



Spring 2010 Newsletter

Contents

1. Note from the Editor
2. Dates for Your Diary
3. Personal Profiles: Candrika
4. Letters to Bodhi
5. Connection Corner: The Intention to Connect
6. Reviews
7. Long Horizons: Julie's Bicycle
8. Polnoon: Scotland's first eco-village
9. Remember Mind Remind
10. Annual Report by Lusi Alderslowe
11. Kids Corner
12. Events in Full
13. Poetry

1. **NOTE FROM THE EDITOR:** We've been busy over the winter negotiating to buy land near Burntisland, forming a co-residents group for this eco settlement of six strawbale houses and six earthships. Paula Cowie and Hanneke Stone (architect) worked with a local school getting children to make drawings of what they wanted on the site. There was a Compassionate Communication workshop combined with Mindfulness; a residential facilitator training course for the Work that Reconnects; an open space gathering in Glasgow reviewing and visioning - this was also our AGM – with big THANK YOUS to our retiring Bodhi directors: Andy Marnie who has acted as the treasurer for several years, Claire Martin who has been our legal adviser; Justin Kenrick who has kept us on our carbon toes, and Kate Shaw our human ecology champion. We welcome Margo Winning as a new director - she steps in to the treasurer's role; and Candrika - our newest director. Larry Butler, Ratnadevi (Luise Holtbend) & Lusi Alderslowe were re-elected. Claralynn continues to inspire us with her "Connection Corner". We welcome several new volunteers: Kalli and Gaie have offered to edit a young people's page for the newsletter; Adila Al Hosari is helping Lusi with a business plan; events Adele Goodfellow has volunteered to help promote and coordinate an educational events. Remind-Mind-Remember - is a new arts & ecology project Bodhi may be helping to develop.

Please send contributions for next Bodhi newsletter by the 30th June 2010 to:

We welcome your letters, poems, stories, reports from events and dates for forthcoming events, and contributions to the “kids corner” edited by Kali and Gaie.

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

www.bodhi-eco-project.org.uk

2. DATES FOR YOUR DIARY

Event	Date	Location
Explorations in Mindfulness and Empathy	16 th -18 th April (residential)	Holy Isle www.holyisle.org
Great Turning with Compassion	14 th -16 th May (residential)	Wiston Lodge, near Biggar
Remember Mind Remind	22 nd May 2-4.30pm 28 th August 2-4.30pm	Near Glasgow Near Edinburgh (in country parks)
Earth Chants	Sunday 23 rd May, 10am-1pm	Glasgow Buddhist Centre
Big Tent Festival	23 rd -25 th July	Falkland, Fife



**Snow Goddess in Bellevue Cres, Cliftonwood
photo by Rosalind Turner**

3. PERSONAL PROFILES **Candrika (Suzanne Gaskill)**



My name is Candrika (ex Seg) following my ordination as a Buddhist in October. The name means “she who has the moon” which has lots of auspicious connotations and also hope fully means that I can shed some light on things from time to time.

Through my friendship with Ratnadevi I have been aware of Bodhi from its beginnings and always been interested. I was never wholly convinced that I wanted to live in an eco village and was wholly convinced that I didn’t want to live in Fife although I view the Fife project as a wonderful manifestation.

I guess I see Bodhi as beginning to enter a new phase, one which excites my own imagination more than ever before. I love the idea of Bodhi being a grassroots enabling body supporting mindful living initiatives, education towards sustainability and creativity in the realm of the arts.

In my own recent thinking I have become much more aware of the importance of beauty and of creativity for its own sake and also as an antidote to habitual reactivity which can create so many difficulties for us humans.

I have, as can perhaps be guessed from the first paragraph, a longstanding practice of mindful living having been involved with Buddhism for about 15 years. The word Bodhi along with all it stands for is at the heart of my life and I may well be able to contribute in this area.

Within the sustainability realm I have a permaculture design certificate and some knowledge of the transition movement but my area of contribution may well be more concurrent with the Joanna Macy model. I have engaged with The Work That Reconnects in various settings including being facilitated by the great woman herself.

4. LETTER TO BODHI from Cate MacColl

I just wanted to put a wee note in with my application to say a proper HELLO and to tell you how utterly excited I am to discover the existence of your project.

For some time now I have been deeply interested in learning about and implementing sustainable living and permaculture, but have found it hard to get my teeth into on my own. I am a single mother to my five year-old son Scott and the time and energy it takes to do lots of personal research have been hard to pin down.

This being the case, I can honestly say my heart jumped for joy when I came across your website. The energy of your project came through beautifully, it spoke to me. It was like something I had been waiting for for some time had found me at last.

