



## Loving Cohousing

February 19

9am-3pm Pac 12-6pm East

### Ecosystems of Love Transcript

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Thank you So much great to be here. This is my first online conference with Coho. Us.

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Despite joining the team in the fall as a media and communication support.

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So I may have been in touch with some of you. ahead of time.

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I sent out messages this week. letting everybody know about this so it's cool to get to be on this side of the event right now.

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So. yeah, I had mentioned for those who were early, if you have the ability to get a journal or a piece of paper, or something to write with.

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There may be some moments throughout this that you'll have a chance to write something, and if you haven't yet introduced yourself in the chat window, the invitation here, since we already do a lot of us have the community that

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we're part of I see, like todd put the Appalachia interior forests, or eastern woodlands near the Appalachian highlands, and it's just nice to honor the place where we live and this

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theme of ecosystems. of love is really recognizing ourselves as humans and Co. housing community as a part of a larger ecosystem.

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That's rooted in place and rooted in nature and so just acknowledging that in the chat window can be sweet, and that will be shared with the recordings later.

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So yeah, ecosystems of love. I have a couple goals here with this on one level.

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I wanted to provide just an overview of some different modalities that inform my work and my relationship with experiencing love in an ecological way as a member of an interconnected community of life. on this planet.

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And so i'm gonna go over some pretty large modalities in a short amount of time.

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So think of this as a little preview of things, that you may want to go more deeply into any one of these, and then also to share a little bit of how these practices relate and show up either in my life or in the world or in

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the movement, and then at the end like I said we'll have some some time throughout, where you might have some moments for self-inquiry and reflection with each other.

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And then at the end My goal is to leave some time to actually you're from those of you who are interested in how things like what I'm about to go over are already happening in your communities.

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Or could be. So, as I go through, this would love to have you all thinking about that, and thinking about ways that it could already be happening.

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So with that, said, Just wanna start here. I had talked about this being the great turning towards love, and I don't know if any of you know this is Joanna Macy.

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She coined the term. the great turning but it's it's been used a lot for what this movement is right Now that I think cohousing is an example of a movement towards a shift in consciousness away from individualism

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and expectation, and Joanna Macy talks about in deep ecology.

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These 3 basically different responses in the great turning, holding actions are, you know, protesting and stopping the destruction.

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Structural changes, maybe things like Co housing, you know, green energy and and actually creating your systems, and then shifts and consciousness is what I really focus on.

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And I really think that is reciprocal with holding actions of structural changes that we we do need to actually shift the paradigm in order for us to be able to see a new world that's possible

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and then another quote here from Bill plaque and who's another of the teachers, I'm going to be featuring today at the same time that our imagination has created the destruction of the world today.

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It's also the same gift that will allow us to make it through.

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So it's in in the sort of grand heroes journey of things. it's both sacred wound essentially that it's this opportunity that we have to be born at this great turning to be a part of changing society and humanity

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for the future. So I am gonna like I said, feature these 4 different teachers and lineages that influence my work.

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Joanna Macy just showed the quote. She has developed something called the work that reconnects.

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Otto Charmer started something called Theory You, which is a transformational leadership style that also became, or approach that that turned into the Presencing Institute, and something called Ulab, which is a national movement.

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Star Hawk was my one of my first permaculture teachers.

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She's also a sacred activist and teacher around Ritual, and then Bill Plotkin.

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He has written many books, wild mine Soul Craft, and is the founder of the Animus Valley Institute.

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So before I get to those teachers which are the more contemporary models.

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I wanted to just touch on ancient wisdom and honoring that these are not new ideas that actually, if we look at different earth-based traditions from around the world, they all have a similar pattern So i'm.

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Just sharing briefly a couple of these and I think it's important to acknowledge this.

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You know there's a question out there of cultural appropriation, and I like to acknowledge the the lineage and the roots of where the this awareness and these perceptions come from to honor that in

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those roots, but at the same time to recognize that we are actually carrying forward something that is larger than anyone culture, that there is a universality to what each of these different traditions are, bringing, and that it's rooted in our natural way of

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being humans on the earth. So ubuntu is an expression in Africa that says I am because we are in lakesh is a Mayan expression that says you were another me.

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And so anything that I do to you I also do to myself like the Golden Rule, Matauchy. Awesome.

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We are all related that's in lakota recognizing that all of life, all of creation, is all our relations. and then ho!

