



Summer 08 NEWSLETTER

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1. NOTE FROM THE EDITOR So much as been happening since the Spring newsletter, I find it hard to know where to begin. Claralynn has facilitated several NVC practice groups in Glasgow and taught another weekend workshop in Fife; we've had stalls and events at the Hidden Gardens in Glasgow and the Big Tent in Falklands; many of our members have become active in the Transition Town network; we held a community building residential weekend at Stroove House by Wemyss Bay, where we began to draft legal and financial agreements, and several members volunteered to work in a 'site-search' group; we've applied for another Awards for All grant to fund site-specific feasibility studies, and we are working on an application to the Scottish Government Climate Challenge Fund; and the biggest news is that we have formed a partnership with Sustainable Communities Initiative (SCI) to jointly buy land for the eco-village—we are still finding our way with this process; we've looked at possible sites for the first eco-village in Fife, Clackmannanshire, East Lothian, and Renfrew; we've begun to form a pioneer resident's group. Some brief reports from the all the above are in this newsletter. *Larry Butler*

2. DATES FOR YOUR DIARY

Bodhi Events	Date: 2008	Location
Mediation & Conflict Resolution	23 rd August	Glasgow
Residential Weekend for full members	12-14 Sept	Stroove House, Wemyss Bay
Community Building Residential	12-14 Dec 08	Wiston Lodge, Lanarkshire
Compassionate Communication	21-22 Feb 09	Edinburgh
Other Events	Date	Location
Open Day (and harvesting) at Avalache Centre for Plant Studies	30 th August	Drimlabarra Herb Farm, Kildonan, Isle Of Arran
Words in the World	9 th -12 th Oct	Newbattle Abbey - Lothian
Critical Mass Bike Ride	last friday in each month	5.30pm George Sq, Glasgow
Permaculture Workshops	Sept – Feb 09	Kilmartin, Argyll
Earth Rituals	26 th Sept to 3 rd August	Loch Voil, Trossochs

For more information about these events see 11 – Events in Detail.

3. Bodhi Member Profile: Steve James



I have long dreamt of a forest permaculture village, first getting a group together nearly twenty years ago, and then realising I still had much to learn on every level. Over the years I have developed various practical skills, starting as an apprentice church organ builder, with joiner, cook, piano tuner, sewerman, antique restorer, organic box scheme proprietor, computer programmer and website designer along the way. I've always had an interest in design and problem solving of the kind that comes in useful when trying to hew a home out of rock and tree. Finally in

2004 I had the chance to stop dreaming and get my hands dirty with the offer of a site to build my first low-impact, off-grid eco-home for a princely £4000 in materials and a year's labour. The ups and downs of this are chronicled at www.envisioneer.net, to be joined shortly by a record of the media frenzy earlier this year that swept the house out of obscurity and into the bewildered arms of the local planning office, who had been blissfully ignorant of it all till then.

I always knew that the practical considerations of building a house by hand directly from local resources, almost forgotten as they are, would pale into insignificance before the vast panorama of ignorance and wonder, hostility and joy directed at such dwellings by all comers, and so it has proved to be. My experience bears closely upon several areas the Bodhi project will likely encounter on its way to fruition. Affordable debt-free housing, eco-building, land rights, self-help and local resource management are all ideas that inspire many, sound good on a podium, but struggle to really take flight in a world that can only see boxes to tick, profits to be protected and a countryside that should remain forever stripped and empty except for those who can afford to keep it that way.



It is easy to be overwhelmed by the complexity and immensity of the problems we face, but once we realise that the solutions are at root individual, found within and within your grasp - hope returns. There is much to do, much to learn and much to fight for. For there are many who will oppose or seek to divert any real effort to change the status quo, some selfishly, most out of habit. Bodhi is one such hope. A community of enlightened neighbours is also the germ of a future where every endeavour is directed to fructify and enrich, beautify and broaden the bounty that is our birthright as free beings residing in a divine gift. Building an ecovillage, the first of many, is one small step towards that possible future. Its foundations are not just rock, but wisely include finance, self-government and compassionate communication. It is a step I fully intend to take at the first opportunity,

for I personally feel that without the light and courage of spirit, however accessed, we have no future.

4. TRANSITION SCOTLAND NETWORK SUPPORT – *Eva Schonveld*

The mission of this embryonic charity is: to inspire, to encourage, to network, to support, and to offer training to communities as they consider, adopt, adapt and implement the transition model in order to establish a Transition Initiative in their area. The transition model encourages communities to look peak oil and climate change squarely in the eye and find ways of enabling their collective genius to find the answers to the following big question: "For all those aspects of life that this community needs in order to sustain itself and thrive, how are we going to: significantly rebuild resilience (in response to peak oil) and drastically reduce carbon emissions (in response to climate change)? Typically, self-determined solutions will involve some form of relocalisation. If there's not already a Transition Initiative in your area, you could start one with a few friends. See useful resources at:

