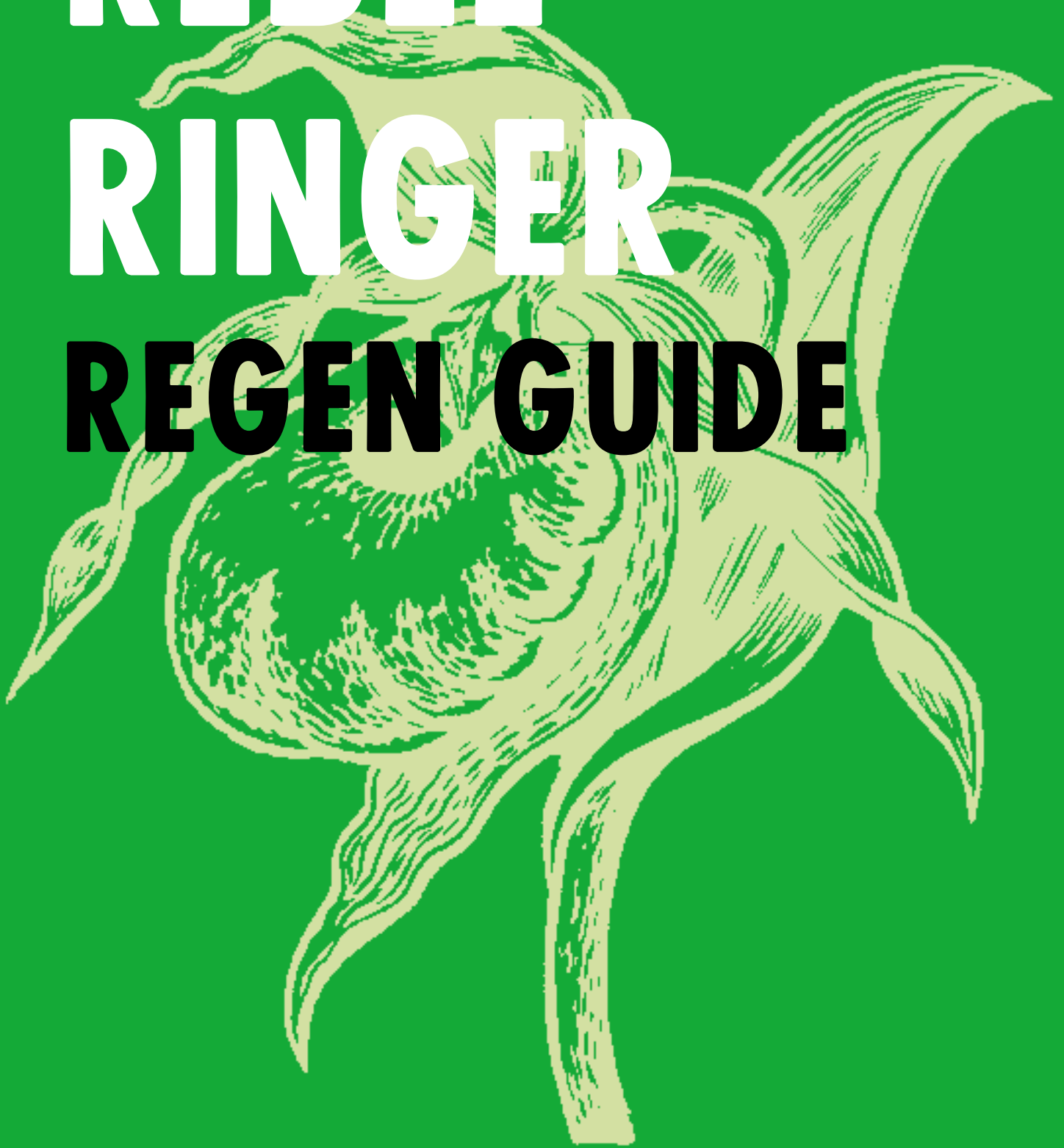


REBEL

RINGER

REGEN GUIDE



*We must do our work with Regenerative Culture
close to our hearts*

v.1.0

WHAT IS REBEL RINGING?

