

## **AUREL 271 AIDS 286/386 Connecting Ecological Health and Spiritual Health**

The topic is "Connecting ecological health to spiritual health". The 3 week course will be (weather permitting) predominantly "off campus" (on a beautiful farm very close to Camrose) and will be a "roads scholars class" with at least three day-long road trips.

Here are more details on our three major themes running through the course :

### **I. Understanding the ecology of our rural area.**

We will do a rapid diagnostic of how environmentally sustainable rural areas and small communities around Camrose are ( looking at how economy, politics, social structure and culture impact how we deal with the land). You will learn to use "photo voice" as well as a 'tree of life' diagnostic tool. You would be doing this in small groups and then share with the whole class.

To see positive ways of living within the ecology of the land, air and water, we will have a day-long road trip to the wholistic farm of Don and Marie Ruzicka. (Sunrise Farms)

### **II. Journey Inward**

We examine our personal journey, our spiritualities. We look at contemplation as a way to insight. We examine the role that a practical, land-based, community-oriented spirituality can play in helping people live more sustainably ( emotionally, spiritually, and physically) in this world.

For this theme we will have a day-long trip to Mascwacis and hope to understand Native spiritualities and their connection to the land better as well.

### **III. Journey Outward**

Toward practical ways of finding a life and livelihood that is ecologically and spiritually sensitive...

We plan to have a day-long field trip to Takota Coen's amazing grassroots family farm (organic mixed farming).

We also hope to either have workshops on microgreens or participate in a solar installation, so we can see what we can do practically to live more lightly on this earth and improve environmental sustainability.

When we are not on the road, we will meet at a beautiful farm just North of Safeway and a bit West.

We have applied to have this three weeks immersion course count toward "environmental sustainability" and "experiential learning" on the core -- and maybe even for "integrating knowledge".

If you have more questions, feel free to ask Dr. Mundel at [hmundel@ualberta.ca](mailto:hmundel@ualberta.ca) "