Joshua Gorman

Interviewed by Michael Dowd in the series,
*The Future is Calling Us to Greatness*

Michael: So Joshua, thank you for joining in this conversation series that I’ve been doing, on *The Future is Calling Us to Greatness*.

Joshua: Thanks for having me Michael. Good to see you again.

Michael: Great to see you again, too, brother. So, um, I’d love to hear, just from your heart, just help people who don’t know who Joshua Gorman is, even before you get into talking about Generation Waking Up, just give a sense of your story, your trajectory, how you got to where you are, what you’re particularly passionate about or known for, that sort of thing. Help our viewers and listeners get to know who you are.

Joshua: Ok. Well I am a child of the 21st century, and really came of age as we were making the turn from the 20th to the 21st. And to really know me you have to understand that I grew up in the madness of these times. I grew up as a young person in the suburbs of Washington D.C. in a very diverse, multi-cultural, global community. And, as I came of age, I found myself just like deeply troubled by our times, deeply disturbed by the state of our world. I grew up Christian; my best friend was Muslim. And we both lost our religions together. So, I’m a young person who was given a story that didn’t speak to me, didn’t speak to the truth of my soul as I was kind of awakening. And so I became a young person without a story. And, for me, that was a really traumatic experience, because I really believe human beings need a story to hold them and to give their life meaning. And so for years I was a lost a troubled young person and I wandered and I traveled. And I struggled to find my way. And I went through a pretty deep existential life crisis, um, a dark night of the soul, and I was one of the lucky ones—one of the young people who, I didn’t end up taking my life, I didn’t end up lost to substance abuse, like some of my friends. And I found my way into communities of healing and transformation. Um, I ended up on the islands of Hawaii, and it was there that I suddenly got turned on to the upside of our times. For so long I was just kind of caught up on the downside, I was so attuned to how things were falling apart and the suffering. But in Hawaii I suddenly got turned on to all of the creative growth, all of the opportunity that’s just like radically opening up in our times. And I got exposed to movements of social change. Um, I got turned on to the conscious evolution movement, folks who really recognize that we, right now, as a human species are going through a major shift, um, and we’re kind of awakening to our oneness as a human species, and we’re kind of stepping into a deeper creation
story. And it was in Hawaii that I got turned on to what’s called, “The Great Story” or “The New Story” or “The Universe Story.” And that fundamentally changed me. It suddenly rooted me into a deeper flow of purpose and meaning, and just, at the deepest level, it just made sense. And I finally felt a sense of being at home in the Universe. I finally had found some peace within.

Michael: Amen.

Joshua: And at that time I got really fired up, and I was like, alright, we’re here to do something. My generation is like, we’re born at this critical make it or break it moment, and I knew that I had to be part of the positive forces of life that are playing out in our times, working towards creating a thriving, just, and sustainable world. So, you know, that’s really who I am today, that’s what shaped me, that’s the defining story of my life. And, just as a disclosure to those who are watching and listening, when my book, Thank God for Evolution, came out several years ago, I worked closely with Joshua. Joshua supported us in our ministry in getting the word out. And we’ve spoken, we’ve both been on the platform together at various events, and so I think the world of Joshua and his work. So I just want to mention that at this point now. Uh, Joshua, you know one of the things, obviously, that you and I hold in common is this deep grounding and appreciation for, as Connie and I call it, “The Great Story” or “The Epic of Evolution,” what’s now being called, “Big History.” In fact, as an aside, just this morning I uploaded to YouTube a five part series called “God in Big History.” It’s not even available, I haven’t told anybody else about it; you’re the first person that’s hearing about it. Um, and, because the International Big History conference is happening, we’re talking in early July, and exactly a month from now is that conference, so I’m just really excited about that. But I’d love to have you go just a little bit more into what is it about the work of people like Joanna Macy, and Thomas Berry, and Brian Swimme, and this whole sacred understanding of evolution that we are part of, that process—what are some of the things about that story that either inspire you, or give you hope in challenging times? Where has the nourishment for you been in this epic of evolution?