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Pono Pono is from here in Hawaii to make things right, and something that I think is cool around ecosystems of love with that is that you know, living in an island nation very very tribal not a lot

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of opportunities to escape. So the whole pono tradition from what I've heard is that they had the ancient Hawaiians had a culture of never going to bed angry that they would always make things right with people before they went to bed

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and prioritizing love as the foundation for peace and harmony in their community.

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So this is, you know. This was the way this was the norm before industrialization that people relied on each other.

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And so that was a much higher priority than happened in our industrial society that made people so much more fragmented.

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So one of the templates, that all earth-based traditions had on some level.

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But we especially see in native American tradition, is the medicine wheel. And what's really interesting as you'll see through this talk today is the medicine wheel has actually been continuously referenced in lots of these contemporary

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forms, and is a really powerful balance, and I personally think that this is a core template and model for how we experience wholeness both in our own lives and the change that's happening for us personally and collectively,

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and in how to embrace the diversity that arises in that.

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So I want to take a moment. this is where you might want to have a piece of paper, and you might just want to draw the medicine wheel, which, if you didn't know, is just the 4 directions and i'm going to

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do my version of a medicine wheel invocation that's brief, and this speaks to having this connection with place, and recognizing our role in that.

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And as I go through each of the directions, I just want to invite you to write anything down in that direction that may be coming up for you.

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That could be something that you're particularly grateful for or moved by, or an intention that's coming up for you.

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So let's begin by just bringing our awareness and attention to the energies of the East.

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This is the realm of the sunrise and the springtime birth, childhood.

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It's the energies of innocence, and new beginnings, learning, playfulness, joy, receptivity, just giving thanks for our capacity to have a beginner's, mind no matter where we are on the developmental journey and to be able

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to be humble and open to learning, and growing at all times.

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Welcome east now bringing our awareness to the south, the energy of the noonday sun and the summertime.

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The light illumination of the summer that creates growth in our gardens, and just tuning into that same growth within ourselves, and our ability to create and be illuminated with our passion and our purpose, and just giving thanks for that energy

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of fire that motivates us to take action in the world and to be the change.

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We want to see. welcome South now. bring our awareness if everyone could mute if you're not already that'd be great.

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Bring our awareness now to the west the energies of the sunset and the autumn energies of letting go and harvesting the lessons.

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This is a place for me of relationship and communication and feeling, and giving things for our ability to trust in our hearts to guide us, and that we can find loving, compassionate connections to support us through our growth and our

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evolution welcome West, bringing our awareness to the North, and the energies of midnight and wintertime.

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The quiet listening, the unknown and the mystery, giving thanks for our ability to have patience and courage, to sit in the unknown, to sit with the darkness, and to know and trust that a new day and a new dawn will come welcome

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North. so just a little sample of what is possible. And this is like, I said, a practice that can be adapted.

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The little medicine wheel that I have here is from the Anna, shabby from Canada, and all traditions have different symbols that they use.

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Imagine Southern hemisphere actually shifts north and south to some extent with the seasons at least.

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So yeah. just recognizing that this is a very simple structure.

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For how to get in touch with different phases and aspects of what it is to be human in place.

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So I learned about the medicine wheel. I guess first did that invocation when I was studying permaculture, and what I realized doing that practice as sort of an anchoring in a way of becoming present with people is that I

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would wanted to create a deep compass practice where it wasn't just about externals, and what was happening with the seasons in the sun.

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But actually to find my own core values and have developed a whole curriculum and coaching modality that's based on identifying core values, and similar to how we just went through the directions and acknowledging and potentially

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putting any gratitudes or intentions for each.

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Those directions, being able to do that on a very personal scale, to be able to check in with.

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Maybe you 4, or I like to use 8 core values and to do a similar kind of practice, which is something great to do individually.

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And then i've also done it with communities where your community may have these core values, and to use something like a medicine wheel like this, this technology of an interactive physical space, to be able to check in with where are you in real relation to those

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different values and something that can be really cool. If you can see in this photo.

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This is a medicine wheel that We have here on the coast, and it's like an altar.

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So people bring offerings, and they put intentions there.

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And I think if you all live in community it could be a very interesting thing to have some version of this and that's something i'll want to hear from you guys at the end, if there is any way that you are visualizing, and

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having your values expressed in a way that people can interact with like through a medicine wheel or an altar.

