



The Relationship Revolution: Weaving Wholeness in the Great Unravelling

Notes

Introduction

1. G. Scott Brown, *Active Peace: A Mindful Path to a Nonviolent World*, 2016 (reprinted 2025). Available through the [Active Peace website](#), [Barnes and Noble](#), and [Amazon](#).

Chapter One

1. See “[Earth Beyond Six of Nine Planetary Boundaries](#),” *ScienceAdvances*, vol. 9, no. 37, Sept. 13, 2023; William Rees, “[The Earth is Telling Us We Must Rethink Our Growth Society](#),” Post Carbon Institute, April 7, 2020; and William R. Catton, Jr., “[Overshoot: The Ecological Basis of Revolutionary Change](#),” 1982.
2. Jeff Tollefson, “[Humans Are Driving One Million Species to Extinction](#),” *Scientific American*, May 6, 2019.
3. Joanna Macy crossed over on July 19, 2025, at the age of 96. She left a lasting legacy that will continue to inspire people around the world. A full biography of Joanna can be found at [joannamacy.net](#), the website dedicated to uplifting and continuing her work.
4. Asher Miller and Richard Heinberg, “[Welcome to the Great Unraveling: Navigating the Polycrisis of Environmental and Social Breakdown](#),” Post Carbon Institute, June 2023.
5. Katie Teague, “[Living in the Metacrisis with Jonathan Rowson](#),” PERSPECTIVA, YouTube, Oct 24, 2023. This 30-minute film offers thoughtful commentary on the metacrisis.
6. Jeremy Kuzmarov, “[U.S. Empire Named Most Murderous Killing Machine in History](#),” *CovertAction Magazine*, May 30, 2023. See also Caroline Elkins, *Legacy of Violence: A History of the British Empire*, 2022.
7. G. Scott Brown, “[Unlearning the American Myth](#),” *Active Peace*, Substack, December 9, 2024.
8. Greg Grandin, *The End of the Myth: From the Frontier to the Border Wall in the Mind of America*, 2019. Grandin is here quoting Loren Baritz, an earlier historian.

9. Eddie S. Glaude, Jr., *Begin Again: James Baldwin's America and its Urgent Lessons For Our Own*, 2020.
10. "Ngũgĩ wa Thiong'o: The Upright Revolution," CCCB, YouTube, Sept. 10, 2019.
11. See "Requiem for the American Dream," Gravitas Documentaries, Feb. 25, 2023. In this video, professor Noam Chomsky offers a clear and encompassing explanation of one of modern capitalism's defining features: the deliberate concentration of power and wealth in the hands of the few at the expense of the many.
12. "Noam Chomsky on Canadian War Criminals and a World after Capitalism," interview by *The Breach*, April 19, 2023.
13. See Vijay Prashad, *The Darker Nations: A People's History of the Third World*, 2007.
14. "The Secret History of Neoliberalism (w/ George Monbiot)," *The Chris Hedges Report*, Substack, October 9, 2024. See also George Monbiot and Peter Hutchison, *Invisible Doctrine: The Secret History of Neoliberalism*, 2024. The back cover of the book reads, "We live under an ideology that preys on every aspect of our lives: our education and our jobs; our healthcare and our leisure; our relationships and our mental well-being; the planet we inhabit—the very air we breathe. It is everywhere. Yet for most people, it has no name. It seems inescapable, like natural law. But trace it back to its roots, and you see this ideology is neither inevitable nor immutable. It was conceived and propagated—and then concealed—by the powerful few. Our task is to bring it into the light—and build a new system that is worth fighting for."
15. Alicia Kennedy, "Vandana Shiva is Still Mad," *FoodPrint*, Nov. 22, 2024.
16. Dawn Stover, "AI Goes Nuclear," *Bulletin of the Atomic Scientists*, Dec. 19, 2024.
17. "Wired, Wired West: What Happens When AI Data Centers Move in," *Colorado Public Radio*, Oct. 14, 2025.
18. Jessica Purkiss and Jack Serle, "Obama's Covert Drone War in Numbers: Ten Times More Strikes than Bush," *The Bureau of Investigative Journalism*, Jan. 17, 2017.
19. "Top 10 New Deadliest AI Weapons," AI Uncovered, YouTube, Nov 19, 2025
20. "ChatGPT in a Robot Shows We're Close to Disaster," Inside AI, Nov. 30, 2025.

