

A Regenerative Life



overview

Aim	To design a livelihood and a lifestyle that helps myself and my partner to meet our aspirations
Date	04.08.20 to date
Location	Me and Killian
Client	Us
Status	Implemented and ongoing
Area of Application	Personal
Principles	For this design, I decided to use Rosemary Morrow's principles, because they seem to fit quite nicely. They are in her book, listed below. I haven't included them all, as some are irrelevant, and as this is quite a quick design process, I am keeping it to the ones that are the most pertinent. In the second phase I used a select few of Holmgren's principles
Framework	SADIMET then Looby's Design Web
Tools	PMI, Personal Values Clarification tool, Holistic Decision Making process, SWOT analysis, skills agenda
Resources/support	<i>People and Permaculture</i> by Looby Macnamara, <i>A Simpler Way</i> by Margaret J Wheatley and Myron Kellner-Rogers, Making Permaculture Stronger podcasts by Dan Palmer, Holistic Decision Making Design Coursebook by Dan Palmer. <i>The Mindfulness Survival Kit</i> by Thich Nhat Hanh, <i>Survival Guide to Staying Conscious'</i> by Burgs <i>Earth User's Guide to Permaculture</i> by Rosemary Morrow
Context	Myself and my partner Killian have a flat in Baildon, West Yorkshire, in the UK. We have a small dog called Benji. We try to lead a modest and sustainable existence. We have minimised our outgoings and are seeking to shape our livelihood to meet our aspirations rather than following an economic incentive.

Introduction

This design looks at short-term and long-term plans. The long-term plans are about how myself, Killian and Benji would like to live in the future, and the short-term plans are about making a living now and how we can make ourselves more useful, in order to achieve our long-term plans.

The current Covid-19 pandemic will influence our choices, and, to a degree that no one can guess, may delay plans.

This design is in two phases, as at the time of writing it up it seemed prudent to update it and change tack, somewhat.

Killian wanted a more active role in the design, as he had since become much more interested in Permaculture, and my approach was also beginning to change, so I wanted to explore some ideas within the process of re-visiting the design.



Ethics - summary

Earth Care

The aspiration at the core of this design is to address climate change in our personal and professional lives by reducing our impact on the planet. We are searching for ways to earn an income that are non-extractive and, if possible, are regenerative.

Fair Share

We would like to work with others, sharing our skills, experience, knowledge with generosity, honesty and kindness.

People Care

This is intrinsic in this design because Killian's, Benji's and my welfare are at the heart of this. We would like to live in a safe and healthy environment, find a livelihood that isn't too stressful and one that is of benefit to the humans and animals we share the environment with.

Framework

Initially I used SADIMET because I wanted something straightforward and linear! This was in response to the difficulties that I had with Looby's design web in my earlier designs. I thought

'SADIMET seems simple and, well, it's a classic, isn't it?'

When I revisited this design, I realised that the design process had not been linear and that trying to make it linear was detrimental in many ways. So I searched around for a nonlinear framework and couldn't find anything that felt right, so I thought, well, I'll just try Looby's Design Web again, having had success with it in design 7.



Phase One

Vision

long-term goals

I remember when I was 17 being asked by the guy in the job centre where I saw myself in five years' time. Hilarious, given that within a year I'd be in a cult, and wouldn't leave until I was 24!

Well, it was a valid question, I guess, so I am asking myself it now. In 10 years' time, I'd like to be living on the land, with some good folk, fellow guardians of the land. I'd like to be shit-hot at growing edibles and be skilled in other practical stuff – preserving, cooking, foraging etc. I'd like to have zero carbon footprint. In five years' time, I'd like to be well on my way to being skilled up. And I'd like to be ridiculously happy. Actually, the latter is the most important.

Long-term, Killian and I would both like to live in the countryside in a place where we grow food. I would love to have sheep for their fleece, to felt and spin, to make and sell felted and knitted products online and to grow dye plants and the sheep fleece myself. Killian would love to have access to a pottery, to do mechanics and to be involved in building projects.

I would love my poo to nourish the soil.

short-term goals, I'd like to crack on with getting skilled up and save some money.



Vision

Goals

To have a cool af set of bad ass skills by August 2022

To be able to pick food for meals by stepping outside our front door

For our poo to go in a humanure system

To not take out more than we put in

To have access to a pottery

To have enough land to grow food and dye plants and to keep sheep and chickens

To be community sufficient

Values

I completed the **Personal Values Clarification Exercise**, (from a Richard Perkins training course) and these were my top ten, in alphabetical order:

- Compassion
- Forgiveness
- Generosity
- Gratitude
- Humour/pleasure
- Inner healing/Peace
- Integrity/Honesty
- Self-respect
- Simplicity
- Vulnerability

The instructions for the exercise were to give weight to each of these, but I couldn't do that. They all seem as important as the others. Also, you were supposed to end up with five or six, but I ended up with ten!