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So my work in general with deep compass. It started with that, you know.

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Core practice and a perception of being able to reclaim our own inner navigation versus being in this kind of default programming of mainstream society.

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So that we could create a better world of eco-social regeneration.



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And I started out, really focused on this quadrant here on the right of systemic change.

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I really wanted to change the world. you know I was like 18 years old, and i'm like ready to change the world. And what I've realized through this journey is that really creating the change takes the personal change and that relies on

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relationship building, and that through personal change in relationship building that's how we create the the new solutions that actually ultimately will lead to the systemic change.

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So rather than just looking at systemic change or innovation i'm looking at this whole spectrum of how we relate, and my most recent project that is actually like very excitingly happening right now is called hive Hawaii and

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It is a residential center for people to come have an immersive experience in community living that is tapped into what i'll be teaching and sharing about here with ecosystems of love how to really experience a new

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paradigm that's also rooted in the ancient wisdom of feeling, deep, deep connection, and wholeness. And so i'm actually closing on a property next week that will become the hive headquarters that you see some photos about

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here. So if people are interested in coming to visit hawaii, my vision is to have this be something that I prototype and have other hives in other places, and it's rooted in social permaculture all about helping to

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cross, pollinate the local economy and support people to share their gifts, which is something that I've been doing for many decades as part of living in community, and very excited about this next evolution.

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So so deep. ecology is one of the paradigms that, influencing and informing this work, I showed you the joint Emacy quote, and sort of the 3 bubbles of how deep ecology works discovered deep ecology through

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the awaking, the dreamer changing the dream symposium which was through the Pachimama alliance, and I don't know if anybody knows about that.

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But it's a kind of interesting story that There were these indigenous folks in the Amazon called the Oshawar, that were one of the last remaining dream tribes, an untouched tribe on the

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earth. And like this Bill Plotkin quote that talks about how there is this kind of collective dream of the earth, and that each one of us are part of that dream.

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There were actually people in the Oshawar tribe that started to have these dreams that there were going to be companies coming in and destroying their ecosystem, destroying their forests.

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So they sent a people from their community to America not necessarily to help. them, but they actually came with the message that it's your society that needs help, that we are the ones that are thriving in our ecosystem.

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But You're coming, and you're wanting to take our ecosystem from us, and so they partnered with Joanna Macy to do this symposium rooted in deep ecology.

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That is basically about helping people wake up. And a big part of what the waking, the dreamer, Symposium and deep ecology is about is having the ability to get out of our egos that are in these protection

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and sort of thinking only about ourselves, and into this awareness that is that sort of fundamental human, tribal, indigenous awareness of our inner relationship with the ecosystem. and that part of what goes along with that

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and probably why so many people are resistant to it is that it requires us to break our hearts.

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We have to actually feel the pain of the world in order to be able to want to do something about it.

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And so how I heard that described was from Joanna Macy that our small heart sometimes has to break so that our big heart like what she would consider the Bodhi Saffa heart can feel so I have a couple of quotes from her

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here, and she's just such an amazing writer and speaker. I recommend you.

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Check her out. But basically, talking about how we feeling the pain of the world is like the messenger of our society that something is wrong.

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I call it like the canary and the coal mine and that it's actually a benefit to us to feel that pain that the work that reconnects which is the work that she's doing is really just about tapping into

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this innate connection that we have, that many people have felt disconnected from to recognize that we are in this harmonious relationship with nature, and to reconnect with that, and to reconnect with each other through that,

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and sometimes it's through as simple of things as singing together, or moving our bodies, or doing ritual. It doesn't have to be super complex, but it's a matter of getting out of the default way of relating from our

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egos, and instead being able to drop into our innate capacity for healing and to support people, to do that in a group which hopefully is happening in many of your Co.

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Housing communities already, and I look forward to hearing more about if and how it is, or could be in particular, as I'm talking about.

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You know the need to feel the despair There is a method and a practice that I've done with the work that reconnects community that's called the truth Mandala.

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Where, if you notice, this is that medicine wheel structure coming up again where you actually create a physical space, and you open and close the container like a ritual.

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But where people are able to go in the center and be witnessed in expressing their sorrow and grief, their fear, their anger, and their sense of powerlessness.

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And this is something very antithetical to How most Americans I feel like operate most of the time.

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We're just trying to you know either smile or grin and bear it, or just be positive.

