

PLANTING SEEDS OF **RESILIENCE**

Impactful People & Resources

Joanna Macy

Her wide-ranging work addresses psychological and spiritual issues of the nuclear age, the cultivation of ecological awareness, and the fruitful resonance between Buddhist thought and postmodern science.

www.joannamacy.net

Joy Evans, MSW

Joy combines trauma healing practices with sound and forest therapy to lead people out of the perpetual stress response to reconnect with the details of the senses and return to clarity, centered self, and calm.

www.joyevansmsw.com

[Sound Healing Rooted In Nature](#) (YouTube)

The One Center

The One Center is located just outside Olympia, Washington, and they are reimagining mental health care through holistic, evidence-based counseling, seminars, retreats, and nature-centered events. Their goal is to inspire healing by nurturing a community of care that helps you connect with yourself, others, our Earth, and the Universal Life Force.

www.ournewexperience.org

Dayaalu Center

Located on Bainbridge Island, the Dayaalu Center you'll find allopathic and alternative healers at the heart of the Dayaalu Center working together to create integrative and collaborative care. Whether moving through a serious medical condition, a soul concern, or the desire to deepen the way you live, our medical professionals, therapists, bodyworkers, and intuitive healers are here for you with a common purpose — to illuminate and animate our healthiest lives together.

www.dayaalucenter.com