I thank you for giving me and everyone the chance to be a part of it, and I deeply look forward to meeting you all. Many blessings and much love, Cate

5. CONNECTION CORNER

The Intention to Connect

Does having a wonderful set of tools ensure that what you create will be wonderful? Of course not. Obviously, the person using the tools needs to be skilled in order to create that wonderful something.

It's just the same in Compassionate Communication. To highlight this point, I always present the 4 basic building blocks (observation – feeling – need – request) as part of a toolbox.

What can we do to ensure that we can use these tools well? First and foremost, we can set an ***intention to connect***. I would maintain that this is Number 1 (followed closely by focusing on the present and awareness that someone may need empathy before they can really hear you).

This can mean a radical shift. It means your Number 1 priority is no longer being right. It's not showing the other person how to fix their problem. It's not explaining how their actions impact you, themselves, or the planet. It's not making things better. It's not joining them in judging how wrong someone is.

Instead, the Number 1 priority becomes simply to connect with what is alive (feelings and needs) in the other person. There's an important question you can ask yourself before you speak:

'What is my intention in speaking?'

If your intention is not to connect, try changing it. If you can make the shift, you may well sense a softening of energy. The other person may sense it as well.

Once you have a genuine desire to connect in your heart, try simply reflecting the other person's feelings and needs. Or help them translate what they are saying into feelings and needs. This helps build a strong bridge of understanding.

Of course at some point we DO want to get to strategies. And the time for that is *after* we've made a strong connection. The stronger the connection, typically the easier it is to find strategies everyone can live with.

It's very human to jump straight into strategies. Try resisting that urge. Try setting your intention to connect.

6. REVIEWS

Deep Impact - Thom Osborn

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 wrinkle 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.

—

Ramblings on "The Road" by Candrika (extracts from a longer ramble)

In this film we never know exactly what happened but it wasn't a good thing. The dead trees creak and fall, the earth grumbles and splits and everything is coated in a uniform grey dust. Nearly all resources are gone, no fuel, no food though water remains plentiful. Vigo Mortensen previously hunky heartthrob type induces only wincing when he strips as only his ribs ripple and his tailbone protrudes from his emaciated frame, dedication to art indeed. The boy, his son is skinny too but prior to McDonalds and Nestle this may have been developmentally so and seems much less shocking.

The central theme of the film, what humans will do to in extremis from the heartbreaking self sacrifice of the boys mother wandering off into the night to freeze in order to save a quick bullet for his death to the brutality of premeditated cannibalism is haunting. I muse it could perhaps be possible to view cannibalism as a useful adaptive survival strategy on the basis of equitable, compassionate, honorific self-aware sacrifice. I am reminded of one of the Jakarta Tales of the Buddha's former lives when he is confronted by a starving tigress and her starving cubs and gives up his body as meat so that they may live. Perhaps this could have happened and what we view in the film is a long way down the slippery slope to a point where the vulnerable have become prey to be captured, abused and eaten by the powerful. Or perhaps this extreme behaviour manifested spontaneously in the pressure cooker of imminent death, the film does not provide this contextualisation but the hypothetical questions remain in my mind.

We humans are now at least to some degree aware that "there may be trouble ahead" largely dependant on the choices that we make now. I am aware of the publication of several scholarly books outlining various future scenarios in which we may find ourselves some of them frighteningly similar to the portrayal in the film. Based on the glance at history and most likely our

own life experience we can see that our behaviour is resultant of an infinite mass of interconnected conditions coming together at any given time.

This venture into our fallibility leaves me with an almost desperate sense of the importance of honing our intentionality and mindfulness as much as we are able perhaps earning some merit along the way, augmenting our positive mental states and simply hoping for the best. With the luxury of a quick death ever ready in their gun father and son journey on with some kind of hope for something better to be found due south on the coast. In order to save his son the father kills a man thus losing his quick death luxury and the pair remain humane enough to be deeply effected by the killing. The father's remorse is tempered by the belief that it is his job to protect his son and that his son embodies all the goodness that seems to have gone from the world. There are some poetic renderings of this belief as the father narrates the film saying that if his son is not the word of god then god never did speak. The metaphor throughout the film is that they carry the fire, which makes them the good guys, a point the boy returns to following the killing. The innocence and unblemished instinct for kindness make the boy a kind of angel figure amidst the destruction. In fact the boy seems to accurately exemplify the definition of humanity as in my concise dictionary where kindness and mercy are noted as defining. When the pair meet an old man he shows kindness, when they encounter a thief he shows mercy. The father does not take this light from the world when he dies but appears to hope that he has taught his son enough to survive, meaning to avoid the danger that other humans represent and if not to use the quick death option.

