

LAND BASED  
**EDUCATION &  
WELLBEING  
CIC**

"Adsoro ad wradjo, awi kanta"  
Return to roots, kindly together





“Together, we danced, sang, and played in wild abandon - creating in relationship with ourselves and with each other and with the land and with the elements.

And in doing so, came a deep remembering. A recognition that knowledge of the land, and the cycles of the year, and the spirits and guardians lives on. It cannot be forever lost. Even when books, and customs and crafts appear lost.

It lives on with the water, the trees, the wind, the fire and the earth. It lives on in our senses. It lives on in our intuition and our collective memory. It is given life by the dreams of children and carried forth by our ancestors who whisper upon the winds. It is forged in the fires around which we gather and held by the dark warmth of the soil until it is time to once again return to the light”



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## INTRODUCTION

# Re-imagining educational, wellbeing & social environments in the design of regenerative cultures:

## Anishinaabeg peoples - 8th Fire Prophecy

**“According to this prophecy, urban and rural, mixed race native people will rediscover dormant traditional knowledge and practices, create new life ways, and begin to weave together a new culture of modern ingenuity. These will be the new people of the Eighth Fire, devoted to kinship, peace and reciprocity.”**

A change is upon us. Evidence of the ‘rediscovering’ of practices is all around us. Whether it be explorations into the ancient understanding of the power of sound, the re-imagining of land based ritual and ceremony, meditation practices, children once more being educated in nature and forest schools or the rising interest in land based crafts, wellbeing and spiritual practices new life ways are being forged, often around the fires around which we increasingly come to gather.

Yet, as if scattered from an alternate dimension Tower of Babel (the ‘power’ of which is manifested not in the ambitious reaching to the heavens, but in a reverent rootedness to the land) many of these examples appear to be taking time to emerge from what Charles Eisenstein might describe as the story of separation toward a story of interconnection; a tribe slowly finding its way back to each other, to their hearth and to their home.

What might a story of interconnection look like? If wonderful intentional communities and eco-villages were to become more interconnected with their wider communities, spiritual and wellbeing practices were to become more interconnected with the land and environments central to their philosophies, wellbeing and education practitioners were to become more interconnected with each other, sharing in resources of space, expertise, marketing, creativity, and perhaps crucially, generations were to become more interconnected, coming together in spaces that offer education, wellbeing and experiences for all.

In Carolyn Hillyer’s wonderful proto-Celtic lexicon, the word An-kwlanno means a lone traveler - somebody without clan; a word that I imagine resonates with many of us. Part of the visioning of Awikanta is to re-imagine a return to Kordã (clan, family, kindred, tribe); enabling people to continue to live as they do in modern homes and workspaces whilst offering the creation of a ‘3rd space’ in which people come together to, ‘weave together a new culture of modern ingenuity’ in the liminal space between past and present.

Spaces might include a field study room / workshop space, outdoor community kitchen, polytunnel, permaculture garden, community fire space and craft hub.