Rebel Ringers are the Phone Bank of XR! Their mandate is to contact, inform and engage as many people (current and potential Rebels) about XR as possible!

It's all about that personal touch; real human interaction is uplifting and empowering. XR volunteers have already made thousands of calls, creating a real sense of connectedness in the process.



REBEL RINGING & THE SPIRIT OF XR

REBEL RINGING TYPIFIES THE SPIRIT OF XR BY:

- ! Valuing people
 - ! Valuing listening
 - ! Strengthening and validating our goals for a greener, more sustainable world
 - ! Encouraging participation at any level
 - ! Encouraging communication and a sense of belonging
- 

REGENERATIVE CULTURE



REGENERATIVE CULTURE includes a focus on mutually supporting categories of:

SELF CARE: how we take care of our own needs and personal recovery from this toxic system

ACTION CARE: how we take care of each other whilst we undertake direct actions and civil disobedience together

INTERPERSONAL CARE: how we take care of the relationships we have, being mindful of how we affect each other, taking charge of our side of relationships

COMMUNITY CARE: how we take care of our development as a network and community, strengthening our connections and adherence to these principles and values

PEOPLE AND PLANET CARE: how we look after our wider communities and the earth that sustains us

REGEN CULTURE

We can practice Regen Culture within Rebel Ringing by offering support and being aware of each other's involvement, whether as lone ringers or in Rebel Ringer parties. Knowing also, that there is a designated Regen Advocate who is available to talk to about any difficult situations encountered when Rebel Ringing; please email rebel-ringers@rebellion.earth or ask on the Telegram channel to set this up. In this way we demonstrate care over each other's well being, as we care about all life forms.

Personal Responsibility; we can ensure that the volume of phone calls is sustainable and practical for us personally.

Inter-Personal Responsibility; we can aim to be grounded and in a loving frame of mind before we start a Rebel Ringing session through one of the visualisations at the end of this guide, or your own practice.

Collective Responsibility; we can evolve together according to our experience. For example, help new Rebels feel safe and involved at your local group's Rebel Ringer Party. Or give feedback about the scripts and setup via email and the Telegram chat. We want to improve Rebel Ringing so it can really serve XRUK well.

REGEN CULTURE PLURALITY

Daniel Wahl emphasises that there is a plurality about Regenerative Culture. We can be active in adding to a variety of Regenerative Cultures that already exist in the world, and are not exclusive to XR.

Indigenous people set themselves as belonging to the land rather than the land belonging to them. There is a humility within this coexistent philosophy that conveys the deepest respect for the planet and all the vast array of life forms that it nurtures.



VISUALISATIONS



- Visualisations are very important for a Regenerative Culture. Here are some you could use before or after some Rebel Ringing:
- Hold intentions, such as wishing to interact sensitively and positively to the people you contact.
- Ground yourself, noticing the earth beneath you. Breathe slowly and deeply, noticing the rise and fall of your breath. Imagine breathing in light, extending this to all parts of the body. Image yourself full of light, extending this to include your home, surrounding homes, the entire city, country, and then the entire world.
- Relax and imagine the whole planet healing itself, looking down on its plains, oceans, mountains, fertile valleys, rivers, deserts, swamps, wildernesses and forests. Imagine these places abundant with plants and animals, all healthy and vibrant.
- Relax and imagine thanking yourself for taking part in something that feels vital. Visualise your phone calls being a wonderful opportunity to connect with like minded people.
- Please check out the end of the XRUK [Rebel Ringer YouTube playlist](#) for some more visualisations and mediations to help you get the most from your Rebel Ringing.



DO YOU COMMIT
TO REGENERATIVE
CULTURE?

DO YOU AGREE
TO FOLLOW OUR
PRINCIPLES?

[HTTPS://REBELLION.EARTH/THE-TRUTH/ABOUT-US/](https://rebellion.earth/the-truth/about-us/)

IF SO **YOU ARE EX-**
TINCTION REBELLION
AND YOU CAN ACT
IN OUR NAME.