Michael: That’s awesome, Joshua. Well, obviously, you could imagine—in fact, you don’t even have to imagine, ‘cause you know me well enough to know that I’m “Amen-ing” as you’re speaking, because some of the same mentors and some of the same people and movements have been so deeply nourishing to me and to Connie and to our life. And, just as a disclosure to those who are watching and listening, when my book, Thank God for Evolution, came out several years ago, I worked closely with Joshua. Joshua supported us in our ministry in getting the word out. And we’ve spoken, we’ve both been on the platform together at various events, and so I think the world of Joshua and his work. So I just want to mention that at this point now. Uh, Joshua, you know one of the things, obviously, that you and I hold in common is this deep grounding and appreciation for, as Connie and I call it, “The Great Story” or “The Epic of Evolution,” what’s now being called, “Big History.” In fact, as an aside, just this morning I uploaded to YouTube a five part series called “God in Big History.” It’s not even available, I haven’t told anybody else about it; you’re the first person that’s hearing about it. Um, and, because the International Big History conference is happening, we’re talking in early July, and exactly a month from now is that conference, so I’m just really excited about that. But I’d love to have you go just a little bit more into what is it about the work of people like Joanna Macy, and Thomas Berry, and Brian Swimme, and this whole sacred understanding of evolution that we are part of, that process—what are some of the things about that story that either inspire you, or give you hope in challenging times? Where has the nourishment for you been in this epic of evolution?

Joshua: Yeah. Um. You know, I needed a story that made sense at the deepest level. The creation story that I grew up with came out of Christianity, and it’s a beautiful story but it just felt fictitious, like a fairy tale, right. And I just, the deep wisdom in me just knew, there’s something deeper, there’s a deeper understanding of life. And
I think for me, the epic of evolution, um, it’s a creation story that just makes sense to me at the deepest level, and it’s such a beautiful story. I mean it’s so elegant, the design of life, the way that life has truly created us, and not a fictitious god snapping their finger and suddenly, “Bam!” you have creation. But this mysterious process that, yeah, has just sprung to life, flowered forth. There’s just something, I needed that deeper understanding. But I think most importantly what it helped me, too, is that it helped me realize that life is about the journey and not just the destination. And it helped give a context to the times we’re alive in, because where before we were just living in the end times, and I thought this was the worst time ever to be born into, right, it’s like, “Why did I have to be born at this time? Why couldn’t I have been born during that age or that era?” I suddenly realized that there is a story unfolding, and this is just one great chapter of many. And actually there is this huge drama playing out on the world stage today, and we all get to be protagonists in that story. And so it gave me, you know, when I go back to that all the time, like when I’m suffering, when I see such struggle on the planet, it seems like we’re not gonna make it, I go back to that larger context (inaudible) ….Jean Houston, also, I often hear Jean’s voice, as well; it’s like “The show must go on.” You know? A journey like this continues to unfold, and, yes, there are hard times and good times, and yet the story goes on. And that’s all part of the purpose. You know? There is a larger purpose. You know. Then, of course, Dr. King’s famous line, right, “The arc of the moral universe is long but it bends towards justice.” Like that, also, really I think is deeply aligned with the understanding of the Epic of Evolution.

Michael: Yeah. That’s great Joshua. You know, one of the things I was reminded as you were speaking is a quote that I used to have memorized, I don’t have the exact thing memorized now, but, from Joanna Macy, that in this difficult time it’s precisely the time to call upon the story, to remember the story, because of the countless generations of pre-humans and humans that have struggled, and suffered, and sacrificed, and yet, precisely out of the chaos, out of the breakdowns, out of the destruction, that’s what catalyzes creative transformation. And so that that’s, when you hold—when I hold—that story in my heart, it reminds me to face the challenging times that we’re now in, not from the place of, “Oh, shit!” but from the place of, “Alright! here we go!” I mean, this is the time, you know, the title of the series, The Future is Calling Us to Greatness, you know? So, Joshua, if you could go into now, ah, tell us about Generation Waking Up, tell us about you know the programs—give us a sense of, sort of, your work world now, and your ministry.

