

SUMMER 2009 NEWSLETTER

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final stages – linking conifer roof poles to the straw

Please send contributions for next Bodhi newsletter by the 30th October 2009 to

info@bodhi-eco-project.org.uk or Bodhi Eco Project, 14 Garrioch Drive Glasgow G20 8RS

www.bodhi-eco-project.org.uk

Charity#: SCO37550

1. NOTE FROM THE EDITOR:

*Happy brambling! A hearty-hugful welcome to our new director Margo Winning, who brings more practise of the arts to Bodhi. **Ratnadevi**, chair of the Bodhi directors is on a six month sabbatical including a five week solitary retreat in an eco-hut in the Pyrennees mountains. Three Bodhi members will be attending a month long eco-village design course in Seben Linden, Germany. Spot the action points in this newsletter, we need your active support – write to us today with an enthusiastic endorsement of the Scottish Arts & Ecology Education Centre for Mindful & Sustainable Living (working title - there's a prize for whoever comes up with the best name). The pillar skills of Bodhi include Permaculture, Compassionate Communication, Waking-Up our Ecological Selves (Work that Reconnects), Mindful and Creative Living. I hope to see you at one our events. LARRY*

2. EVENT DATES FOR YOUR DIARY

Event	Date	Location
Permaculture Course	29 & 30th August	Kilmartin House Museum
Eco Volunteer Day	Sat 19th Sept	Earthship – Kinghorn, Fife
Permaculture Course	26 & 27th September	Kilmartin House Museum
Permaculture Course	24 & 25th October	Kilmartin House Museum
Dancing Our Ecological Selves	31st October	Phoenix Centre, Glasgow
Permaculture Course	28 & 29th November	Kilmartin House Museum
Eco Volunteer Day	Saturday 5 th December	Glasgow (venue tbc)
Great Turning With Compassion	12 th December	Glasgow
Permaculture Course	30th & 31st January 2010	Kilmartin House Museum
Work That Reconnects Facilitator Residential Course	4-8 th February	Wiston Lodge, Biggar www.wistonlodge.co.uk
Exploration in Mindfulness and Empathy	20 th February 10am – 5pm 16 th -18 th April (residential)	Edinburgh, TBC www.holyisle.org

3. STRAWBALE WEEKEND – Steve James

The strawbale weekend over 27/28 June at the Gatehouse was attended by a wonderfully enthusiastic group of volunteers of all ages who braved the rain and midges to learn the basics of working with strawbales.

Along the way they got to splash around in the burn gathering stones for the drystone foundation, identified and felled suitable trees for the bale pins, learnt how to split a bale in half without breaking it, used arcane tools such as the drawknife to sharpen stakes that would make any vampire think twice. Then the satisfaction of completing a small shed on the Sunday was concluded by preparing and giving the Gatehouse its annual coat of traditional hot limewash, leaving it a beautiful creamy white and well prepared for the next winter.

I think everyone was intrigued by the possibilities and simplicity of strawbale construction, as well as experiencing a taste of life in a (almost!) completed off-grid strawbale dwelling. I try to help folk realise that building your own beautiful eco-home is by no means a pipedream, and if also using locally available and recycled materials, need not cost a lifetime of debt.

I'd like to thank all those who made it down to the wilds of Galloway for this thoroughly enjoyable weekend. It was a pleasure to meet and work with you all.

4. BODHI STALL AT THE BIG TENT FESTIVAL, FALKLAND, FIFE a report by Rosslyn McNally

I am a recent graduate of Environmental Sciences as a mature student and work in the field as an Agricultural Officer for the Scottish Government.

I had heard about the Big Tent Festival from a number of sources including the Bodhi Eco Project, Transition Network and various environmental events I had attended, including a screening of the film "the Age of Stupid" at the Glasgow Film Theatre. Many of the groups I was involved in through the internet were all doing something at the Big Tent so I felt that it would be an excellent place to get an up to date picture on what was happening on the ground in the world of sustainability and alternative living as well as finding out more about the Bodhi Project which I became a member of about a year ago.

