

Free

July-Sept. 2019

Spirit - Mind - Body - Environment



OMNI VISION

A Quarterly Magazine

- The Comfortable Life is Killing You
- Marianne Williamson: In her own words
- Green School, Bali
- Six Ingredients for Forming Communities
- SuperAdobe: Powerful Simplicity
- Regenerative Living Defined
- ...and more

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Author Academy Awards

Polly Goes to Print in SA

**Welcome!
Issue #1**

Leah Kirrane
"Because I'm Free"
Album release date

An  omni Foundation Publication

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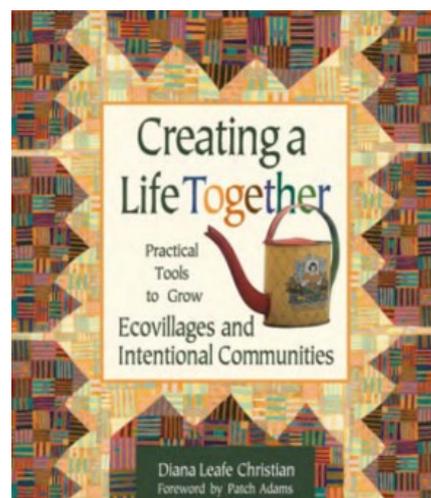


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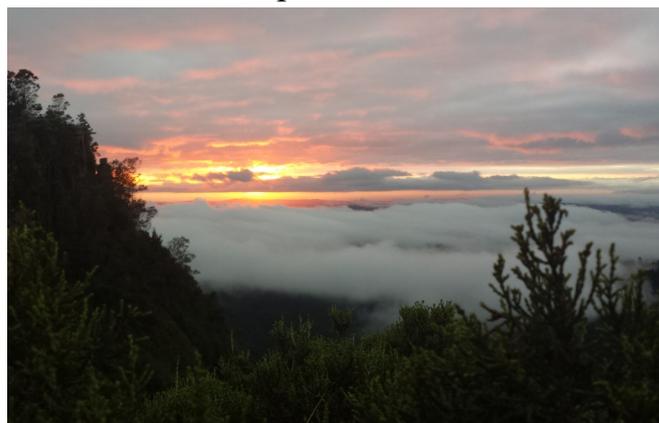


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Cover shot

Sunrise over the Pinnacle, Graskop, South Africa



What's Up With omni?

Welcome to our very first issue of Omni Vision!

Thank you for taking the time to open it up, browse through it's pages, learn and be inspired.

It was the last couple days of June when Cameron and I started discussing what would go into our next quarterly newsletter, "What's Up With Omni?" April was the last month of publishing as a monthly, as we had decided to go quarterly.

Well, needless to say, things changed. Our newsletter morphed into this! A full on magazine! We're magazine publishers! This is a dream come true for me!

Publishing is quickly becoming a foundation for spreading our message and growing the Omni vision. If Love is the glue in the cement, then publishing is the gravel. Through the publishing of books, music and other productions, we spread our message, share our vision, and hopefully, speak to your heart and mind with knowledge, encouragement and inspiration.

In this issue and all to come, Omni Vision will highlight not only the events of our personal journey, but the topics of holism of mind, body, spirit and environment that humanity needs to embrace if we are to thrive in our future.

Looking Back: The past three months have been devoted to making music, and learning about the music publishing business. With our first album very close to release, there are many things to do in preparation. We've also been working hard on getting Polly to print, here in SA, and writing a new book, "The Odd Quad: Out of Glug's Grip," which we would like to release by Christmas. ([see page 36](#)).



Cameron and Leah Kirrane
Co-Editors and Publishers

Looking Forward: We should have our Polly prints sometime next week! Then it will be a point of getting out and sharing with schools, libraries and other venues. We're also hopping to make the top 10 finalists in the Author Academy Awards ([see page 4](#)).

August and September will bring opportunities to play, and the release of our first CD, "Because I'm Free" ([see page 16](#)). These are **EXCITING TIMES!** Won't you join us?



uBuntucivicsacademy.com

POLLY GOES TO PRINT IN SA!



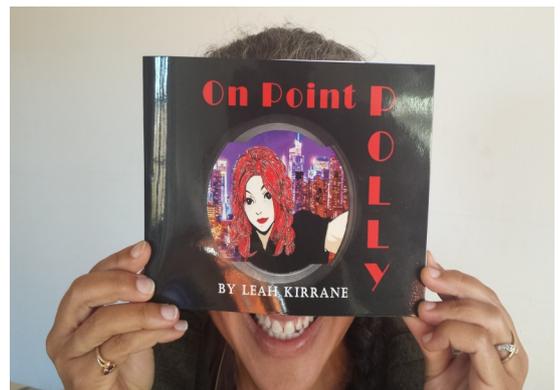
necessary to become the best we can be. It encourages honest self-reflection, humility and service to others. Emotionally engaging and uplifting, On Point Polly is a message meant to ignite souls.

This printing comes exactly one year after the initial publishing on Amazon Kindle and print in the US. Having heard of the excellent service Groep 7 Drukkers Self Publishing, from fellow children's writer, Ginny Stone, it only took two weeks to put together a print ready version. If you're in the States, you can purchase the book [here](#). It will also be available on Kobo soon, to ensure global availability. For updates and further links go to www.leahkirrane.com

Meet Polly Picket, a paparazzi princess with a penchant for nit-picking the problems of high society. Witness her transformation as she evolves from a self-absorbed, spoiled young woman, into a compassionate human being.

On Point Polly brings a timeless message with a modern storyline, in a unique, whimsically rhythmic voice and style.

Wise, witty and realistic, it deals with confronting our deepest selves and making the challenging choices and changes

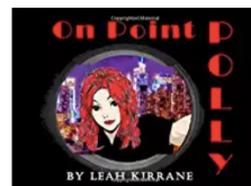


The Author Academy Awards

"Our goal is to help further connect this global community of authors, maintain excellence and integrity of the book publishing industry, and raise awareness that the stories being told and the authors who write them are worth our attention." – Kary Oberbrunner, Founder, Author Academy Elite and the Author Academy Awards

Kary Oberbrunner is the cofounder of the Author Academy Awards, which is an honor bestowed for literary merit and publishing excellence in the writing and publishing industry, and Author Academy Elite, which serves authors. He is also the founder of Redeem the Day, which serves the business community, and Igniting Souls, which serves the nonprofit community. He and his wife Kelly are blessed with three amazing children and live outside Columbus, Ohio.

**AUTHOR
ACADEMY
AWARDS**



**I'M IN THE RUNNING
FOR BEST
CHILDREN'S BOOK.
VOTE FOR ME
TODAY!**

I'm on page 3—the children's book category

AuthorAcademyAwards.com

Voting ends July 31.