Joshua: Yeah.

Michael: And, for our viewers, we’re recording this, and I’m in a very isolated place in Colorado, so I’ll be turning off my video while Joshua speaks, just to save bandwidth. Ok. Sorry. Continue.
Joshua: Thanks Michael. So let me build from Joanna Macy. So Joanna Macy has helped popularize a name for the story of our time, which she calls, “The Great Turning.” And there’s been many other voices helping bring that out. And The Great Turning is the shift from the industrial growth society to a life-sustaining society. And Joanna says there’ve been three great revolutions, right, there’s the Agricultural Revolution that totally changed the way humans live on the Earth. And then came the Industrial Revolution, which we’re still kind of living in the wake of. And right now we’re living in a third great revolution, The Great Turning. So Generation Waking Up is an organization, but it’s also a name and narrative for the story of our time. Like The Great Turning, like stories like Paul Hawken’s tale of Blessed Unrest, Generation Waking Up is helping tell the story of our time with the spotlight on today’s young generation. There is a generation of young people coming of age on the planet right now that is being called forth to navigate this time of transition. And it’s a generation that’s perfectly equipped for it, as well. We’re the largest, most well-educated generation in all of history. We’re the most multi-cultural and diverse. We’re the most technologically savvy, right. Young people are disrupting society on all fronts through our use of technology. And the issues of our time, right? Climate change is probably the most defining issue of our generation, and it is rallying young people to become actively engaged like we’ve never seen before, as well.

Michael: That’s great.

Joshua: The climate movement of our time is probably the hottest, most heated movement. And so we see so much innovation happening within our social change sector. So Generation Waking Up is both about amplifying the story of our time and the positive stories of change, but it’s also really about supporting young change-makers, and doing the work that they’re doing. So we offer workshops—our flagship program is called, “The Wakeup,” where we go into schools and to youth conferences, and it’s actually where we share the Big Story perspective. We give young people the context of Big History. We help them to understand who we are and where we are in the world today, and then we look at what has to change, and then we step into, “What do we do now? How can we take action? What’s my role in this Great Turning?” So, our workshops kind of ignite young change-makers and then they step further on the journey with us by attending a leadership training. We do deep transformative leadership trainings, um, weekend and week-long experiences, where young people really get to connect in deeply with, “What is my purpose? What am I being called to do?” Again, in the theme of being called to greatness, young people walk away from our trainings so lit up, you can just see the sparkle in their eyes. And we give them tools and resources to manifest their vision.
Michael: Yes.

Joshua: And, again, our work is not just about a particular issue area. It’s really about supporting young people in finding their passion and their purpose, and then we help them achieve that. We connect them with the right people, with the right places, with the right resources. So, it’s, um, we’re part of a movement of change-makers, both young and old. We partner and collaborate a lot with the youth and student movement out there, but we also work in deep partnership with people of all ages. And even though our work is fundamentally about lifting up the millennial generation, young people in their teens and twenties, we truly believe that our world is calling the generations together to help navigate this moment together, so we do a lot of intergenerational convenings, as well.

Michael: Fabulous. That’s great. In fact, um, what you just shared I find so inspiring, and I’m quite sure that many of the viewers and listeners in this series will, as well. So, if you’re not completely flush with money and have all the financial support that you’d need, if somebody were watching this or listening to this and said, “Oh my god, this is fabulous what they’re doing with young people!” And, along these lines, how would somebody learn more about Generation Waking Up and donate or help support you?

Joshua: Yeah. You can find us at www.generationwakingup.org. And our website has our full story. You can find us on Facebook. You can find us on you tube, watch videos where you actually see testimonials of young people who’ve been through these trainings who are lit up and on fire. And we’re friendly—please, you know, write us an email. You can contact me: Joshua@generationwakingup.org, ah, we love to be in conversation with folks who want to support this work.