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And this is actually about creating a healthy container to be able to express the quote unquote, dark shadow emotions that are part of being awake during a time of great turning on the earth.

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And what the philosophy is, and this is also has roots in indigenous cultures is that it's actually, by letting these emotions flow through and be witness in them, that we're actually able to then take that energy that

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energy and motion, which is our emotion and be able to apply that through courageous action, and to have compassion for ourselves and each other. And this is something that I've noticed. if we don't do this in community then

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this these emotions can come out sideways, so to create a container and an ecosystem that allows us to bring all the aspects of our human experience.

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So that's really on more of that feminine emotional side of things.

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Now we're going to shift over to theory you and auto charmers work, which is coming at it from somewhat of a mental framework.

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And looking at why we have this need for a great turning in the world right now, and I really love the way that the Presidency Institute frames this through the separation between self and self.

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Like where people maybe, are not feeling connected to the wholeness of their human experience, because they're just trying to function in a paradigm that doesn't support wholeness or the social divide where we are fighting

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over politics, or, you know, perceived economic competition or disagreements about health care.

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Or what have you? And just the way that people break down through polarization in, you know, from the most personal and a family all the way out to nations at war, then this ecological divide where people are you know either in a developed country just feeling

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entitled to exploit and consume because that's the programming that we've been brought up with, or in other cultures where their environment is actually being degraded and they don't have access like the oshawa

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people who are losing their rainforest. So, recognizing that there are currently these massive sort of disconnections in the way that we, as a society, are being programmed and operating, and that in order for us to change, like what I was saying about

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my work with resource. it's this holographic pattern where we need to change personally as well as in our communities and relationships.

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And that's what's really going to influence the larger system. So there's a movement right now with this presencing work, and the last slide i'll show you on this describing theory you more But it's called you lab

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it. and there are thousands, probably tens or hundreds of thousands of leaders from around the world that are all engaged in doing this kind of work for transformational leadership.

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That is both very local scale and relational, but then also plugged in with this global movement to create this change in the world right now.

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So theory you like I said this is a bit more of a mental approach.

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So you know there's there's the emotional side and singing and playing and feeling connected to the earth of deep ecology.

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And what theory you is about is about changing the way that we approach quote unquote problems, or how we're thinking about things in the world.

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And so on this slide you can see that the top is sort of the worst case scenario like caning to do things from a place of disconnection, and those disconnections that we saw what the lower u is about is

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being able to drop our preconceived notions and actually start to source information through a present moment, listening with an open mind, open heart, and open will.

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And this modality is very powerful for groups it's sort of like brainstorming.

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But rather than it being like all this idea and that idea, you actually go into a listening space.

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And you just notice what arises, and then share it in this very nonlinear way.

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And the philosophy with this is going back to that the earth is dreaming us that when we get out of the way and we listen, there is an awareness that's deeper than our ego consciousness that can allow us to get insight that

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we wouldn't otherwise, have which allows us to then create the completely new possibilities. I feel like i'm talking a lot, but we're gonna get into an actual exercise.

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So the next thing is social permaculture. who I originally learned from Star Hawk at training.

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She does called the Earth activist training, which is the permaculture design certification.

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And part. Why, I think permanent culture is really kind of the lens that I like to use things from is that it's all about organizing and designing relationships.

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And so in permanent culture, many of you might have heard about it from the perspective of agriculture or gardening.

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Usually you have a zone map that's based on where you live. So exam.

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For example, you have zones that are closer to your kitchen.

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That might be like zone one or 2 that's different than your orchard, which is gonna be a further out zone.

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So at the same time as it tends to be applied to agriculture.

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Permaculture is actually just a design science for anything.

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So we can apply it to how humans really, and how society develops.

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And so here is a zone map that i've developed that just it's It's obvious it's what we all know.

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But just to recognize that we have the most influence over the zones that are closest to us.

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And as I was putting this together, I was thinking about how you know, co-.

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Housing has its own little circle in here that I feel like combines, you know, a lot of the family neighbors friends work, and and really creates a different kind of unit.

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That is maybe a stronger zone than a lot of people have who are just living in their fragment and suburban lives.

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The other thing I wanted to point out here is in permaculture.

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The very first step is observation, so they say. The first thing to design is your hammock.

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So I have a little example of the hammock here, and this is similar to the theory you work of really just dropping our assumptions, you know, in the colonialistic way people come in to build a structure, and they just you know

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bulldoz everything down, and they just like create a grid and they just build a box because that's the way that things are done.

