**Talking Points about SAL/UER and RC**

**BASICS**

*Sustaining All Life (SAL)* is an international organization of people working for climate justice. We offer tools to address the emotional impacts of the climate emergency, the ways racism and other oppressions impact our efforts, and burnout. Sustaining All Life has been attending major climate conferences since 2015, offering our tools to those engaged to end the climate emergency.

**CLIMATE CHANGE**

Here are some of SAL’s assumptions and learnings about climate change:

We are in a climate emergency (a climate crisis) where the earth is warming because of an increase in greenhouse gas emissions caused by human activities such as burning fossil fuels, over-consumption, and bad land-use practices.

The climate emergency is a global problem, impacting the Global South more than the Global North at this point. Eventually, unless we handle it well, the climate crisis could pose an existential threat to our species.

While some of the harm caused by climate change cannot be reversed, most of the worst effects could be avoided if we act quickly to reduce greenhouse gas emissions and change our lifestyles and economies.

**CLIMATE CHANGE, OPPRESSION, & UNITY**

We believe that the destruction of the environment is caused by the same societal problems that cause oppression.

We work to help people become more aware of the connection between oppression and climate change.

Oppression is institutionalized in our societies and causes tremendous harm to every individual and to society as a whole.

Oppressions and other hurtful experiences interfere with our thinking and our ability to relate to each other and the Earth in human, sustainable ways.

Oppression conditions people in all societies to isolate themselves from people who are different from members of their own group.

Oppressions and separation interfere with our ability to create the broad coalitions of people necessary to effectively address the climate crisis.

To effectively end climate change and build a sustainable society, we also need to address oppression and separation—we need to cooperate.

It is possible to do this, but it requires big changes in our relationships to each other, in our economic system, and in our society.

We believe that solving climate change includes individuals recovering from how they’ve internalized oppression and separation.

People can heal from oppression and separation if they listen to each other deeply in a supportive environment. This is not easy, as most of us have been conditioned to not share our feelings.

Unhealed grief, fear, frustration, and discouragement about the climate emergency affects our initiative and hope for the future, interfering with our ability to bring our intelligence and energy to effectively respond to the climate crisis.

The opportunity to openly express emotions about the damage to the earth and its inhabitants while being listened to in a supportive setting can release enormous thinking and action.

**SAL WORKS TO REPAIR AND RESTORE**

We believe that our work to end climate change and oppression is more effective when we have resources to address its emotional impact. Many people feel increasingly despairing as the climate crisis deepens and these feelings can interfere with our ability to think clearly about the climate emergency.

SAL works to create a supportive, healing environment—an environment in which people from different groups can come together to heal from the unhealed emotions and separation that keeps us from working together cooperatively to create movements and projects to end the destructive effects of climate change.

Toward that end, we provide workshops, forums, caucuses, listening circle, and other spaces in which people from different places and backgrounds can listen to each other.

**SAL & THE CLIMATE RIBBON TREE**

Sustaining All Life will carry our Climate Ribbon Tree to COP29 for display.

We invite people to add a message to our Climate Ribbon Tree in response to the question: “What do you love and hope to never lose to climate chaos?”

**SAL & GAZA**

SAL/UER stands against all oppressions, including the oppression of Palestinians, anti-Arab oppression, antisemitism, Islamophobia.

Condemning people for the oppressive actions of their governments is not rational.  We stand with humans and oppose policies that are inhuman, pro-war and genocidal.

We oppose all war and violence (including the war on Gaza) and instead work for the unity of all people—seeking solutions that work for all people and the planet.

There is no inherent contradiction between Palestinian liberation and Jewish liberation.

**Short descriptions of SAL and UER**

Sustaining All Life (SAL) and United to End Racism (UER) are projects of an international organization called Re-evaluation Counseling. SAL and UER think big changes in society are needed to solve the climate emergency and restore the environment. We believe the environmental crisis cannot be resolved without ending racism, genocide toward Indigenous peoples, classism, sexism, and other oppressions. We think making these changes will require a large, powerful, and inclusive movement, spanning the globe.

We are working to address the barriers to building this movement. We offer tools of mutual support, engaged listening, and a process that frees people from the effects of hurts and oppression. We can also use these tools to remove many of the difficulties of working together. This personal work heals the internal damage from hurts and oppression and, as a result, people are able to think more clearly about the climate crisis, build and strengthen alliances, and fully enjoy working together to set the world right. This healing work also builds courage and stamina, and the confidence that we can create a just, sustainable future for everyone.

**Short Description of RC**

Re-evaluation Counseling (RC) is a theory and practice that helps people of all ages and backgrounds exchange effective help with each other in order to free themselves from the emotional scars of oppression and other hurts. By taking turns listening to each other and encouraging emotional release, people can heal old hurts and become better able to think, to speak out, and to organize and lead others in building a world in which all human beings and other life forms are valued and the environment is restored and preserved.

SAL and UER are projects of and use the tools of Re-evaluation Counseling, which currently exists in 95 countries.