21. G. Scott Brown, "Hegemony: The One Word Explanation for Endless War," *Active Peace*, Substack, March 4, 2026.

Chapter Two

1. This Third World view of nonviolence came to be challenged by the examples of the Cuban Revolution (and U.S. attempts to undermine it), successful armed liberation struggles in Colonial Africa in the 1970s, and, most importantly, the viciousness (and ultimate defeat) of the U.S. in southeast Asia (Vietnam, Laos, and Cambodia) in 1975. See Vijay Prashad, *The Darker Nations: A People's History of the Third World*, 2007.
2. Vijay Prashad, *The Darker Nations: A People's History of the Third World*, 2007.
3. "Growing List of Successful Nonviolent Actions Used Instead of Wars," World Beyond War.
4. "Civil Resistance and the 3.5% Rule: An Overview," The Commons Social Change Library.
5. Two organizations offering contemporary, psychologically-informed rites of passage are the School of Lost Borders and the Animas Valley Institute. See also Bill Plotkin, *Nature and the Human Soul: Cultivating Wholeness and Community in a Fragmented World*, 2008.

Chapter Three

1. Cuba's "Special Period" offers a dramatic example of re-localization in action. Beginning in 1991 as an extended period of economic crisis due to the dissolution of the Soviet Union and economic sanctions imposed by the U.S., Cuba parlayed the crisis into a shift away from fossil fuels toward regenerative agriculture, as well as transformations in education, housing, and community building. See the "The Special Period," The Cuba Platform; and "The Power Of Community: How Cuba Survived Peak Oil," Agraria Center for Regenerative Practice, YouTube, 2006.
2. You can watch *The Eternal Song* at theeternalsong.org.
3. See "What Really Happened at Standing Rock | I Was There," VICE, YouTube, Sept. 25, 2020; Fault Lines, "Standing Rock and the Battle Beyond," *Al Jazeera*, YouTube, Dec. 27, 2016. As a former employee of Greenpeace USA, it feels noteworthy that, in a continuation of the Standing Rock story, Energy Transfer Partners, the pipeline's parent company, filed huge lawsuits against Greenpeace International and Greenpeace entities in the U.S., claiming that Greenpeace defamed the company and orchestrated criminal behavior by the protestors

(see Nate Raymond, “North Dakota Judge Finalizes \$345 Million Judgment Against Greenpeace in Pipeline Case,” *Reuters*, Feb. 27, 2026).

4. “‘We Need to Be Heard’: Indigenous Amazon Defender Alessandra Korap Munduruku on COP30 Protest,” *Democracy Now!*, Nov. 18, 2025; and “Indigenous Leaders Converge in Belém, Brazil, Demanding Greater Role at U.N. Climate Talks,” *Democracy Now!*, Nov. 18, 2025.

5. See LandBack, NDN Collective.

6. See “A Winning Narrative on Immigration,” The Opportunity Agenda. In *Harvest of Empire: A History of Latinos in America*, Juan Gonzalez makes an important contribution by describing why Latinos left their countries in the first place, the U.S. role in that mass migration, and the foundational contributions Latinos have made in the history of the United States.

7. “A Palestinian and an Israeli, Face to Face: Aziz Abu Sarah and Maoz Inon, TED Talk,” YouTube, April 17, 2024. See also Ellen Unger Frick, “Another Side of Peace,” a film depicting initiatives aimed at bridging the divides in Israel and Palestine. The Parents Circle Family Forum is another group dedicated to dialogue and reconciliation.

8. Leonard Pitts, “Remember What They Told You to Forget: The Campaign to Erase Black History,” *Black Past*, May 18, 2025.

9. G. Scott Brown, “An (Incomplete) Outline of U.S. Interventions in Latin America,” *Active Peace*, Substack, January 8, 2026.