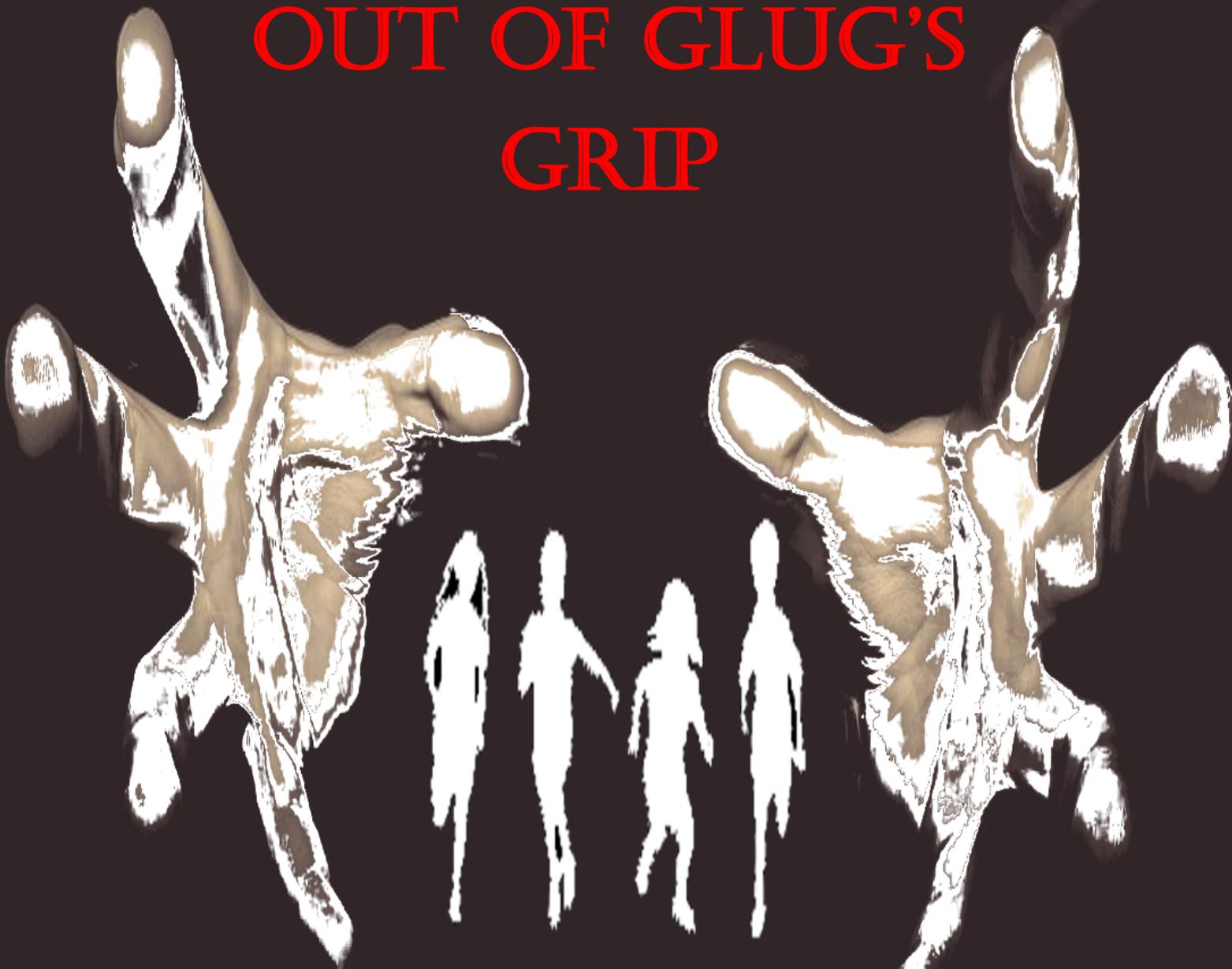
Winners will be announced August 31.

The red carpet awards banquet will be held on October 25, 2019 in Columbus, Ohio, USA

COMING SOON!

THE ODD QUAD

OUT OF GLUG'S
GRIP



A kid's novel

By Leah Kirrane

Read the intro on page 40

Looking In



The Comfortable Life is Killing You

[Erik Rittenberry](#)

Society tames the wolf into a dog. And man is the most domesticated animal of all.

~ Nietzsche

Despite existing in an era with the highest living standards in the history of mankind, despite having easy access to most of our material needs, recent polls have revealed that we modern people are miserable, angry, fearful, depressed, and riddled with anxiety. More so than ever before.

Depression rates have been steadily rising in the US since the mid-1930s. Approximately 40 million American adults are said to have an anxiety disorder. Depression and suicide rates, especially among teens, has risen drastically with the rise of social media and smartphones. Over six hundred thousand children 5 and under are on some type of psychiatric drug in the US. And opioid overdoses among American adults are out of control.

The question must be asked: Why?

Why are so many people depressed in an era of infinite possibilities?

Why are so many people prone to anxiety in the safest, most prosperous time in history?

With endless potentialities to change and set our own destinies, why are so many of us bitter and angry and pummeled with an agonizing sense of meaninglessness?

Freud defined depression as anger turned inwards. There's some truth to this for sure, but I think the great existential psychologist, Rollo May, defined it more accurately —
“Depression is the inability to construct a future.”

And anxiety simply comes from, as Rollo May also pointed out, “not being able to know the world you're in, not being able to orient yourself in your own existence.”

Today, many people are lost, disoriented, and bewildered in their own lives and many believe they are incapable of building their own future. Many feel helpless, or in the words of Sartre, we feel the “anguish of freedom.” In other words, “Man is condemned to be free; because once thrown into the world, he is responsible for everything he does.”

Carl Jung, one of the most prolific psychotherapists of the 20th century, remarked that about a third of his cases were suffering from “no clinically definable neurosis, but from the senselessness and emptiness of their lives. This can be defined as the general neurosis of our times.”

What happened in modern society to make this state of affairs so widespread?

Maybe it's because we don't have to struggle or throw our bodies into action for mere survival anymore, leaving more time to dwell inside our own heads.

Maybe it's because hardships and dangers have been eliminated from our everyday life and we no longer have to prove our worth or ban together to overcome catastrophes.

Maybe the lack of adversity strips us of meaning and purpose.

Maybe it's because we are conditioned to live behind a cultural mask and we never develop the essence of our own being.

Maybe it's because we're a product of the polarizing media propaganda machine that undermines our intelligence by misrepresenting information as sensationalized rubbish.

Maybe it's because we bought into the big lie that status is important and that big homes and expensive cars and clothes and luxurious vacations are the way to happiness.

Maybe it's because we've lost connection with the earth and instead, spend our days in air-conditioned cubicles sitting behind screens, gossiping as a way to project our own miserableness onto others.

Maybe it's because our vision is narrow and we're blind, petty, and stuck in a tiny crevice of our own limited perceptions. Maybe it's because we have a worm's eye view of the world instead of a bird's eye view, so the horizon seems bleak and forever out of site.

Maybe it's because we repress our instincts — the reality of our human nature — in favor of conforming to the rigid standards of culture and society.

Maybe it's because we sit around and wait for the universe, or God, to provide us with the life we desire instead of taking the hard road of Work and Will to go after it.

Maybe it's because we've been conditioned to look outside for heroes instead of behind our own eyes.

Maybe it's because technology, with its many benefits, has also served as a buffer between us and nature; a wall that separates us from the deeper dimensions of our human experience.

Though we're all connected more than ever, we're also divided, lonelier, and angrier like no other time in history.

Humans evolved to cooperate and band together in small groups, which is how we survived the perilous days of our primordial state. We evolved to live in tribes and small communities and we found purpose in our contributions to the tribes we belonged to.

This is no longer the case.

Today, we are out of our element. We're not made to function in this mass society we find ourselves in. Just take a gander at Twitter or at the comment section of a political article and you'll see just how violently enraged we've become.

Carl Jung understood this dilemma well when he wrote that “this new form of existence,” speaking of the modern mass society, “produced an individual who was unstable, insecure, and suggestible.”

Jung warned that if the individual is discounted and diminished by society, he is vulnerable to the influence of the state and other mass movements to manipulate him into serving their devious agendas. We saw this recently in the United States on both sides of the political spectrum with the rise of the Alt-right, Antifa, and other bizarre extremist groups.

“The bigger the crowd, the more negligible the individual,” as Jung reminds us.

It's undeniable that out of great effort and ingenuity we have created a highly prosperous, comfortable, and thriving civilization. But the shadow side of this culture of convenience is that, as Colin Wilson and many other great thinkers understood, it reduces the human being.

“The comfortable life lowers man’s resistance so that he sinks into an unheroic sloth.”

What should we do?

How can we overcome the pitfalls of emptiness and an “unheroic sloth” and tap into our full potential as human beings?

I don’t know the full answer to that. Only you do as a unique individual. But we can pick the minds of some of the great thinkers and see what they had to say about living with purpose and vitality.

1. Let Go

Americans are among the most stressed people in the world. Eighty-five percent of workers worldwide admit to hating their jobs, according to a [Gallup poll](#) recently.

The rat race is killing us. Get out as fast as you can.