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That's what's normal and maybe like feels like it's cost effective.

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But in permaculture the concept would be to not do that.

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But instead to go sit on a piece of land and to pay attention and to notice the patterns, and to be able to design in a way that works with the existing patterns.

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So for those of you who don't know about permaculture. it has a whole series of principles, and here are some of them, and it can be applied to anything so I like to apply it to social systems on a fundamental

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level permaculture has these 3 core values, which is care for people care for the earth and fair share or redistribute the surplus, so that there's equitability.

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And then there's all of these different values like principles like I said the observe as a first step with the putting up your hammock.

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Use in value diversity, because diversity leads to greater resilience.

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Obviously we can see how that would connect use, small, slow solutions, local resources and responses. manageable scale.

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That kind of speaks to what I was talking about with the the zone model on the previous page, integrate, capitalize on how things work together.

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I think that we talk a lot about this with co housing, instead of just having it be a single family home.

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How much can we integrate? Is there car sharing? Is there community gardens?

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Is there, child, care like how many ways one way that we describe it in permaculture is, Can we stack functions?

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And then my favorite here is called produce no waste but I like waste is food, or the problem is the solution.

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And so here's an example kind of connecting back to deep ecology, how to look at what's going on in it could be your personal life, or in this example, at the top here.

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It says, hurt, anger, despair, fears about climate change, loneliness, quote unquote negatives, right?

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So this is this is maybe the the waste. This is maybe like the compost in this sort of social permaculture model.

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And again, what do we want to create? We want to create a safe environment that will support the person, to feel the feeling and have compassion and life affirming responses instead of blame?

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So again incorporating some of the kind of theory you presence, or the deep ecology, permission to express the pain of the world, and that this is like the the worms that are composting the dead organic matter to

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create the nutrients for us to transform into wisdom and actually be able to create change.

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So this is a way of overlapping the concept of permaculture.

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And what I love this quote the problem is the solution: to be able to change our perception of things that are arising that feel like problems, and to be able to design ways that we can actually have those problems. become solutions.

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And you know, in the spirit of today's conference in social permaculture, a big part of that theme is through love.

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So this is a practice that I would love for us all to have a moment to experience.

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This is in the previous slide. It talked about co- counseling and meditation, which are 2 different modalities that are out there.

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I've done a little bit of co- counseling in a ton of meditation.

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It's pretty vague, but what I have personally been in innovating for many years.

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I call sacred synergy, and it is kind of interactive relational meditation where you go through and permaculture we call this first zone.

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Here the self zone of body, mind, heart, spirit. This is called zone 0.

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So you go through the 4 levels of zone I'm gonna guide us to do it together, and then do we have the ability to do a breakout room for just like 3 min.

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Maybe as we do. Okay, great. So i'm gonna i'm gonna guide us through this meditation.

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And then, if you want to make any notes, you know as you go through the meditation, you can, and then we'll have just a couple minute breakout for you to share one on one with someone else, and just get like a little

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microcosm experience of what it's like to share this this sacred synergy practice.

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So let's just take a moment to close our eyes take some deep breaths.

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And first just tuning into your body, noticing what sensations are present in your body.

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Right. Now, noticing, if you feel more or less awareness in different parts of your body, and doing your best not to judge the sensations, just noticing, naming where you feel what in your body and now bring your awareness, to your

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emotions again without judgment. Just scanning and noticing what emotions are present for you right now.

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Sometimes it's interesting to see if the emotion lives somewhere in your body with any sensation.

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And now tuning into the conscious part of your mind the part that has intention, just noticing, if you have any intentions that are alive for you right now could be blank.

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But if you have any intentions that could be completely complex, incredibly simple.

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It could be that you want to move your chair or get a sip of water all the way out, to end world hunger, and just noticing allowing any intentions that are real for you right now to arise then, lastly tuning

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into your connection with the mystery. You might call it spirit or soul, or your subconscious and just opening up to receive any kind of symbol might present itself to you.

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It could be a color or a shape or an image word, a sound, and it could be nothing doesn't have to be anything but just noticing, paying attention to that nonlinear creative intuitive space that's available taking this

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harvest, this awareness of your body, your heart, your mind, and your intuition.

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If you can break us into groups, break out groups of 2 people, So each group has 2, and just each person.

