



Landelijk  
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## Talk title: How the climate crisis questioned and deepened my Buddhist practice

Femke Merkx

**Summary:** In the spring of 2017 I woke up to the climate crisis and to the fast pace in which we are foreclosing favorable living conditions on earth. Teaching meditation started to feel as the wrong priority, as if I was sending the fire brigade on a mindfulness training instead of asking them to put out my burning house. At the same time, my meditation practice helped me cope with sometimes overwhelming emotions like fear, alienation and loss of meaning. Gradually I've been coming to terms with how to face climate change as a meditation practitioner and teacher. Getting off my cushion and engaging with others who shared my concerns proved to be essential. I started facilitating Carbon Conversations (KlimaatGesprekken in Dutch), a workshop method for behavioral change, developed by psychotherapist Rosemary Randall. In this lecture I will elaborate on my journey and provide more insight in the principles of the Carbon Conversations methodology and how these relate to mindfulness, Buddhist ethics and psychology.

**Dr.ir. Femke Merkx** (1972) is als docent verbonden aan Boeddhistisch Centrum Haaglanden en werkt als senior klimaatcoach voor de Stichting KlimaatGesprekken. Daarnaast is zij een veelzijdig onderzoeker, facilitator en adviseur. Met haar eigen bedrijf Kennisco creatie werkt zij op het snijvlak van wetenschap, praktijk en beleid aan transitievraagstukken.