Joseph Campbell reminded us that “we must be willing to **let go** of the life we planned so as to have the life that is waiting for us.” Once we see that the way we’re living is not catering to our passions, we have to change course. We have to recapture who we were before culture molded us into what we are today. We must. And yes, it will be painful. It’ll shake things up. And you’ll find yourself alone trudging thru the dangerous landscape of the unknown, but you must go.

As Carl Jung understood, “there is no coming to consciousness without pain.”

2. Embrace your suffering.

This world breaks us all. Use your suffering as a foundation to build your new self. As Rollo May wrote so eloquently, “suffering is nature’s way of indicating a mistaken attitude or way of behavior... every moment of suffering is the opportunity for growth. People should rejoice in suffering, strange as it sounds, for this is a sign of the availability of energy to transform their characters.”

Or in the words of Charles Bukowski, you have to die a few times before you can really live.

3. Become Aware.

Colin Wilson once wrote: “ the everyday world drags us along, like a slave behind a conquer’s chariot. One must learn to sever the rope, to allow the mind to stand still, to be-

come aware of its affinity with mountains and stones.”

With our modern day comforts and ease, comes idleness and a fixation on cheap entertainment and trivial dramas. This causes our consciousness to become thick and sluggish and we coast through most of our days like a robot, hardly able to recall what we did this morning let alone last week. Everything has become routine, therefore, forgettable and dead.

But as Alan Watts once reminded us, “This is the real secret of life — to be completely engaged with what you are doing in the here and now. And instead of calling it work, realize it is play.”

We have to learn to shut down the robot inside of us and heighten our consciousness. And we can do this by throwing ourselves into new experiences, by adventure, by danger, by turning off the news and reading the great works of poetry and literature. In the words of Henry Miller, “the aim of life is to live, and to live means to be aware, joyously, drunkenly, serenely, divinely aware.”

4. Quit Shopping.

If you’re the typical American, you’re likely drowning in debt and have nearly zilch in your savings account. And bad finances is contributing to your anger and your depression and it’s robbing you of your humanity. You have to ignore your manufactured appetite for material possessions. Your vain quest to impress your neighbor is fucking killing your soul and making you depressed.

[Northwestern University](#) found that people who place great [value on wealth, status and material possessions](#) are more likely to be depressed and anti-social than the rest of us.

It’s not a secret that the less you own the happier you become. As Bukowski said, the less I needed the better I felt. Spend money on experiences that’ll make your eyes explode in complete AWE, rather than on the latest gadget or fad that gives you short-term happiness.

As Lao-Tzu advised us, “Chase after money and security, and your heart will never unclench. Care about people’s approval, and you will be their prisoner. Do your work, then step back. The only path to serenity.”

5. Reconnect with the Earth and our Primal Instincts.

Jung noticed that “too much of the animal distorts the civilized man, too much civilization makes sick animals.” And, indeed, we civilized people in the western world are sick. Man is the only creature who refuses to be what he is, as Camus famously said.

We are the only species on the planet that’s been completely severed from our instincts —

that huge part of ourselves that's been repressed and replaced with phony smiles and that 9-5 mask.

As Nietzsche understood all too well, "the human being is, relatively speaking, the most bungled of all the animals, the sickliest, the one most dangerously strayed from its instincts."

Nietzsche concluded that the only cure "for the disease called man" was a "return to nature" to revive our culturally suppressed primitive drives.

We have to get our fingers in the soil, learn to garden, meditate, walk barefoot in a meadow or in an open field, hike alone in the wild, sleep on the ground, learn about and experiment with plant medicine. Once again, as Alan Watts reminds us, "we do not 'come into' this world; we come out of it, as leaves from a tree."

I could conclude this post with a cute little motivational paragraph, but I'm not feeling it. I just want to remind you that to be alive at this very moment in time is beyond a miracle. And it's fleeting because you're dying. Each breath is one breath closer to death. Are you going to take advantage of this accidental life you've been blessed with? Or are you going to fall victim to an unheroic sloth type of life that swallows the vast majority?

I'll end with this great Charles Bukowski poem that reminds us that whatever we want out of this brief life, we must be willing to lose everything to get it. GO ALL THE WAY.

*If you're going to try, go all the way.
Otherwise, don't even start.
If you're going to try, go all the way.
This could mean losing girlfriends, wives,
relatives, jobs and maybe even your mind.
It could mean not eating for three or four days.
It could mean freezing on a park bench.
It could mean jail.
It could mean derision, mockery, isolation.
Isolation is the gift.
All the others are a test of your endurance,
of how much you really want to do it.
And, you'll do it, despite rejection and the worst odds.
And it will be better than anything else you can imagine.
If you're going to try, go all the way.
There is no other feeling like that.
You will be alone with the gods, and the nights will flame with fire.
DO IT. DO IT. DO IT. All the way
You will ride life straight to perfect laughter.
It's the only good fight there is.*

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Eye On Education



REAL World Learning for the 21st Century



Green School Bali

Never has the gap between what education offers and what the world needs been greater. The pace of change is rapid. Jobs are changing, new opportunities are emerging and access to information has never been greater. The very way in which children learn is also changing.

The pursuit of more global, real and student-centered learning is a hot topic in education. Over the past 10 years, Green School has been designing and developing a learning pro-



gramme which combines deep and strong roots with an ability to bend like bamboo.

How exactly do we do that? Do we follow a prescribed curriculum? In a word, no.

While many take comfort in known, tried and tested curricula such as the Inter-

national Baccalaureate, Green School has pushed and pulled against cookie-cutter approaches to learning. Focusing on prescriptive, written curriculum leaves the whole truth untold. If you look at a curriculum, you will notice boxes. Ticking off those boxes with very specific lessons, assignments, tests, worksheets, and learning standards necessarily confines learning and leaves off creativity.

Every time Green School has felt itself drifting towards those curricula with their boxes and constraints, we deliberately pivoted to find our direction again. That has led us to the Green School Way. Our teaching philosophy and method, the Green School Way, was created and reviewed between 2008 and 2018 by all, and we mean all, members of our community of learners in some way or another.



It is strongly rooted in our REAL pedagogical principles and hands-on learning programme, which ultimately aims to support the development of powerful learning mindsets, joyful personal qualities, and life-long skills and competencies.

The Green School Way has strong roots to sprout a grove of green leaders for generations to come.

Much like Facebook's former move fast and break things mantra, we believe education needs an agile school to shake things up. We don't follow a curriculum. We design one. Ongoing and tailored to our learning community.

Green School has built its learning programme on the belief that the child has to be free from fear before anything else can be achieved—free from the fear of failure, the fear of being themselves, the fear of the learning process. They have to be confident, calm and

happy to thrive at school. This is fundamental to learning, evidence-based and yet is often juxtaposed to the physical spaces and box-ticking approaches still evident in many schools today.

By creating a strong sense of community, emphasizing the relationship between students and teachers and designing learning with the child at the centre, we can increase wellbeing and reduce fear.

The Green School Way can support high school students, off timetable, to collaborate, pitch ideas, and start activist projects together. We can let a seventh-grade class start a salsa sauce business to benefit children in West Bali. In the process, students delegate roles, learn about procuring ingredients and jars, sanitization, distribution, advertising, business, and responsible social media campaigns.

Our students team up on big and beautiful bamboo constructions. They build pumps and turbines for energy and serve as ocean ambassadors. And, we stand back and marvel when a third-grade class constructs ladders to rescue frogs trapped in man-made ponds.

Melati Wijzen '18 summed up our teaching on the TED stage in 2015. “We have learned that kids can do anything,” she said. “We can make things happen ... Kids have a boundless energy and a motivation to be the change the world needs.”

The Green School Way is not to fill a bucket, but rather light a fire. We endeavor to teach students to “learn how to learn.” Most importantly, we aim to instill in our students a love of learning as a passionate pursuit in and of itself. Green School rests on a simple belief that we are all innately passionate and curious, life-long learners.

To that end, we allow learners big and small to explore real-world ideas and issues within a mission-driven focus. We believe learning is most impactful when it is real – this is central to The Green School Way.