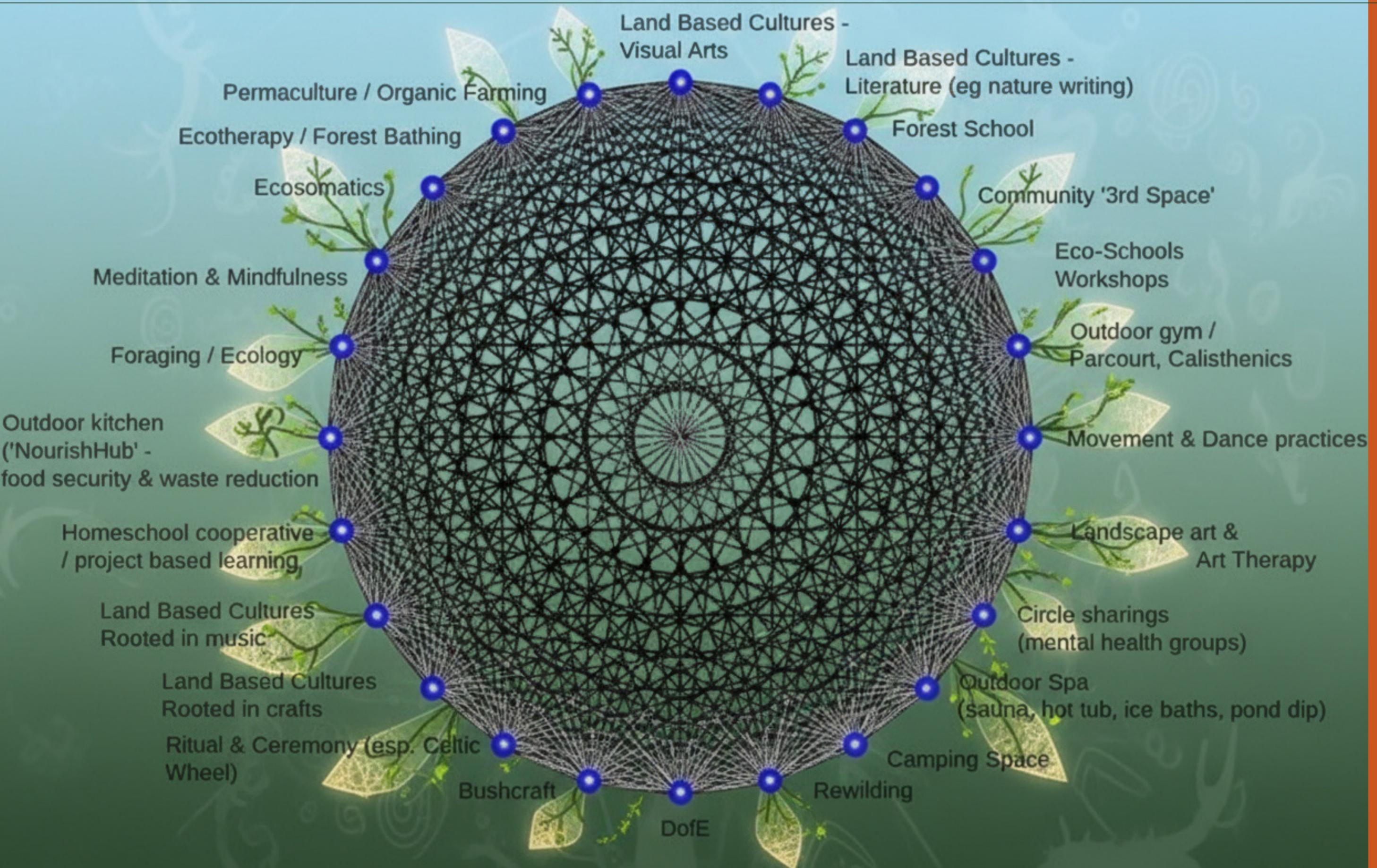
Animals introduced with interconnection to community activities. For example, rare breed sheep providing wool for spinning and a chicken tractor supplying eggs to the outdoor community kitchen

Development of eco-somatic and meditation spots, such as benches in clearings around pond



Sustainability and biodiversity plan created in collaboration with learners and local ecologists. Creating wildlife corridors connecting the two ponds, reducing impact of water saturation, increasing biodiversity, pond restoration, wildflowers (connected to eco print workshops), Barn owl release collaboration etc

Sports pitch developed with 'alternative' sports, for example creating a wild parcourt space.



Connecting the ever emerging disciplines & practices in land based education & wellbeing

# A dynamic timetable of educational & wellbeing offerings

comprising of:-

- Educational provision for all ages
- Wellbeing provision for all ages
- Members social spaces and access to facilities / resources
  - CIC offerings - aimed at supporting local communities (eg mental health, food security, Sustainability / ecological projects etc)

A dynamic timetable with regular offerings and unique events co-created by community members. Offerings will be determined by the changing seasons and in response to learning / wellbeing environments created.

## Programme

### Monday

Community garden day

### Tuesday

Designing Regenerative Cultures -  
Project based learning for home schoolers

### Wednesday

am - NourishHub - Outdoor kitchen workshop  
pm - EcoTherapy & Meditation workshops  
evening - British School of Meditation meditation lessons

### Thursday

Integral Forest School  
for 11-13 yr olds  
Evening - Women's circle & complimentary therapies

### Friday

am - Community garden  
pm - Land based crafts  
Evening - '3rd space' social

### Saturday

Daytime - community garden & land based crafts cooperatives  
Complimentary therapies timetable  
Evening - Sound Bath  
Evening - '3rd space' social

### Sunday

am - Celtic kirtan

# Financial Sustainability

## Community Membership Approach:

Rather than charge for each individual event offered, community members are provided with access to spaces, events and resources via a monthly membership fee. For example, membership may include:-

- access to all '3rd space' community events
- access to weekly sound bath, kirtan and group meditations
- access to calendar of Celtic Wheel ritual & ceremony events
  - Discounted education fees
  - Discount on complimentary therapy treatments such as sound healing, reiki or massage
  - etc