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Just have a moment you'll each have about a minute and a half to share what came up for you in the meditation.

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The other partner, just to notice what happens for you when you hear that person share.

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Then switch rolls. got less people that, but that should work such work rates 7.

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I just had to make sure that we didn't have people rooms with one person in them, and it's having me go into a group. But I don't know if I should you might as well Okay, Hello, Francis, Francis, are you

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there Seems like everybody is muted lotus. It was. Notice your muted down.

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That explains it. Okay, Well, welcome back. And I just wanted to.

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You know. Invite you guys to make any notes in the chat window about how that was for you.

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I know, with my partner there was some resonance like we both had some things that we both shared, and I could feel that viscerally as we described what it was curious if anybody else has a brief share of how it was for you to do

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that practice, or to witness and be witnessed by someone in it.

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Okay. Well, if you think of anything you want to share about that i'd love to see it in the chat window, and then I have one last modality.

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I'm going to share with you guys and then we'll open it up to hear from you all and this is what I've been studying most recently.

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It's through the Animus Valley institute and the author bell Plotkin, who's written numerous books, wild mine and soul craft, Nature in the human soul.

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What's really interesting again about I gotta get to this is the way that all of these modalities have this similar template in common.

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But they each have a unique approach and what I love about the animus Valley work is that it's going very deep into zone 0.

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It's going very deep into the personal development. and helping us to reconnect with nature. and the way that Bill writes about it is that our connection with nature is our soul and that it's about reconnecting with our soul

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and i'll be speaking a little bit more about that what this work, soul, craft, and wild mine is about is going into nature and doing healing practices.

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It includes doing him by ourselves, being in council with a group of people which is kind of like the the traditional.

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You know circles that indigenous people would sit in mirroring, which is sort of what we just had a moment to do of being able to witness and be witnessed by someone else.

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And then dreamwork is really big, because this is rooted in depth.

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Psychology which is looking at the subconscious and the symbols and the intuition that you had a chance to just touch in on that meditation.

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So like I said there's all these similar themes so the way that Bill Plotkin has mapped the Psyche is in the structure of the medicine wheel.

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So once again it's another reference point of mapping how we can perceive ourselves, and in this particular case, it's about perceiving our psyche and our wholeness as human beings, and so rather than just

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being one-dimensional and just being a worker who's taking care of your family, recognizing that we also have these other dimensions to ourselves.

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The the nurturing, generative adult and the North balanced out by the innocent like our inner child, and the sacred fool in the East, and our our wild one in the South that's primal and sensual, and then the

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really romantic sort of mysterious one in the west that's called the Muse.

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That's our guide to our soul and what this work does, and i'm not going to go into a lot of detail about it.

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But it's basically helping us. discover our wholeness. And in our society they really pathologized pain. And that's one of the things that that whole deep ecology lens that also informs this animus valley work

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is about is no longer looking at ourselves as broken, but actually on a path to greater and greater wholeness, and rather than needing to look to the society to provide the healing for us, that we actually like Joanna Macy was saying we have

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access to that healing through our own innate wisdom and our connection with nature.

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And so this work you can check out the books, or, you know, love to support any individuals or groups that want to do this work allows you to go into this map and be able to see things.

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This map here is about our relationship with ourself and I I pulled out this quote about self-doubt, which in this is up in the North.

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It's considered the inner critic right like who am I to do a workshop at a conference on cohousing like I could have a little voice in my head.

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That's telling me not to do it and what this soul craft work is about is being able to recognize these little voices in these little parts of ourselves, but not let them limit us to allow that to be integrated.

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So that we can walk with greater wholeness so this is on a personal level within ourselves.

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And then there's also a similar kind of map in how we relate with other people.

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So. So again, i'll point to the the north that one of the shadow sides are wounded aspects of ourselves, as these nurtured, nurturing generative adults is that we can sometimes be codependent and

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wanting to take care of other people. So this is about being able to bring consciousness to things that maybe people are spending decades going to therapy to try to crack the code on.

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And this message is all about being able to discover your own path to wholeness through the guidance of nature. And then the last thing here just speaking to soul.

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And why this is all happening, and how this connects to the great turning is that basically we have the instructions within our soul for greatness, for our unique purpose in the world that we're each like a unique species in this ecosystem

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of love, and that we actually have a society that for the most part has blocked people in their developmental stages at adolescents to just be focused on conforming and taking rather than these older more mature wise phases of

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contribution and service. And so this work of doing the inner work is so that we can be in greater service to the world.