At that point in the film it seemed strange that father left son alive and alone in such a world perhaps hinting that the father retained some hope or that he just wasn't capable of taking his sons life and had to trust that he would do it himself if need be.

Perhaps against the presented odds this lone child meets the only other good guys we have encountered in the films duration soon after his fathers death. The family have been following them having realised that the father was about to die and that the child would need protection. The family's live (uneaten) dog seems a most apt symbol of goodness and allows this weighty film to end with a brief but most welcome note of hope. We humans are good at surviving from ice and darkness to sand and sun. The film left me hoping that as long as humans do survive so too does humanity.

.....

7. LONG HORIZONS

An Exploration of Art and Climate Change.

A collection of personal reflections about art, artists and climate change.

Commissioned by the British Council and curated by Julie's Bicycle featuring contributions from Antony Gormley, Jay Griffiths, Professor Tim Jackson, Professor Diana Liverman and KT Turnstall.

www.juliesbicycle.com

8: POLNOON: SCOTLAND'S FIRST ECO-VILLAGE

Sarah Swain: Published on 23 Nov 2009 Glasgow Herald

Scotland's first eco-friendly village is set to be built on the outskirts of Glasgow. The pioneering development would see a low-carbon village called Polnoon created near Eaglesham, in East Renfrewshire. The Scottish Government has worked with developers on the design of the community, which they are dubbing the "conservation area of tomorrow".

Polnoon will have 121 homes and interconnected shared areas such as a central square, lanes and courts, which designers say will make better use of space and encourage residents to walk and cycle. Homes will also be as energy-efficient as possible and public transport links are planned.

The development of mainly three and four -bedroom family homes will also include 21 affordable apartments plus a shared equity scheme for first-time buyers in a project the Government says will set new standards in urban planning.

Children's play areas will also be integrated into the design by award-winning London-based architects Proctor and Matthews. The village will take its name from Polnoon Castle, a 14th century fortification which once stood in Eaglesham. Construction is expected to start in the next two years.

The Scottish Government has worked with developer Mactaggart & Mickel Ltd and East Renfrewshire Council on the plans for the site, which were first given planning permission in 2006. The development has been hailed as a groundbreaking move for the future of house building in Scotland by politicians and industry experts.

Finance Secretary John Swinney said: "The Polnoon project demonstrates what can be achieved in a residential development where the focus is on designing quality streets, public spaces and housing. The project collaboration has applied Scottish Government planning advice and Mactaggart & Mickel's award-winning track record for good design to ensure an excellent sustainable design which enhances the environment for residents. "New developments of this kind have an important role to play in helping to position Scotland's economy for recovery and creating a greener and healthier environment. I hope that this project in East Renfrewshire will set a new standard for Scotland."

Bio-gas plant will power 2800 homes

A facility which will turn manure and household waste into energy to power 2800 homes has been given the go-ahead. The £22.5 million bio-gas plant in South Lanarkshire will be Scotland's first green commercial and industrial park. Bio-gas, also known as methane, is produced when manure and organic waste are fermented in the absence of oxygen.

The first phase of Proactive Energy's M74 Eco-Park development will be capable of producing 5MW of electricity, which will be supplied to the National Grid. It should start operating in early 2011. Ron Coakley, director of proactive energy, said: "Our total commitment to a cleaner and safer environment is supported by our initial £22.5m investment. "This demonstrates our vision for providing state-of-the-art and cost-effective waste disposal solutions with huge environmental spin-offs.

"By-products of our process become a high-quality natural fertiliser that can be used on local farms."

Niall Stuart, chief executive of green energy trade association Scottish Renewables, said: "Scottish households throw away some 570,000 tonnes of food every year, and we need to look at how we can convert this to energy through technologies such as bio-gas and bio-fuels."

9.

REMEMBER MIND REMIND

Remember extinct plants & animals
Mind endangered plants & animals
Remind ourselves what we can do to celebrate
and appreciate all forms of life on earth.

Through arts and ecology, we intend to create a microcosm of our world, a refuge for reflection, response and replenishment. A prototype, which could be replicated almost anywhere - from a communal back court to public gardens and village greens. A living map of the locality; an outdoor classroom for adults and children promoting good husbandry, protecting, supporting and defending our inheritance.

