Permaculture in Action

Permaculture Principles
David Holmgren - http://permacultureprinciples.com

Patterns of the sustainable. Words of wisdom.

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.

2. Catch and Store Energy – “Make hay while the sun shines”
   By developing systems that collect resources when they are abundant, we can use them in times of need.

3. Obtain a yield – “You can’t work on an empty stomach”
   Ensure that you are getting truly useful rewards as part of the working you are doing.

4. Apply Self-Regulation and Accept Feedback – “The sins of the fathers are visited on the children of the seventh generation”
   We need to discourage inappropriate activity to ensure that systems can continue to function well. Negative feedback is often slow to emerge.

5. Use and Value Renewable Resources and Services – “Let nature take its course”
   Make the best use of nature’s abundance to reduce our consumptive behavior and dependence on non-renewable resources.

6. Produce No Waste – “Waste not, want not” or “A stitch in time saves nine”
   By valuing and making use of all the resources that are available to us, nothing goes to waste.

7. 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.

8. Integrate Rather Than Segregate – “Many hands make light work”
   By putting the right things in the right place, relationships develop between those things and they work together to support each other.

9. Use Small and Slow Solutions – “Slow and steady wins the race” or “The bigger they are, the harder they fall”
   Small and slow systems are easier to maintain than big ones, making better use of local resources and produce more sustainable outcomes.

10. Use and Value Diversity – “Don’t put all your eggs in one basket”
    Diversity reduces vulnerability to a variety of threats and takes advantage of the unique nature of the environment in which it resides.

11. Use Edges and Value the Marginal – “Don’t think you are on the right track just because it’s a well-beaten path”
    The interface between things is where the most interesting events take place. These are often the most valuable, diverse and productive elements in the system.

12. Creatively Use and Respond to Change – “Vision is not seeing things as they are but as they will be”
    We can have a positive impact on inevitable change by carefully observing and then intervening at the right time.
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**Relative Permanence**

What we do exists in context. Knowing the effects of our actions vs. the amount of energy it takes to create them. Work for more effect for less energy when possible.

**Sectors**

Energy flows, or lack of, define our reality. Relationships in Time

Keep things you do often close or together. Keep friends and loved ones close to you too. Proximity breeds proximity.

**Relate**

When possible, create them. Work for more effect for less energy of our actions. The amount of energy it takes to what we do exists in context. Knowing the effects.

**Permaculture in Action**

**Eight Forms of Capital**

http://www.appleseedpermaculture.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>Materials; &quot;natural&quot; resources</td>
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<tr>
<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>
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<tr>
<td>Experiential Capital</td>
<td>Action</td>
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<tr>
<td>Spiritual Capital</td>
<td>Prayer, Intention, Faith, Karma</td>
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<tr>
<td>Cultural Capital</td>
<td>Song, Story, Ritual</td>
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This framework gives us a chance to explore other forms of wealth, releasing money’s grip and giving us the ability to live more balanced lives.

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**Better together!**

Relationships, the more we can accomplish, the more we interact with people all the time. The better our lives in urban areas, this essentially means they live around us. More green from the world population.

The world works by how well we interact with those

**What is Social Permaculture?**

The world works by how well we interact with those around us. More green from the world population.

**What is Permaculture?**

It is three things: awareness, better process, and the goal of ensuring life on this planet. Clearly seeing, improving our action, and having a goal.

**The Ethics of Permaculture**

The core of permaculture. What we do has to be in the context of ethical decisions to achieve our most basic of goals, survival. It gives us direction.

Earth care – People care – Future care

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**Permaculture in Action**

Change requires we do something. The more we do the more changes. Start with one thing. Change adds up.

- Take walks
- Get in shape
- Explore
- Talk to people
- Foster gratitude
- Love
- Plant a seed
- Don’t push the river
- Connect
- Care for the world
- Limit media
- Transition from a consumer to an active participant and producer
- Recognize opportunities, recognize barriers
- Be mindful about your impact
- Everyone has their own power
- Eat whole & simple foods
- Take time to observe Ask yourself empowering questions and answer them

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