Survey

I did a SWOT analysis

It is from a bit of a weird, competitive mindset, but it did help me think about where I was at with work, what I had to offer and what my 'weaknesses' are.

It helped me to see that I'm highly skilled, have some great work and life experience and have some areas that I need to work on

It's private, so I will not include it here, but I will put it in the supporting documents for the assessors of this diploma.

Helps

Inspiration

The Buddhist teachings of Right Livelihood.

Initially I was interested in the concept of neopeasantry – living off the land, being community sufficient, learn skills, sharing, connecting and generally, become resilient.

Resources

- Flat in Baildon
- Car
- Good networks for finding work/learning opportunities
- Internet connection
- Allotment
- My skills, knowledge and experience – listed on my CV which is [here](#)
- Killian's skills, knowledge and experience

Killian's skills

Killian is the handiest, most practical person I know. I always say, 'If anyone can, Killian can'. I'm not including his C.V. here, but a very brief summary of skills are below;

- ‡ practical solutions focus
- ‡ farm machinery skills (operation & maintenance)
- ‡ building & carpentry skills
- ‡ groundworks, hard landscaping, walling, fencing
- ‡ website design/maintenance

Limits

- Home: Having been nomadic for a while, it's strange to find myself living with Killian in his flat, and to have done so for nearly three years now. I really like the flat, it's cosy, and we have a nice layout and loads of house plants! It would be emotionally difficult to pack up.
- Stuff: I've acquired quite a lot of things since moving in. Would need to rationalise...
- Allotment: We've worked hard and it's just beginning to take shape, and now we have made good friends with our allotment neighbours. And we have a greenhouse now!
- Family: Jud and Brian. I would really miss seeing them and being around to help them. Mum doesn't seem too bothered about us not being there much (since Lockdown)
- Houseplants: I've got a lot...wouldn't really want to let them go but for a really good opportunity I suppose I would.



Patterns

I didn't look at patterns for this phase

Ideas

I had a conversation with Killian, to see if we were on the same page with our ideas of what we would like to be doing now and in the future.

Killian would like to work with his hands.

He would really love to have the opportunity to develop his pottery skills, to do some mechanics and to build buildings.

He would be open to living communally.

We both pinpointed the desire to be able to walk out of our home and pick food for our meals.

Killian's main concern is being without money.

He is not keen on the idea of starting a community because he doesn't know anyone he could do that with, he would feel happier joining an established community.

He feels he has tradeable skills to contribute to such a community.

Killian's next steps:

Finish kitchen, continue with the dry-stone walling job

Option	Plus	Minus	Interesting
Buy land	Get to make all choices - autonomy	May be isolated	Starting something from scratch
	Benji can be the only dog		Will need to join community outside
	Could be anywhere in the world, theoretically	Will be a huge project	
		All the pressure will be on us	
		We are not spring chickens anymore	
		Big cost	
		Pressure on relationship	
		Dependent on our health	
Buy land with a collective	Shared vision	Risk of disagreements	
	Support	Would probably have to form collective with people we don't know very well	
	Diverse ideas/skills	Decision making process is complex	
	Cost shared	I find confrontation challenging	
	Support if unwell		
	Friendship		
Join existing community with land and help	Established systems of communication/working together etc	May also be established problems	
	Diverse skills/ideas	Less autonomy	
	Cost shared		
Become permanent Wwoofers	No cost	Less autonomy re. projects	We do not really need to OWN land
	Income from flat	Delaying own land project	Would probably need to get a van
	Get super-skilled	Not feasible if health issues arise	
	No place of our own		
	Less commitment		
	Nomadic		
	Less risk		
	May find project to join		
Stay where we are	Allotment	Too much wifi	
	Cosy flat	Allotment too small	
	Could travel to get skills – day wwoofing or weeks away	No sense of community	
	Could get day job or focus on crafts	flat not very efficient	
	Near Mum	Noisy and polluted	
	Near Jud & Brian		
	Familiar, known		

I did a PMI analysis of the options open to us and it looked like the best option was just to stay put for now!



