

The Heart of Higher Education 2022: THE BEAUTY THAT SUSTAINS US

Attribution List for Resources:

Authors of books, poems and music used or referenced during the conference

Full Moon Blessings, Andrea Balt

One of our Courage & Renewal facilitator friends shared this piece with us. If you check out her Facebook page and Instagram, you will see that she describes herself as Writer, Creative Troublemaker, Artistpreneur, Renaissance Woman. Creator of Rebelle Society.

<https://andreabalt.ipages.co/andreabalt/>

Ishmael Beah, quote on Day One

Ishmael, Beah, born in Sierra Leone, West Africa, is the New York Times bestselling author of *A Long Way Gone*, *Memoirs of a Boy Soldier* and *Radiance of Tomorrow*, a novel. He is UNICEF's first Advocate for Children Affected by War. For more see: [Home - Ishmael Beah](#)

Theo Dorgan's poem, *The Angel of Days*

Theo Dorgan is an Irish poet, and also a non-fiction prose writer, novelist, editor, documentary screenwriter, essayist, librettist and translator. You can find more about his extensive work here: <https://www.theodorgan.com/>

J. Ruth Gendler, *The Book of Qualities*

Fear and Courage are only a couple of the many qualities that Gendler brings to life in *The Book of Qualities*, in which seventy-six human attributes come alive in brief poetic portraits. Artist, writer, and teacher, Gendler is committed to the transformational potential of the arts. Her experience with the rhythms of creativity is evidenced by a diverse background in art, writing, publishing, teaching, and lecturing. Her first published piece (when she was 8) described how she wanted to go to the Louvre and see the paintings. This was followed the next year by three poems about color. She has been interested in the intersection of art and writing, language and vision ever since then. Find out more about Gendler here:

<http://www.ruthgendler.com/>

Valerie Kaur, TED talk

Valerie Kaur is a force of nature – and of revolutionary love. Civil rights leader, lawyer, award-winning filmmaker, educator, best-selling author, renowned speaker, Sikh American, mother and woman warrior are names for her roles – but even those don't capture the energy and spirit of her words. Her vision is to seed "pockets" of revolutionary love across the country and around the world. A critical mass of people building beloved community – anti-racist, equitable and sustainable. She believes this is how we birth the world to come.

Please find more information about her writing and education resources here: [Valarie Kaur - Valarie Kaur](#) And as we've recommended you can find her TED talk here: <https://valariekaur.com/ted-valarie-kaur/>

The Four Courages by Nancee Killoran

We got this wonderful piece through Marcy Jackson, who co-founded the Center for Courage & Renewal, and who learned of Nancee's work through Parker Palmer, who once visited a local art show in his community. Book Artist, Papermaker, Graphic Designer, Writer, Editor, Educator, you can find her on LinkedIn.

<https://www.linkedin.com/in/nancee-wipperfurth-killoran-aa4034100>

Robin Wall Kimmerer, Braiding Sweetgrass

As a mother, scientist, decorated professor, and enrolled member of the Citizen Potawatomi Nation, Kimmerer is inspiring. She is the author of *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants* and *Gathering Moss: A Natural and Cultural History of Mosses*. She lives in Syracuse, New York, where she is a SUNY Distinguished Teaching Professor of Environmental Biology, and the founder and director of the Center for Native Peoples and the Environment. Learn more here: <https://www.robinwallkimmerer.com>

The Prayer Tree by Michael Leunig

The Courage & Renewal community is blessed with many fine Australian facilitators, and they introduced the work of Michael Leunig at a gathering several years ago. We're so glad! Leunig is an Australian cartoonist, writer, painter, philosopher and poet. His commentary on political, cultural and emotional life spans more than fifty years and has often explored the idea of an innocent and sacred personal world. The fragile ecosystem of human nature and its relationship to the wider natural world is a related and recurrent theme. Enjoy the whimsy and unique character of his website, where you'll also find a comprehensive list of his works:

<https://www.leunig.com.au/>

There's a Hole in My Sidewalk: The Romance of Self-Discovery by Portia Nelson

From what we can discover about Portia Nelson, she has a rich and multi-layered story – from acting as Sister Berthe in the 1968 film, *The Sound of Music*, to a cabaret career, serving as a frequent participant in a series of recorded re-creations of classic musicals. She also experienced health struggles. Portia Nelson survived breast cancer in the 1970s, a time when being diagnosed with cancer didn't offer as many alternatives as today. She also survived throat and tongue cancer in the early 1990s only to succumb to it later in 2001.

