## The Joyality Program

## Proposal for Inspiring Earth Ethics Conference

Dr Eshana Bragg, Ecopsychologist, *Sustainable Futures Australia*, co-creator of The Joyality Program

Shamila Millard, Health & Wellbeing Professional, accredited facilitator of The Joyality Program

Jenni Cargill Strong, Environmental Storyteller, *Stories on Foot*, accredited facilitator of The Joyality Program

**THE JOYALITY PROGRAM: EMPOWERING PERSONAL AND PLANETARY TRANSFORMATION**

*Conference Topic/s Relevant to this Proposal:*

**In order of relevance**

1. **Environmental Psychology**
2. **Eco-spirituality**
3. **Arts and Creative imagining (hope and resilience)**
4. **Earth-Centred Ethics and Philosophy**

*Type of Participation Proposed:* **Discussion Group/Facilitated practise [50min]**

The Joyality Program is an ecopsychological resilience training toolkit for empowerment, connection and conscious action. This workshop will provide an introduction and a “taste” of the program’s concepts and practises, and will include sharing circles, self-reflection, partner exercises, and a guided nature meditation.

At the foundation of inspiring Earth Ethics and the role of the human spirit in regenerative movements across the planet, is our belief systems and how we are *with* the world on a day to day basis, from the position of our internal selves. The way the world is today is “mano maya”; mind-made, meaning that the cities, environmental degradation, social segregation and capitalist structures have all been created by the human mind, from a place of separation from the natural planet. If these circumstances and our relationship with them in the present moment are made by the human mind, they can be unmade by the mind also. This is where “ecopsychology” provides useful tools!

Reclaiming this connection between soil, society and soul - the planet, each other and ourselves - is a fundamental human right and necessity in re-membering, regaining and realigning ourselves and our human societies with the natural systems of the planet.

The Joyality Program introduces a series of foundational practises that can guide participants into a deeper relationship with soil, society and soul, so they may realign themselves for empowerment, connection and conscious action. From this solid foundation, individuals will be better equipped to launch powerful, innovative and long-term collective strategies for creating positive social and economic change, to create integrated communities based on Earth Ethics, that fit with the productive capacity of healthy environments.

As changemakers, we can become used to “pushing” and “fighting” for things to happen. What if there was another way, where we do not give up the “fight” but become more sustained, nurturing and joyous in the unfolding co-creation of a strong Earth Ethics?

*“If you want to go fast go alone, if you want to go far go together.”* African proverb

**BIOGRAPHY**

**Dr Eshana Bragg** is an ecopsychologist, director at *Sustainable Futures Australia*, workshop facilitator, university lecturer in social change for the *School for International Training’s Sustainability and Environmental Action* program, grandmother, forest regenerator and lover of life. She has 25 years experience in social research focusing on the way we experience and understand our relationship with nature, and how that affects our behaviour and well-being. In 2015, Eshana co-founded *The Joyality Program* with social and environmental activist **Rachel Taylor** from the USA, as a non-profit enterprise to support people in these challenging times of intersecting ecological, social and economic crises. [www.joyality.org](http://www.joyality.org)

**Jenni Cargill-Strong** is an award-winning Australian storyteller and singer, whose passions and expertise are focused on using story to help reconnect humans to place, to the ancient wisdom of earth-loving ancestors and the awareness that we humans *are* nature. Jenni tells at environmental rallies and creates tailor-made stories for community events.

**Shamila Millard** completed an honours degree in anthropology researching the varied relationships humans have with their environment, identity and behaviour.  She has since worked for the health and well-being of Earth and its inhabitants through roles in environmental organisations and outdoor education, and by facilitating deep ecology, yoga, flower essence therapy and even Bollywood dance.

Jenni and Shamila are both accredited facilitators of *The Joyality Program*.