Ideas

Options open to us now

Jessie: selling crafts on Etsy

Killian : Dry stone walling job

We need to have a certain amount of income, to pay for the basics – the flat, food, Benji

Main options open to us for the future

1. Buy land
2. Buy land with a collective
3. Join existing community with land and help
4. Become permanent Wwoofers
5. Stay in Baildon

Principles

Attitudinal Principles

- See Solutions Inherent in Problems
The problem of Covid is being addressed here, in that I am seeing that we will need to sit tight for a year or so, before dashing out on a campaign to get skilled up.
- Value People and their Skills and Work
I would like to value others for the work and skills they have, and learn from them. And give back my hard work in return.
- Respect for all Life
Benji's needs are just as important as mine and Killian's, and will be given equal consideration
- Use Public Transport and Renewable Fuels
I'm keeping this in, as perhaps we could do without the van, and use public transport. However, now that Covid is here, and doesn't seem to be going anywhere fast, a van may be necessary.
- Reduce Your Ecological Footprint
Living lightly is very much part of the end result of this design, with the intention of learning skills that will live more sustainably/regeneratively

Strategic Principles

- Focus on Long-term Sustainability
This design is part of the long game, finding a way to live that is sustainable
- Cooperate, don't compete
The job market is not really of any interest to me, and although I am applying for paid roles, I will endeavour to maintain a non-competitive approach
- Start Small and Learn from Change
We are not marching out on a campaign, we are holding back and biding our time, and will make the most of the time we have.
- Make the Least Change for the Largest Result
I have a long list of skills I'd like to learn, but I'm doing one little bit at a time (mostly!)

Integration

Having looked at the options, it seemed as though the best approach was to stay put and work on developing our skill sets to make us super-useful.

What are the costs involved in implementing the design? £, time, available resources etc

Regarding short term goals, monetary costs will be fairly low, as much of the skills can be learnt by Youtube or via books and practice. It may be that a workshop in something is deemed to be the best choice, such as hedge-laying, but many of the skills can be learnt whilst Wwoofing, and I would like to choose Wwoof hosts with those specific skills to learn from. Other skills can be swapped. By networking I can find out about local workshops.

The time needed will be considerable, but at this current juncture, this isn't really an issue.

Other resources, such as equipment, are minimal.

Regarding long-term goals, we may need quite a lot of money, or, we might not need much at all!

What yield will the system produce?

It will provide a well-thought out set of goals, a roadmap to attaining the goals and prepare us for the journey ahead of us.

Where is there a shortfall in resources as things are at present?

If there is a shortfall in monetary resources, then my money design will address this.



Action

I created a list of skills, identified how and when I would learn them and and created a timeline

I decided that I would save £15,000 by 2023, and did a Leonie Dawson course on how I could manifest that.

What	Goal	Start	Finish	How/Where	Resources	Started	Progress
Calculate how much money I would need to save.	Clear idea of financial requirements	09/08	09/08			✓	Complete
Sign up for LD course	Learn a new approach to money	10/08	10/08			✓	Complete
Ask Killian what skills he wants to learn	Understand Killian’s aspirations	20/09	20/09			✓	Complete
LD course	Face money stuff	13/08	11/09		£75	✓	Complete
Knitting	Make a dog jumper	Sept 20	Oct 20	YouTube videos – get making Benji a jumper	Wool, needles, patterns	✓	
Introduction to biodynamics	Understand basics of Biodynamics	21/09	19/10	Biodynamics Association course	£50	✓	Completed
Preserving/ Fermenting	Learn 10 new recipes	Sept 20	Dec 21	Books/internet/practice Peach’s webinar?! Artist as Family YouTube	Jars, steam juicer (?), jam pan (?)	✓	
Animal Communication	Learn basics	Oct 20	Nov 20	Pea Horsely course	£79	✓	abandoned
Journaling	Write a nature journal for a year	Oct 20	Oct 21	Buy a notebook, write in it. Keep it by my bed and write something EVERY night.	A notebook		
Improve French	Learn future tense, past tense	Nov 20	Nov 21	Find someone to practice with once a week – Emma? Wwoof in France? Learn one word a day	Learning buddy	✓	Did a course at college
Mending	Mend my mending pile	Dec 20	Dec 21	Mending Life book Internet practice	Wool, needles, frame		
Plant medicine	Learn basic herbal remedies	Jan 21		Books/internet/practice			
Foraging	Find and map 30 plants locally (see design 4)	Sept 20	Sept 21	Books/internet/practice	Trug/basket		
Successional planting	Have five crops growing successionally successfully!	Spring 2021 but include in allotment plans	Sept 21	Allotment and YouTube videos as part of PC design			
Compassionate communication	Be able to talk to my dad	tba		Laurie?			
Seed-saving	Swap seeds of 5 plants in 21, 10 in 22	March 20	Ongoing	Go and help at Seed Coop in new year?		✓	Did one course and am now on another
Storing produce	Learn about clamps	Sept 20	July 21	Books/internet/practice			
Writing	Write a book		Sept 22	See other design + online course? Practice			
Scything	Learn basics			Find course/teacher/Wwoof placement			
Hedge-laying	Learn basics			Find course/teacher/Wwoof placement			
Bee keeping	Learn basics			Find course/teacher/Wwoof placement			
Willow production	Learn basics			Find course/teacher/Wwoof placement			
Willow crafts	Learn basics			Find course/teacher/Wwoof placement			
Skinning rabbits	Learn how to...skin a rabbit!			Find course/teacher/Wwoof placement			
Humanure	Learn basics			Find course/teacher/Wwoof placement			