IMAGINING - a garden of remembrance, creation and cultivation of new life, commemorating species who have lived here before and no longer survive. The story of soil, artworks mostly coming from within the garden reflecting the natural cycles of life: sowing-growing-decaying-rebirthing. Local plants, flowers and vegetables would weave between artworks. A playspace welcoming tiny children to teenagers. Shed. Bower. Den. Pond. Burn. Artworks about change, loss, & new life. A wilderness for wild things. We will listen to the messages of creatures & plants. We will consider what we need to say or do for them. We will mourn the loss of wilderness & it's diversity; and we will find when possible, our own wild or original responses.

WAKING UP - to what was here and what may not be here in the near future, and to remind us what can be done to maintain and protect what remains. To grieve what we have lost and why; and to stimulate increased awareness and understanding about our relationship – both creative and destructive – to our environment.

THE ARTISTS - Ian Newton: sculptor and letter carver, and Larry Butler: Poet and Tai-Chi teacher, will work with a permaculture teacher, geologist, gardener/ecologist, local residents, children, to create the garden.

THE LAND - 10 acres in Scotland within half hour public transport from a major urban centre. The garden will need a context which already has a public programme such as a country park.

THE MONEY - We need to raise £10K (September 2010 to April 2011) to carry out a feasibility study and find land. The costs will include professional fees to artists, a permacultural teacher, ecologist, and gardener. Expenses for site visits, documentation and writing a 5 year business development plan.

Can you help us find a site, raise money, work with us loving our land.

.....
Please keep me informed about *REMEMBER-MIND-REMIND*

NAME.....

ADDRESS.....

.....POST CODE.....

TEL.....MOBILE.....

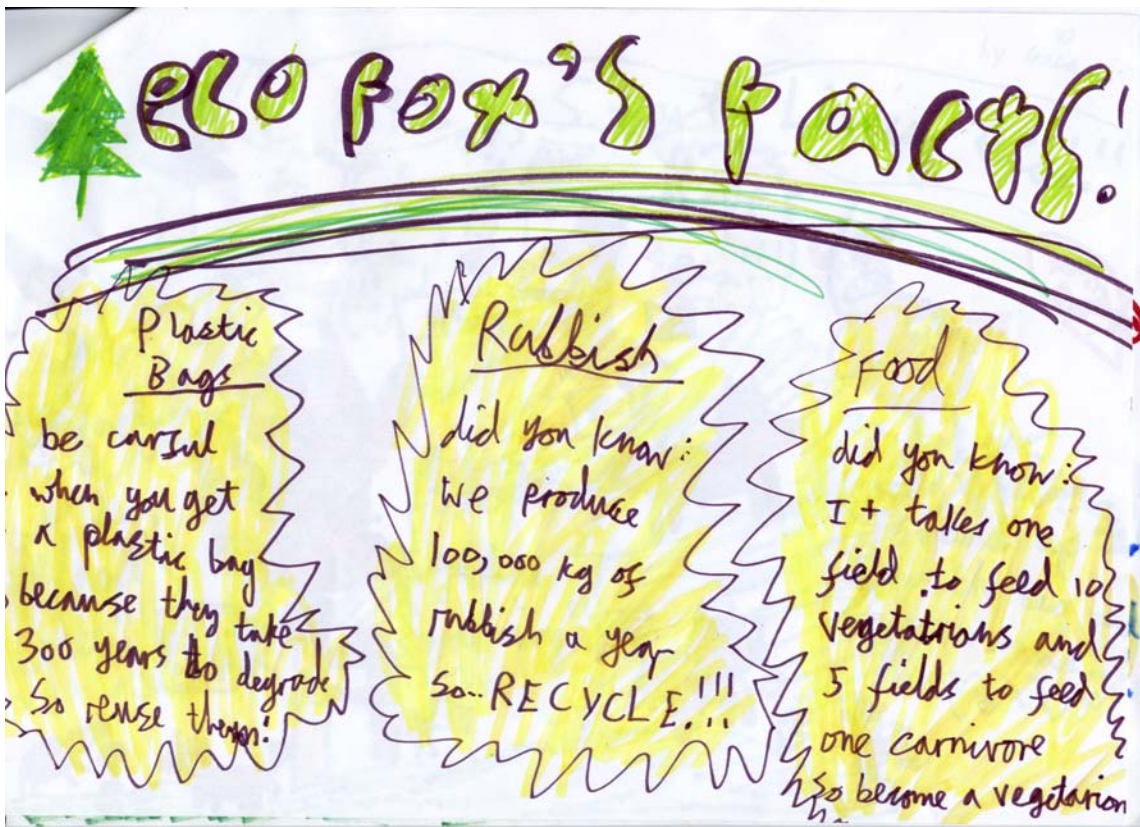
EMAIL.....

