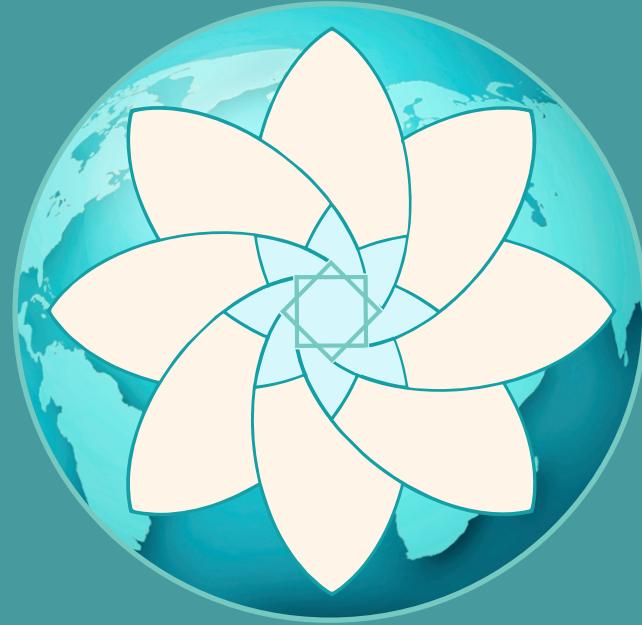


A GRAPHICS PORTFOLIO EXPLORING AN  
*Eightfold Spiral Journey*  
*of Person/Planet Co-Evolution*