At first I was a little unsure of myself as I felt I did not know enough to be able to impart useful information to the people visiting the stall. Most of what I knew before I got there was gleaned through my visits to the Bodhi website, the monthly newsletter and update reports I read on the day. However, this soon began to change as the weekend went along and I found out more and more through asking questions of others on the stall who had been involved for a while, from literature on the stall and from visitors to the stall who had been following the project and who shared their knowledge with me which I was then able to pass on to others.

Working on the stall also gave me an opener when speaking to other exhibitors who were also working towards sustainable building and living practices. This opened up productive dialogues with organisations such as the Sustainable Communities Initiative who support communities that promote sustainable, low-fossil fuel consumption living and the Scottish Ecological Design Association (SEDA) who are playing an important part in the development of sustainable building design policy and practice across Scotland.

It was refreshing to have the opportunity to engage with so many like-minded people with varying levels of knowledge and insights into the idea of sustainable living and what that meant to them. In particular a number of people who were really inspired by the idea of low-cost, low impact building designs and the principals of permaculture as a way of moving towards a more human environmentally friendly way.

I was surprised at the great number of people who had heard of the project and were curious to

know more and met some really interesting people including a Canadian journalist who scribbled away furiously as I talked about the project and answered her many questions.

I was also greatly inspired by the positive response from people visiting the stall who were involved in their own ways from growing their own fruit and veg to inventive recyclers to others who were actively looking for land on which to build low-impact housing.

I was keen to know more about the principals of permaculture and was treated to a workshop on the subject held by Lusi Alderslowe and Ed Tyler (both Bodhi members) on the Saturday. I also participated in a Body Balance session hosted by Larry which drew in a huge crowd on the Saturday at 6pm. It was a wonderful way to relax and wind down after a busy day engaging with curious minds (including my own!) before going on to enjoy the evening's entertainments.

The whole experience was a great learning curve for me and I hope for the many people who came to visit the stall over the course of the weekend. (below Ros and Larry on the Bodhi Stall)



5. BODHI MEMBER PROFILE – Margo Winning

Community living just makes sense to me. It seems against the natural order of things to live as separately and disconnected from each other and the natural world as we do these days. And I guess it has for most of my life. So, I have spent my life till now pursuing a way of life that engenders more connection. Strangely perhaps, this led me away from centres of population to live and work in the wilds of Argyll, yet not so strange, as I connected very deeply with the living earth and also with strong communities of folk of varying categories and groupings. Such connections remain very close to my heart and I miss them on a daily basis since I came to live in Glasgow, 8 years ago, with my son Lewis now 14.



I've been involved in a wide variety of work and community activity ranging from farming/gardening and conservation work, to co-ordinating and/or facilitating community arts (& non arts) events and ongoing groups. My current work is as artist in a community setting facilitating people's exploration of their creativity. The arts are an excellent tool for engaging people, and I believe can be very effective in personal and social development in both subtle and more obvious ways.

Intentional community experiences I have pursued through spending time over a number of years, with the folk at Laurieston Hall. I deeply respect and admire what they have built there and how they operate as a community. The co-counselling community that Lewis and I belong to and live with for a week a year at the hall has served as the best experiential learning of my life so far, and has been a deeply important influence in Lewis' life, he looks forward to it as the best week of his year. The learning and experience from this I am keen to incorporate into my involvement with Bodhi where possible.

In recent years, I am drawn more and more to Buddhism and am currently developing a practice that supports me to live as well and skilfully as I can and which provides a context for my spiritual life. This is very much helped by having a partner who is a committed Buddhist practitioner. So, Bodhi ticks many boxes for me. I have admired both Ratnadevi's and Larry's work in the world, as well as who they are as people, and in recent years am delighted to build a friendship with each of them. For me, Bodhi/community building is very much about people and relationship and I very much enjoy that aspect. I am particularly interested in intentional community building which incorporates a method of skilful communication, something the world is in dire need of as indeed am I.

