

CULTURE GARDEN

Awakening Action Planning

Supportive Guidance

PREPARATION — Rooting:

1). Dreaming

Dreaming is part of our unconscious visioning process – as soon as you begin any soul-centric journey, it can be helpful to catch your dreams to guide you. (*For further information about soul-centric dreamwork, please see Bill Plotkin's book Soulcrafting, chapter 7*).

- ◆ Read the Dreaming PDF outlining the 7 Steps, with guiding Poem page 3 & 4.
- ◆ Print it for your review each night.

2). Sit Spot

It is important to stay connect with nature, over time, when visioning into your deepest longings. Humans are nature, and we gain inspiration from simply being present to life within & around us.

- ◆ Find a sit spot on the Land – in an area that you feel safe & connected to nature.
- ◆ Sit for 15 minutes (at least), and just be present. Notice the life within and around you.
- ◆ Practice this each day (or as often as you can, eg: 5x per week).

3). Free Writing

Another part of our unconscious is our ever fluid thinking mind that is always attempting to make meaning. It can be helpful to catch our thoughts, without thinking.

- ◆ Read “*The Journey*”, by Mary Oliver to dive into your own Journey.
- ◆ Begin to enquire what your deepest longing is, and write, without thinking:
 - Just free form. Could be 1 word notes, could be incoherent sentences, or nonlinear thoughts
 - Write whatever comes – *for 5 minutes*
- ◆ Re-read it — notice *in your body* what resonates. Pay attention to your:
 - impulses to run away, to distract yourself or to focus more deeply
 - excitement, attention, or what ‘*Terrifies & Allures*’ you (in that deep good way)
- ◆ Write out what truly resonates in ~ 5 bullet points.
- ◆ Draw anything that comes as an image.

4). Love Letter

Write a love letter — to Yourself. A letter of *fierce support for your journey*. Write to yourself as a Nurturing Adult, with yourself looking back at you now, about to begin this journey.

- ◆ What would you tell yourself?
- ◆ What supports would you hope you have as you look back at the younger you about to dive into your life's purpose, your gift, your Journey.



CULTURE GARDEN

VISIONING — Vitality on the Land:

5). Time on Land

Connecting deeper into your journey, it is supportive to spend quiet time in nature, being present on the land, inviting what arises for your deepest longings for yourself and the world.

- ❖ Spend an hour (or more) connecting with the nature around you.
 - Bring any objects, drums/rattles etc that may support you
- ❖ Read your *Love Letter* to the land — when you feel ready.
- ❖ Listen for nature's reply to your longing.
 - Just listen.
 - What arises for you?
 - See if anything resonates, if it strengthens, deepens, or shifts.
 - Notice / pay attention to:
 - ▶ your impulses to run away, to distract yourself or to focus deeply
 - ▶ your Excitement / your Fears
 - ▶ any movement that arises, any images, or prayers
- ❖ Sing / Dance / Drum / Move / Journal / Draw to be with anything that arises.

PRAYER

*“Where I am is Holy
Holy is the Ground
Forest Mountain River
Listen to the sound
Great Spirit circling
All around”*

CATCHING — Expanding into the World:

6). Catch what has Arisen

- ❖ Draw / Map / Journal what has arisen for you — take at least 1 hour:
 - § When you feel ready to do so — immediately after visioning, or in the next few days.
 - § Invite the support of what you invoked in your *Love Letter & Free Writing* (5 bullets)
- ❖ Catch anything that *specifically* addresses your visioning — longing for yourself & the world. Feel into this creation and begin to practically bring it into your life:
 - § What is on offer? For whom?
 - § How will the spaces be organised? What structures are required?
 - § Who is / is not around you? Community? Staff? Participants? Clients?
 - § When are the seasonal offerings? (Programs, holiday lets, etc)
- ❖ Pay attention to:
 - § What feels *generative*
 - § Notice your *fears & anxieties* — honour them
 - § Is there anything that has arising that is similar, new, or different than before?
- ❖ Draw / Map out your vision:
 - § Does it resonate? If not, start again on a fresh sheet
- ❖ Once you feel complete, take an hour to note anything that feels most relevant for you into the **Organisational Overview**



