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# No Mud, No Lotuses

Figueres, Christiana, Tom Rivett-Carnac, and Paul Dickinson

Figueres, Christiana, Tom Rivett-Carnac, and Paul Dickinson. "No Mud, No Lotuses." *Outrage + Optimism*, 29 July 2022. Mp3, 01:35:27.

> So here we are! 30 episodes later we have finally arrived at the end of Season 5 of the Outrage + Optimism podcast. And what a rollercoaster it has been for all of us in the global climate community since the start of the year! Let us take you on a whistlestop tour of the last six months of the podcast.
>
> Even though it has often felt we are in dark times, we invite you to draw from these episodes the gritty determination to believe that we have what it takes to move the trajectory we are currently on to a safer, more resilient and just world. To paraphrase the teaching of Thich Naht Hahn that Christiana recalls in her interview with Plum Village: "No mud, no lotuses."
>
> (Source: *Outrage + Optimism* )

In this episode of *Outrage + Optimism*, the hosts reflect on the just finished season of the podcast.

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