I feel very honoured to be invited onto the board of Bodhi, and hope that I can make a useful contribution. I can't claim to be an expert or hugely skilled in any particular field, but if anything, I guess my fairly diverse life experience along with my passion for the things I believe to be important are what will shape that contribution and participation.

6. CONNECTION CORNER

Power With vs. Power Over – You Mean I Have to Give Up Control?

A woman looked at me and blinked hard before asking, “You mean, I have to give up control?” She’d asked for advice on how to use compassionate communication in dealing with a contractor who was over budget. She knew she was right and was looking for a way to get the contractor to live up to the agreement.

The situation highlighted that communicating with compassion is not about proving one person is right and the other wrong. It’s not about getting your own way. It’s about getting everyone’s needs met in a peaceful way.

One paradigm shift many of us find challenging is moving from “power over” to “power with”. So many of our society’s structures incorporate “power over” that we often simply accept it, not fully aware of it. Teachers over students, bosses over employees, police over law-breakers, parents over children... purchaser over contractor (sometimes it may feel like contractor over purchaser!).

In the case of this woman, she wanted to exert “power over” the contractor. She wanted to focus on expressing her own anger and need for efficiency, hoping that would change his actions.

While exerting “power over” might get her what she wants in the short term, NVC founder Marshall Rosenberg is quick to point out that in such a case, she will pay for it later. When people act from negative motivations like fear, threats, begrudged obligations, etc., the relationship suffers. You pay for it later. It can come back in minutes or in years, in any of a number of ways: resentment, cold silence, aggression, non-cooperation, or, perhaps in this case, poor workmanship.

What’s far more preferable is to aim for exerting “power with” the other person. Here the woman would make plain her own feelings and needs, and help the contractor understand his own. Then, from a place of being together, they can explore ways to work with the situation to meet both of their needs.

“Power with” might mean the woman would express her fear that the work was exceeding the quote and she needed to conserve resources so people’s salaries could be paid. The next step would be to guess the feelings and needs of the contractor, to get those out on the table. It might sound like: “I’m guessing you’re stressed right now and would like some appreciation for the extra hours you have put in?”

Once each feels understood, they can look at the situation together to come up with solutions. Seeing each other’s humanity (by expressing feelings & needs) helps them let go of the urgency of putting their own problem first. Shifting to “power with” each other helps them work together to find solutions that contribute to their mutual well-being.

Yes, it does mean giving up control. And that shift from “power over” to “power with” is a big step towards getting everybody’s needs met.

7. DEEP IMPACT – FILM REVIEW - Thom Osborn (bodhi member in London)

I saw the film Deep Impact the other day, on television. Saw it again, that is, have seen it a few times. It’s one of my favourite films, especially the early part where the main character, a woman TV journalist, is trying to winkle out the so far state-secret story, which is that a huge meteor is predicted to hit our planet Earth and cause an ‘extinction-level-event’.

I was surprised that I found it more moving than before, my eyes were prickling right from the start. I wondered about this afterwards. Yes, it connected with my feelings about making sense of life, and making sense of death. And not just my life and death, because now we really are faced with an extinction level scenario. It won’t happen before I die, but it could well happen in the lives of my grandchildren (now in their teens).

Of course that is well-known to readers of this newsletter. But what it did for me, it led me to think,

more than before, that really the one big thing worth doing is working towards a viable, ecological solution - with all its human and environmental aspects. It strengthened my resolve. And of course, the eco-village is the living, developing, actual expression of what we need. I haven't taken that step myself yet. I'm working on it -- all those existing attachments! Greetings and salutations and strength to all of you who have. I hope to join you one day soon.

8. SCOTTISH ARTS & ECOLOGY EDUCATION CENTRE FOR MINDFUL & SUSTAINABLE LIVING (DRAFT PROPOSAL)

AIMS

To explore and celebrate the intersection of Art, and Science in promoting sustainable and mindful living.

To expand the relationship between art, nature and humanity through workshops, presentations, performances, publications, and individual and collaborative research projects.