10. G. Scott Brown, “Decolonizing the Mind,” *Active Peace*, Substack, January 6, 2026.

11. G. Scott Brown, “The Shadow King Enthroned,” *Active Peace*, Substack, January 30, 2025. See also Jason Stanley, *How Fascism Works: The Politics of Us and Them*, 2018.

12. See Rebecca Grant, *Access: Inside the Abortion Underground and the Sixty-year Battle for Reproductive Freedom*, 2025.

13. “How to Love Your Enemy: A Restorative Justice Story,” Free the People, YouTube, June 11, 2020. This interview with Mike Butler, the former Chief of Public Safety in Longmont, Colorado offers a beautiful take on the spirit and practice of restorative justice. “Restoring Hope,” Māori Television, 2013, is an engaging film which shows restorative justice in action in New Zealand. The best single resource that I know of for information on restorative justice is The Zehr Institute.

14. For understanding the necessity of a complete transformation of the criminal justice system and its underpinning assumptions, see Michelle Alexander, *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*, 2010. Michelle Alexander gave a powerful lecture that offers a good starting point: “The New Jim Crow - Author Michelle Alexander, George E. Kent Lecture 2013,” The University of Chicago, YouTube, Feb. 21, 2013.
15. See the Active Peace website for an overview of restorative justice-inspired Active Peace Circles.
16. Jasmine Banks, “The Crucial Role of Global South Leadership in Climate Advocacy,” *Nonprofit Quarterly*, May 31, 2024.
17. “At Least 146 Land and Environmental Defenders Killed or Disappeared Globally in 2024,” Global Witness press release, September 17, 2025.
18. “2024 is Deadliest Year for Journalists in CPJ History; Almost 70% Killed by Israel,” Committee to Protect Journalists report, Feb. 12, 2025.
19. “2025 Round-Up of Journalists Killed, Detained, Missing, and Held Hostage Worldwide,” Reporters Without Borders.
20. G. Scott Brown, “Decolonizing the Mind,” *Active Peace*, Substack, January 6, 2026.
21. See Mutual Aid Disaster Relief and their manual for creating a resilience hub.
22. G. Scott Brown, “The Shadow King Enthroned,” *Active Peace*, Substack, January 30, 2025. See also Jason Stanley, *How Fascism Works: The Politics of Us and Them*, 2018.
23. “Why the U.S. Government Murdered Fred Hampton,” Vox, YouTube, June 2, 2021.
24. “The Shrinking Space for Public Protest: Examining the United Kingdom’s Proscription of Palestine Action,” *Georgetown Journal of International Affairs*, Dec. 10, 2025.
25. “Resistance101: Forging a New Movement for Palestine in Italy,” The Chris Hedges YouTube Channel, February 21, 2026. This short documentary from the frontlines of international activism provides a felt sense of the power and poignancy of the movement opposing the genocide in Gaza. See also Messaging Our Freedoms, a guide produced by We Make The Future Action, which provides historical and current contexts and a wealth of tips on organizing across race, class, and gender divisions.

26. Ann Wright, “How Minnesota ‘Nice’ Turned Against ICE,” *Consortium News*, Feb. 20, 2026.

Chapter Five

1. My understanding of trauma has been greatly informed by the work of Thomas Hübl and Dr. Gabor Maté.
2. Santiago Delboy, “Trauma is an Experience, Not an Event,” *Psychology Today*, March 31, 2025.
3. Catherine Monk, “Maternal Mental Health: Understanding the Impact on Fetal Development,” NewYork-Presbyterian.
4. Dr. Gabor Maté writes very movingly about this and other forms of trauma in *The Myth of Normal: Trauma, Illness and Healing in a Toxic Culture*, 2022.
5. See Legacy of Violence: A History of the British Empire by Caroline Elkins, *The Guardian* (book review), March 13, 2022. By linking Old World trauma and violence with American trauma, violence, and racism, Resmaa Menakem’s book *My Grandmother’s Hands* contributed a lot to my understanding of the origins of American trauma and racism.
6. Katherine Irving, “Mice Pass Epigenetic Tweaks to Pups,” *The Scientist*, Feb. 17, 2023.
7. See Gabor Maté, *The Myth of Normal: Trauma, Illness and Healing in a Toxic Culture*, 2022.
8. Juan Gonzalez, *Harvest of Empire: A History of Latinos in America*, 2022.
9. Ibid.
10. This includes both World Wars. See Howard Zinn, *A People’s History of the United States*, 1980.
11. See Gabor Maté, *The Myth of Normal: Trauma, Illness and Healing in a Toxic Culture*, 2022.

