



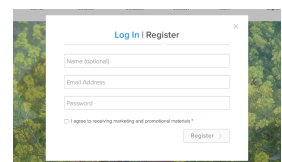
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Heartwood Path Newsletter



ECO-PSYCHOLOGY

Student Protests Inspire Eco-psychology Comments

In this season of massive student protests over the issue of climate change, two articles stand out in Linda Buzzell's online Ecopsychology Facebook Group. In the first, "Greta Thunberg Became A Climate Activist Not In Spite Of Her Autism, But Because Of It," Steve Silberman makes the similarity between Cassandra of Greek Myth and Greta Thunberg Of Sweden—both witnessing the ignoring of their prophecies. After quoting Thunberg ("It's very common that

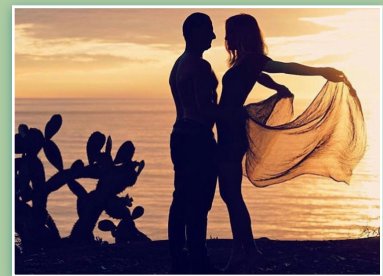


people on the autism spectrum have a special interest. ... I can do the same thing for hours.”), Silberman writes: Thunberg discovered her special interest in climate change when she was just 9 years old, and she couldn’t understand why everyone on the planet wasn’t similarly obsessed with preventing it. After quoting Thunberg again (“I don’t fall for lies as easily as regular people, I can see through things”), he mentions that she “has a particular contempt for the professional propagandists and apologists who prop up the fossil fuel industry and discourage the development of renewable energy resources...” Like many others on the Autism spectrum, Thunberg, says Silberman, often has a “visceral feeling of repulsion toward deceit and hypocrisy.”

Seeing so many young protesters makes me wonder about whether there are any themes in the psychology of young people who have never known a world absent of the threat of global warming. That brings me to the second standout post in Buzzell’s recent Ecopsychology Facebook group, Caroline Hickman’s “I’m A Psychotherapist – Here’s What I’ve Learned From Listening To Children Talk About Climate Change”. Here are Hickman’s main revelations:

1. “Children are more attuned to the climate crisis than adults realize. We must listen to them.”
2. 45 percent of all children suffer lasting depression because of the experience of disasters made worse by climate change.
3. Children are wondering why more isn’t being done to curb climate change.
4. Children have an enduring empathy for the plight of animals.
5. Children are vengeful about older peoples’ lack of action over the global climate situation.
6. The best thing an adult can do for depressed and vengeful youth is to accept responsibility, say you are sorry, and take significant action.

Check Out Samples Of Our Online Memes



To see more, follow our
Heartwood Path posts on
Facebook and Instagram.

Facebook Page:

[Heartwood Path](#)

Instagram Account:

[@heartwoodpath](#)



Photo credit: <https://www.nppemasterclass.com/product/grand-staircase-escalante/>

SUSTAINABILITY

Save the Grand Staircase

Protect the fantastically beautiful Grand Staircase-Escalante National Monument. Go to the following link for details:

<https://secure.defenders.org/site/Advocacy?cmd=display&page=UserAction&id=3401>

Protecting Pollinators Preserves People

Help protect people and pollinators by continuing the prohibitions on pesticides. Here's a good way to get involved:

<https://foe.org/news/100-groups-call-kroger-eliminate-toxic-pesticides-food/>

Secure Your Right To Roam

To provide enough places to conduct Heartwood Path Activities, support the right to roam freely. Support throughout the United States the establishment of “Everyman’s Rights,” similar to the “Jokamiehien Oikeudet” right in Finland. Such a right is extraordinary and will need to be done respectfully. These would be rights extended to you, entering on foot, and not for your motor vehicle. Everyman’s Rights would be extended to anyone practicing mindfulness meditations; communing with nature; walking quietly; camping or tramping away from sensitive areas for wildlife, private residences, and gardens. A part of this Everyman’s Right would be the overnight use of unlocked free cabins (wherein beds are given up willingly to the last to arrive). Anyone entering public lands on foot for such purposes would be given free access. On private property, this right would be extended by the landowner (who could be given inducements such as freedom from liability and tax breaks) rather than demanded by the visitor who would, in return for this extraordinary expansion of freedom, tread lightly and leave no trace. Talk this idea up with opinion leaders, legislators, and those interested in using the outdoors without loving it to death.

EARTHEARTS

Get College Credit Or Continuing Education Units

Don Pierce, Heartwood Path Creator/Guide, is busy working on setting up a Heartwood Path course for college credit.

For When You Really Want To Hold It In Your Hand

Courtney Pierce, CEO, is busy setting up Heartwood Path Course Three: Ecos. Available soon on Kindle and Apple Books.



ANNOUNCEMENTS

Hear All About It: Last Month For Free Kosmos!

This is the last month you can receive access to the free online version of the first course in the Heartwood Path Series. Register at www.heartwoodpath.com to take advantage of our limited time, open enrollment, for Kosmos today. Consider spreading the awareness to friends and family about this limited time offer as well.