

‘Coaching in and with Nature’ newsletter

The Nature of Impermanence

In this year of endings and beginnings, of hope and grief, to feel the pain of impermanence and loss can be a profoundly beautiful reminder of what it means to exist. We suffer the feeling of sadness and loss when we realise life is transient. Things change and fall apart, transform and nothing endures, however, knowing the impermanent nature of phenomena helps us gain a more profound grasp of life.

There is a law of impermanence in nature where life willingly lets things go - birth and death, cycles and seasons, endings and beginnings. Transformations into the new, ecological resilience and climate change shows that impermanence isn't a problem to be overcome with diligent effort on the path. Impermanence *is* the path.

Wabi-Sabi is the Japanese art of finding beauty in imperfection and profundity in Nature, of accepting the natural cycle of growth, decay and death. It's simple, slow and uncluttered – and it reveres authenticity above all. It celebrates cracks and crevices and all the other marks that time, weather and loving use leave behind and reminds us that we are all but transient beings on this planet.

Walks that have taken place

- **Knepp Estate in West Sussex, UK** - Anna Brown and Lydia Stevens held another seasonal walk on 3 July at the where connection, nesting storks and beaver dams were real highlights.
- **Water of Leith, Scotland** - Hazel Farrer and Alison Maitland spent some time together walking the 13 miles of the main river that runs through the whole of Edinburgh.
- **Sumida river in Tokyo, Japan** - There was a CCA Deep Time Walk along the, to feel the 'boiling summer' and reflect on climate action
- **Pretoria, South Africa** - Some CCA Africa members enjoyed a nature hike in the beautiful Faerie Glen Nature Reserve, led by Dr Pheladi Mohlala. This formed part of the chapter's June World Environment Month programme. (see the photo below).





Feedback on Events

Africa Chapter embraces nature throughout June

The CCA Africa Chapter launched its inaugural World Environment Month programme in early June, in collaboration with the Nature Pod. It was aimed at informing and activating the coaching community to collaborate on and engage meaningfully with environmental issues.



Interactive online sessions ranged from nature-inspired IDG journalling with Denise Pang; coaching in and with nature with Annabe Tredoux and Kerstin Pramberger; and courageous coaching with Helen Roberts and Denise Pang; to coaching lessons from the bees with Lindelwa Jabavu. Other guest speakers included author Denise DeLuca and Chris van Melle Kamp who reported live from the UN Ocean Conference in Nice.

CCA Africa looks forward to hosting more collaborative programmes in the future!

Our July Event: Nature's Guide for Coaches

This deeply enriching session inspired by Joy Khoo's book "Nature's Guide for Leaders" drew a diverse audience of enthusiasts, practitioners and coaches united by their experiences of walking and working with the wisdom of nature. In describing Joy's nature-based coaching with clients, she reminded us of this beautiful quote:

"When the Soul wants to experience something she throws out an image in front of her and then steps into it." — Meister Eckhart

If you are interested in sharing a story or reflection of your nature-based coaching practice for Joy's upcoming book "Nature's Guide for Coaches", please send an email to naturecoaching@climatecoachingalliance.org.

Submission deadline is 1 December, 2025.

Daily Vigil for Joanna Macy, the beloved root teacher of the Work that Reconnects (WTR)

"The world is our body. We are born of the Earth, and we belong to it."

[Joanna Macy]

When Joanna Macy went into home hospice, CCA Nature co-lead Denise Pang and fellow WTR facilitator Thao Kin hosted a daily vigil at 12.30pm UTC+7 for those in Asia Pacific to be in community with Joanna and her loved ones during her transition.

"For 21 days, from 7 July till a week after Joanna's passing, we came together from all over the world, to celebrate and honor Joanna's work, life and love for our world. Guided by the tender words and images shared by Joanna's family throughout her final days, we read poems and lit candles; we spoke of how she touched our lives and held our open hearts as we grieved together. Even in her passing, Joanna's dream and work continues through each of us, in ever widening circles." - Denise Pang

"Widening Circles"

from *Rilke's Book of Hours: Love Poems to God*.
Translation by Joanna Macy and Anita Barrows

I live my life in widening circles
that reach out across the world.
I may not complete this last one
but I give myself to it.

I circle around God, around the primordial tower.
I've been circling for thousands of years
and I still don't know: am I a falcon,
a storm, or a great song?



Joanna Macy (May 2, 1929 – July 19, 2025)

Joanna Macy – In Memoriam - Work That Reconnects Network

Our September/October Gatherings

- 1st September - 'We Are The Great Turning' podcast club (with Emma Pearson)
- 4th September - *Soulcraft: Spiritual connection with nature* (with Simon Divecha and Hazel Farrer)
- 9th September - *In times of overshoot, what is our role & responsibility as coaches?* (with Alice Kalro, Elodie Guérin and Julia Tew)
- 10th September - *Soulcraft: spiritual connection with nature* (with Hazel & Simon)
- 29 Sept - *Knepp Seasonal Walk in West Sussex, UK* (with Anna Brown and Lydia Stevens)
- 2 Oct - *Relating: Caring for Others and the World* with CCA-IDG Community of Practice (with
- October [date tbc] Indonesia Pod 'Deep Time Walk'

Keep an eye out on the [CCA Coming Events Page](#) for more details on all these events.

Books we are Reading



1. Joanna Macy & Molly Brown: *"Coming Back to Life: Practices to Reconnect Our Lives, Our World"* shows us how honoring our grief, anger and fear for our world through the practices of the Work that Reconnects, can free us from paralysis and move us into creative action.
2. Robin Wall Kimmerer: *"Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants"* is the book currently being explored by the Africa chapter. Beginning with a retelling of the Haudenosaunee creation story, where Skywoman falls to earth and is helped by animals to create a new land, the book highlights the stark differences between modern-day exploitation of people and planet and the Indigenous approach in which humans are "the younger brothers of creation" needing to practise reciprocity in response to the earth's awesome abundance and generosity.
3. Richard Powers: *"The Overstory"* weaves together the unique life trajectories of nine individuals who become connected through experiencing the destruction of trees. The narrative explores their responses to these tragic endings, celebrates the interconnectedness of all living things, and hints at how humanity might begin to restore its relationship with the natural world. The book won the 2019 Pulitzer Prize for Fiction.

Endings and beginnings: The sycamore gap tree

The Sycamore Gap tree, located in a dramatic dip on Hadrian's Wall in Northumberland, UK, was special for its iconic and picturesque setting, its appearance in films and its role as a place of pilgrimage and remembrance. It was a popular landmark for both locals and tourists, and the overnight felling of the tree in September 2023 was a cause for public shock, outcry and mourning, highlighting the tree's cultural and emotional importance.

Despite its relatively young age for a tree, it was seen as a symbol of nature's endurance and its ability to thrive in a historical and rugged landscape. It was a place where people would scatter ashes, propose marriage, and find solace, connecting it to personal stories and memories. Holding deep emotional significance and moments of reflection for many, it inspired artists, photographers, and creatives.



Since then, (apart from a landmark court case prosecuting those responsible), 49 seeds and cuttings have been collected from the felled tree as 'trees of hope' to be distributed to many communities around the Country. Encouraging signs of new life are now peeking through at the Sycamore Gap site, giving a message of resilience and new hope that the tree lives on in another form.

Our CCA 'Coaching in and with Nature' pod invites you to sow seeds of hope and possibility together in these turbulent times. We Wish you a season of solace, hope, compassion and regenerative healing in Nature.