversity on this planet is to be respected as my values are shaped from the strong humanistic lens.

I advocate for nourishing and cultivating the internal diversity, starting first and foremost with ourselves. As a psychotherapist by background, I have had the privilege to witness how people reject and object to their inner diversity and in doing so they are repeating the conditioning that has remained unconscious from the lineage of generations before them due to their unresolved trauma.

The deepest duty and service I can be in this world is through the actions that I am already taking, and all of the non yet actions that I'm here to undertake through the involvement in this Inquiry .

My training in person centred psychotherapy is an extension of my upbringing, what was relied upon the power of the collective and the power of Community and deep strong nourishing and nurturing values .

The ultimate and most important heritage for our world I consider to be a spiritual heritage .

+ A transmission of knowing of the inherent non separateness between ourselves and nature / (God, Tao, Supreme Self, Love). Here my definition of God is an all inclusive creator and not belonging in a particular religious tradition.

This has led to the birth of different community projects that I have initiated and which I'm developing in consultation with my inner guidance and being community led .

One community is called OneHeartParenting on Facebook. It focuses on raising my children with a strong, cultural and environmental and societal awareness about the importance of diversity from the ants in our yards to the children in the schoolyard.

Infusing my parenting through a lens of shamanic traditions , non dualism , and humanism, and invoking In them a deeper sense of awe and making more explicit the spiritual heritage in this planet is of great importance and value to me. This way the Earth Charter on creating peace on Earth feels aligned with my core values, which translate in my liife and parenting.

I am also engaging on becoming/ attaching my community in the Work that reconnects principle and values of Joanna Macy . ripple effect to having a new paradigm shift in how parenting is being conceptualised .

Another action I have taken is a set up of community of non dual psychotherapy peer support network.

In this community the aim is to gather in momentum and contribute towards a new paradigm shift in psychotherapy which is being conceptualised and encourage, inform and nurture more grass roots projects that the members might be willing to take and share .

Activism is strongly linked to the compassionate heart , which goes beyond the personal. This meets the Earth Charter s affirmation that with greatest freedom comes greater responsibility .

Ecological Integrity

There s more actions we as a family we could take here but we have endeavoured to ripple effect with changes in many different ways

Eliminated use of plastic in our households including toys

Recycle our food and avoid food waste as much as possible

Use food and our privilege as learning opportunities to cultivate deeper gratitude .

Use of second hand clothing

Use of recyclable material for our domestic use including biodegradable nappies

My son is part of the Courageous Advocacy Team as part of his school initiative , which aims to bring and raise awareness for a more sustainable future .

we have one car and make minimum use of

we abhor war and have never bought guns as toys in our home

We are advocates of peace and we support as a family unit charities that fund environmental causes .

Social and economic justice

We are holding conversations about the social and economic justice and injustice of our world.

We support causes , charitable organisations such as One woman at a time which supports Kenyan women who are threatened by FGM and forced marriage.

Holding conversations with the Kenyan ladies we support means that my children have a first hand account of the quality of life in more impoverished areas of the world .

We use this as heritage to continuously reflect on our privileges and invoke discussions on how we can create and ripple more justice in the world through our actions .

We treat the animal kingdom and world around us as rich resource through which we cultivate inner wisdom.

There are more actions that could be taken and I'll be visiting the Earth Charter Inquiry for future consideration