*Dennis Rivers and friends — SpiralJourney.org*

*Creative Commons — Drawn from the work of many — Belongs to Everyone*

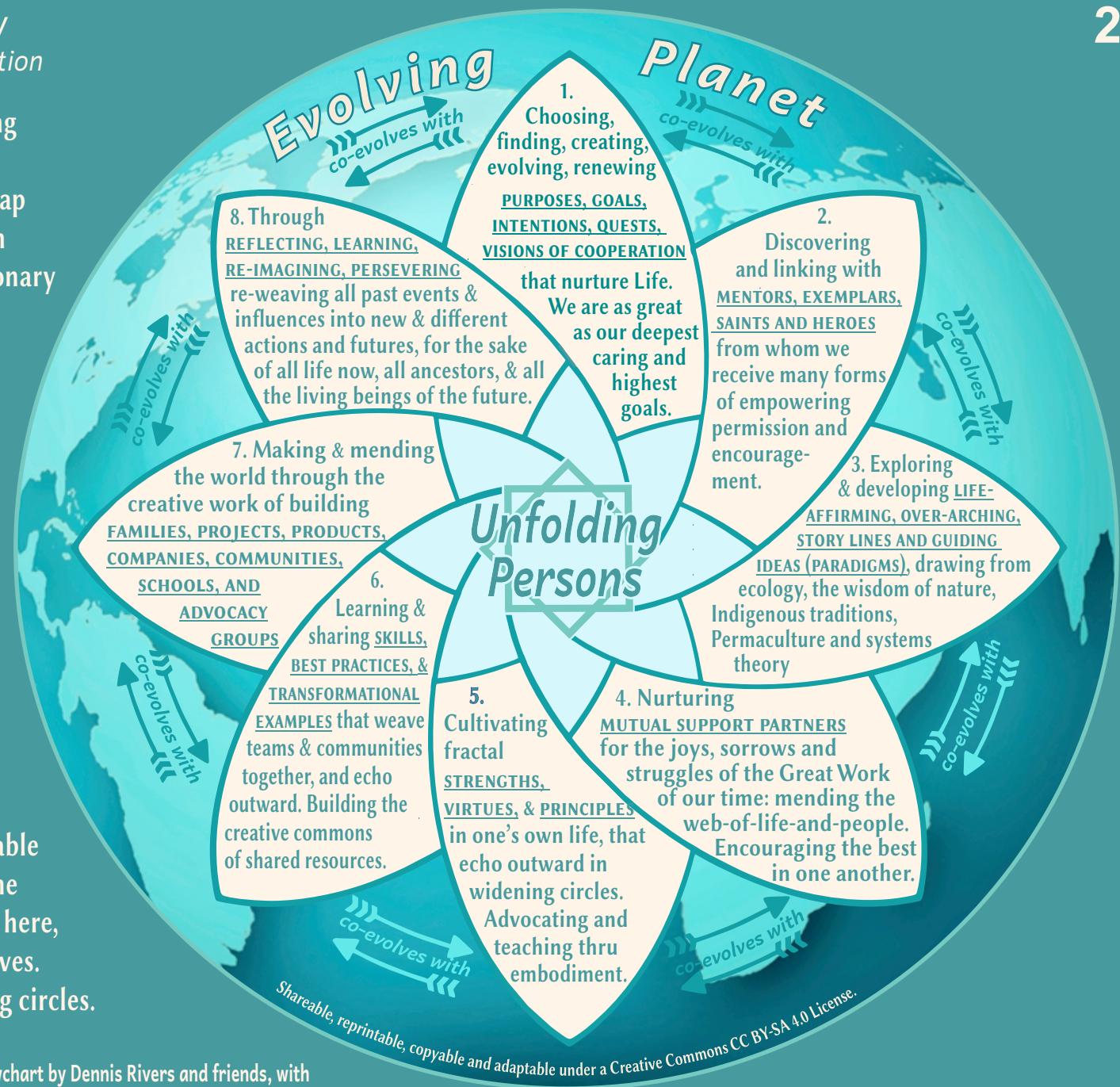
# An Eightfold Spiral Journey

## Vision of Person/Planet Co-Evolution

Beginning with the heart and moving outward in widening circles, this fractal Person/Planet process map suggests one possible creative vision of how to live a healing and evolutionary life in a time of ecological and social breakdowns.

Here are eight awarenesses you can cultivate, and eight actions you can take, to weave your evolving life into the life of our evolving planet. And eight areas of study that can help you deepen your participation in the making of a new world.

In this person/planet fractal vision the essential tasks of becoming persons are understood as deeply similar to, and interwoven with, the essential tasks of building a sustainable civilization. This allows us to start the process of mending the world, right here, right now, in the circle of our own lives. Everything is connected, in widening circles.



2/8/2022 Spiral Journey Person/Planet fractal flowchart by Dennis Rivers and friends, with

inspirations from Joanna Macy, Jane Goodall, Mahatma Gandhi, the Dalai Lama, Alan Watts, Theodore

Roszak & many others. For more information please visit [www.humap.org](http://www.humap.org) Available to everyone free of charge.

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# An Eightfold Spiral Journey

Vision of Person/Planet Co-Evolution  
spiraljourney.org

## INTRODUCTION

What sort of person would I need to become more of, in order to help make the kind of world that I myself want to live in?

What would I need to learn?

How would I need to change?

Inspired by and adapted from a remark by Ram Dass/Richard Alpert



February 10, 2022 Revision  
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Drawn from everyone,  
belongs to everyone.

*In every age, the crises of the world around us soon become the crises of the world within us. The slow ecological self-destruction of industrial society is a crisis of both personal sanity and of community life.*

*The unprecedented outward challenges of our time now include such interlinked processes as radical climate disruption, extreme racial and economic injustice, perpetual war, nuclear weapons / waste / accidents, and accelerating global species extinction. These outward challenges are also deep inward challenges to our sense of identity and integrity: Will we collude with the oppressive / destructive forces at work on Planet Earth? Will we withdraw from life as a way of coping? Or will we find /invent creative and life-affirming ways of becoming strong enough to resist, rebuild, and participate in the many needed transformations?*

*As global mentors such as Einstein, Gandhi, Dr. Martin Luther King, Jr. and (more recently) Joanna Macy, Jane Goodall and Wangari Matthai have each expressed in different ways, our extreme circumstances challenge us to respond in powerful ways:*

