

THE EDGE OF EVERYDAY

with
SANDRA BARGMAN



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The Edge of Everyday | Episode 5 Show Notes

11/15/2024 | The Ragged Edges of Hope: Climate Peril + Presence Activism With Lynne Sedgmore

Climate Change, Climate Peril is demanding our attention and dramatically reconfiguring our relationship with Nature.

So...how do we navigate the edges between crippling climate anxiety and informed activism? What is the edge between hope and denial? My guest today can help us to explore those questions.

Dr. Lynne Sedgmore is a certified coach, founder of the Goddess Luminary Wheel teachings, Poet, Interfaith Minister, Priestess, healer, non executive, thought leader and Enneagram teacher.

Lynne is Chair of the Glastonbury Town Deal, leading an investment of nearly £25 million for the town. She is a certified coach and organizational/community consultant working freelance with CEOs, Chairs, senior leaders and teams from the education, faith, charity, health, community, sport and private sectors. Her organizations have won numerous national and international awards including the International Spirit at Work Award, and the British Diversity Award. She was awarded the CBE in 2004 for services to Further Education.

Her new book is Presence Activism: A Profound Antidote to Climate Anxiety.

Listen in on this fascinating conversation, in which we take our conversation about reweaving our relationship with Nature into the depths of Climate Peril.

What is Presence? And to ask Dr Lynne, what are the many types of Presence with which we can engage to maintain our Hope in the face of anxiety and despair and possible extinction and continue to move us into action and creative solutions to inevitable collapse?

“We are in climate peril, and time is not on our side. Presence Activism, by Lynne Sedgmore, is the book we all need right now - in this Present moment, Lynne Sedgmore herself walks the delicate balance of powerful mystic and magic maker, with her rich and depth-filled Presence Wisdom, that edges up with her fierce, informed activist warrior - dramatically mirroring both the poignantly regenerative and the ragingly ferocious edges of Mother Earth right now. Rich with resources to motivate and mobilize the reader, Sedgmore gives us a map (a high-octane GPS!) to deepen and expand our presence to move beyond our overwhelming anxiety and crippling fear - into activating our courage, putting the climate and ecological crisis on everyone’s lips, and to taking action.

Both a clarion call and a prayerful practice, Presence Activism supports all of us in our greater understanding of our interconnectedness with All beings, and how to move that Kincentric mindset out into doing the work of Rebalancing Life on Mother Earth.”

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