10. ANNUAL REPORT 2009: Ecovillage work by Lusi Alderslowe, January 2010

The Core Residents Group (CRG) was formed from the partnership between Bodhi and SCI, as being the group of people who would make the decisions about the site search and development work. For the majority of the year this consisted of Ratnadevi, Larry, myself, Danny, Judy Russell, Paula Cowie, Luci Ransome (took a back seat when she got her new job in May), and Mark O'Reilly (who had to step back part way through the year). They found funding to pay myself and Paula to work one day each, per week. We searched for sites, and worked with different landowners, from Gowan Bank to Clackmannanshire. We progressed a site in Glasgow which was looking promising, until the stock transfer was complete and the new owners of the land told us that they would not consider £500,000 sufficient for that site. Quite early on in the year we found a site in Fife which looked promising. As the year progressed and other sites came and went, the Burntisland site remained possible. At the close of 2009, we decided that to progress this work further (including meeting funding constraints), we really needed to focus on one site, and that Burntisland was it. This resulted in a shift in personnel directing the project: Ratnadevi and Luci Ransome stood back, whilst Mark, Rosie, Geetam and Sound stepped forward.

The work has included investigating legal structures, including being the proud new owners of a recycled Housing Cooperative and investigating forms of Community Land Trust; searching for and investigating sites; organising community events e.g. a straw bale building workshop in June; financial management, planning and fund-raising; and numerous miscellaneous tasks. (full annual report for 2009 is available on our website)

11. KIDS CORNER



12. EVENTS IN DETAIL

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

GREAT TURNING WITH COMPASSION: 14th to 16th May 2010

Residential weekend workshop at Wiston Lodge near Biggar

How do we overcome the obstacles - our fears, inertia, hopelessness, anxiety - to make the changes we know need to happen in the world? How can our use of language support our "being the change" we want to see? Come join us, and let's find out together.

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 and a willingness to explore with openness & authenticity.

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

Claralynn Nunamaker is an NVC certified trainer candidate and in her fourth 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

£150 suggested donation for the weekend (£140 for Bodhi members)

To book a place, please email: info@bodhi-eco-project.org.uk and send a non-returnable donation deposit of £30 to: Bodhi, 2/1, 14 Garrioch Drive, Glasgow G20 8RS

REMEMBER MIND REMIND

22nd May (near Glasgow) & 28th August (near Edinburgh) 2 - 4:30pm
making epitaphs, tributes & warnings about extinct and endangered plants and animals.
a practical workshop for all ages in a country park.

Venue and further details to be confirmed upon application.

Suggested donation £10 (younger children free)

To book: send your donation (**cheques payable to 'Bodhi'**) to:

Bodhi Eco-Project, 14 Garrioch Drive, Glasgow, G20 8RS quoting 'RMR'. Please ensure to enclose your contact details.

EARTH CHANTS with Ratnadevi

Sunday 23 May, 10-1, at the Glasgow Buddhist Centre. Suggested donation: £30 / £25/ £18

Singing and chanting with others simply makes you feel good. Forgotten parts of you start resonating deep inside you, with others, and with our mother earth. We will have fun with creative voice exercises; simple 'toning' to connect with your own vibrancy; mantras and chants from different cultures; rounds and simple harmonies. Interspersed with short meditations and poems, the workshop will stimulate your heart and inspiration and allow a space to feel your feelings about the earth. Anyone welcome.

Ratnadevi is a trained musician and used to run a choir.

Please send a deposit of £10 (or the full amount), together with your contact details, incl email, to Bodhi eco-project, 14 Garrioch Drive, Glasgow G20 8RS
Tel 0141 9468096

BIG TENT FESTIVAL – 23rd to 25th July Falkland, Fife

Haven't been to Big Tent before? Well, the Big Tent is Scotland's environmental festival. It is set against the beautiful backdrop of Falkland Estate and the East Lomond Hill. The festival started as a grassroots reaction to the G8 summit in Gleneagles and has grown to become the annual event for activists to come together, to be inspired and to enjoy a great weekend.

There's a fusion of world and folk music, children's activities galore, debates, poetry, exhibitions, workshops, demonstrations and fantastic local food in our One Planet Food Village. Children under 12 go free and there's both day, weekend and camping tickets available.

Bodhi will host a programme of events around the theme of arts & ecology.

<http://www.bigtentfestival.co.uk/>

13. POETRY

YES

It could happen any time, tornado,
earthquake, Armageddon. It could happen.
Or sunshine, love, salvation.

It could you know. That's why we wake
and look out—no guarantees
in this life.

But some bonuses, like morning,
like right now, like noon,
like evening.

– William Stafford

Hokusai says

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