



Yasodhara Ashram  
YOGA RETREAT & STUDY CENTRE

## Sacred Earth, Sacred Trust An Interfaith Study of Pope Francis' Encyclical *Laudato Si'*

### Chapter 3 – The Human Roots of the Ecological Crisis

Wednesday October 14<sup>th</sup>, Old Church Hall

Here are some suggestions on how to explore Chapter 3 –

1. Find a place of beauty in your world, choose a question, and sit quietly for a few minutes:

*“An authentic humanity, calling for a new synthesis, seems to dwell in the midst of our technological culture, almost unnoticed, like a mist seeping gently beneath a closed door. Will the promise last... ” (#112)*

What is your “*better tomorrow*”? What is your “*bold cultural revolution*”? How do you bring forward your goals and values?

2. Stand up and unplug for 10 minutes and engage your senses with nature in some way – go for a walk, work with plants, listen to birds, feel the wind.

The Pope speaks (#106 -114) strongly about the role that technology has played in creating our current disconnected and unequal world. How has technology impacted your life? How does it support or impede your life? What is your relationship to technology?

3. Take a prayer and repeat it a few times, sit quietly for a few moments and think about your day.

*“Never has humanity had such power of itself... the fact that “contemporary man has not been trained” to use power well, because our immense technological development has not been accompanied by development in human responsibility, values and conscience.... In this sense, we stand naked and exposed in the face of our ever-increasing power lacking the wherewithal to control it.” (#104-105)*

What did power mean to you today? As you made decisions, how did you consider the consequences to the world around you – your loved ones, strangers, the environment, etc?



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4. Take the following quote and questions into your work this week

*“Work is a necessity, part of the meaning of life on this earth, a path to growth, human development and personal fulfillment” (#128)*

What is work? How do you consider your work in relationship to what the Pope is saying?  
How do you use your work as a path to growth, human development and personal fulfillment?

5. Sit quietly and focus on your breath.

The Pope is calling on us to broaden our perspective and engage in a more comprehensive dialogue of issues related to the application of technology. (#135)

How can so many different ethical frameworks co-exist? How do we find commonality amongst diversity? What’s the relationship between our ethical values and tolerance?