To demonstrate creative/scientific and practical solutions to problems generated by climate change and excessive use of fossil fuels.

To offer combined science & art activities for people throughout Scotland including specific research into lifestyles which sustain the whole planet including all our eco-systems.

To host a residency programme for artists, and scientists – conducting their own work while deeply engaging with the surrounding landscape.

PROGRESS SO FAR

Two Scottish educational charities – Sustainable Communities Initiative and Bodhi Eco Project – have formed a partnership to develop a zero waste & zero carbon village of affordable housing as a model for sustainable development. The partnership is setting up an IPS (Industrial Provident Society) which will own the land. Legal and financial structures are in place and there is funding to purchase land. They have formed a site-search group and are actively looking for land in Fife, Clackmannanshire and several other central local authority areas. Once land is purchased, the intention is to build an educational centre for sustainable living, as well as designing the model eco-village with houses, shops, and other amenities.

NEXT STEP

Apply to Climate Challenge Fund and Scottish Community Foundation to carry out a feasibility study. This would include a survey of all key stakeholders, interview (by phone and email) well-established centres such as the Sitka Arts and Ecology Centre (in the US), the sustainability centre in Hampshire, Hockerton Sustainable Resource Centre, and Centre for Alternative Technology in Wales, and research on the web to find out what's been happening around the world in this field. It should include details such as budgets, funding sources, project plan, and a developmental business plan (leading up to the building of the centre).

Action: Please send a letter of support: email: info@bodhi-eco-project.org.uk
And we would like your suggestions for a more pithy title.

9. LEGAL STRUCTURES WORKING GROUP

Diligent readers of the Bodhi newsletter over the last year and a half, will know that we have spent a lot of time and energy deciding which legal structure would be the best option for an ecovillage community in Scotland. Although both Bodhi and SCI (Sustainable Communities Initiative, our partner in the ecovillage development) have charitable status, we have realised that this is not sufficient for the needs of the ecovillage.

The work of this group has been gradually been slowing down, having narrowed our options down to two main possibilities. These are a form of Community Land Trust registered as a community benefit society owning both the housing and the land; or a Community Land Trust registered as a Community Interest Company owning the land and a separate structure, a housing cooperative, developing and renting out the housing. The current favourite is the latter of these two structures, because this gives the option of including other members of the local community in decisions about the land, but not the houses, and because it is a stronger asset lock (which means that the land will definitely be held in perpetuity for the good of the community). It feels fantastic to have got to this stage. We have not yet registered the new legal structure, however as we are waiting until we are closer to buying a site.

Action: However, if there are any tax experts out there, we would love to hear from you about what the tax implications of these options are.

10. COORDINATOR'S REPORT- Lusi Alderslowe

As you can read elsewhere in the newsletter, we had a fantastic time at the Big Tent, it was great to see so many people, friends and supporters old and new there. It's always encouraging to have people come and tell you how important the work which you are doing is, and that it really does matter to the future of Scotland, and the planet.

Having cycled around the majority of the south-side of Glasgow looking at 11 possible sites, as well as caught trains to Alloa (Clackmannanshire), and to Burntisland, Fife, I am enthusiastic about our options, there are some beautiful sites (even in Glasgow!). The site in Burntisland has been most progressed by my counterpart over that part of Scotland, Paula Cowie who is also working one day a week on the ecovillage project. We are told that half of the site is definitely for sale, and are waiting to hear back from the owners whether they will sell the other half. Meanwhile conversations within other Local Authorities continue.

We have been investigating the possibilities for financing the project. As regular readers will know, we have secured about £300,000 for land purchase, but still for developing the housing more will be required. There are various options for this, including private financing (through loan stock) and possible grants and loans from the Scottish Executive for social enterprises. Of course, these different options largely depend on the legal structure.

The education centre is a vision integrating Arts, Ecology and Sustainable Living in one educational setting (running courses in anything from installing solar panels to non-violent communication for families). We are currently seeking funding for developing this vision through a feasibility study.

