

**10:30 - 11:00 Arrivals and setup**

Kitchen

**Prep spaces:**

- **Open space:** big paper on metal board and big table. Enough chairs in front of metal board in semi circle. Markers, post-its on the big table and on the floor.
- **Greenhouse:** kitchen w/tea & coffee. clean blackboard, kitchen table & couch area. Fresh water for cleaning blackboard, postits, markers (move from the kitchen when arrival done)
- **Screening space:** chairs, fatboys, blankets and grass available close by for all to sit/lie down during meditations.

Mingling, tea & coffee

observing qualities in clothing;

- extrapolate skins (skin → clothing → community)

Write words on postits, paste on wall, portraits (?)

**Materials:** refreshments, postits, markers

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**11:00 - 11:15 Energising**

Screening space

Qi Gong:

- Breathing (hissing with arms open, exhale touch energy points)
- Shaking
- Tapping

Meditation:

Sit down, notice energy moving.

Meditate on living presence

(body, space within and around the breathing membrane of the skin)

Set the intention to remain present for the rest of the day.

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**11:15 - 11:30 Framing**

Screening space

Last three sessions - inward oriented, looking at our inner resources and needs for the hosting community.

January 2016:

Should we form a community of practice and if so, what could it be ?

- Starting from individual needs and offers
- Community functioning as a chest of drawers, lab, a studio

February 2016:

Who are the people involved and what is our collective identity?

- People: holistic profiles: diverse skills & experiences, common ground of gender, age & sector (lack of diversity could be a weakness)

- Identity: bill & ingrid with its: dreams, nightmares, principles, values, passions and directions. A few key qualities of this identity are:

- an open and evolving network of curious and generous personalities, even including non-human beings (imagine mycelial networks)
- embracing all ways of knowing, from intuitive and sensual, to analytical and synthesizing
- a drive to personal, societal and systemic transformation and healing, a practical and dynamic attitude,
- a holistic intention to connect and blend diverse sectors, cultures
- a strong artistic sensibility, making art a part of life
- a romantic embracing of nature, botany, slowness and the vegetal mind

April 2016:

If we looked deep inside each of us, what would we like to design together?

Thinking about our activities: a few threads emerged

- community oriented (our gatherings, peer coaching/mentoring/advice...)

- client oriented:

- - multi-stakeholder, systemic transition/transformation programmes (Cross-sectorial experiments and creative processes (nurturing creativity, focusing perceptions, enabling change, unexpected happy endings, social innovation)
- - multisensory experiences (mind-body integration, *zinnestrelend*)
- - retreats, rituals & other experiences and tools for presence and contemplation
- - training ("life changing") courses (personal and professional growth)
- - nature-related: walks, seasonal rituals
- - "meaningful meals" (fascination lunches, open sauces, etc.)
- - connections between personal and systemic "healing" and growth
- - thematic programmes (georelation, living with dis-ease, soul whispering)

Today: widening our view, from a bird's eye perspective, to include a wider system in which we exist, to then look at what might a preferred future of the community look like.

Q: What do we know today and what do we want to learn about the community? What could be our place in- and contributions to the world?

Let's see how far we get...

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**11:30 - 12:10 KPU**

Blackboard

What do you know/assume about the hosting community?

What would you still like to know about the hosting community?

(think for a few minutes individually, then list together)

**Materials: chalk, cleaning cloth, post-its, markers**

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**11:50 - 12:00 break**

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**12:15 - 12:50 Factors (past, present)**

Big table in open space

What internal and external factors could influence the community?

Visual discussion. A few minutes for individual reflection, then whole group.  
(10 internal, 10 external)

Prep: draw three semi circles (internal: deep ground, thin for community (draw plants), external: big sky)

Materials: Molotoff/posca markers, postits

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**12:50 - 13:30 Forces**

Metal board

What emerging macrotrends, forces or developments should we be aware of?

- relevant for the hosting community: our assumptions

Fast – Slow

- 'fashions' (e.g maker movement, slow food...) , arts ('new' media arts, bio-art...) technologies (biohacking, eco-tech...)
- commerce/economy (globalisation, neo liberal economy, sharing economy...)
- infrastructure (physical, digital...)
- governance (hierarchical, distributed, p2p...)
- culture (participatory, conservatism...)
- nature (local climate change effects, relationship human-non-human entities, anthropocene...)

Per layer: individual reflection + discussion in the group.

Prep: draw 6 semi circles w/layer names + "hosting community: relevant drivers of change"

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13:30 - 14:30 Lunch

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14:30 - 15:00 Silent rest, mental time travel

Screening space

Close your eyes and take a few deep breaths. In and out... with this breath a month further from now, with this outbreath another year passes... in and out, in and out...

until you land at the gathering of the hosting community on the 10th of june 2036...

welcome...

Keep your eyes closed and spend some time exploring the space... Where are you? What does the space look like? What's in the space? Around it? What is the atmosphere like?

What brought you here? Who are you in the hosting group at this time? What is your role, or your roles? What are you doing? How are you feeling? In your body, your mind?

Who is with you? What are they like? How do you interact with them?

What is happening at the gathering? In the morning, afternoon, evening? Indoors, outdoors?

One of the sessions at the gathering is a collective meditation. Everyone assumes a comfortable position and begins breathing slowly...

Let your awareness rise above the space. What do you see?

Rise higher... what is happening around the gathering? in the immediate surroundings? in the region? and wider... what is the mood on the planet as a whole?

Breathe in this mood... Bathe in it, let it seep through your pores, soaking your tissues... Bring the world and the gathering into your body.

The group at the gathering slowly comes out of the meditation. It is time to translate your meditative insights into practice... What do you do? How do you contribute to your surroundings? your communities? how do you influence the mood of the world?

After some time has passed the gathering is about to finish. How does the community feel? How do you feel? Where are you going?

As you step out of the gathering, you close your eyes and pause in silence, focusing on your breath... Deep and slow, in and out, in and out... With every breath you begin to travel back in time... back to 2035, 2034, 2033 and further back, back, back to here and now...

Slowly open your eyes and stretch out, arrive back in your body, in this room, with these people...

Welcome back.

End: Rubbing hands, face, head, ears, body to re-energise

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15:00 - 16:00 Visioning of the community of practice  
Whole big space, tall table

Take into account all info gathered during the day.

- 1. What would the best possible future of our community look like?  
(community, members, support of members, learning/growth/evolution, activities, mission/contributions to wider context)
- 2. What questions/issues is this our hosting community try to address?

10 mins in couples/small groups: answer question based on insights from closed eye session, take notes, bring to group visioning (include factors & forces in image)

25 mins whole group: answer the question in words, images, diagrams...

Materials: big paper on tall table, markers, postits, images

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~~{16:00 — 16:30 Community  
Lounge/kitchen~~

~~How would you describe the community to (potential) new members?  
Why do you think such a hosting community should exist?~~

~~(15 mins design (writing or pre-enactment), 15 mins try out) all find their own material)~~

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16:30 - 16:45 Next steps & closing

gathering questions for next session  
listening circle of intuitions about the day  
improvised physical closure...

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16:45 - 17:00 Drink & farewell

(optional drink /food in town)