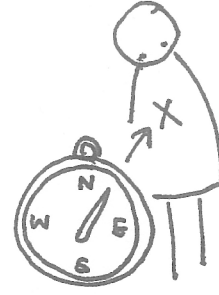


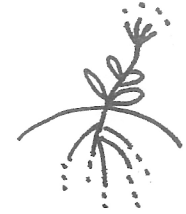
This book is a contribution to the working curriculum of the Pluriversity for stuck humans.

# A compass for humans stuck in grief

By Anna James



plant care and compassion and...



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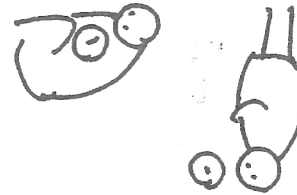
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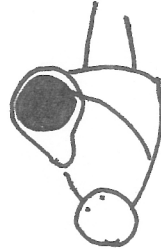


Examine it from all directions...



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Know that joy is sure to fill and follow (Kaihlil Gibran)  
Singing helps us to breathe deeply, calming the body. It is especially good for dealing with trauma and grief

Don't forget to bring your heart along,  
if stuck, return to page 1.



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Locate the place of unbearable pain from which you first felt the need for change.



β

At the T-learning congress, an indigenous elder asked mother earth's forgiveness for what we have done to her. Then he knelt down and wept. There was a moment when I started to weep too. He had managed to pierce through the cloud of thoughts to a feeling; getting down to the root of what was driving us to the work of transgressive environmental education. A moment of rare and raw clarity.

A daily engagement with the emotions and how they affect the body is known to be important in sustaining the work of activists and human beings generally. If we are not engaging our emotions daily, we are stuck in them. Hence, the *Compass for humans stuck in grief*. This tiny book is a mantra about paying attention to the emotions that drive us, lest we lose our way.

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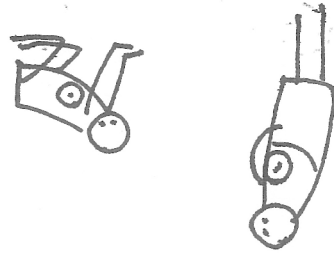
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Draw on anger to burn things up and leave nutrients in the ground (Angela Davis)



Work with sorrow to carve a hollow