Mark Nepo, Inside the Miracle: Enduring Suffering, Approaching Wholeness (Sounds True, 2016)

Nepo has moved and inspired readers and seekers all over the world with his New York Times bestseller *The Book of Awakening*. Beloved as a poet, teacher, and storyteller, Mark has been called "one of the finest spiritual guides of our time," "a consummate storyteller," and

"an eloquent spiritual teacher." A bestselling author, he has published twenty-two books and recorded fifteen audio projects. In 2017 Mark became a regular columnist for Spirituality & Health Magazine. You can learn more here: <https://marknepo.com/index.php>

***Sharing Silence: Meditation Practice and Mindful Living* by Gunilla Norris**

A prolific writer, Norris tells us at her website, "My parents were world travelers in the Swedish diplomatic corps and so I grew up essentially in three places — Argentina, Sweden and the United States. As a child I was given a rich exposure to different languages and cultures. I received my B.A. from Sarah Lawrence College and my M.S. from Bridgeport University in the field of human development. I am a mother and a grandmother. I have been a psychotherapist in private practice for more than forty years and have felt privileged to accompany many people on their journeys to growth and healing. My special love has been teaching meditation and leading contemplative workshops of many kinds." Please check out her books and other writings at her website: <https://gunillanorris.com/>

John O'Donohue, *The Inner Landscape of Beauty*, Interview with Krista Tippett

John O'Donohue was born in County Claire, Ireland and during his far too brief life gave the world words and beauty with which to navigate the challenges of human vulnerability and the joys of human life. His poetry, audio recordings and prose writings are available as an ongoing gift. You can learn more about him and his work here: [John O'Donohue Home Page \(johnodonohue.com\)](http://johnodonohue.com)

AS preparation for our week together we recommended listening to his conversation with Krista Tippett here, where there is also a transcription: [John O'Donohue — The Inner Landscape of Beauty | The On Being Project](#)

***The Broken Open Heart* by Parker J. Palmer** (please see the full page of resources by Parker Palmer under this resource tab)

Mentioned during the interview, this essay brings into focus the Tragic Gap and the responses humans can make to move from avoidance to experiencing brokenness as a means to growth and contribution. [Palmer Reprint WEAVINGS 24.2. \(couragerenewal.org\)](#)

***Picking Up the Pieces: The Mosaic Vase*, Jaclyn Pryzbylkowski**

When we first began looking, we couldn't find much available information about this poet, and discovered that she is a middle school teacher. One of our team, Karen, was able to get in touch with her directly. She is pleased that we are using her piece in this event.

***All that Dances Through* by Rosemerry Wahtola Trommer**

Trommer has become a favorite in the Courage & Renewal community; some of you may remember her participation in last summer's event. She lives in Southwest Colorado with her husband and daughter. She served as the third Colorado Western Slope Poet Laureate (2015-2017) and was a finalist for Colorado Poet Laureate (2019). Her poetry has appeared in

O Magazine, on A Prairie Home Companion and PBS News Hour, in Ted Kooser's "American Life in Poetry," on stage at Carnegie Hall, in back alleys and on river rocks. Her poetry collections include **Hush** (winner of the Halcyon Prize for poetry of human ecology), **Naked for Tea** (finalist in the Able Muse Book Award), *Even Now*, *The Less I Hold*, *The Miracle Already Happening: Everyday life with Rumi*, *Intimate Landscape* and *Holding Three Things at Once* (Colorado Book Award finalist).

Please check out her website and consider subscribing to her daily poem at

<https://ahundredfallingveils.com>

Lynn Ungar, Poetry and Other Writing, "Choice"

In the words of Parker J. Palmer- Ever since I read Lynn Ungar's [Camas Lilies](#) — a poem that has touched the lives of thousands of people—I've hoped she would publish a collection of poetry. *Bread and Other Miracles* is a wish come true. These poems come from and speak to many dimensions of what it means to be human. But they have this in common: they take subtle, complex, and elusive experiences and make them accessible without diminishing the mystery. They give the reader a chance to walk around and into the miracles of everyday life, to dwell more deeply in self, other, nature, and spirit. Immerse yourself in this world of words and find yourself more deeply immersed in the world of your own life.

