



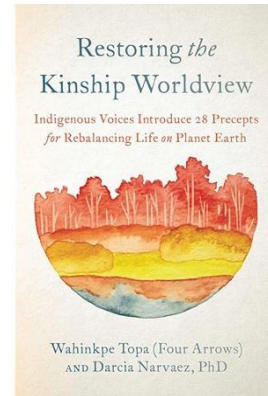
Radical Regeneration Newsletter

01/2023



Characteristics of a healthy person - from First Nation peoples around the world!

- A quiet mind – emotionally present and creative
- Inner (childlike) happiness
- Vitality – an abundance of energy
- Unconditional listening
- Emphatically connected to the world
- Humble
- Generous
- Authentically helpful – proactively trustful
- Fully alive – aware of the sacredness of all
- Loving – compassionate and forgiving



Study & Struggle! – A mindset for the new year!

<https://www.youtube.com/watch?v=T-9mrligjig>

Start with a deep critique of militarism - The greatest bulwark of patriarchy and capitalism!

<https://theanarchistlibrary.org/library/emma-goldman-patriotism-a-menace-to-liberty>

Inequality, power imbalance & oppression forerunning – Us the Precariat!

<https://www.youtube.com/watch?v=XUiUW9XqX2Q>

https://www.youtube.com/watch?v=iyQnTBRvS_Y

Bioneers Podcast – Revolution from the heart of nature!

<https://bioneers.org/bioneers-radio/>

David Rovics - A song to regenerate our commons!

https://open.spotify.com/track/6JvBwHtH1MhgSWWMqpKSUO?si=i_qGyRejT-OuU1KrjY1M1A&context=spotify%3Aplaylist%3A37i9dQZF1DZ06evO0IY5Hh&nd=1