11. ECOVILLAGE DEVELOPMENT - SITE SEARCH REPORT – Judy Russell

Most of the nitty gritty ground work and paper work etc is thanks to Lusi and Paula, and a lot has been covered in a few months. East Ayrshire and East Dunbartonshire Councils have both been approached but dismissed as has the Stirling area. Falkirk Council were more positive, but there is no particular site as yet. We visited two interesting sites in West Lothian, again after some deliberation they were dismissed as unsuitable for varying reasons....Communications and a visit to Clackmannanshire has raised possibilities but with no specific place available as yet. Glasgow area is also still being investigated with some interesting sites visited and available. One in particular is being worked on but the price would need to drop somewhat!

Last but not least, a Site in Burntisland in Fife, where a core of us camped over a weekend in May. The area is quite distinctly split into two, one part owned by Alcan, an aluminium company, and the other, known as the Widows land, by Fife Council. A considerable amount of communications with Fife planners has been very positive, with great potential for further development. We even put an offer in for the Alcan area which they did not think much of, and now their communication has faded somewhat; a small piece of land to a big global company is not of much significance!

The Widows Land however is available for the project to now offer on. The title deeds have been checked by SCI's local solicitor and SCI will progress the offer with the Council with a view to going ahead with a project on the Widows Land, hopefully with houses and educational aspects. It is too good an opportunity to miss, its not expensive and ticks a lot of boxes in terms of planning and site criteria.

We continue looking in papers and at property websites. Our specific land criteria are as follows:
Within 2 hours by public transport of Glasgow or Edinburgh
Brownfield or edge of settlement. Minimum size - 15 acres. Ideal size 25 acres or larger
Within 2-3 miles of nearest train station. Some woodland. South facing in part.
Productive land for food growing. Stream (preferable but not essential)

We are really looking at sites now that we have secured funding for land purchase, so if can think of any possible leads, or you hear of anything which could be useful in finding our ideal site, then please get in touch.

12. EVENTS IN DETAIL

PERMACULTURE COURSE 2009-10, KILMARTIN HOUSE MUSEUM

Module 1: Saturday and Sunday 29 & 30 August

Venue: Kilmartin House Museum

Time: 10 – 6pm

Cost: £75

Tutor: Angus Soutar and Ed Tyler

Saturday will be an introduction to the Principles and Ethics of Permaculture and Sunday will look at Observation and Patterns.

Module 2 Saturday and Sunday 26 & 27 September

Venue: Meet at Kilmartin House Museum. Saturday will be spent off site.

Time: 10 – 6pm

Cost: £75

Tutor: Loic Caron and Jane Wilding

Gardening; in all its forms including soil and eco systems.

Module 3: Saturday and Sunday 24 & 25 October

Venue: Dunbeag, Tighnabruaich, Argyll

Time: 10 – 6pm

Cost: £75

Tutor: David Blair and Angus Soutar

Will look at energy, buildings, gardening, forestry, hydro, waste treatment.

Module 4: Saturday and Sunday 28 & 29 November

Venue: Barmaddy Farm House, by Dalavich, Argyll

Time: 10 – 6pm

Cost: £75

Tutor: Lusi Alderslowe and Geoff Forrest

Community; Barmaddy and the urban connection including buildings/architecture. Woodlands and trees. The weekend will involve some physical voluntary work.

Module 5 Saturday and Sunday 30 & 31 January 2010

Venue: Kilmartin House Museum

Time: 10 – 6pm

Cost: £75

Tutor: Lusi Alderslowe and Angus Soutar

Community food coops, urban action and transition. The next steps – the Diploma.

On the Saturday night there will be a reunion ceilidh with former students (30 January).

Booking: Students are encouraged to attend the Introduction Day and will be given preference when booking the full course. Please contact Kilmartin House Museum, 01546 510278, museum@kilmartin.org

Accommodation: is available at the Bunkhouse in Kilmartin @ £10 per night. When at Barmaddy, students are able to stay over in the farm house and accommodation is being sought for the module at Tignabruaich.