<http://www.lynnungar.com>

Sherry K. Watt, Theory of Being

Sherry is our guest on Thursday and Friday and she and her team have a book coming out soon. You can find a more full list of resources related to her work on the full page of resources in the resource folder in the portfolio (where you found this). [The Theory of Being: Practices for Transforming Self and Communities Across Difference: Watt, Sherry K., Mahatmya, Duhita, Moheballi, Milad, Martin-Stanley II, Charles R., Palmer, Parker J.: 9781642673654: Amazon.com: Books](#)

[The Theory of Being: Practices for Transforming Self and Communities Across Difference: Watt, Sherry K., Mahatmya, Duhita, Moheballi, Milad, Martin-Stanley II, Charles R., Palmer, Parker J.: 9781642673654: Amazon.com: Books](#)

The Wild Edge of Sorrow by Francis Weller

For thirty-seven years Francis has worked as a psychotherapist and developed a style he calls soul-centered psychotherapy. As a gifted therapist and teacher, he has been described as a jazz artist, improvising and moving fluidly in and out of deep emotional territories with groups and individuals, bringing imagination and attention to places often held with judgment and shame. He founded and directs WisdomBridge, an organization that offers educational programs that seek to integrate the wisdom from indigenous cultures with the insights and knowledge gathered from western poetic, psychological and spiritual traditions. His latest offerings are audio series and more information is available at his website:

<https://www.francisweller.net/>

Flying Lead Change by Kelly Wendorf

Kelly Wendorf is an executive and personal development certified master coach, motivational speaker, social innovator, spiritual mentor, and socially responsible entrepreneur with an evidence-based approach to creating a just and compassionate society. She is the

developer and founder of the EQUUS Experience- an equine-assisted learning process for leadership and self-mastery. For more, visit kellywendorf.com

Who Do We Choose to Be: Facing Reality, Claiming Leadership, Restoring Sanity by Margaret Wheatley

Margaret Wheatley has worked globally in many different roles: a speaker, teacher, community worker, consultant, advisor, leader. From these deep and varied experiences, she has developed the unshakable conviction that leaders must learn how to evoke people's inherent generosity, creativity, and need for community. As this world tears us apart, sane leadership on behalf of the human spirit is the only way forward. She is a best-selling author of nine books, from the classic *Leadership and the New Science* and *Who Do We Choose To Be? Facing Reality, Claiming Leadership, Restoring Sanity*. Her latest work is *The Warrior's Songline*, a multi-sensory experience of the journey Warriors for the Human Spirit take to become the presence of insight and compassion—no matter what is going on around them. To find out more please visit

<https://margaretwheatley.com/>

Terry Tempest Williams “Beauty is not optional”

Terry Tempest Williams is a writer, educator, and activist. Her writing arises from her rootedness in the American west and her life in Utah. Her work bridges many ideas that bring wholeness and health to the environment and all the living beings who inhabit it, with human involvement and discernment at the heart of the call. She is the award-winning author of *Leap, An Unspoken Hunger, Refuge and Red - A Desert Reader*. She lives in Castle Valley, Utah. You can listen to (or read) an interview with her here: [Terry Tempest Williams: “Beauty Is Not Optional, It Is a Strategy For Survival”](#) < [Literary Hub \(lithub.com\)](http://Literary Hub (lithub.com))

One True Beautiful Thing by Walt Wilkins [One True Beautiful Thing - YouTube](#)

Walt Wilkins is a seasoned songwriter and performer. From Hawaii, to Texas, to Nashville and back to Texas his lyrics and wholehearted performing style give listeners a way to understand their experiences as humans walking their days on the earth. As a troubadour he has spent over 25 years on the road bringing music to crowds large and small. You can find plenty of performances on Youtube and his music is available through all the usual routes, including [Walt Wilkins | Songwriter | Texas](#)

Mohamad Zukari, creator of the “Beauty” video you viewed

Mohamed just graduated from Cornell University with an MPS degree in global development. He has experience in creating videos and had his own YouTube channel for a cooking show, in Arabic. We are so grateful that he used his talents to create this film for the Heart of Higher Education initiative.

Other suggested resources:

- *Bittersweet: How Sorrow and Longing Make Us Whole* by Susan Cain
- *Falling Awake: How to Practice Mindfulness in Everyday Life* by Jon Kabat-Zinn
- *The Soul of Place: Re-imagining Leadership Through Nature, Art & Community* by Michael Jones
- Creating word clouds- Mentimeter
- Annie Lennox, *A Thousand Beautiful Things* [Annie Lennox - A Thousand Beautiful Things \(Official Video\) - YouTube](#)
- Newcomer - Geodes [beauty of broken open rocks] [Geodes - YouTube](#)
- Jennifer Moss, *The Burnout Epidemic*