- » *they challenge us to think much more carefully and imagine much more creatively,*
- » *they challenge us to develop and practice much deeper personal skills, strengths and virtues,*
- » *they challenge us to connect with much deeper spiritual resources,*
- » *they challenge us to build much stronger and more supportive friendships, projects and communities and, combining all of the above,*
- » *they challenge us to participate more deeply, consciously and productively in the mending of our world.*

*All of these challenges arrive in an atmosphere of ongoing emergencies, making mental focus difficult. So my view is that, like playing the guitar or becoming a doctor, and unlike growing hair or fingernails, the five powerful responses listed above will almost certainly require our conscious attention and effort, rather than “just happening.” The Spiral Journey Flowchart Mandalas are some possible maps of that attention and effort. And just as the best-made shoe will only fit some feet, I am sure (and also regret) that these flowcharts and this 8-fold agenda of development will probably only be useful to some readers. But even so, it might still serve a wider circle, if it inspires many people to search for their own path of person/planet unfolding and healing. By placing all of the Spiral Journey Flowchart Mandalas in the Creative Commons, we invite you to draw from them and rearrange them in whatever ways may help you respond to the great challenges of our time.*

*Dennis Rivers and friends, [www.humap.org](http://www.humap.org)*

An Eightfold Spiral Journey  
Vision of Person/Planet  
Co-Evolution

## Creative Self-Questions

for ongoing conversations with my soul (my emerging integrity), and my teammates on life's adventure

“Your question is the quest you’re on.”

Sam Keen

Inspired by Quaker “community queries” and the practices of Appreciative Inquiry and Narrative Therapy.

[SPIRALJOURNEY.ORG](http://SPIRALJOURNEY.ORG)

Person/Planet drawing by Dennis Rivers, with inspirations from Joanna Macy, Jane Goodall, Mahatma Gandhi, the Dalai Lama, Alan Watts, Theodore Roszak & many others. Creative Commons – Belongs to Everyone.





Spiral Journey Flowchart Mandala – Alternative Graphic Presentation from 2019 (Revised Feb. 2022)

Dennis Rivers and friends, February 10, 2022 revision. Permission to copy/adapt granted under a Creative Commons Attribution 4.0 International license: <https://creativecommons.org/licenses/by/4.0/>  
Deep bows to Joanna Macy and all my collaborators and teachers. Special thanks to Jay Mohler for permission to use images of his Ojo de Dios yarn-paintings (<http://www.ojos-de-dios.com>).

# An Eightfold Spiral Journey

Flowchart/Mandala Visualization  
of Person/Planet Co-Evolution  
[spiraljourney.org](http://spiraljourney.org)

## May 2021 Flowchart Mandala (revised Feb. 2022)

### Star-Flower Nested Map Design

### Zoom to Explore

Eight interwoven  
action dimensions for  
connecting the evolving  
person with the  
evolving planet

“Walkabout” Exercise:  
Mentally stand  
on each petal  
of the Star-Flower Compass  
and think about  
how it interacts with  
each of the seven others.