So, if anyone asks – what’s the curriculum at Green School? Just tell them, Green School keeps it REAL.

REAL learning at Green School follows these principles:

Relationship-centered

Green School prioritizes and sustains relationships between all learners, their environment, and their community; our programs are holistic and engage the whole person including social-emotional, intrapersonal, intellectual and kinesthetic connections.

Experiential

Green School’s framework for learning supports experimentation and reflection on successes and failures; Green School anticipates and adapts to the **evolving** needs of learners, their environment, and community; change happens in a sustainable way.

Authentic

Green School prioritizes **interconnected** experiences driven by real-world needs and the

prospect of a sustainable future; The world is a diverse and complex network of systems, and our programme, community, and environment embody an integrated, systems-thinking approach.

Local

Green School acts locally first; we immerse learning in our immediate surroundings, culture, and community and then we think **global**.

Ensuring we keep it REAL, sometimes, just sometimes, our students also sit down at their desks to absorb lessons like algebra.

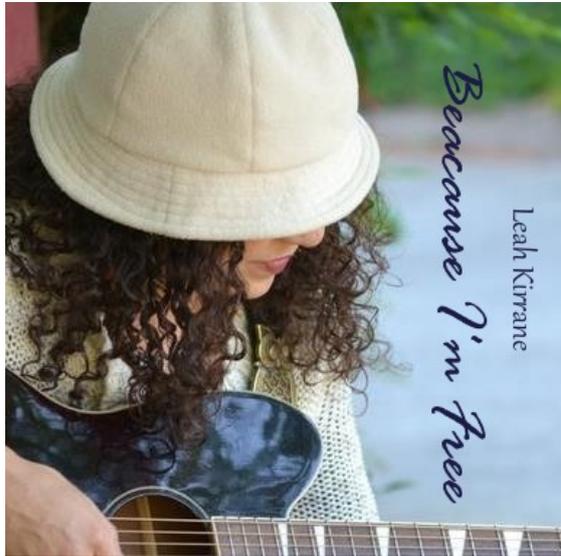
Learn more about Green School Learning Programme at www.greenschool.org

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Because I'm Free

Free to be who God created me to be



1. *Blow Me Down*
2. *Wall Street*
3. *Say What?*
4. *Crazy Cockamamie Lady*
5. *Because I'm Free*
6. *Wake Up!*
7. *What I Like*
8. *Hello Sunshine*
9. *I Don't Know*
10. *We Are One*

At this moment I feel as though I'm nearing the top of the hill on a roller coaster. Just one more song to lay down—a few clicks up the track— then the mixing, mastering, producing, click-click-click, then RELEASE!

And away we go! Thrill, horror and fun all rolled into one.

That's how I feel about the coming release of my first album, "Because I'm Free." This is finally happening!

After a couple of honest, but failed efforts in California and Alberta Canada—failures because the time wasn't right—this dream is finally manifesting in South Africa.

"Because I'm Free" is a group of songs that I have written since I first began playing guitar in 2001. A poet since childhood, and a closet or choir singer, never confident singing alone, buying my guitar (which I still use today) was the key to freeing my singing voice, and for giving life to my musical inspirations.

Now I get to share those gifts of inspiration with a wider audience, created with care and professionalism, beautifully wrapped and delivered to you from my heart.

My music is deep, but light, sober yet fun.

I sing for the cause of Love, Peace, Purpose and Unity, and I make my message very clear.

I've written a few Cd's worth of songs, so this is only the first. I will be releasing a single soon to donate to the Marianne Williamson campaign for US presidency, it's called "It's Time for the People to Step In."

It's our time to follow our dreams and be all that God created us to be.

With loads of Love,

Leah Kirrane

Because I'm Free Release Date!

When? Saturday, September 21, 2019

The festival, at Nourish Eco Village, lasts three days, Friday the 20th through Sunday the 22nd



Where? The Nourish Eco Village
Orpen Road, Sigagule Village,
Acornhoek, South Africa.

This is the third annual Spirit of uBuntu Festival!



In her own words



Our Moral Responsibility to Take Care of the Earth

Before the introduction of Christianity in the Western world, villages in Europe were filled with women who performed “nature rituals” in their villages and towns. These rituals kept the people who performed them, and those who participated in them, emotionally and spiritually connected to the earth and sky and fields and rivers. Humanity at that time was seen as living in sacred partnership with the earth.

With the advent of the early Christian Church, a new dispensation was introduced into humanity’s thinking: the idea that we were not in divine partnership with the earth, but rather that the earth was given to us to be used for our purposes. While this

thought is not inherent to Christian teaching, it reigned for centuries and created a fundamental rift in Man's relationship with nature.

That change in thinking - the spiritual rift between humanity and nature - was the beginning of our environmental crisis.

Today, centuries later, that rift has reached grotesque proportions.

From the destruction of our topsoil to the desecration of our wilderness, from the carbonization of our atmosphere to the removal of mountaintops and the destruction of millions of acres of farmland, humanity's obeisance to corporate profits has replaced our devotion to what is morally good. And this must stop, or we will kill ourselves.

No species survives that systematically destroys its own habitat.

As president, one of my first actions will be to appoint a world class environmentalist to head our Environmental Protection Agency. Climate change will be seen as an existential threat to the survival of our species. No longer will the agency set up to be the earth's protector be led by former oil and chemical company executives whose goal is only to protect short term profits of fossil fuel companies. We will restore the Clean Water Act and the Clean Air Act. We will decarbonize quickly. We will transition to green sources of energy. We will permanently ban pesticides that are known to cause damage to a developing child's brain. And yes, we will pass a Green New Deal.

None of this will happen because I "go to Washington and fight for you." It will happen because I go to Washington and co-create with you a new era in our nation's ongoing story, a course-correction in our thinking, and a rededication to our shared moral responsibility to take care of the earth for our children and our children's children.

"No species survives that systematically destroys its own habitat."

We need a moral and spiritual awakening in America, which alone will awaken us to our responsibility as citizens to override the soulless forces of a sociopathic economic system.

Our Earth, and possibly our lives, depend on it.

Let's speed up the evolution.

- Marianne Williamson



"It is not the radicalism of hate that is our biggest danger today; our biggest danger is that we lack the radicalism of love."

- Marianne Williamson -

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SUPERADOBE: POWERFUL SIMPLICITY

What is SuperAdobe?

SuperAdobe is a form of earth bag architecture developed by architect and CalEarth founder Nader Khalili. Using long sand-bags ("SuperAdobe Bags"), barbed wire, on-site earth and a few tools, Khalili devised a revolutionary building system that integrates traditional earth architecture with contemporary global safety requirements, and passes severe earthquake code tests in California.



This technology has been published by NASA, endorsed by the United Nations, featured in countless world media outlets, and awarded the prestigious Aga Khan Award for Architecture in 2004. It comes from years of meditation, hands-on research and development. Inspired by traditional earth architecture in the deserts of Iran and adapted for modern usage. Simplified so that anyone can build.

How It Works

Long or short sandbags are filled with moistened earth and arranged in layers or long coils. Strands of barbed wire are placed between each layer of sandbag to act as both mortar and reinforcement. Stabilizers such as cement, lime, or asphalt emulsion may be added. Similar to how a potter stacks coils of clay to make a vessel, builders stack coils of earth to make a structure.

The SuperAdobe building system can be used for structural arches, domes and vaults, or conventional rectilinear shapes. The same method can build silos, landscaping elements, or infrastructure like dams, cisterns, roads, bridges, and for stabilizing shorelines and watercourses.

