

World as Lover, World as Self Syllabus

Program Title: World as Lover, World as Self

Teacher: Joanna Macy

PROGRAM OVERVIEW

About Joanna Macy, PhD

Joanna Macy, PhD (1929-2025) was a scholar of Buddhism, systems theory, and deep ecology. A respected voice in the movements for peace, justice, and ecology, she created trainings worldwide for eco-warriors and activists for global justice. As the root teacher of the Work That Reconnects, she created a ground-breaking theoretical framework for personal and social change, and helped thousands move through despair into empowered action for the Earth. Joanna's teachings wove deep ecology and Buddhist philosophy into a transformative path of collective awakening. Her books include [*World as Lover, World as Self*](#), and [*Coming Back to Life: Practices to Reconnect Our Lives, Our World*](#).

A longtime friend of Spirit Rock, Joanna led many of our Earth Day and ecological events. We honor Joanna's extraordinary legacy and the vast web of people around the world who carry her work forward.

FORMAT

- Online self-paced on-demand course
- 3 hrs of video teachings
- Original Songs and Reflection Prompts
- Readings and Integration Practices

COURSE OUTLINE

Section 1: Beginning with Gratitude

- Welcome and opening song
- Teaching: The Gift of Gratitude
- Reflection: Inquiry on Gratitude (provided in LMS)
- Song: "Eyes of Compassion" by Jennifer Berezan

Section 2: Honoring Our Pain

- Teaching: Being with Our Pain for the World
- Poetry: Selections from Rainer Maria Rilke
- Song: "My Memory Forever" by Jennifer Berezan
- Reflection: Inquiry on Being with Our Pain for the World
- Song: "Turn the World Around" by Jennifer Berezan

Section 3: Finding the Power of Our Solidarity

- Song: "Plant a Tree" by Jennifer Berezan
- Teaching: Seeing with New Eyes
- Reflection: Inquiry on Seeing with New Eyes
- Closing Teaching and Contemplation

WHO THIS PROGRAM IS FOR

- You struggle with climate anxiety or grief
- You want to renew your commitment to environmental action
- You want to learn more about the Buddhist concept of interdependence
- You're looking for connections between Buddhism and social justice
- You want to transform climate grief into source of compassionate engagement