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So with all of that, said, I want to open up a discussion.

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We have a pretty small group of us now, and just yeah, open it up to questions or feedback from people i'd love to know if any of this is already happening in your community.

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Or if you can see ways that it could be so I don't know if we can unmute people. But i'd love to yeah have a a group discussion.

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Well, the thing that struck me is that there's a lot more potential in my community.

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Here, then, is really being expressed. and how did how to go about doing that.

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Given that we're all pretty busy people and one way or another, either doing good things or dealing with things.

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And and my reaction, you know base partly on the meditation is to let that observation be sit in my hammock and say, Okay, that's where we are.

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That was the other thing that I really related to at the beginning was the hammock.

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It's like I could have all kinds of ideas about how we can turn this into more of an eco village. In fact, that's what I wanted to do with the entire city of Berkeley when I moved here in the seventys

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and and to just stop and say, Where is each person coming from? on this property?

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We? what are their concerns that relate to you know, to climate change and and to

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You know these issues? And yeah, So just sit in that for a little while, and that's what I got from it. Nice.

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Yeah, thank you so much. and I just want to reflect what you didn't say. but i'm hearing is listening that you know, and the hammock is listening and just really focus and while you have so many ideas to share to also be in that

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space of listening to what? what else is coming through with the others in the field?



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Yeah, and perhaps i'll see a connection between this person the idea and that person's idea not necessarily mine.

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But there's and you know yeah absolutely love it thank you Shepherd village.

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There's a regular invitation to ancient dancing in the common house. There's a garden there's a cup conservation teams that interacts with the forest around us, and it.

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Authors you presented are all familiar names, I think, throughout the village.

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However, you know the sense of it all is there's nothing that has ever named all of this as being integrated, or necessarily the definitive articulated value of the village as a whole.

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So it's a case of you know all of this is there.

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But I think, if you ask, you know randomly selected Shepherd Village, remember what the values of the village are.

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They would be hard pressed to name them. So this is an issue of having many of the elements in practice, not necessarily with a degree of articulation and integration.

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Thank you. Yeah, to me that is a beautiful example, of the problem is the solution. in that, you know it's sounds like there is an opportunity for that to be more articulated, and in and of itself could be a really powerful practice of bringing the

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community together. i the community that I was coordinating last year.

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We actually launched the community focused on 4 articulated values, and it was so powerful to have those values be what we were, referencing in all of the decisions that we were making.

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So how it balanced, and it wasn't complex it was 4 words awareness, embodiment, relationship, and leadership.

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And we just were checking our decisions and things that came up based on those 4 core values.

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And it allowed us to have a lot of alignment in how we were making our decisions and coming back to those core values over and over.

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So I strongly recommend it. It also offline from this one of the tools that we use to be tracking.

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That was through surveying the community members and being able to get feedback about how those values were being expressed, and be able to actually adapt the the way that we were organizing it.

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So that it met the the needs of the community. members So Yeah, yeah, ominous words love to hear from another community member or somebody out there who was impacted.

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And i'll put my just so you know i'll put who Betsy will have you go next and i'll put the links to all the resources in the chat window right now and also going to put on the slide

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with my contact information. Are you going to share your slides that you presented?

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Yes, okay, yeah. and best you'd love to hear from you love while i'm getting the stuff crap and pay them.

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, thank you. Oh, yes, I'm I Don't I had the pleasure of being with Susan Stratton, and her her imagery inspired me.

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I just want to note that, and I I also live in the same community as Lloyd. if I can.

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I hope that it's not too confidential but my response was something i'm very familiar with with many of the modalities, you know not all of them, but some of them, and some all look up.

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But and certainly the circle is very circle with 4, you know a grid matrix very common.

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So i'm taking it all in and the image, that came up for me was, circle a pizza or a pie, where you divide it into pieces, and people take the pieces.

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And my question was, Well, how do we bring the pieces together again?

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Because i've caused conflict or i've caused upset in the to several people in the community, and that upset resonated to many of the good people caretakers here, and and I was inspired while you were speaking to

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think about how we could work with some of the you know not the theory, or even the language, but the principles could we bring to?

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Can we bring our peak selves together? because once you take in the pie or a pizza apart, what does it mean?

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How do you bring it together? so i'll stop there and say it was very

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I'm glad I joined and thank you lotus for your work.