Basic Materials Needed:

Synthetic, low UV (ultra-violet) resistant degradable sand bags

Four-point, two strand, galvanized barbed wire

Shovels

Tampers

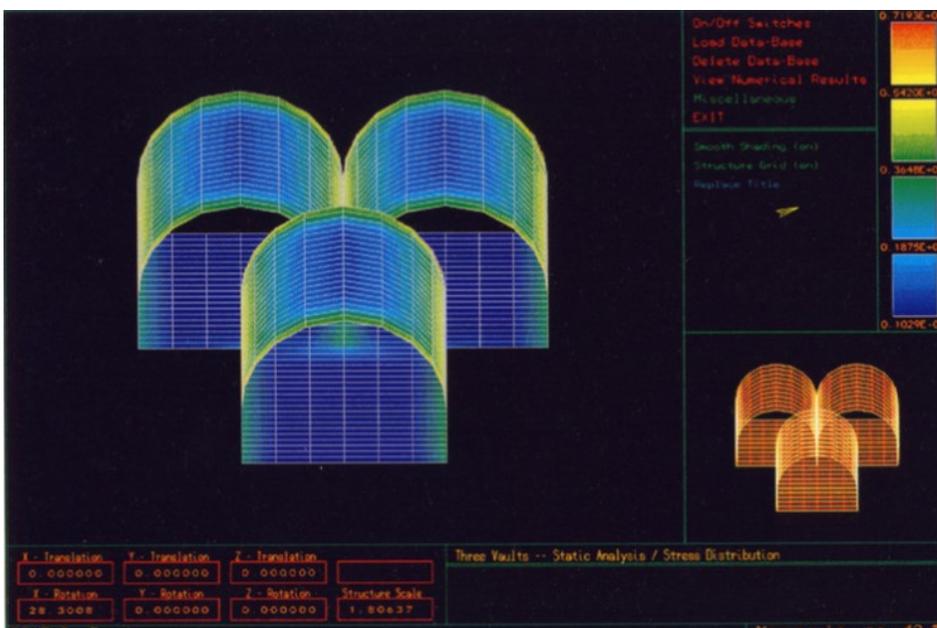
Soil & Water



Safety Standards

“The city [of Hesperia] conducted tests, under the supervision of the [International] conference [of Building Officials, ICBO], and found that Superadobe stood up to twice the amount of weight that would crush a pitched-roof house.” LOS ANGELES TIMES

The building process is intentionally simple, but the structural integrity of SuperAdobe is the result of years of research. The structural design uses modern engineering concepts like base-



isolation and post-tensioning. The long coils of sandbag provide compression (vertical) strength. While the barbed wire adds tensile (horizontal) strength. In addition, the sandbags add flood resistance. The earth itself provides insulation and fire-proofing.

Anyone Can Build

Cal-Earth believes that the whole family should be able to build together, men and women, from grandma to the youngest child. We have spent many years researching how to make the process simpler and easier. There should be no heavy lifting or backaches, no expensive equipment, and a flexible and fast construction. The bags are filled in place on the wall using small pots like coffee cans, or even kitchen utensils. You can build alone or as a group.



THE ECO-DOME AT CALEARTH

Why a Dome?



The arch is the strongest form in architecture and has been used in building for thousands of years. A dome is simply an arch rotated 180 degrees. SuperAdobe is extremely well-suited for building arches, domes and vaults, and SuperAdobe domes are extremely strong structures. They have passed California earthquake code tests, and withstood a 7.6 magnitude earthquake in Nepal.

Using geometry and a simple compass tool, builders can easily create corbelled dome structures of various heights and up to 22 feet in diameter.

Plastering & Finishing

All SuperAdobe structures can last several years but to make a structure permanent, the builder must plaster over the sandbag structure. This protects from erosion due to water and weather. Plastering also provides an aesthetically pleasing finish that can be painted or left its natural color.



Once the corbelled dome is complete, it can be covered in several different kinds of exterior treatments, usually plaster. Khalili developed a system that used 85% earth and 15% cement plaster and which is then covered by “reptile”, a veneer of grapefruit sized balls of cement and earth. Reptile is easy to install and because the balls create easy paths for stress, it doesn't crack with time. There are many different possibilities. Some Superadobe buildings have even been covered by living grass, a kind of green roof but covering the entire structure. Any exterior treatment and building details would need to be adapted to a region's specific climatic needs.



Superadobe technology was designed and developed by architect Nader Khalili and Cal-Earth Institute, and engineered by P. J. Vittore.

Superadobe is a patented system (U.S. patent #5,934,027) freely put at the service of humanity and the environment. Licensing is required for commercial use.

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<https://www.calearth.org/intro-superadobe>

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Nature and Wellness

How Does Nature Impact Our Wellbeing?

Research reveals that environments can increase or reduce our **stress**, which in turn impacts our bodies. What you are seeing, hearing, experiencing at any moment is changing not only your mood, but how your nervous, endocrine, and immune systems are working.

The stress of an unpleasant environment can cause you to feel anxious, or sad, or helpless. This in turn elevates your blood pressure, heart rate, and muscle tension and suppresses your immune system. A pleasing environment reverses that.



And regardless of age or culture, humans find nature pleasing. In one study cited in the book *Healing Gardens*, researchers found that more than two-thirds of people choose a natural setting to retreat to when stressed.

Nature heals

Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones. It may even reduce mortality, according to scientists such as public health researchers Stamatakis and Mitchell.

Research done in hospitals, offices, and schools has found that even a simple plant in a room can have a significant impact on stress and anxiety.

Nature soothes

In addition, nature helps us cope with pain. Because we are genetically programmed to find trees, plants, water, and other nature elements engrossing, we are absorbed by nature scenes and distracted from our pain and discomfort.

This is nicely demonstrated in a now classic study of patients who underwent gallbladder

surgery; half had a view of trees and half had a view of a wall. According to the physician who conducted the study, Robert Ulrich, the patients with the view of trees tolerated pain better, appeared to nurses to have fewer negative effects, and spent less time in a hospital. More recent studies have shown similar results with scenes from [nature and plants in hospital rooms](#).

Nature restores

One of the most intriguing areas of current research is the impact of nature on general well-being. In one study in *Mind*, 95% of those interviewed said their mood improved after spending time outside, changing from depressed, stressed, and anxious to more calm and balanced. Other studies by Ulrich, Kim, and Cervinka show that time in nature or scenes of nature are associated with a [positive mood](#), and psychological wellbeing, meaningfulness, and vitality.

Furthermore, time in nature or viewing nature scenes increases our ability to pay attention. Because humans find nature inherently interesting, we can naturally focus on what we are experiencing out in nature. This also provides a respite for our overactive minds, refreshing us for new tasks.

In another interesting area, Andrea Taylor's research on children with ADHD shows that time spent in nature increases their attention span later.

Nature connects

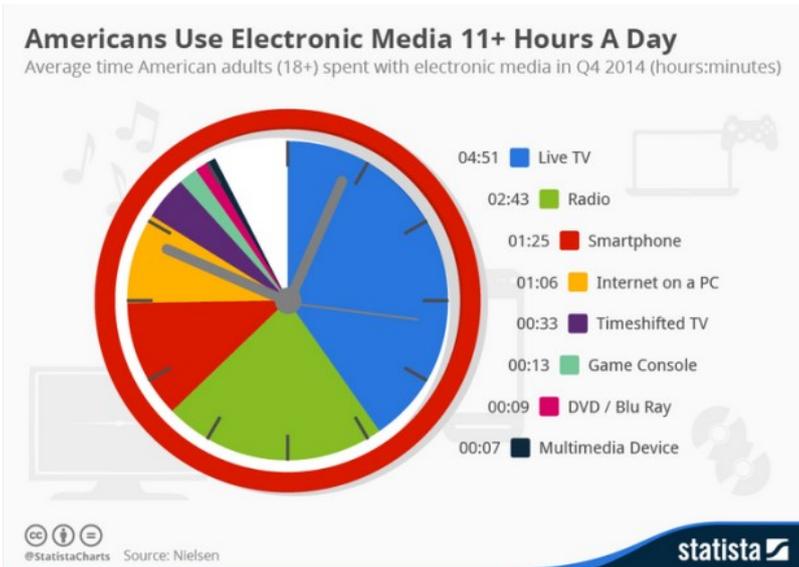
According to a series of field studies conducted by Kuo and Coley at the Human-Environment Research Lab, time spent in nature connects us to each other and the larger world. Another study at the University of Illinois suggests that residents in Chicago public housing who had trees and green space around their building reported knowing more people, having stronger feelings of unity with neighbors, being more concerned with [helping and supporting each other](#), and having stronger feelings of belonging than tenants in buildings without trees. In addition to this greater sense of community, they had a reduced risk of street crime, lower levels of violence and aggression between domestic partners, and a better capacity to cope with life's demands, especially the stresses of living in poverty.