Food: Whilst at Kilmartin House Museum, the cafe will be available for lunch (except January) though you are welcome to bring your own. Students usually bring food and prepare a shared meal on the Saturday evening. Tea and coffee will be provided throughout the day.

BODHI / SCI VOLUNTEER DAYS – Saturdays 19th Sept. and 5th December, 10am to 5pm

These events offer time for us to get to know each other better by working / playing together on eco projects relevant to our aims. On 19th Sept we will travel to the Earthship in Kinghorn and help with wind dust, weeding, and varnishing. On 5th December, we will be in Glasgow and if there is a Climate Change march / rally we will join and march together in solidarity with the campaign against climate chaos. We encourage anyone interested in getting more involved in the eco village development to come along. In addition to the work, there will be an open space for discussion with members of the core residents group.

DANCING OUR ECOLOGICAL SELVES – 31st October 10:30am to 5pm

In the Phoenix Centre, Cowcaddens, Glasgow

A workshop to honour the pain that we feel for the world, awaken us to interconnection and inspire us to action.

‘What we are capable of loving from moral duty is limited, but when we widen and deepen our sense of self....then our protection of nature is felt and conceived of as protection of our very selves’

– Arne Naess (who coined the phrase *deep ecology*)

A workshop to move/dance the pain we feel for the world, awaken us to an interconnection and inspire us to dance in the streets and in the woods and on the beach. We will offer a sequence of dances and movements based on the work that reconnects, biodanza and authentic body movement. This work reveals an interconnectedness with the web of life and can potentially move us to take action on its behalf.

Facilitators

Larry Butler is a writer, tai-chi teacher & drama therapist; he is one of the founding directors of Bodhi, and has done a facilitator training in the Work that Reconnects. 0141 946 8096

Richard Goldsworthy is a clinical psychologist and biodanza teacher.

To book a place, please email: info@bodhi-eco-project.org.uk and send a donation to help cover the cost of the room and refreshments to: Bodhi, 2/1, 14 Garrioch Drive, Glasgow G20 8RS

Suggested Donation £30 / £45 / £60 (cheques payable to “Bodhi”)

GREAT TURNING WITH COMPASSION: 12th DECEMBER 09, Glasgow

Through writing, moving, and Compassionate Communication, we will find ways to make the Great Turning from an industrial growth economy towards a life sustaining society.

The workshop is open to anyone with some experience of the Work that Reconnects and/or NVC. and/or anyone who has done the Transition Training. Please bring an open mind, willingness to explore with openness & authenticity as well as food to share for lunch.

Larry Butler is a writer, tai-chi teacher & drama therapist; he is one of the founding directors of Bodhi, and has done a facilitator training in the Work that Reconnects. 0141 946 8096

Claralynn Nunamaker is an NVC certified trainer candidate and is in her third year of practice teaching. A member of the Theravada Forest Sangha and Community of Interbeing, she has been practicing meditation and aligning with Buddhist teachings for 10 years. www.co-co.org.uk

To book a place, please email: info@bodhi-eco-project.org.uk and send a donation deposit to:
Bodhi, 2/1, 14 Garrioch Drive, Glasgow G20 8RS

Suggested Donation £30 / £45 / £60 (cheques payable to “Bodhi”)