Michael: That’s great. Yeah, I had a wonderful conversation with Barbara a few weeks back. And I genuinely believe that the two of you, and others on your staff and in your support, are doing some of the most important work on the planet, which is really helping to create, as I’ve heard you say before, sort of a new generation of superheroes, people who are stepping into their greatness by being of service, being a blessing, being a significant contribution to the world and to the future, and doing so without a sense that we have to perfect ourselves first. I mean, we’re all glorious, wonderful, generous assholes—we’re all all of it, you know? And people have so much energy, often, to try to perfect themselves, that once I get my act completely together and I’m all perfect, then I can be of service or be a blessing. And I’m finding that the Universe needs our flaws, the Universe needs our shortcomings. The things that we judge about ourselves may not necessarily be, ah, something that hinders, but can actually be heart-opening in our connection with others, especially if we’re vulnerable around our imperfections.
Joshua: Yeah, yeah.

Michael: So, one of the things I wanted to mention is that my daughter, who you know, Miriam Joy Dowd, she is now 23, and it’s interesting, because you were talking about some of the characteristics of the younger generation, the under-40 crowd, or even under-30 crowd, and there’s a sense of identification I know that Miriam has that I didn’t have when I was her age. Her in-group, her age cohorts, and, you know somewhat younger, and somewhat older, globally, now she feels more of a sense of kinship and identity and in-group with other 20-somethings worldwide than she does, say, with just Americans, or just Christians, or just any other subgroup, or even women. And I find that really encouraging, because that’s one of the things about the Epic of Evolution—The Great Story, The Universe Story, Big History—that has given me hope, is that we keep finding ways of widening our circles of care, compassion, and commitment. And so I’m wondering if you want to say anything about that.

Joshua: Yeah. I think that’s an expression of the global consciousness, right? That’s really setting in to global culture, right, which young people are often the early adopters of, right? So, again, this is true for people of all ages, but especially amongst the younger generations it really is a sense of being part of a global community. And of course, technology and media is a huge part of this…

Michael: Yes.

Joshua: …the fact that we’re on Facebook and we’re connected to young people on every continent, probably almost every country. We’re having conversations and interactions with people from every culture. Um, we start to just feel a sense of being a part of a global family.

Michael: Yeah.

Joshua: But it’s also in the zeitgeist of our time: it’s in the music, it’s in the videos, it’s in the images of our time, right? The Earth image that Joseph Campbell prophesized would help to start unifying the human family has really set in with this generation.

Michael: Yes.

Joshua: So, it’s just there. It’s in the culture that we swim in, you know, as a younger generation. We also travel, and, again, this is definitely more for young people or the planet who probably come from more privileged and developed societies, but increasingly, um, young people have been to another culture, have gotten on a plane and traveled somewhere, and that in itself also kind of roots it in in a really embodied way, as well. So, it’s exciting. Um, I love getting on line every day and
just seeing young people, yeah, in another part of the planet. It doesn’t matter what
time of day, too, I get on Facebook, there’s always happening, because somewhere,
in a different time zone, right…

Michael:  Sure.

Joshua:  …it’s the peak of the day and excitement is happening.

Michael:  Yeah. That’s great. You know, one of the things I’d love to have you explore—I’ve
forgotten to ask this question to a couple of other interviews, but I always like to
ask this when I remember to do so, which is: What are some of the things that you
see happening now that really give you hope, that clearly is in the right direction.
ah, it’s clearly what needs to happen for humanity to come into a mutually-
enhancing human-Earth relationship? So, first of all, what are you aware of now
that’s happening in the world, either organizations, whatever, at any level, that
gives you hope, and you would encourage for more of that? And then, sort of a
separate question: What are some things that you really don’t see being attended to
or being done right now that you really feel need to be made a priority?

Joshua:  Yeah, thank you, um, wow, I mean there’s so much happening, and I’m definitely
a, my orientation is like this systems perspective and looking at every sector of
society. And, to be honest, I think almost any area I go into where I’m super
excited about solutions and kind of breakthroughs that are happening, right next to
it though I see like there’s so much more needed. So let’s jump into it. You know I
think um, I’m gonna bring it to politics. I grew up in the Washington D.C. area
and even though I live in California, on the west coast, and I’m more connected
with the environmental movement out here, and kind of spirituality and
consciousness movement, and the social justice movement out here, in D.C. I got
to know, really, what’s happening on the forefront of politics, and kind of
upgrading our Democracy.