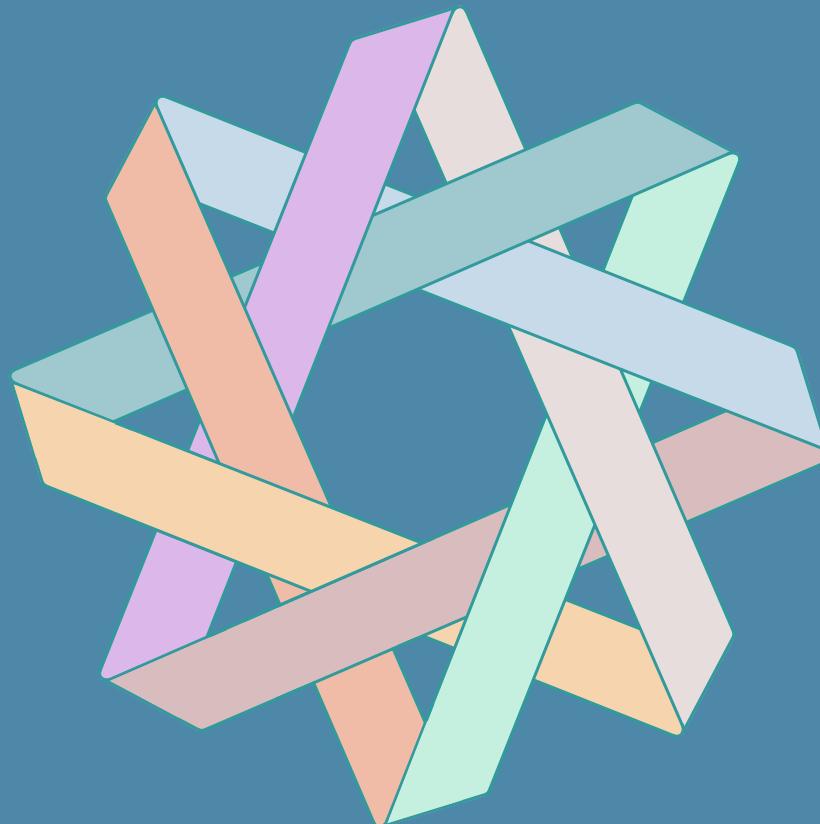


Guiding questions: What kind of persons are we becoming? What kind of world are we helping to create?

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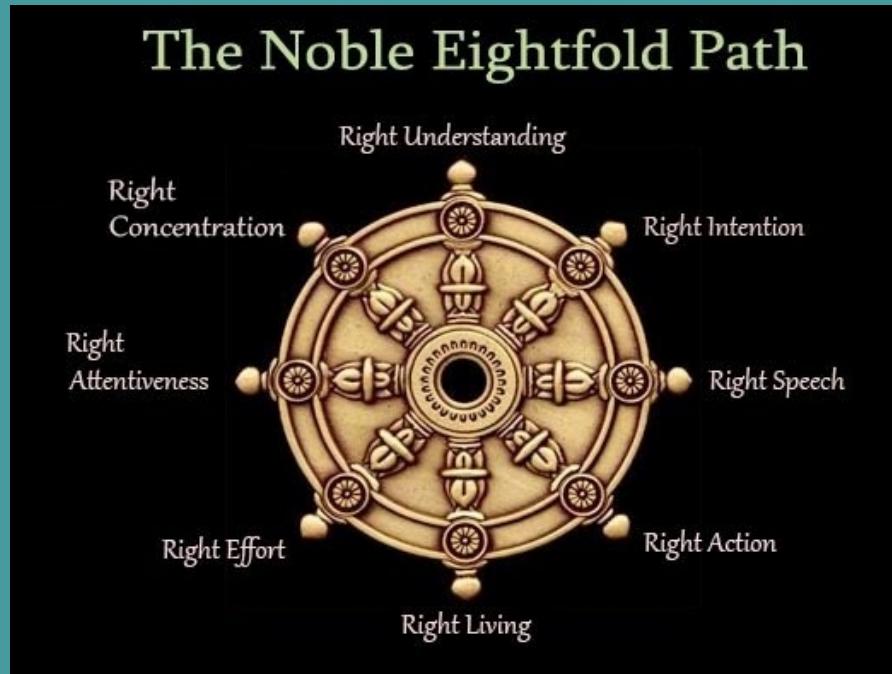


*A Contemplation of Eight-fold Interwovenness*

*Folded Ribbon Infinite Loop – Dennis Rivers 2021 – Creative Commons*

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Buddhist Wheel of the Dharma



Celtic Seasons of the Year

Thinking in inter-related complexes of eight: examples from world cultures