DREAM JOURNALING

DREAM JOURNALING

1. Before you sleep, get a fresh page in your journal and put the next day's date and title it "dream report."
2. Turn the lights off and imagine you're sitting in front of your biggest skeptics and tell them why you really want to remember your dreams, until they are convinced. Choose a place to store the motivation in your body; do this 2, 3, 4, 5 times until you fall asleep —store at least 2 motivations.
3. As soon as you wake up, don't move your body an inch until after you have replayed your dream(s) in your imagination — as much as you can remember; then choose a Title or an Image that is potent.
4. Roll over and write down this Title or Image.
5. Transcribe your dreams in the present tense as if you are recording actions and experiences that are occurring as you write them.
6. Include all emotions. Ask only yourself what they mean (not others).
7. If you have no recollection of your dream, leave the journal page blank.



What to Remember When Waking

What to Remember When Waking

In that first hardly noticed moment in which you wake,
coming back to this life from the other
more secret, moveable and frighteningly honest world
where everything began,
there is a small opening into the new day
which closes the moment you begin your plans.

What you can plan is too small for you to live.
What you can live wholeheartedly will make plans enough
for the vitality hidden in your sleep.

To be human is to become visible
while carrying what is hidden as a gift to others.
To remember the other world in this world
is to live in your true inheritance.

You are not a troubled guest on this earth,
you are not an accident amidst other accidents
you were invited from another and greater night
than the one from which you have just emerged.

Now, looking through the slanting light of the morning window
toward the mountain presence of everything that can be
what urgency calls you to your one love?
What shape waits in the seed of you
to grow and spread its branches
against a future sky?

Is it waiting in the fertile sea?
In the trees beyond the house?
In the life you can imagine for yourself?
In the open and lovely white page on the writing desk?

-- David Whyte (Dec 30, 2013)



THE JOURNEY



THE JOURNEY

One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice-
though the whole house
began to tremble
and you felt the old tug
at your ankles.
“Mend my life!”
each voice cried.

But you didn't stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations-
though their melancholy
was terrible.

It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.

But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice,
which you slowly recognized as your own, that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do-
determined to save
the only life you could save.

Mary Oliver

CULTURE GARDEN

About Culture Garden

This moment in history is compelling groups of all kinds to make a shift towards more collaborative ways of organising and acting, and to increase their effectiveness in a changing world. However, despite these groups' best intentions and often considerable skill, many find they are unable to achieve complete and lasting change.

At this time of increasing uncertainty and environmental crises, Culture Garden is opening up the territory of our group cultures, learning a new landscape and building the skills to **Connect, Create & Collaborate** in order to transform our cultures — and the world — from the inside out. We believe that, in order to truly meet the challenges of our changing world and to become more successful in our group initiatives, we must consciously un-learn Dominance-based patterning and integrate instead the skillset for “*Partnership*”.

Partnership is an emergent philosophy of leadership which understands that the best outcomes for any endeavour are the ones that benefit everyone involved. This is based in the synergetic alignment between the multitude of interdependent roles, requiring group cultures to understand how to include and engage their members' diverse perspectives, priorities, and strengths, in a robust and effective manner.

Culture Garden provides consulting, facilitation, and project management, as well as experiential educational programmes, to enable organisations and communities to make the transition towards partnership-oriented ways of being and doing together. We help our **Clients** to incorporate systems, structures, and practices to foster a thriving internal culture, which increases operational flexibility, and responsiveness, improving their collective impacts. They learn to achieve these results by distributing power and authority throughout the whole, in unity and alignment.

At the same time, we support the human experience of these transitions, while holding spaces to allow for the organisation's inner guidance, and any new opportunities, to emerge.

