



*The full and joyful acceptance of the worst in oneself  
may be the only sure way of transforming it.*

— Henry Miller  
(quoted in *The Shadow in America*  
by Jeremiah Abrams)

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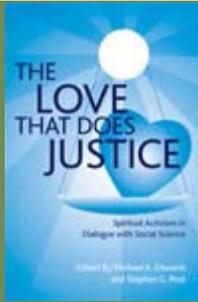
**Greetings!**

**Personal Transformation: Why is it relevant to activism?**

Some of the most influential leaders of our time served as effective models of how to stay composed in the face of social crises, challenges, and difficulties. President-elect Barack Obama is one of our most recent examples. He seemed to be drawing on an inner strength and resilience during the presidential campaign and debates; everyone observed his deep sense of calm.

Staying calm and composed is not a sign of weakness. On the contrary! It is a sign of great strength. Staying focused and calm allows one to be mindful of one's thoughts, words, and actions, and to see how each affects others. Being mindful and present helps us to do our work with integrity, compassion, and respect. If we experience deep presence, we're more inclined toward unity, understanding, and forgiveness rather than opposition, separation, and blame.

These are important principles that may be of value to the activist. Activism is an empowering experience. Effective organizing values, honors, and finds virtue in the capacity of every human being to



We are very excited to welcome Michael Edwards to our Board of Directors! Michael and Stephen Post recently compiled this book, which contains 42 short pieces by leading activists and scholars about the links between personal and social transformation.

Available as a free .pdf download! [Get it here.](#)

determine their own life. Ask any activist and they will tell you that effective activism and organizing is measured by one's ability to stimulate inspiration and hope. Mindfulness practice enlivens inner wisdom and, over time, strengthens our resolve to transform ourselves and the world, making it a better place than we found it.

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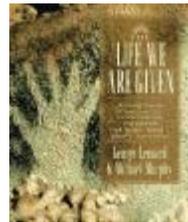
## Recommended Reading

### [From the Stars to the Street: Engaged Wisdom for a Brokenhearted World](#)

James Conlon  
Novalis, 2007

### [The Life We Are Given: A Long-term Program for Realizing the Potential of Body, Mind, Heart, and Soul](#)

George Leonard and Michael Murphy  
G.P. Putnam, 1995



### [The Life We Are Given \(Inner Work Book\)](#)

George Leonard and Michael Murphy  
Tarcher, 2005

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## Recommended Viewing



### [Australia](#)

Directed by Baz Luhrmann  
Twentieth Century Fox, November 2008



### [o Herói \(The Hero\)](#)

Directed by Zézé Gamboa  
California Newsreel, Spring 2005 (now on DVD/VHS)

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## Upcoming Workshops, Trainings, Retreats and Announcements

Upcoming events from other organizations:

**Spirit in Action Leadership Program**  
Pendle Hill, PA  
January 17-21, 2008



For more information, visit <http://www.spiritinaction.net/upcoming-events.html#leadership>  
or call Pamela Freeman at 215-844-7566

**Meditation Practice and Discussion for People of Color**

The People of Color Study & Practice Group meets the third Sunday of every month, from 7:00PM - 9:00PM at the Shambhala Meditation Center of New York. \$10 suggested donation.

[http://ny.shambhala.org/  
info@shambhalanyc.org](http://ny.shambhala.org/info@shambhalanyc.org)

**A Shalom Retreat for Social Change Activists**

January 30 - Feb 1, 2009

Florence, MA

Facilitated by Kristen Chamberlin and Jeff Hilliard

Contact Kristen at 413 695-7478 or [kchamber@valinet.com](mailto:kchamber@valinet.com)

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