Michael:  Yes.

Joshua:  And I think that on almost any front, this is one of the most exciting one that
millenials are just changing the game. Uh, there, increasingly, young people today
do not identify with a political party—and I’m speaking about the Unites States
here—and (inaudible) increasingly they’re identifying, really, in a post-partisan
way, and they’re recognizing that we need to find a way to come together to have
honest conversations across our differences, and to find simple, workable solutions
just to move, to move things forward. And so people often recognize that
technology’s gonna aid this process. The way our Democracy was built in the
United States is outdated. We now have technology that can allow for conversation
to flow online, that can allow for everybody to be informed, and to kind of add
their voice and their perspective using our online platforms. And so millennials are
pushing this forward, bringing it into the White House, bringing it into Congress, bringing it into our local and state governments, helping open up government, making it more trans-partisan, kind of breaking down the battle lines within our political system and opening up a way for a common ground politics, transformational politics to move forward. So, I’m super-excited about what’s happening there.

Michael: That’s great.

Joshua: At the same time, though, the entrenched system is holding strong, and the power and the sway of big money within our political system is just, that’s what’s dominating the conversation there.

Michael: Yup.

Joshua: And there’s not enough awareness around that, there’s not enough people getting engaged on that front. And there are some people trying to make some heroic efforts, but it’s really gonna take large numbers of Americans waking up to the state of what’s happening and helping put an end to it. But we need that vision of where the future of politics is headed, and I think that’s where we need to look to the millennial generation. Um, what else am I excited about? I think the whole sharing economy is one of the most exciting things of our times, and it both is a confluence of new technologies that are helping kind of open things up and a whole new economy, as well. So, by the sharing economy, one example is just Uber and Lift—I don’t know if you’re aware, Michael, of the fact that the whole taxi industry is being disrupted and pretty much is dying because now any driver can sign up with an app on their phone to be a part of these companies called Uber or Lift. And, literally, I can walk out on the street and hit a button and, within minutes, a car will just pull up, ah, somebody with a smiling face will say, “Hey, welcome!” I’ll step right in, they’ll take me where I need to go, and then I’ll step out, there’ll be no exchange of money, and my credit card will be charged, and it’s the most pleasant, easeful, graceful situation ever.

Michael: (Laughs.)

Joshua: It’s cheaper than ever before, it’s actually helping create jobs for more people than ever before; and it’s just changing the game. It’s just one of many examples of kind of these new, um, what they call the new sharing economy, a way that kind of levels the playing field, and everybody can kind of connect and find each other with so much more ease.

Michael: Wow. Well, no, I have not heard of that. It’s coming to me as new information. The one question that immediately comes to mind is, how is there quality control, how
do you keep some psychopath from signing up and then, you know, whatever?

Joshua: Yeah *(inaudible)*...and that’s the power of “the wisdom of the crowd,” because you can offer feedback right away, and the system’s so fast.

Michael: Wow.

Joshua: So, everybody kind of reinforces each other. So, just like you can go online and if you want to find any service you can find reviews from the community of users. it’s the same with this system. So, trust the wisdom of the crowd, and anyone who you can’t trust, right away they get feedback and the system takes that into account...

Michael: Wow.

Joshua: …so it supports those who are doing the right things, and it helps weed out those who aren’t.

Michael: That’s awesome, that’s absolutely awesome. Well, you know, one of my favorite authors—in fact, my favorite author in the world—is John Michael Greer, and he talks about, you know, peak oil, and climate, and the de-industrial future. And many people think that he’s pessimistic; he’s actually not, he’s brilliant in terms of his understanding of history, that all empires rise and contract, and societies rise and contract, largely—usually—because of their relationship, or lack of right relationship to ecological limits to the realities of the air, water, soil, life, and resources of the planet. And this sharing economy, as you’re describing it, sounds almost exactly where, it’s not a surprise to me that so many young people, like my daughter, are really drawn to a lot of this. Um, I’ll be interviewing Charles Eisensten here shortly, as well. But re-thinking economics, rethinking the exchange of gifts, the exchange of gifts, the exchange of services, of goods, um, from a sort of post—I don’t even know what to call it really, but—from a more ecological sharing place just feels really healthy, it feels really vital and timely, as well.