This experience of connection may be explained by studies that used fMRI to measure brain activity. When participants viewed nature scenes, the parts of the brain associated with empathy and love lit up, but when they viewed urban scenes, the parts of the brain associated with fear and anxiety were activated. It appears as though nature inspires feelings that connect us to each other and our environment.



Too much time in front of screens is deadly

“Nature deprivation,” a lack of time in the natural world, largely due to hours spent in front of TV or computer screens, has been associated, unsurprisingly, with depression. More unexpected are studies by Weinstein and others that associate screen time with loss of empathy and lack of altruism.



And the risks are even higher than depression and isolation. In a 2011 study published in the *Journal of the American College of Cardiology*, time in front of a screen was associated with a higher risk of death, and that was independent of physical activity!

[https://
www.takingcharge.csh.umn.edu/
how-does-nature-impact-our-
wellbeing](https://www.takingcharge.csh.umn.edu/how-does-nature-impact-our-wellbeing)

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UBUNTU

Nothing is 100% right or wrong; they merely vary in their degree of incompleteness and dysfunction.

No-one or nothing is 100% good or evil; they only vary in their degree of disconnection and ignorance.

*uBuntu. We are all in a process of becoming...
always called by our Highest Potential.*

uBuntu Civics Academy

Regenerative Living

Regenerative Living Defined

Thinking Beyond Sustainability

Sustainability is a big buzz word these days. You see it all over the place, from news articles about the environment to marketing promotions selling eco-friendly products. There's even full college majors dedicated to studying it.

But can humans really just sustain everything we're doing now? We depend on a finite supply of fossil fuels. We rely on an agricultural system that requires massive amounts of chemical and energy input to feed us. We spend more money on drugs and healthcare than we do on nutrient-rich foods that keep us healthy in the first place.



Now, I'm based in the United States, so these things may not be true where you live. And yes, I'm generalizing. But if you're from a first world country, I'm betting that similar things are happening around you, if not to you.

We need to change, not sustain, our behavior. Our ethics. Our present.

Regenerative living aims to make conscious choices to help fix the problems humans have caused. To focus on restoration instead of degradation. To think "what can I do help?" instead of "this isn't my fault." It's all about action, not just talk.

Permaculture as a model for change

Permaculture is a concept coined by Bill Mollison and David Holmgren in the 1970s. It's a hard concept to define in a sentence, but I'll give it a shot. Permaculture is a design methodology grounded by ethics that uses systems thinking and design principles to create landscapes that provide food, fiber, and energy for human use. That's a mouthful!



Initially, permaculture focused mainly on creating landscapes that provide human's needs by using nature as a model to create "permanent agriculture" (shortened to perma-culture). In this case, the word permanent is synonymous to sustainable.

Over time and with the development of the permaculture vi-

sion, it became apparent that humans are central to the permaculture vision. Thus, the amalgam "permaculture" shifted from "permanent agriculture" to "permanent culture." That small change made a big difference in the potential for permaculture to help create a model for regenerative living.

You might be thinking, "wait wait, wait... You just said permanent was synonymous to sustainable. Aren't you arguing against the term sustainable?"

Good point, reader! Let me clarify. The permaculture *vision* is synonymous to a sustainable culture. If we ever get to the point where everyone has adopted the ethics and principles that permaculture teaches, we will be at a point where we are actually living sustainably.

Until then, we need to focus on rebuilding and reorganizing our systems to fix the problems we have created. For now, we need to live a regenerative life so that future generations can live a sustainable one. And I argue that using permaculture as a model is the best way to do this.

Why? Because similar to traditional (and sustainable) societies, permaculture is grounded by three ethics: Earth Care, People Care, and Future Care.

The Permaculture Ethics

Earth Care

The first permaculture ethic is Earth Care. This ethic has to do with all parts of the planet that are not human: soil, plants, animals, etc. It encourages us to be stewards of the land and the animals that inhabit it.

Humans have mostly become disconnected from the natural world. This is understandable, considering we have developed technology and created systems that remove us from the day-to-day survival of our hunter-gatherer ancestors. That's not to say that technology is evil! Quite the opposite: modern society has created some of the most amazing innovations that help not just humans, but the Earth as well.



But as technology has advanced leaps and bounds, humans have been able to remove themselves from the natural cycles. We have been able to inhabit any ecosystem, even the most desolate, and survive. But the mindset of “above nature” serves no one. We need to recognize that we are a part of Earth's finite world and start caring for it again.

Natural systems on Earth need no external inputs to survive. In fact, healthy forest and grassland ecosystems actually **build** soil on an annual basis- *with no help from humans*. All while supporting a diverse ecosystem made up of countless species interacting to the benefit of the entire system.

We need use the natural systems on Earth as a model for how to begin living in a way that regenerates our local ecosystems. We need to reconnect to nature and become stewards of our local landscapes. And more than anything else, we need to make sure that the Earth stays healthy- it's our home after all.

People Care

The second ethic, People Care, focuses on our human relationships. And not just our relationships with others!

Self care is likely the most important part of regenerative living. Personal well-being needs to be priority one in every person's life. We need to reconnect to ourselves and take responsibility for our own mental and physical wellness. Everyone has a different way of doing this. Some examples include yoga, meditation, making gifts for others, cooking a delicious & nutritious meal, spending time in the garden, reading a book in the bath with a glass of wine. Whatever it is for you, make sure you do it!

After self, you can start focusing on your immediate family and friends, and expand outwards to your neighbors, town, county, etc. Spend your time with others consciously. Don't pull out your phone and take pictures of the sunset- just hold your partner's hand and talk about it's beauty.

Living in community is a part of the human experience. As hunter gatherers, we depended on our community for sustenance and safety. In modern society, we instead depend on technology, corporations, and government. We've become too far removed from what really matters, and our overall health and wellness is suffering because of it.



We can change by accepting our individual roles in where we are, and then taking whatever action we can to start making it better. That might mean helping someone with bus fare, or introducing yourself to the neighbor you've waved at but never spoken to. Focus on the positives and the opportunities around you rather than the negatives that everybody loves to talk about. Be the change!

Future Care

The final ethic can be summed up as "Future Care." It's also known as "fair share," or "Set limits to consumption & reproduction, and redistribute surplus." To put it simply, this ethic has to do with planning for many generations of future humans.

We need to follow the wisdom of traditional societies when it comes to planning our future. The Iroquois have a philosophy called the seventh generation principle that says that decisions made today should take into account the outcomes seven generations into the future, or about 140 years. Funny enough, that's about the length of time it takes a new forest to begin reaching it's prime.

Future care is really about making conscious choices about our actions in the present to preserve the Earth for future generations. The key is, this has to start with the individual. There's no sense in putting the blame on big corporations because they are simply responding to market demand to increase their profit margins. We choose our lifestyle, what we buy, and which businesses we support.

Choose businesses committed to giving back to the Earth

So instead of thinking “there’s nothing I can do to stop big businesses from polluting and exploiting resources,” start finding ways to change your lifestyle to support companies with the same ethics that you have. Just like people care, you need to start with yourself, and then move outwards to influence change.



A great tool to help understand your individual impact is called the ecological footprint. There are many quick online quizzes that can give a very general overview of your impact. I’ve linked one [here](#).

We need to start taking action to preserve our future on the planet. I’m not suggesting that we abolish fossil fuel use or go back to an age without electricity. Rather, we should use the limited amount of fossil fuel that we have left to create systems that will restore the earth. We should

support the development of renewable energy technology. And most of all, we should be conscious consumers that support businesses that are taking action to reduce or eliminate their negative impact on our planet.

