

There are people in the Posthumanism realm that think western dominant culture's tradition of boxing things in, segregating, creating an illusion of solid binaries, extreme individualization & hierarchy have done a disservice to knowledge - making fields less accurate by not incorporating the "entanglements" and the constant interactions that make up the universe. The book, "Arts of Living on a Damaged Planet" highlights this beautifully and would be apart of the curriculum.

Social-emotional learning and community building will be central to the curriculum. Students who feel supported and seen do better in school. Students will learn how to hold space for one another and learn how to ask for help which requires cultivating responsibility and vulnerability.

There will be somatic workshops, developing proprioception and connection with their bodies. We will explore how our feelings and experiences physically live throughout our bodies. We will learn grounding and meditation skills and learn traditions such as Tonglen - breathing in another's suffering and filtering it through your breath, sending it back out as joy. Shadow work will be part of the curriculum, which is a term I didn't create but have been using to identify different practices globally and historically that involve dealing with feelings or things that are seen as "bad or unwanted". We are trained to "other" people who are different from us and I think if we don't learn how to reduce the "othering" we do to ourselves internally, it is hard to stop externally.

We will learn that being in a community whose aim is care involves boring and tedious work, and look at how to deal with these aspects without falling into binary punitive ways or keeping "order". When someone does something that's violating, or falls behind in work, we will look at ways to not fall into "call out" culture of shame but look at why this person is behaving that way and explore how we can support.

Herbalism or our intimate relationship with plants is very powerful and has been historically seen as threatening starting from Christian colonialism and currently by big pharma. Cultivating this would also help to mend the rift of "nature vs culture" and dismantle the western idea that nature is a thing outside of ourselves. We will learn about money and the debt system for self-empowerment and redirect the money entity to something that can serve.