Chapter Six

1. Janice Webb, “Why Emotional Attunement is so Important, and so Healing,” *Psychology Today*, Feb. 8, 2023. See also Amy Banks and Leigh Ann Hirschman, *Wired to Connect: The Surprising Link Between Brain Science and Strong, Healthy Relationships*, 2016.
2. Restorative justice has its own Five Rs: relationship, respect, responsibility, repair, and reintegration. I will be forever grateful to my restorative justice mentors, including Beverly Title for teaching me these life changing principles. Beverly’s book, *Teaching Peace: A Restorative Justice Framework for Strengthening Relationships*, brings the Five Rs of restorative justice to life.
3. Center for Nonviolent Communication, “Needs Inventory.” For information about Active Peace Circles, see the Active Peace website.
4. Specific resourcing practices are included in *Active Peace: A Mindful Path to a Nonviolent World*, as well as *The Relationship Roadmap* e-book.

Chapter Seven

1. Somewhere I Read, “The Freedom Riders,” *PBS*, YouTube, Sept. 22, 2019.
2. See Beverly B. Title, *Teaching Peace: A Restorative Justice Framework for Strengthening Relationships*, 2011.
3. A Robert Gonzales bio can be found on the Center for Nonviolent Communication website, CNVC.org.
4. See Robert Gonzales, *Reflections on Living Compassion: Awakening our Passion and Living in Compassion*, 2015. This heart-warming little book encapsulates a lot of Robert’s teaching.
5. Center for Nonviolent Communication, “Needs Inventory.”
6. The Transforming Pain practice is available in audio from Active Peace.
7. Attachment theory provides a powerful complement to co-regulation by helping us understand the importance of how our earliest needs and longings were, or were not, met by caregivers. Early experiences of unconditional love and consistent physical nurturing resulting in a secure sense of safety and belonging lead to the development of a nervous system that is calm, and a person that feels worthy of love and care. Those without such formative experiences will be wired differently, have limiting core beliefs, and very likely not

feel fully worthy of love and care. For an excellent resource that blends both co-regulation and attachment theory, see Marion Solomon and Stan Tatkin, *Love and War in Intimate Relationships*, 2011.

Chapter Eight

1. Brian Swimme, *The Universe is a Green Dragon: A Cosmic Creation Story*, 1984.
2. Thich Nhat Hanh, *No Death, No Fear: Comforting Wisdom for Life*, 2002.
3. This definition is pulled primarily from my notes from a course taught by the spiritual teacher Adyashanti.
4. Mohandas K. Gandhi, *Non-Violent Resistance*, 1951.
5. Chris Moore-Backman, *The Gandhian Iceberg: A Nonviolence Manifesto for the Age of the Great Turning*, 2016.
6. The Martin Luther King Jr. Center For Nonviolent Social Change.
7. Ibid.
8. Anna Werner, “King Protégé Moves Leader's Vision of Nonviolence Forward,” *CBS News*, Jan. 19, 2015.
9. The Martin Luther King Jr. Center For Nonviolent Social Change.
10. John Dear, *The Beatitudes of Peace: Meditations on the Beatitudes, Peacemaking, and the Spiritual Life*, 2016.
11. Stephen Bross initiated an inspiring project called The Power of Us.
12. Powerful movies have been made about the lives and the sacrifice of both of these men. I highly recommend both Romero and A Hidden Life.
13. John Welwood, “On Spiritual Bypassing and Relationship,” *Science and Nonduality*, Feb. 10, 2024.