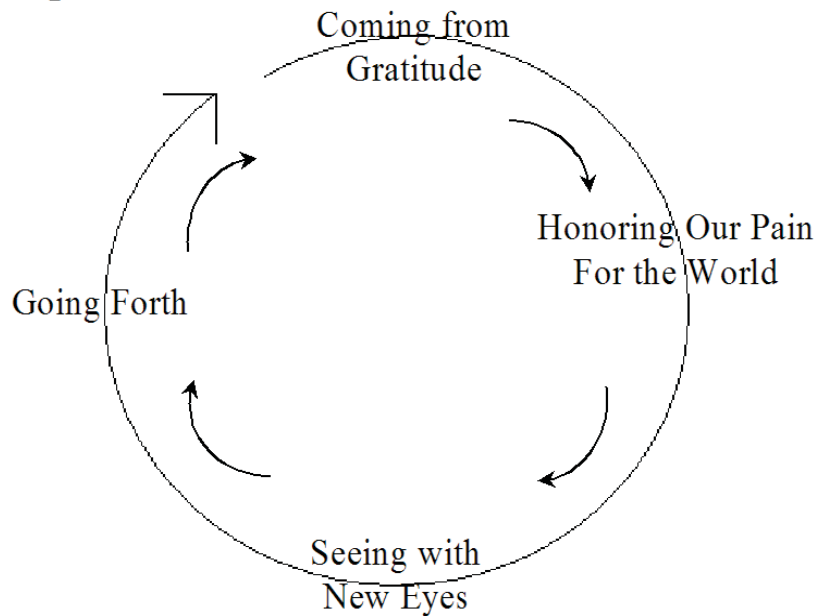
UK FACILITATOR TRAINING COURSES IN THE WORK THAT RECONNECTS

Learning how to help others honour the pain that we feel for the world,
awaken us to interconnection and inspire us to action.

Monday 18th Jan to Friday 22nd Jan 2010
Braziers Park Oxfordshire UK
<http://www.braziers.org.uk/>

Thursday 4th Feb to Monday 8th Feb 2010
Wiston Lodge near Biggar, Scotland
www.wistonlodge.co.uk

Spiral of the Work That Reconnects



'...when we widen and deepen our sense of self....then our protection of nature is felt and conceived of as protection of our very selves' Arne Naess

These residential courses are for those who want to learn how to facilitate the Work that Reconnects and re-new themselves by deepening connection to the earth and other beings. The Work that Reconnects had been adopted as the Heart & Soul work of the Transition Town and Transition Business movement. This group work was pioneered by Joanna Macy (<http://www.joannamacy.net/html/work.html>)

Booking and further information:

Scotland: info@bodhi-eco-project.org.uk

Oxfordshire: Maitrisara@tiscali.co.uk

**Explorations in Empathy & Mindfulness integrating MBCT (Mindfulness-Based Cognitive Therapy) & Compassionate Communication (based on NVC*)
Saturday 20th February, 2010, 10am – 5pm in Edinburgh (venue to be confirmed)**

Learn how to use mindfulness practices to investigate your present experience, including kind-hearted observation of sensations, feelings & thoughts, shedding light on patterns of your inner life

Explore the simple, practical language tools of Compassionate Communication and how they can be used to express mindfulness & empathy helping you stay in connection with yourself & others

Build awareness & a caring, non-judgemental attitude towards self & others. Integrating both practices, we'll learn to rest in the present moment, instilling a deep interconnectedness with all life

The workshop is open to anyone with some experience of meditation and/or NVC. Please bring an open mind, willingness to explore with openness & authenticity as well as food to share for lunch.

Course facilitators:

Ratnadevi (Dr. Luise Holtbernd) is an ordained Buddhist and has been practising and teaching meditation for over 25 years. She is a certified MBCT teacher and has been practising NVC for 5 years. <http://www.ratnadevi2.talktalk.net>

Claralynn Nunamaker is an NVC certified trainer candidate and is in her third year of practice teaching. A member of the Theravada Forest Sangha and Community of Interbeing, she has been practicing meditation and aligning with Buddhist teachings for 10 years. www.co-co.org.uk

To book a place please send a non-returnable donation of £20 payable to “Bodhi” (total suggested donation: £60 / £45 / £35) - Bodhi Eco-Project, (2/1) 14 Garrioch Drive Glasgow G20 8RS

Hokusai says look carefully.
He says pay attention, notice.
He says keep looking, stay curious.
He says there is no end to seeing . . .

He says everything is alive—
Shells, buildings, people, fish
Mountains, trees. Wood is alive.
Water is alive.

Everything has its own life.
Everything lives inside us.
He says live with the world inside you . . .

It matters that you care.
It matters that you feel.
It matters that you notice . . .

Look, feel, let life take you by the hand.
Let life live through you.

Roger Keyes