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"To cherish what remains of the Earth and to foster its renewal is our only legitimate hope of survival." (Wendell Berry)

"Every one of us is called upon, perhaps many times, to start a new life. A frightening diagnosis, a marriage, a move, loss of a job... and onward full-tilt. We go, pitched and wrecked and absurdly resolute, driven in spite of everything to make good on a new shore. To be hopeful, to embrace... one possibility after another..."

"That is surely the basic instinct... crying out. High tide! Time to move out into the Glorious Debris. Time to take this life for what it is." (Barbara Kingsolver)

Eight Forms of Capital
http://www.applesforbrowsers.com/8-forms-of-capital/

<table>
<thead>
<tr>
<th>Capital</th>
<th>Currency</th>
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<tbody>
<tr>
<td>Social Capital</td>
<td>Connections</td>
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<tr>
<td>Material Capital</td>
<td>Matrilineal, cultural resources</td>
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<td>Financial Capital</td>
<td>Money</td>
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<tr>
<td>Living Capital</td>
<td>Carbon, nitrogen, water</td>
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<tr>
<td>Intellectual Capital</td>
<td>Ideas, knowledge</td>
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<tr>
<td>Experiential Capital</td>
<td>Actions</td>
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<tr>
<td>Spiritual Capital</td>
<td>Prayer, inspiration, faith, karma</td>
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<tr>
<td>Cultural Capital</td>
<td>Song, story, ritual</td>
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5. **Define Value on Life’s Terms**

This seed has the potential to feed us for years to come, as well as to help make amends to an injured planet. Like a tree, the early stages yield little and are slow-going.

In a culture that takes far more than it gives, this response can seem futile and (rati). Don’t stop now. Be brave. Have faith in the design of life. That recognizes that a tree with no fruit is still worthy of living.

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**What is Permaculture?**

Think of it like a seed of potential loaded with good stuff. This seed represents the enaction of a healthy relationship to the earth, to each other, to the future.

**Permaculture**

noun

the development of agricultural ecosystems intended to be sustainable and self-sufficient.
UNIMPEDED, THIS SEED OF RELATIONSHIP WOULD GROW HUGE AND STRONG.

Permaculture in Action

FEAR CAPITALISM SCARCITY

RACISM TOXICITY ECOLOGY

BUT WE HAVE LOTS TO GO UP AGAINST. THE CULTURE CONTINUOUSLY ASKS US TO TRANSLATE THE MOST PRECIOUS & FUNDAMENTAL ASPECTS OF OUR LIVES INTO DESTRUCTIVE & HIERARCHICAL TERMS. WHAT IF WE WORKED TO TRANSLATE IT BACK INTO OUR OWN TERMS?

4. CONNECT

LIKE GROWING ANY RELATIONSHIP, IT TAKES TIME & SIMPLE PRESENCE. DON'T UNDERESTIMATE THE POWER OF SIMPLE CONNECTION.

WATCH. LISTEN. TOUCH.

* TAKE WALKS & THINK ABOUT THIS PLACE YOU'RE IN.

* CONNECT WITH YOURSELF & GET TO YOURSELF WELL. BE A FRIEND TO YOURSELF. YOU ARE PART OF EVERYTHING.

* FIND OTHERS & GET INSPIRED. CHECK OUT OUR RESOURCE LIST IN BACK!

* HOW WILL YOU KNOW THE NEEDS OF YOUR COMMUNITY UNTIL YOU GREET THEM REGULARLY?

* HOW WILL YOU KNOW THE NEEDS OF THE RIVER UNTIL YOU LISTEN LONG ENOUGH TO HEAR IT SPEAK?
3. START TO GROW!

* This is where you get to be creative & brave.

* While there are lots of great ideas out there to employ - remember that they were born out of someone’s relationship - to themselves, to a place, to a need.

* Take inspiration where you can, but remember that a return to health will be like a balancing act - shifting & changing all the time.

* Planting trees & farming is awesome. So is a lot of other stuff.

* Employ the “8 forms of capital” & work to legitimize alternative forms of wealth.

This is where a lot of people get stuck or excluded. We must reinvigorate these concepts to be primarily about relationship - a dynamic and inclusive push towards the healing of a fractured world.

Permaculture in Action

We are all tasked with the work of knitting our world back together. We are creative participants!
1. **Observe and Interact** - “Beauty is in the mind of the beholder.”

By taking the time to engage with nature we can design solutions that suit our particular situation.

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**Use and Value Renewable Resources and Services**

Make the best use of nature's resources to reduce our consumption and waste. Implementing small steps, like composting and using reusable bags, can make a big difference.

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**Glorious Debris**

**Read between the lines.**

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**How can we do this?**

1. **Work to Banish Disempowering Mindsets.**

   Don't fall into the psychological trap that says that if you can't meet some idealised vision there isn't a point. On the contrary! You help to inform the mission.

   Your experience is what we need.

   Remember that anything you do—any energy you put towards growing this seed—is 100% more progress than not at all. This shift in mindset is part of the resistance.

   In fact, it's foundational.

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**Create and Share Energy**

Think big, think the stuff others do in silence and think of the way you can be helpful.

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**Design From Patterns to Details**

“Can't see the forest for the trees.”

By stepping back, we can observe patterns in nature and society. These can form the backbone of our designs, with the details filled in as we go.

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**Identify the Barriers to Growth & Call Them Out!**

Ask yourself hard but empowering questions. Strive to answer them.

- Do you like where your energy is going?
- Do you have mobility?
- Can you change your situation?
- If not, what/who is holding you back?
- Is your energy being put towards something within your values? Is it life-affirming?

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7. **Use Edge and Value the Marginal**

Don't throw the baby out with the bathwater. The edge is often the most interesting part of the picture. It's where we can find the most opportunity for growth.

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8. **Integrate Rather Than Segregate**

Move towards relationships where differences can complement each other.

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9. **Apply self-regulation and self-referencing**

The more you are looking in the mirror the more you are in control of the situation.

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10. **Write your own story.**

Tell your own story. This is your life. Live it well.

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11. **Design from Patterns to Details.**

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**Glorious Debris**

**Read between the lines.**

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**How can we do this?**

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**Glorious Debris**

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