Joshua: Yeah, yeah. And it’s happening at all levels, um, and people on college campuses are kind of creating their own little internal currencies there, where they can kind of circumnavigate...

Michael: Yeah.

Joshua: … the more common currencies And then, of course, Bitcoin is all the rage, and, um, really, mostly millennials are adopting it early because they recognize that…
Michael: Yeah.

Joshua: …this is where the future is headed.

Michael: Yeah. That’s great. Well, you mentioned earlier on, Joshua, the phrase, “communities of healing and communities of transformation.” And I’m wondering if you’d be willing to share who are some of the individuals, authors, movements, whatever, that you’ve found particularly helpful or inspiring for yourself, and those you know, in terms of, you know, individuals and communities of healing and transformation?

Joshua: Yeah. Um. That’s hard to know where to start. I mean I think we already named Joanna Macy, and Joanna’s work. Joanna is a great elder of our times, and has a body of work called, “The Work That Reconnects.” And it’s been really significant for the work of Generation Waking Up, and also a lot of young people. We’ve brought a lot of young people into Joanna’s work. And, Joanna’s also really started to work with young people of color, as well, and to adapt that work to bring it more into low-income, urban parts of our cities.

Michael: That’s great.

Joshua: So, that’s phenomenal. You know, and then, um, you know, on the edges of society there are these communities of healing and transformation, people who are trying to create the new wealth today. And many of them are, you know, so there’s retreat centers, and farms, and eco-villages—places where people are living close to the Earth, um, finding a rich life-work balance; having lots of time for personal growth and reflection and healing, while also still contributing in significant ways. Um, so this is where people are living together very intentionally; um, and communicating with one another in very clear and conscious and loving ways; eating healthy food; celebrating and savoring life…


Joshua: …which, we’ve lost so much. You know, tomorrow’s the fourth of July here in the United States, and, for me personally, it saddens me, the type of celebration: yes there’s a deep honoring of the story of this great nation; yeah, there’s also just a lot of junk food consumed, there’s a lot of alcohol consumed, um, there’s a deep missing, from my own experience. And so, there are these communities of deep culture and celebration that I often find myself to. You know, and then of course, there are our religious and spiritual traditions and communities, and I’m someone who really encourages folks to, um, to explore and to go and connect and expose
yourself to different faith communities and different spiritual traditions.

Michael: Yes.

Joshua: And those are the places of transformation. And when you walk in there, even if it’s not your direct practice or culture, there’s often, um, wisdom and healing there for you.

Michael: Yeah.

Joshua: And then, of course, Nature itself, you know—for me and for you as well, Michael, (inaudible) just acknowledged you—you were just out hiking with Connie. Nature continues to be, yeah, one of my great sources of healing and transformation, and just a deep walk alone in the woods; a hike to the top of a hill or a mountain; an hour sitting quietly with a sunset, um; letting life speak to me and work itself in me. Um, those are the places that of healing that I’m going to.

Michael: Amen.

Joshua: There’s tremendous, um, ah, people, leaders, teachers who are also healers and rising up; but that list is probably too long for me to go into right now.

Michael: (Laughs.) Yeah, no that’s great. I really appreciate that. One of the books that I’m just reading right now, The Impossible Will Take a Little While, by Paul Loeb, and it’s a story of just amazing stories of perseverance and hope in troubling times. I recommend that to everybody watching this and listening to this. Well, Joshua, I know you need to go to another meeting here in a little bit, but I want to ask a question that’s sort of off the wall. Connie has invited me to ask it to all the participants, and it’s been really fun to hear all of the responses, and it’s this: basically: If you could invite three people from any time in history to either a dinner party where you and those three people were all together, all four of you, or a one-on-one like where you’d go off and, you know, have a cup of coffee or a beer or a meal with one person at a time—but if you were to be able to have some quality interaction over a meal or a drink with any three people in history, who would those be, and why?

