VALUES III

The values we not only espouse, but enact, express what abides at the center of our hearts. Here's what's alive for me and the culture I'm passionate about co-creating. If you find resonance here and want to reach out, I'd love to hear from you.

A Culture of Mutuality & Belonging

Being in good relationship is prioritized over defensive positions, thus, respect, dignity and integrity are the decorum for conflict. We honor needs for both sovereignty and bonded connection. Our actions are say *every citizen matters and everyone belongs.* Children, elders and the vulnerable are cared for and protected. We're organized around an ethos of hospitality and mutuality.

A Culture of Real-Time Connection

Technology, social media and devices cannot and do not replace direct human contact. Compulsive busyness and production yield to genuine self-care and well-being. Real-time contact is a space for connection, solace, encouragement, and collaborative problem solving.

A Culture of Holistic Healing

We are helped to heal trauma and nervous system dysregulation, deconstruct narratives that perpetuate fear and diminish creative life, and make implicit biases visible. We're able to encounter differences with empathy and curiosity. Vulnerability is a respected strength. We vigorously undo stigmas about mental illness. It's an act of intelligence to ask for help and we do so without shame.

A Culture of Imagination & Play

We respect imagination, daydreams and the non-linear. We applaud the weird and the strange. Fundamentalism and robotic living wither and we meet life with spontaneity and curiosity. Play is esteemed as an innate, practical, life-long activity. With no restriction on the forms play can take, we're free to explore without anxious attachment or set destinations.

A Culture of Artistry & Authentic Self-Expression

Categories such as "beautiful" and "ugly," and who decides all classifications are questioned. Authenticity is prioritized over culturally conditioned norms; personal revelation replaces conformity to rules. As non-performative artistic expression thrives, anxiety-driven questions (Is this any good, etc.) about creativity become irrelevant.

A Culture of Ritual Magic

We don't dismiss or criticize what we don't understand. We anticipate synchronicities and use practices and rituals that ground us. We attune to unseen energies that guide and support transformative possibilities and creative life.

A Culture of Humor

We appreciate the multiple forms humor takes and have capacity to laugh at ourselves. Use of humor to distance or defend signals fear and/or loss of perspective. Humor helps us see ourselves, others, and the world from new vantage points. Humor saves the day.

A Culture of Compassionate Accountability and Justice
We help those harmed and those who cause harm. We redress harm done to marginalized communities and question what exactly marginalizes the marginalized. Domination and exploitation are understood as symptoms of heteronormative patriarchal ideology. Compassion and accountability are threaded into reparative processes to restore connection between individuals and within collectives.

A Culture of Access
Everyone has access to affordable housing, nourishing food, clean water, green spaces, gardens, health care, medical and reproductive choice, education, meaningful work, fair wages, etc. Instead of competing for and hoarding resources, generosity is our luminous ground and we are enriched.

A Culture of Embodiment
The body is honored as a miraculous somatic process. Healing the trauma of body shaming and disordered eating, we permit ourselves pleasure. Antagonism toward desire, gender fluidity, notions of "able" and "disabled," and traditional beauty standards are archaic. We consensually share our bodies if/as/when we choose. The beauty in ageing and imperfection inspires us.

A Culture of Harmony & Gratitude
Open to the truth of impermanence, we learn to weave beauty and tenderness into sorrow. We love what cannot last *because* it cannot last. Gratitude has a home here. When we're afraid of change, we're supported to regain clarity and the wisdom to joyfully harmonize with reality as is.

A Culture of Enough
We know what we need; we know interdependence is life. The cult of "more" is healed. We're mindful of other beings with whom we share the planet. Our relationship to the land and concepts of ownership are healed through *regenerative practices and principles*. Simplicity is the basis for joy and ease.

For more on regenerative practices and principles:
https://natcapsolutions.org/regenerative-economics-101/

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