Momentum

I have started a learning journal, to keep track of the development of my new skills.

I will update the learning chart, especially the 'progress' column to ensure I'm learning enough.

I will create a visual record of my learning through photographs (Mostly Instagram posts!)

A close-up photograph of a fruit salad. The salad contains several red apples, some of which are sliced into small pieces, revealing a yellowish-orange interior. There are also whole blueberries and sliced almonds scattered throughout. The background is dark and out of focus.

Appreciation

I didn't look at Appreciation for the first phase, but I was pleased that did quite a bit of seed saving, the Leonie Dawson course, some fermenting, preserving and a bit of foraging. I started knitting and went on an introduction to Biodynamics course.

Reflection

We didn't really follow the design per se, because, well – Life, right?

But what we have done is in line with the design. I had actually totally forgotten my aim to save £15,000 by 2023. Because of Covid, Killian has been spending his savings, and so we will have to put some earnings back into that pot. Also, if I want to do a garden design course, that will cost a lot of money. So I don't know how realistic that goal is, but I could tweak it to having that saved by 2025, but I don't know what it would be for, as we no longer need a van.

To save £15,000 by January 2023

Haven't saved anything yet...! My garden business could make us quite good money though.

To learn a new skill from my list each month

I started with this in earnest (as I do with so many things) but I haven't done much lately, but this is ongoing.

To visit one cool af place to learn new skills, every 3 (?) months

This hasn't been possible because of Covid. I think Wwoofing may not be something that suits us now.

To start to face my fears around money (Link with Money Design - still to be written)

I did the LD course and I don't think it was very helpful. However, I did do the budget for Esholt and I found that it wasn't actually all that difficult. Personal finances are harder though.

Also, I am doing the finances for my gardening business. I am going to pass it on to Killian because I just don't have time to do that as well as everything else.

To find work that isn't stressful

My gardening business hasn't been particularly stressful, I love it. As long as I don't take on too many clients, it should stay that way.

Killian and I did a review and reflected on the first phase, before we started the next phase. This is included in the supporting documents for the assessor.

Goals

To save £15,000 by January 2023

To learn a new skill from my list each month

To visit one cool af place to learn new skills, every 3 (?) months

To start to face my fears around money (Link with Money Design - still to be written)

To find work that isn't stressful



I learnt to make fire cider, chutney, elderberry syrup and hedgerow jelly. I learnt how not to store acorns



We bought a steam juicer and made lots of apple juice

I did some seed saving and did a course in saving vegetable seed



I improved my knitting skills by making this hat, but I haven't knitted a jumper for Benji yet.





We have a beautiful allotment where we learn a lot about growing, and Benji can explore

We live close to beautiful areas to
walk Benji, to forage and to
appreciate nature



Pause

There have been several pauses throughout this design process, but not intentional ones. My pausing has been...paused (indefinitely).

