

Expanded Table of Contents

Introduction 5	
A Path of Restoration 7	
Part One: Mapping the Territory	13

Chapter One: The Inner Context of Psychological Experience 15

A Worldview Based on Separateness 16
The Agrarian Shift 16
The Influence of Christian Beliefs in Separation 18
The Scientific Revolution 20
A Life-Denying Worldview 21
The Human/Nature Split 23
The Human/Spirit Split 25
Beyond the Belief in Separateness 28
Living Into the Truth of Interbeing 29

Chapter Two: Outer Context of Society, Culture, and Environment 33

The Lens of Crisis 33
Evidence of Industrial Society's Collapse 34
Fossil Fuel Dependence and Climate Change 35
Damage to the Biosphere 36
War and the Culture of Violence 38
The Lens of Opportunity (The Great Turning) 40

Chapter Three: Growing Up Together 45

Holding the Paradox 47
The Path of Restoration 48
Four Foundations of Active Peace and a Nonviolent World 49

Part Two: The Path of Restoration 55

Chapter Four: Restoring Our Relationship to Self 57

Intention as First Step 58

*Restorative Practice: Set an Intention 60

Self-Awareness and Self-Acceptance 62

Vulnerability 65 Shadow and Projection 66 Restorative Practice: Own Your Shadow 69	
Chapter Five: Restoration's Foundation: Mindfulness	73
Meditation: Cultivating Basic Sanity 74 *Restorative Practice: Sitting Meditation 76	

The Fearful Brain 78

The Benefits of Mindfulness 80

Restorative Practice: Mindful Walking 82

Rediscovering the Wisdom of Our Bodies 83

Restorative Practice: Feel the Felt Sense 85

Basic Goodness 86

The Transpersonal Dimensions of Mindfulness 88

Restorative Practice: Cultivate a Larger Sense of Self 89

Chapter Six: Restoring Our Relationship to Nature 93

Restorative Practice: Write Your Eco-Biography 94

Consequences of the Human/Nature Split 95

Mindfulness and Nature-Based Practice 97

Restorative Practice: Nature as Mirror 99

Participation and Reciprocity 100

Restorative Practice: Reciprocity 103

Evidence for the Healing Benefits of Nature 104

Chapter Seven: Beyond the Human/Nature Split 107

Honoring Otherness 108

Expanding the View of Nature and Wildness 112

Restorative Practice: See Everything as Sacred and Impermanent 115
Creating Better Stories 117

Chapter Eight: Restoring Our Interpersonal Relationships 121

Building on the Foundations 121

The Need for Training and Tools 122

Chapter Nine: Relationship Skills and Tools 127

Restorative Practice: Intention Setting 127

Feelings, Needs, and the Deep Longing 128

Restorative Practice: Connect with Life Energy and the Deep Longing 131

Understanding Triggers 132

Restorative Practice: Know Your Triggers 134

Resourcing Ourselves 135 Noticing Judgments 137 The Drama Triangle 138

Restorative Practice: Use the Drama Triangle 140

Restorative Communication 140 Empathy and Deep Listening 140 Mindful Speech 143

Chapter Ten: Transforming Conflict 145

Restorative Practice: Transforming Strong Emotions 146 Restorative Justice 147 The Five R's of Restorative Justice 148 Holding the High Ground 150 Intimate Relationships 154 Restorative Practice: What's Alive? 158

Chapter Eleven: Restoring Our Relationship to the World 161

Embracing Openness, Compassion, and Love 162 Restorative Practice: Self Care 163 Activism as Restorative Practice 164 Restorative Practice: Gratitude 166 Mourning, Support, and Real Empowerment 167 The Integrative Function of Activism 171 The Shadow Side of Activism 172

Chapter Twelve: Restorative Activism 175

Three Capacities 176 Not Knowing 176 Bearing Witness 177 Compassionate Action 179

Restorative Practice: Bearing Witness 182

Restorative Justice Unleashed 183

Consistent Nonviolence 191

Restorative Practice: Integration 196