Regenerative Living: Our Path Forward

It’s time to take action. For us, for the earth, and for future generations.

Here’s the catch- we need to change slowly and deliberately, not in a rush. Why? Because we must use nature as a model for our actions.

Small, slow solutions are the ones that cause the greatest outcome, like the giant redwoods that take hundreds of years to reach their prime. Fast, rushed actions cause problems, like floods after an big rain event on bare, disturbed soils. Both of these examples are natural occurrences, but one builds soil while the other washes it away.

You don’t need to change your entire lifestyle in a day. It will probably take **YEARS!** The important part is taking action at your own pace in a way that works for you.

A great way to start down this journey is through food.

Farmers Markets are great resources for food and community

Try growing your own food in some containers or in your backyard. If that’s too scary, buy



produce locally and in season. If you eat meat, support farmers that raise animals on pasture or in the animal's natural environment. Properly managed pastured meat operations can actually build soil faster than forests!

Need more reasons to start with food? I've got you covered.

Eating high quality, nutrient-rich local food is great for your health: Self Care. Eating locally supports the farmers who produce it: People Care. Good farmers build soil and take care of their land: Earth Care. Choosing local food reduces how far your food needs to travel, thereby reducing carbon emissions: Future Care.

It's all interconnected, just like natural ecosystems. That's because we are part of the ecosystem surrounding us. We affect change everywhere we go. Let's make that change be positive, regenerative.

Thanks for reading! If you have questions or something to say, feel free to leave a comment or head on over to the [contact page](#) to send me a message. And remember: focus on the positives and the opportunities, not the negatives and the excuses.



Author Nick Posted on July 12, 2018
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<https://www.regenerativelifeguy.com/regenerative-living-defined/>

Community Living

Six Ingredients for Forming Communities

(That Help Reduce Conflict Down the Road)

by Diana Leafe Christian



The following article is excerpted from chapter two of Dianna Leafe Christian’s book, Creating a Life together. We have read it, and recommend it as a must-read for anyone wanting to intentionally co-create community.

I recommend these “ingredients” for communities forming now.

Why? Because establishing a new community is not easy. Since the mid ’80s through the early ’90s, the cost of land and housing has skyrocketed, relative to people’s assets and earning power. Zoning regulations and building codes are considerably more restrictive than in earlier decades. And because of the media coverage that highlights any violent or extreme practices of a group, the “cult” stereotype is still in public consciousness, and may affect how potential neighbors feel about your group moving into their neighborhood.

The challenges facing new communities today have convinced me that nowadays community founders must be more organized and purposeful—not to mention better capitalized—than their counterparts of earlier years.

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1. Fair, Participatory Decision Making

It's probably pretty obvious that a great deal of conflict would arise if people didn't feel that they had enough say in community decisions, unless the community has explicitly created a structure in which members are not expecting to participate in decisions, such as one where a leader or small group of members make decisions, as is sometimes the case in spiritual communities. So, one of the first things I believe a forming community not structured this way should do is to choose a fair, participatory form of decision making.!

2. Vision and Vision Statement:

“What We Are About”

Your vision is a compelling idea or image that inspires and motivates your members to keep on creating community, to persevere through the rough times, to remember why you're there, and to help guide your decisions. This is not necessarily verbal, but can be a feeling, or an energy presence. It gives voice to your group's deeply held values and intuitions. It is your picture or “feel” of the kind of life you'd like to lead together. The vision statement is a condensed version of your vision. The vision statement is a clear, compelling expression of your group's overall purpose and goals.

3. Know What You Need to Know

Forming a new community, like simultaneously starting up a new business and beginning a marriage, can be a complex, time-consuming process requiring both business skills and interpersonal communication skills. Founders of successful new communities seem to know this. And those that get mired in severe problems have usually leapt in without a clue. These well-meaning folks didn't know what they didn't know.

4. Clear Agreements, in Writing

Many forming communities flounder because they haven't written down their agreements, and when people try to conjure up what they thought they had agreed on months or years before, they remember things differently. Unfortunately even people with the greatest good will can recall a conversation or an agreement in such divergent ways that each may wonder if the other is trying to cheat or abuse or manipulate them! This is one of the greatest stumbling blocks in newly forming communities—

5. Good Communication Skills

Every community experiences conflict—including those which include all the above ingredients at their origin! Interpersonal conflict is a given; it will arise. I believe a community is healthy when it deals openly with conflict and doesn't pretend it isn't there. Healthy communities recognize that community offers living “mirrors” for each other, and an opportunity for faster-than-normal spiritual and emotional growth. Dealing with conflict is an opportunity, not a problem.

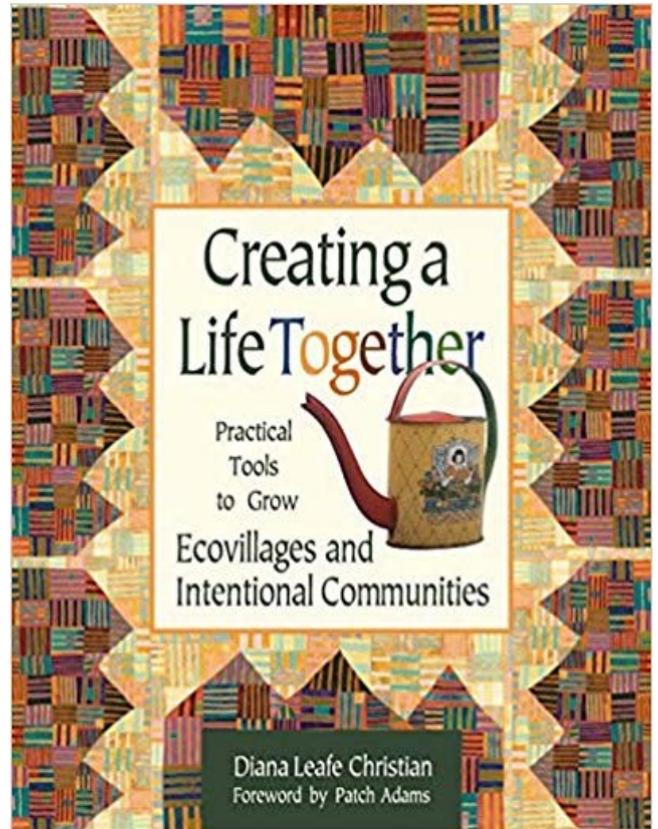
6. Select for Emotional Well-Being

Some people believe it's not really “community” unless it's inclusive and open and anyone can join. Others believe a community should have membership criteria and a multi-step

process for assessing potential new members. Some veteran communitarians point out that people will naturally mature in community because of the (hopefully) constructive feedback they'll receive and the natural tendency to learn from the (hopefully) good communication skills modeled by more experienced members. This happens naturally in community; I call it the “rocks in the rock polisher” effect—everyone’s rough edges can be worn smoother by contact with everyone else.

Forming communities
need enough time,
money, and
“community glue” to
pull off a project of this
magnitude.

Diana Leafe Christian has studied intentional communities since 1992, and edited *Communities* magazine since 1993. She is author of *Forming an Intentional Community: What Works, What Doesn't Work, How Not to Reinvent the Wheel*, and offers introductory and weekend workshops on this topic. She is co-founder of a small community in North Carolina.



Here’s a [link](#) to purchase this book
Email: diana@ic.org.



THE ODD QUAD

Out of Glug's Grip

INTRODUCTION: How Glug began

No one alive could remember a time when things were done differently. There were legends of legends, but no remnants of proof of how things all began. Great grandmothers and great grandfathers of the grandmothers and grandfathers of today, told tales and sang songs passed on by **their** elders.