Evaluation

	successes	Challenges/areas for improvement	vision	next achievable steps?
Goals/vision	I knew what I wanted, but didn't articulate them very well	The goals weren't very clear	To work out what is a goal, what is an aim	Research the difference and apply them to phase two
Ethics		Although the ethics were very much part of my design, I didn't really articulate them well throughout the design process.	To integrate them better	Include thinking about ethics at the start of phase two
Principles	Selecting the ones that were relevant worked well, rather than shoehorning in some waffle that didn't feel authentic. It was good to try using different ones.	I didn't read them in Rosemary Morrow's book, I just read them listed in Delvin Solkinson's book. Having read them in RM's book they have become a bit clearer	To use principles as a reflective tool, at the start of the process, will help to integrate them more in the design	We will reflect on the principles at the start of phase two
Framework	I found it fairly straightforward.	It was fun interesting to see how the design stages fitted into the design web when I came to writing it up, and it made it clear that the linear approach means that quite a lot gets missed out.	To let go of linear frameworks/thinking. Of course, any design framework can be used in a nonlinear way, it just depends on how the designer approaches it's use. And perhaps frameworks such as the design web are more conducive to nonlinear thinking.	To use the design web for phase two
Survey	Using the Personal Values Clarification tool was good for focussing on what is really important to me, but none of it was a surprise. The SWOT analysis was useful	I didn't really include Killian in this, to start off with, I was really only thinking about what I wanted to do. He wasn't particularly engaged in the design initially, when I did ask him,	Include Killian in the survey for phase two	Get Killian to collaborate with me in phase two
Tools	The SWOT analysis was useful, it initiated some good ideas and gave me a good view of what my situation was.	The SWOT analysis tool was from a very competitive perspective.	To find a way of seeing the bigger picture without breaking it all down into fragments , it feels quite superficial and silly	Do HDM stuff
	The Values Clarification exercise was interesting, and sparked my interest in HDM	I'm not sure that the Values Clarification exercise was integrated into the design in phase one. I think it's a stepping stone in the HDM process.		
	The skills agenda let me see my progress and reminded me what I still needed to do.	The skills journal was a complete fail, I really do not do journaling. Instagram posts didn't include everything.		
	Keeping a record via Instagram was an effective way of seeing what I'd learnt	The PMI was a bit reductive		
	The PMI was a good way of thinking about the different possibilities			
Reflection	I did revisit the design a few times to reflect and update, and that was good	I did a lot of reflection but it was unstructured and probably a bit tedious for my assessor to read.	Have clear and concise reflections	Choose a reflection tool to use for phase two
Evaluation	Using the four questions forced me to work methodically	I had to do the evaluation a long time after I had done the work	Integrate evaluation into phase two	Include evaluation plan into phase two so that it isn't left until the end
Approach	I was focused and motivated and looked for different ways of approaching the subject	It was a bit disjointed and didn't include Killian enough	For Killian to be more engaged	Ask Killian to collaborate, and lead him through the whole design process



Phase Two

In this second phase, myself and Killian are more collaborative, and we revisit and review each aspect of the design, but this time, we use Looby's Design Web.

The background of the entire slide is a close-up photograph of numerous green acorns. The acorns are in various stages of ripeness, with some showing a light green hue and others a slightly darker shade. They are scattered across the frame, with some in sharp focus and others blurred in the background, creating a textured, naturalistic backdrop.

Vision

Long-term aim

To live by our principles and ethics - the design is to evolve our capability of doing that.

We would like to;

- have a developing cool af set of bad-ass skills
- be able to grow food for ourselves within a very short distance of our home
- minimise our impact, to not take out more than we put in
- have a creative outlet, be that a pottery or something else
- live in an environment conducive to our health and well-being
- be community sufficient
- earn enough to cover costs, as a minimum