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Yeah, thank you for that reflection. and I I think that is my goal is just to inspire some new ideas and new thinking.

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And in the spirit of the theory you to just go into that beginner's mind, and what each of these modalities is about is recognizing that the old programming that we have been operating in is not necessarily the best and so

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It is work for us to shift out of the default program, and sometimes it is a simple as sitting in a hammock, or having these conversations.

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But there's something about having a container or context of an experience where you're going into it with everyone in agreement.

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That, hey? we're gonna go into a listening space together so that you're not looking to have like a definitive decision at the end of it.

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And I think it's really important I mean in some ways. you could think of it like the feminine and masculine archetypes that we've been dominated by this masculine archetype of linear thinking and

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decisions in finite, and that the feminine is this much more emergent, nonlinear, mysterious place, and to have more of the space for that kind of feminine process.

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And i'm not saying it woman man but more just like the different energies of whether we're in action or we're in receptivity.

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And so that's yeah, that's what I hope that we can all discover ways of bringing more of that into our own personal lives, relationships, and communities.

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For sure. I think we have one last minute. if 1 one last person wants to share I have a little sharing.

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I don't know I don't know how how important it is. but in the last few months our community has got solar panels up here, and that has really tied me into the the the movement of the sun and the

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equinoxes of the and all of that it's brought me back into this idea of what they called the the Temple of the Sun.

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The sun worship, and how that came about because we were so tight connected to the sun.

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I don't know if if that has any relevant Yeah, I love that.

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I think that's exactly on point with the whole municipal, and recognizing our relationship with the sun and earth and moon and stars.

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And and this is how humans originally navigated and all humans everywhere navigated, based on that.

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So it's the original Internet and and the way that we are connected beyond physical. And so just acknowledging that Yes, that's a way that it's built in and I almost wonder if there's a

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way of creating ritual around you know acknowledging what Church of the Sun and the seasons, and bringing that more intern design as Well, yeah, well, i'll certainly be having our community do more at at those times, and year

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perfect, awesome. Well, thank you all so much. I look forward to connecting with you again outside of this conference. Okay?

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Well, I want to thank you, Lotus, for your wonderful speech.

## Chat & Links

00:08:22 Roger - Prairie Sky: Roger - Prairie Sky in Calgary, Alberta

00:10:17 Pat (she/her) Ravens Crossing Sidney BC: Pat. Ravens Crossing in Sidney British Columbis

00:10:57 CohoUS Room 3: henning Mortensen in Regina Saskatchewan out on the Canadian Priaire

00:11:19 Jessica Kovacs: Jessica Kovacs, Calgary Alberta

00:11:34 CohoUS Room 1: Greetings! Stan (he/him), Acorn Creek, Cary NC, Piedmont region

00:11:36 Todd Lewis: Todd - Shepherd Village, Shepherdstown, West Virginia, Appalachia Interior Forests

00:11:50 Becky-Rachel Carson Ecovillage: Becky, Rachel Carson ecovillage in western Pennsylvania, USA, just north of Pittsburgh. Eastern woodlands near the Appalachian highlands,

00:11:54 Trish (she/her) - CohoUS Co-host: Trish in Denver, Colorado

00:12:45 Dem: Dem, Rachel Carson EcoVillage

00:16:08 susanstratton: Calgary AB Prairiesky Cohousing tells you something about bioregion

00:17:02 CohoUS Room 3: prairie spruce does too, although there is no such thing, we just thought spruce was ever green.

00:53:19 Lotus (she/her) HIVE Hawaii: Please come back to the main room

01:08:34 Lotus (she/her) HIVE Hawaii: Other Background Links:

Learn more about Lotus's coaching at [www.deepcompass.com](http://www.deepcompass.com) and the HIVE project at <https://www.wesource.us/hive>

Learn more about Deep Ecology @ <https://workthatreconnects.org/>

Learn more about Soulcraft and Wild Mind @ <https://www.animas.org/about-us/our-organization/mission-statement/>

Learn more about Social Permaculture @ <https://starhawk.org/can-social-permaculture-change-the-world/>

Learn more about Theory U, U Lab and Presencing @ <https://www.presencing.org/>

01:11:00 Margie Heller: Joanna Macy — more info?

01:11:51 Lotus (she/her) HIVE Hawaii: Joanna Macy <https://workthatreconnects.org/>