



PRINCIPLES OF SOCIAL PERMACULTURE: CREATING CULTURES OF RESILIENCE

a Tools for Change Handout by **Bill Aal & Margo Adair**

. Please note that everything is connected to everything else, the columns represent different views on the same phenomena and there is much cross over.

PRINCIPLES	VALUES & IMPLICATIONS	PRACTICES & EXERCISES
The Universe is Inherently Benevolent and Creative	<p>Life is sacred Present in the moment Open to the mystery Moving from “control over” to “harmony with.” Healing happens naturally. Spirit and meaning arise in the spaces between. Meaning and learning arise from struggle and coming into communion. Gratitude Generosity Love</p>	<p>Appreciate, love and care for self, family, community, the world and the earth. Cultivate patience and trust. Deep listening Create open space inside ourselves. and between each other. Look for the emergent. Gifting.</p>
Interdependence The Universe is a hologram, Indra’s Net, Interbeing, Zero Point Field, Non-Locality	<p>All beings are in relationship Change in any relationship shifts the whole. Inner and outer mirror one another All entities are embedded in a greater whole. There are no externalities. Everyone is accountable and responsible to/for whole. Look for “win/win”,”both/and” paths forward. Compassion</p>	<p>Listen for and speak current truth Move from individualism to collective thinking Work with holistic ways of knowing. Emergent properties of networks/systems. Observe and imagine consequences of all activity. Step up a holonic notch. Look for impact on all humans, all living beings, and the earth for at least the next 7 generations.</p>
Change is Constant	<p>Everything arises and falls away. There is a dance between: energy and form; structure and process; unity and diversity; local and global. Embrace change while honoring the old ways. Welcome multiple perspectives. Be humble; resist dogmatism. Learning comes from variance off the “norm.” Change arises from both the center and the margins. Be mindful of what is, what needs to be, what is emergent, and what should be discarded. Change is perpetual; to be present is to be in motion.</p>	<p>Design for flexibility. Find balance amidst change. Accept discomfort and the unknown. Embrace conflict and change. Work in loosely coupled networks. Explore attachment and renunciation. Design with semipermeable membranes; allow free flow, but with boundaries. Allow for fallow as well as growing time. Develop practices that support individuals and communities, to sense and welcome the dance of change: honoring natural cycles, peoples’ life transitions, community and /governance changes, etc. Build in redundancy and allow for succession.</p>
Deep Time Slow Food Slow Money Slow Community Slow Time.	<p>Time is malleable. Wisdom of the ancestors Intergenerational relationships Mystery and emergence Past, present, and future live in the same moment. Full and open attention Community self-reliance Local Food Local Culture Local Money Patience</p>	<p>Learn to work with time in its many forms. Think long term in your relationships. Cultivate relationships of mutual support and learning between generations. Ceremony and ritual Meditation Share stories. Open to positive vision from and for the future ones. Work with practices that open the imagination. Embody future vision as though it has already</p>

<p>Deep Time (<i>cont.</i>)</p>	<p>Pacing and rhythms Reflection Vision Natural life cycles Time is both linear and cyclic. Mindfulness: the discipline of observation and being present to what is.</p>	<p>taken place. Counter the speeding up of time (i.e. from computers, global capitalism) Keep resources flowing locally. See your place in history, your life cycle, and your family and communities. Heritage circle</p>
<p>Power with all Beings: A Pattern Language for Social Practice</p>	<p>Transparency and accountability Shared and distributed power and resources Reshaping of power hierarchies into participatory structures where people contribute their best and influence decisions that affect them. Localized control of resources. Bring the margins to the center Sharing and conservation; community stores wealth. Solutions often come from the edge. The closer to direct experience, the more accurate the assessment. Local self-reliance and systems of mutual credit Renewable resources. Honesty and direct communication. Reconciliation and forgiveness heal past abuses.</p>	<p>Investigate history, intentions, and likely outcomes. Observe the flow of resources. Determine who controls/decides, who benefits, and who pays; include nonhuman resources. Develop practices that transform habituated patterns of internalized oppression and privilege. Redirect the flow of resources that go from bottom to the top so that they remain localized. Encourage people to trust their own experience and <u>look</u> for collective wisdom/intelligence emerging from the group. Find ways to listen to those who most impacted by the circumstance/decision. Name unspoken and unexamined assumptions. Create forms that inspire full participation. Practice consensus.</p>
<p>Diversity Brings Resilience</p>	<p>Welcome the stranger. Cross-pollination brings creativity Mechanisms that inspire trust, accountability, transparency, integrity and open access in all institutions formal or informal. Design ways to hold multiple views of reality. Talking circles Appreciate alternative value systems All belong, all contribute, all respected. Each person is key.</p>	<p>Learn the history and cultures of people as told by the people themselves. Counter the forces of assimilation. Seek ways of sharing cultural expressions. When we see the water we swim in (through learning a perspective that comes from the people different), then we begin to understand which assumptions to discard. Create structures that welcome diversity and maintain the integrity of the community/organization Honor and use separate space to maintain strength and give these strengths to the whole</p>
<p>Energy field / Intention Responsibility Magic Synchronicity</p>	<p>Spirit There is energetic coherence in all that it. Thought and image hold energy and have impact in and of themselves. What you focus on is what you get; the question is fateful (collectively as well as individually). Imagination is the medium of intuition. What we can't imagine is where the work needs to be (the problem is the solution). All levels of being are choice making ones. Openness Reframing of problems into welcome opportunities for learning and transformation. From victim to actor Direct experience is the seat of expertise. We act out of the images we hold. Without vision of what we want we recreate patterns of what we want to let of.</p>	<p>Invite serendipity. Personal and collective awareness practices for what is Discernment without judgment Practice listening to what emerges from the spaces in between and the whole Celebrate life Trust own experience, sense and direct knowing. Ritual and prayer Cone of Power Applied Meditation and Energy Circles Appreciative Inquiry Open Space Technology The Work That Reconnects Follow your passions Support and celebrate the passions of others. Embody the change you want to make.</p>