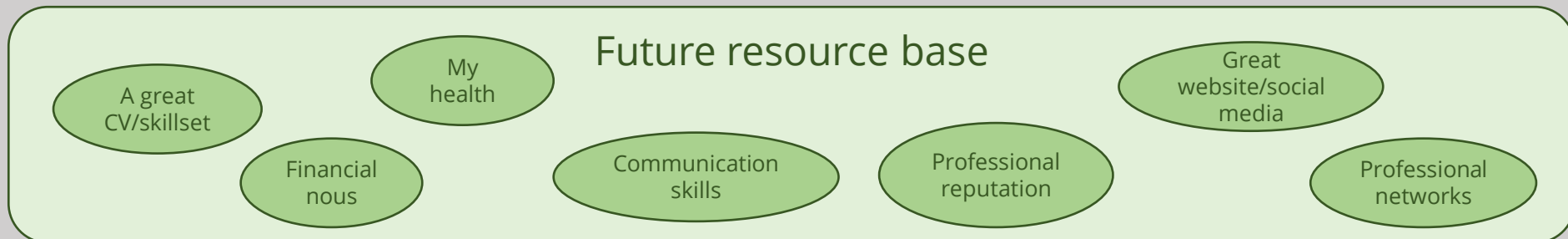
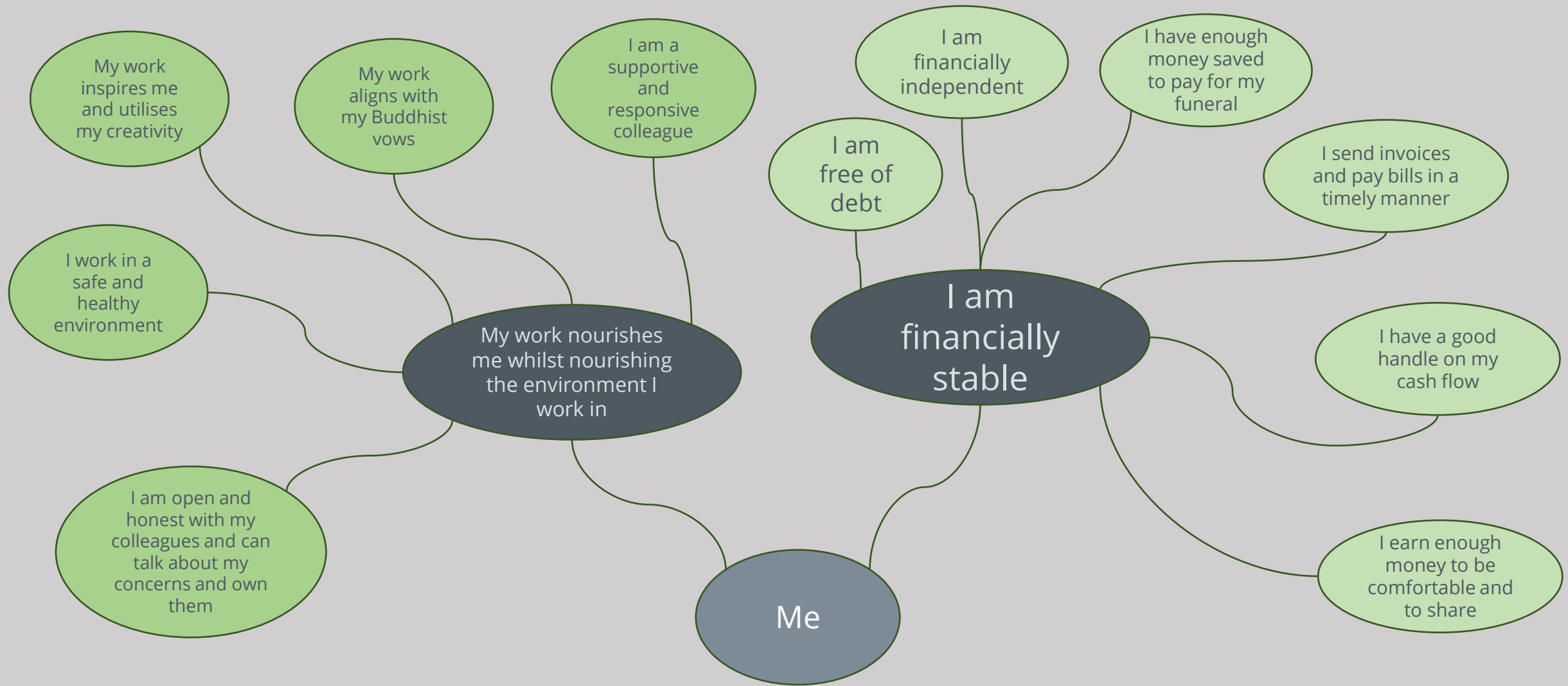
Holistic Decision Making

I used Dan Palmer's Holistic Decision Making process in order to create a vision of how I want to live, and in doing so, what was important for me about any paid/unpaid work I do.

In the first stage of Holistic Decision Making, quality of life statements are written. These are statements that we want to be true.

We then develop enabling actions for our statements.

In the following slide, I have included the Quality of Life statements that relate to my livelihood.



Helps

All the 'helps' from phase one apply, but we both came up with traits about one another that may 'help' with this design;

Killian about Jessie:

Thoughtful, compassionate, honest, silly (a kind of funniness that you've got down), you engage with things, you're not closed in your thinking, conscientious, loving, you have love in your heart for people and things, for beings

Jessie about Killian:

Loving to me and Benji, tolerant, calm, funny, honest, straightforward, intelligent, articulate, amazingly practical, reliable,

Combined we compliment each other well in many ways. We balance each other out and support each other. We are open to whatever comes along, we do not have fixed ideas about what we want to do,

Limits

At this stage, we went back to our '**goals**', because we realised we weren't clear on what they were. 

As we are currently exploring the idea of 'indirect work', having pre-determined outcomes is counter to this. Holistic Decision Making will replace the need for goals and objectives.

This leaves us with the question of how do we know if we are 'off-route'?


A limit to living systems work and indirect work is our patterns of thinking, of beliefs and ideas that are founded in a paradigm that we would like to shake off.

A limit in this design is the financial cost of having the flat – the service charges etc. This means that we have to have an income to cover that, once my brother moves out into his new flat.

The flat and the allotment are physical and financial demands that need to be addressed by this design.