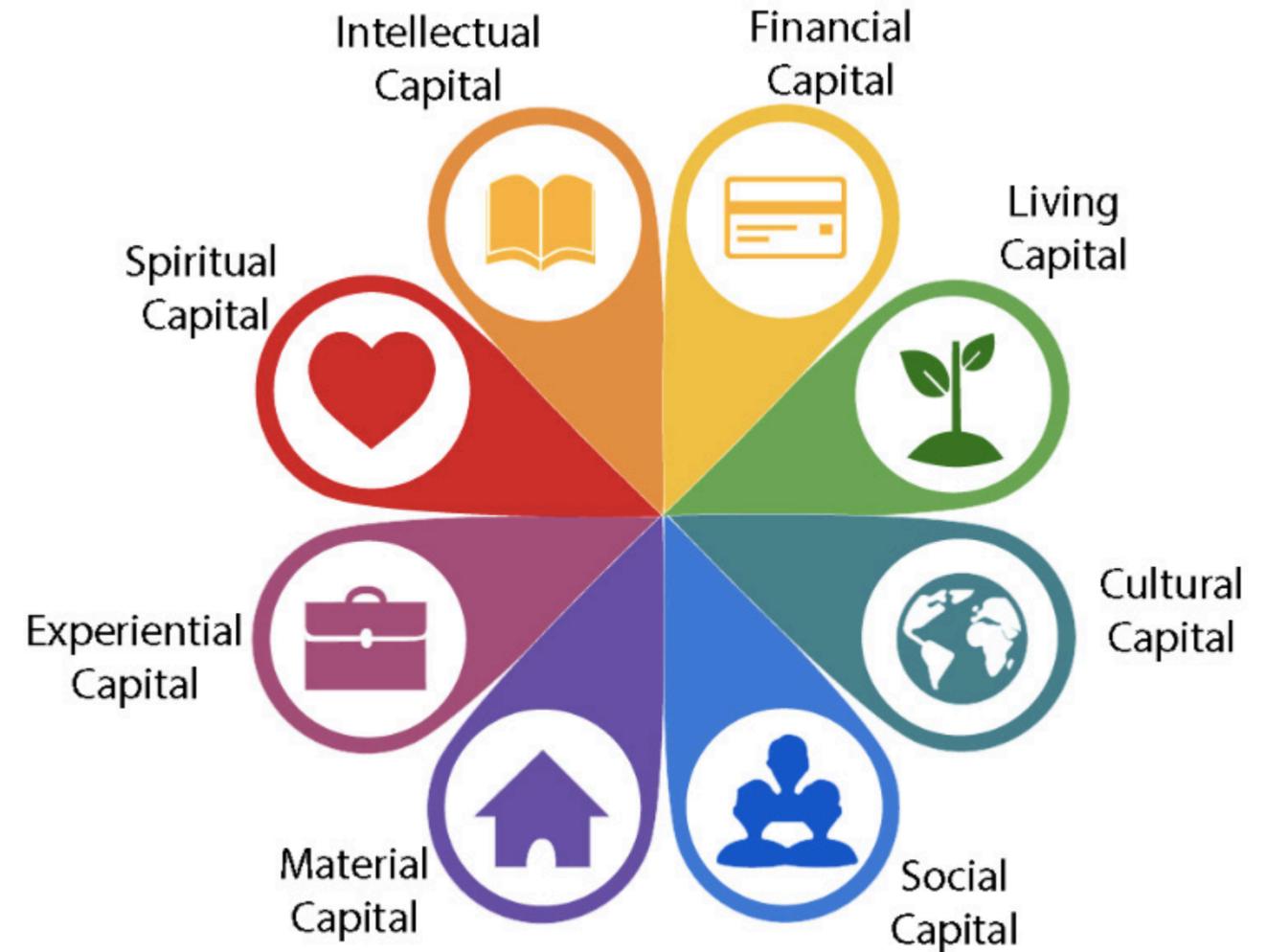
## Other sources of regular funding:

Income created from educational offerings (eg home school cooperative), workshops, one off events, complimentary therapies etc

Grants and funding in relation to offerings to community and sustainability / ecological projects

## Inclusivity:

Inclusivity promoted through CIC offerings and sliding scale pricing structure to offerings.



\*Inspired by the 8 forms of capital by Ethan Roland & Gregory Landua.  
Original icons by SlidesCarnival



## Mission

To create or provide access to environments and cultures that empower individuals and communities to thrive in their discovery of integral knowledge; developing education and wellbeing practices rooted in ecosonicology (interconnectedness, especially in relation to nature & sound).

## Vision

Members of our communities, events and projects thrive in their discovery of integral knowledge, promoting social and ecological regeneration as architects of the more beautiful world that our hearts know is possible.