Joshua: Yeah. Well, the first three come to mind, they’re all men, and they’re all kind of, um, yeah, they all are archetypal souls that I feel very connected to. And so, they would be Theodore Dostoyevsky, um, Herman Hesse, and Jack Kerouac. And these are three men who their books really helped save me in my period of darkness and struggle and trying to find my way. And I think these were men who
had their own dark nights of the soul, and really struggled with making peace with existence. And, in truth, I’d say even the Buddha, Siddhartha, right, this is another archetypal soul who struggles with the suffering and then found his way to the light. But I would savor sitting down and having a conversation with these men and kind of commiserating, um, touching into the sweet path of existence while also still kind of stoking that triumphant spirit in each of us that somehow finds the way to persevere, um, and to make meaning out of it all, and to sublimate it through writing and prose and storytelling. So, um, you know, that’s deeply revealing of who I am, you know, and keeping in mind my own story as someone who found his way through a really deep, dark night of the soul.

Michael: Yeah. That’s great, that’s great. And the last question I’d like to ask is sort of in two parts. If some young person—say 17, 18, 20, 21-year old—is just really in despair about the world and about the challenges ahead, what would you say to that young person? And then, some person in their, you know, uh—say late 50s or 60s who is wanting to, in some way, they’ve just recently retired so they don’t have to do that work, and they want to give their life and their life energy in the right direction—so, what piece of coaching or advice would you give those, uh, somebody at either end of that spectrum?

Joshua: Yeah, for the young person who’s really struggling, um, with the gravity of these times, you know, I would just invite you to remember that that’s only part of the story, but it’s a real part of the story, and it really is hard to be young and alive right now. But be with it, and let it out, feel it. Um, take your journal out and write dark poetry. Let your feelings out. Go out into the woods and scream your soul out. Um, talk with others and share the pain of your struggle. But also, don’t forget that’s only part of the story, and make sure you’re also paying attention to the other part of the story, because there is so much hope, there’s so much possibility, there are so many inspiring young people who are making a difference in our time. Um, and for those of you who are in the later chapters of life and looking to get involved and to support young people, um, you know, just don’t be shy, don’t be afraid, don’t feel like, “Oh, I’m too different. I can’t connect with this young person.” Um, be authentic. Go and share your story.

Michael: Mmmm.

Joshua: Make sure you listen, too. That’s important. I think sometimes we, even when we’re nervous, sometimes we go into kind of “speaking at” mode, and we want to teach, or we feel uncomfortable. But, so, also, make sure to share your story, too. I also see adults who kind of step back, and they’re afraid to kind of bring their own wisdom and truth. And so it’s about being co-mentors, right? It’s about co-learning. There’s something powerful and magical that can come to life between a younger and an older, or a younger and an elder, and it’s so needed—that medicine, the synergy that comes to life between us is so important for these times, as well.
Michael: Wow. Fabulous. Well, I can’t think of a better note to end on. Any last thing you’d like to say? You’ve already mentioned Generation Waking Up, in terms of the website. Any final thoughts about where people can go to learn more about your work?

Joshua: Yeah. www.generationwakingup.org. Um, and I’ll just share, I’m finally completing a book about our work that really is telling the story of young people today and all of these changes. So, stay tuned for that. It’s titled, Generation Waking Up. And I’m excited to share that with the world, ah, ‘cause it really does capture the greatness of today’s young generation within the greatness of our times.

Michael: That’s awesome. Well, if you need any suggestions for possible literary agent, let me know, because I have somebody in mind who is really, really a blessing to me and to many others. Well Joshua, thank you so much for being part of this. I just have loved this conversation. It’s great to reconnect with you, just heart to heart. Just a deep bow of gratitude to you and to your work.

Joshua: Thank you Michael. Much love to you and Connie as you journey onward. Thank you for your call to greatness.

Michael: Cool. Thank you, too, brother.

Joshua: Alright.