

# QUESTIONS FOR OUR WEEK 4 DISCUSSION.

## WIZENING UP / LIVING MATTERS

1. From the Gaian and quantum perspective, each of our own lives is totally inseparable from the life of the whole planet. You are an essential element in this moment of evolution, a “part”-icipant in the enlivening of the planet. What does knowing this evoke in you?
2. Evidence of being older or old is shunned and decried in our western culture--as is exemplified in the plethora of anti-aging messaging and the shame that many, especially women, feel about being old or older. Given we are each an essential element of evolutionary change in this moment, how are you and how might you “make with” this social trend in order to create the conditions for further living? And how is this social trend “making with” you?
3. What questions about “wizening” as a biological process are arising for you as a result of learning about Gaia Theory, living systems, and our specialized mature brains?
4. “Making with” and co-creating are planetary and biological imperatives which undergird the continuing of life. What are you co-creating and with whom are you “making with”?
5. How do you “make with” your own wizening processes? In what way, are you being asked to change? How do these changes create the conditions for further living? What does your wizening process allow for?
6. How might we as a community move toward “part”-icipating in way that creates more life rather than destroys it?