*“Born of the dust of the earth, our Mother,
Long live the Rees!
Glory to you our Sisters and Brothers
Long live the Rees!”*

*Gnarled feet and knobby knees,
Rooted deep and long
Hold a-fixed your mighty trunk
Brawny, brown and strong*

*Arms forever heaven raised,
Green hands clapping songs of praise,
With the Breath of Life you sway,
Long live the Rees!*

*You and your diminutive kin
Offer us your medicine,
And sustenance and succulents
for everyone to share!
Also shade and shelter
From the summer swelter.
And blooms with beauty far beyond compare!
And let us not forget our breaths of air!
Who is there more kind than thee?
Who is there more fair?*

*Rees, Rees, long live the Rees,
Rees, Rees, forever live the Rees!”*

But that was folklore. There were no such things as Rees. And as far as anyone could tell, there never were.

The True Beginnings were a mystery, known only to the Benevolent Chosen, the three who wrote the rules, advised the rulers, and ruled the rest with promises of reward and punishment. The True Beginnings had been destroyed centuries ago. Books had been burned along with buildings of knowledge and ceremony, buried, paved-over and forced to be forgotten; a stark and barren slate upon which to write a “New” history...the History of Glug.

Glug's “New Beginning,” as it was called, was recorded in the “Annals of Antiquity.”

It began:

“Herein read the first words of the history of our realm, spoken by the Benevolent Chosen: ‘On this day ONE, the birth of Glug, we, the Benevolent Chosen of the gods to be your guides, do initiate the history of this realm, by the anointing of our first King, Gulag Glut, whose line of glory shall n’er be broken. All hail King Glut!’”

And the crowds cried wildly, “All hail King Glut!” as three long and wispy figures, robed and hooded in colorless garments that matched their beards and eyes, poured their vials of melted fat on the long-haired head of the newly appointed King.

Gulag Glut was reported to be a figure of darkly striking features and fierce stature. He stood a giant's head above all others and possessed an air of superiority that surpassed his height. He was hand-picked by the Benevolent Chosen, for his natural ability to command reverence, and for his initiative to accomplish, acquire and control.

Accomplish, acquire and control he did, but not without the guidance of the Benevolent Chosen, wise as serpents and cunning as crocodiles, as they were known to be. Had it been up to Glut, he would have caged and enslaved his subjects, but the Benevolent Chosen possessed the knowledge of the True Beginnings and knew, from experience, that to demand labor without reward would lead to an insurmountable rebellion. Rather, they enacted a system of economy whereby coins were given in exchange for “Sovereign Service.” The coins, appropriately called “sovereigns,” could then be exchanged for food, shelter, goods and services.

Then a law was written to compel all subjects over the age of 13 to enlist for Sovereign Service. Those who did not submit, would simply disappear.

A perfect plan to rule the ages, tweaked and twisted as time progressed. And it succeeded...

Today, after generations in the grip of Glut's lineage, Glug still stands, known across the globe for its voracious appetite for wealth, power and influence. The Benevolent Chosen sit at altars in exalted halls, still advising, still revising and devising ways and means to maintain their reins of rule.

The mni Foundation

Holistic living, learning and healing

A NON-PROFIT COMPANY

Our FOUNDATION is a common spiritual understanding:

I Am because we are: WE ARE ONE –

It is from this foundation that the entire enterprise stands. We cannot become a solid unit if we see ourselves as separate from the whole. Such is the plight of humanity. Few understand their part in the whole, and so they don't operate according to their purpose. Our purpose is to be a model of how to operate as one, and to help and inspire others to do the same.

[Our Vision](#)

The Omni Foundation is a non-profit company set up to create and support the building of [Soul Sanctuaries](#)—holistic, self-sustaining and regenerative living, learning and healing centers, where the pillars of Awareness, Transparency, Responsibility and Cooperation uphold a framework encircling health of Spirit, Mind, Body and Environment; and foster Community, Productivity, Education, Creativity, and Leisure.

[Our Mission](#)

To bring healing and wholeness to our world by living, sharing and teaching Spiritual, Sociological, Ecological and Economic principles of peaceful and regenerative community living.

[Our Values](#)

We value a deep connection with our Creator, the One source of all being.
We value peace, justice and equity for all life on earth, including the earth herself.
We value the diversity of life and seek to understand its purpose.
We value social cohesion and a sense of belonging.
We value cooperation and generosity.
We value industry.
We value wisdom and knowledge.
We value a sense and space of beauty.

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DIVERSITY



Is the one true thing we all have in common.

Celebrate it every day.





UBUNTU KEEPERS CHARTER AND PLEDGE

1. uBuntu is the unique African demonstration of the central inter-related, inter-connected and inter-dependent reality of life. ***I Am because We Are***. Confirmed in our Ancient Cosmology, uBuntu constitutes our Spiritual Heritage and Identity and the original vision for South Africa, our continent, and indeed the whole world that has been passed down from generations to generations. uBuntu celebrates both - that which we have in common as well as our colourful diversities. uBuntu invites us to 'do unto another as we would like to have done to our-self' because **We Are All One**. Thriving in togetherness, uBuntu calls for the consideration of 'the other' through an open and expansive view on life and always serves the **Greater Good**.
2. **uBuntu renders all of life Divine and Sacred**. This is our Highest Potential and our primal condition, our spiritual and natural bond, the foundation for our moral order and the basis for our responsibility toward our fellow human beings and all of life. uBuntu is carried in the heart of people and life is lived as an expression of Who We Really Are. As we connect with our Divine essence and inner wisdom throughout our life's journey we allow the finest and the highest levels of human potential to flourish for the benefit of all.
3. uBuntu is deeply rooted in Africa's ancient universal spiritual principles of law, order and justice, and values such as love, truth, respect, peace, dignity, freedom, caring and sharing, freedom, responsibility, compassion, and cooperation that underlie this charter. These **values and principles** lie at the core of our being and are always ready to be expressed through us and call on us to take pride in the ancient roots from which they come.
4. uBuntu is the cornerstone of **community** where the needs of the one are the needs of many, and where the expression and enjoyment of unique individual gifts and talents is nurtured always in the interest of the prospering of the whole community. uBuntu affirms **family** as the nucleus of society and reminds us that its wellness and wholeness has an effect on the entire civilization and the world. uBuntu is Spirit in action that is expressed in all spheres of life; evident in our caring and sharing and how we treat our children, the elders and our fellow human beings, and in how we govern and lead and treat the environment. We are mindful of our **humanness** and our wonderful place in all of creation.
5. Ubu + ntu confirms life as a Process of Becoming within which humans are called to achieve their **Highest Potential**. Realising the purpose, ongoingness and depth of life, we respect those who and that which have come before and we take responsibility for what we leave behind. Consideration for this aspect of uBuntu leads to tolerance and compassion for those on the road with us; valuing all as essential and responsible for the whole.
6. The ultimate instruction for human growth and transformation is for us to **know our self**. For this reason we continuously invest energy into the development and cultivation of Consciousness that allows uBuntu to blossom in and through us for the benefit of the whole of society. Personal transformation and personal renaissance translate into social transformation and social renaissance.
7. We are a **Cosmic Community**. With our lives intimately intertwined with nature and the environment, we gracefully follow the rhythms and the cycles of life and we appreciate the natural elements and Spirit as a living part of us. We see our-self and our environment as Sacred space and allow this to come together so that a deeper understanding of our own character and place in the universe becomes possible. And as we sing, dance and communicate; as we perform our rituals through this connection, we strengthen our bond with our self and all of society and live in harmony with the natural environment and all of life. The Cosmos comes alive and thrives through us.

I Am because We Are

I Pledge,

to live this charter of non-separation; of the unity of life and the oneness of all things, in a practical way and not merely in a conceptual way. And I allow uBuntu to blossom in and through me in such a way that it becomes part of my subconscious and immediate response to every life encounter.

Living uBuntu is the best way to share it

Endorsed by Dr Mfuniselwa J Bhengu
uBuntu Author and Thought Leader

LOOKING OUT

"IF THE FEAR OF CHANGE IS GREATER THAN THE FEAR OF STAYING WHERE WE ARE, WE WILL NEVER EVOLVE."

~THE OMNI FOUNDATION, NPC~

**Thank You for reading
Omni Vision**

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