Our comfort zones may be a limit. We may think that we are not comfortable living in an urban environment, but we learnt recently that just living in a rural environment isn't enough. Our requirement of happiness and fulfilment trumps the idyllic location and occupation.

This led us to more **ideas** about setting up a gardening business whilst here at Brookside 

We identified a possible **action**, to do another PMI for each of the options available to us at the moment 

Patterns


Killian:

focuses on helping other people, rather than getting on with his own stuff. It's easier to get involved with other people's projects than his own

Jessie:

- starts a project full of enthusiasm and hope but then becomes disillusioned and frustrated and leaves after three months.
- gets involved in work that has predetermined objectives but the ground work has not been done.
- thinks that she has a shared vision with those involved with the projects but after some time it becomes clear that they are on a different wavelength.
- becomes stressed and anxious, feeling like she has to do/is not capable
- becomes frustrated when she is not heard when raising concerns.
- doesn't do enough observation at the start of a design/project

Patterns/solutions

Pattern	Ideas for solution 
Killian focuses on helping other people, rather than getting on with his own stuff. It's easier to get involved with other people's projects than his own	For Killian to complete his Holistic Context and see what he would like to do for himself
Jessie starts a project full of enthusiasm and hope but then becomes disillusioned and frustrated and leaves after three months	To complete end of month reviews that help identify issues. To learn to be able to voice concerns, needs and intentions
Jessie gets involved in work that has predetermined objectives but the ground work has not been done	Just to be aware of this pattern and look for projects that are more realistic/have the ground work in place
Jessie thinks that she has a shared vision with those involved with the projects but after some time it becomes clear that they are on a different wavelength	To have conversations about vision early on, conduct comprehensive client interviews
Jessie becomes stressed and anxious, feeling like she has to do/is not capable	To select work that she can do at her own pace, and work somewhere that is relaxed and communicative
Jessie becomes frustrated when she is not heard when raising concerns	To learn how to share concerns using compassionate communication/NVC
Jessie doesn't do enough observation at the start of a design/project	To plan the next design process so that there is a good amount of time spent on observation

Ideas

Could we live at Brookside long-term? Things we could do here:

- ✂ start a market garden
- ✂ grow flowers for Rosemary's floristry workshops
- ✂ set up a garden design business
- ✂ do Permaculture work here
- ✂ needle felting workshops
- ✂ grow plants to sell
- ✂ be a PA for someone

Ideas for disrupting patterns..

- ✂ Create a document, a sort of checklist that states what our needs are and our boundaries
- ✂ Have a red flag list for projects and talk through any with the people involved
- ✂ Ask for a clear remit at the outset
- ✂ Observe how a place/people make you feel. Find a way to be brutally honest about a place – invite someone with a critical eye to look over job adverts and paperwork. My sister Emily would be great.
- ✂ For Killian to...

Other ideas

- ✂ get a van so we can be self-contained. Killian could fix it up whilst we are here
- ✂ get the flat sorted in case we do decide to rent it out

Principles

We used the principles as a **tool** for thinking about our life and what we aspire to, the opportunities available to us and our approach:

Observe and interact

Observing patterns.

The act of observation changes the outcome, so do we need to refrain from observing? Is it arrogant to think that we'll be able to understand the complexity enough to make any meaningful changes? Is there a way of observing that doesn't affect the outcome – is this Carol Sanford's indirect work?

Action: buy Carol Sanford's book, 'Indirect Work'



Perhaps if we had gone to visit H, tuned into the essence of the place, we would have realised that it wasn't for us. When I sit and observe how I feel here at Brookside, I feel calm and relaxed. At H I felt the opposite.

If we can learn to observe how we feel in a place or with different people, would this be a way of choosing where we want to be? Where we can be in order to achieve our aspirations?

Design from patterns to details

'When concentrating on the details, we can miss the bigger picture of what is going on' Looby Macnamara in People and Permaculture.

This is true, but we have also witnessed how only focussing on the bigger picture can mean that details are lost, important details. HDM is looking at the bigger picture – how do you then look at details?

Use and value diversity

By having a diverse range of skills and experience, we have a varied offer. We can have multiple income streams and help projects in a variety of ways

Use and value the marginal

Our comfort zones were very stretched at H, so we learnt where they are, and about our limits and boundaries.

We can look at our patterns and see what we would like to change. We can identify what our learning needs are, and what old ways of thinking and behaving are no longer serving us, and look at ways to disrupt them

Integration

Decisions

- ✦ Stay at Brookside at least until I have completed my Diploma in Applied Permaculture Design
- ✦ Explore what opportunities might exist here for us
- ✦ Learn about HDM and Living systems and put into practice at Brookside
- ✦ Pursue the idea of becoming a Permaculture tutor
- ✦ Learn circle communication at Brookside
- ✦ Facilitate design for/with Brookside
- ✦ Draw a line under decision making – having predetermined outcomes (!)
- ✦ Do end-of-month reviews and celebrations

We then thought about our long-term decisions and realised that to identify them would be counter to the living systems work we are currently exploring. We would like to move away from that way of thinking and focus on evolving our capability.

How do we evolve the ability to discern a 'good' opportunity? How do we learn to perceive the essence of a place/project/person

How do you go somewhere with the intention of working/being there without imposing your own agenda?

It is commonly said in Permaculture that before you start designing on a new piece of land, you should observe it for a year. This is one way of avoiding imposing your own ideas before you truly understand the potential of the place.

Action

Recalculate monthly outgoings

Buy Carol Sanford's books; '*A Regenerative Life*' and '*Indirect Work*'.

Set boundaries – have a document that we refer to when at a new place

Identify needs - used HDM for this

Re-work end of month review from Boundaries design and put dates for reviews in shared diary

Continue with the list of skills we want to learn

Finish redecorating the kitchen in the flat

Reduce belongings


Sort out the garage

Momentum

We decided that the evolving skill-set was good, and that it would be good to create some momentum for that. Killian is averse to artificial deadlines as they can just loom over you and make you feel uneasy. This design has natural momentum, and that is sufficient. We would like to avoid imposing ideas about when things should be done, trying to force things before they're ready to emerge.

However, we would like to explore how we could build momentum into living systems.

Doing end of month reviews at H was helpful, and we could rework the pro forma we had for that so that it could be used for this design. Regular reviews will allow us to see if we are losing momentum, or going 'off track', and if necessary, we can intervene.

Action – rework end of month review 

Appreciation

I appreciate my learning through the process of the diploma, and seeing how the previous designs have furthered my understanding of Looby's Design Web, and led me to looking at Living Systems. I have applied myself and been open to the learning, and have found inspiration/information and guidance in a very timely way

J; I appreciate that Killian and I are collaborating on this together, it's great to see Killian engaging with Living Systems and this design and he is bringing a lot of clarity to the design. I am glad that I don't have to do all the thinking myself, and he is motivated to do it so I'm not having to cajole him into doing more work on it.

I appreciate having the time to do this design, and the support from Brookside Farm

K; I appreciate the high value resources that are available – blogs, podcasts, books, and support that Jessie gets from the Permaculture community

Plan an appreciation section in the monthly review. Cake should be part of this!

The background of the entire page is a close-up photograph of numerous green acorns. The acorns are in various stages of ripeness, with some showing a more vibrant green and others a slightly more yellowish-green. They are scattered across the frame, with some in sharp focus and others blurred in the background, creating a sense of depth. The lighting is soft, highlighting the smooth texture of the acorn caps and the slightly rougher texture of the caps.

Reflection

The process of reviewing the first phase showed me how important it is not to have pre-ordained objectives. Leaving things open allows for unexpected developments to come in.

At this stage of the diploma, I really feel as though things are emerging, and I want to be as open as possible to letting emergence happen. So many things are coming together, I'm getting guidance at just the right time. Looby talks about manifestation through design, and it's true, manifestation isn't a woo woo thing, it's just doing this work, allowing things to emerge. I am nearing the end of my diploma but I am only just at the start of my Permaculture life!

We both worked through our holistic contexts by following Dan Palmer's worksheets. I thought that we might want to tweak our goals and objectives as a result, but nothing changed, in that regard.

I have completed further reflections and these are included in the supporting documents.

Pause

As this design is going to be ongoing, there will be more natural pauses. It is always fascinating to come back to a design and be reminded of thoughts, ideas and plans that you had at the time of writing. Sometimes it's very funny to look back and see how things you never could have planned for happen, and how they fit in with the objectives, the lessons you learn from them.

Momentum

We will complete end of month reviews, in order to check our progress. We will do so by referring to the list of actions and also, our personal Holistic Contexts. I am hoping to do Dan Palmer's HDM course, and I will learn how to complete the whole Holistic Decision Making process.

Recalculate monthly outgoings

Buy Carol Sanford's books; '*A Regenerative Life*' and '*Indirect Work*'. And read them!

Set boundaries – I think that the end of month reviews and the HDM work will encapsulate this, but perhaps it's worth writing up a few red flag reminders.

Identify needs - used HDM for this

Continue with the list of skills we want to learn

Finish redecorating the kitchen in the flat – set a timeline for the work

Reduce belongings

Sort out the garage