<http://www.transitionscotland.org/>

<http://transitionnetwork.org/Primer/TransitionInitiativesPrimer.pdf>

<http://transitiontowns.org/TransitionNetwork/TransitionNetwork>

Transition Scotland Support: Eva Schonveld: eva@transitionscotland.org

5. NURTURE IN NATURE: EARTH-AWARE PARENTING – *Lusi Alderslowe*



At birth we are connected to nature's rhythms, and our soul is connected to the Spirit (God or whatever you call it) -- yet through regular interruptions from adults and being shown that our intuitions and instincts are not 'right' we are systematically disconnected. Many adults spend years trying to reconnect with nature, going on retreats that are physically, emotionally and psychologically healing. Yet surely, if we could remain connected to nature from the outset, it would be much easier to remain connected throughout our lives?

So how can we ensure that the next generation stays as connected to nature as possible?

Clearly, living in a city-centre flat with no garden is not the womb of Mother Nature. Two years ago, when my son was 10 months old, I began to phone some friends (and friends of friends) every week, seeking to make space for our children to 'just be' in nature whatever the weather. Since then, we've been meeting up in parks, allotments, and gardens in the city, with children whose ages range from 12 weeks to 4 years. Every week we meet in different places, and we do different activities: from walking to tree-climbing; from story-telling to mask-making; from planting seeds, to harvesting potatoes, cooking them on a wood fire and eating them together. I observed in my Ecopsychology studies that there is no better way of connecting to nature than actually eating her products and sitting with knowing she is inside me.

We have no predetermined structure to the day, and latecomers don't interrupt the aims of just allowing the children to be at one with themselves, each other and nature. Clearly some things are not allowed (e.g. hitting) but time spent reprimanding and controlling is minimized. Some people have to go home after an hour, others stay all day. Our horizons are wide. We would love to extend to more children, more days and less adults, but this means money and regulations and we won't forfeit our ideals of children staying outdoors whatever the weather, surrounded by mother nature, learning about her cycles by observation, and not books; learning about being at one with nature before they have forgotten. If any other parents of young children are interested in sharing ideas, experiences, articles etc. I would love to hear from you.

6. FINANCE AND LEGAL WORKING GROUP – *Lusi Alderslowe & Claire Martin*

A group of Bodhi full-members have been researching financial structures. The first major decision taken states that:

"We propose, in principle, that the Bodhi eco-village be owned by some combination of collective and communal ownership, with no private ownership of land or houses."

Lusi Alderslowe, Ratnadevi, Judy Russell and Claire Martin have been in regular email communication since the residential weekend at Stroove, as the Finance and Legal Structures working group. We have been joined by Steve James of the Gatehouse Eco-Project (amongst other things – www.envisioneer.net), who brings with him much knowledge about low impact building, and the ups and downs of the planning process in Scotland.

There are a lot of details to work out regarding this, and it is recognised as vitally important that people's concerns (around decision-making; dividends, withdrawal of investment, inheritance of tenancies and much more) be fully addressed in this development process. We met as a group with the Glasgow Council for Voluntary Services, and continue to do our own research, either internet based or in discussions with other individuals and organisations. We are looking at various structures including co-ops, land trusts, companies, partnerships, Housing Cooperative, Mutual Home Ownership Structure, Community Benefit Society (bencoms), or (probably not) a Community Interest Company (CIC). Some seem to have more potential than others, but being able to rule some options out is a helpful part of the process. Although ideally we would only need one such structure (to minimise committee meetings we have to attend), e.g. Bodhi the incorporated charitable organisation, it is likely that another will need to be set up. There is a clear desire to have the least amount of administration possible, and not to duplicate existing structures, so as not to create unnecessary work, but this is balanced with recognition that we should ensure we find the best structures to help us to achieve our aims. This should pay off in the long run! We hope to have some concrete proposals to bring to the September residential weekend.

If any Bodhi supporters/friends have any knowledge/information/expertise/stories you would like to share about any of these structures we would be happy to hear from you.

7. THE CONNECTION CORNER - *Claralynn Nunamaker*

Are You Prepared to Hear “no”? When we ask someone to do something, how can we know if we are requesting or demanding? We can often think we are asking very nicely when in fact we are making a demand. This was a surprise to me when first learning about compassionate communication. Well-raised to be polite, nobody in our family ever made demands. Or so we thought. Then I learned a simple way to know whether or not I was really asking -- was I willing to take “no” for an answer? If yes, it's a request. If no, it's a demand. I was stunned to find that I was actually demanding all the time without realizing it. A “no” response to a “reasonable request” was typically met with all the reasons a person was wrong or unreasonable for saying no. In my family, we were demanding that the kids write thank-you cards. Demanding that someone agree with a certain point of view. Demanding that someone do their homework.

And so it became a point of practice to mentally prepare for a “no” response, to even the most simple request. (In fact, the simplest requests can be the best to practice with!) What a surprise it was to feel the difference in my body when the shift was made to knowing a “no” response would really, really, really be OK. After all, we know in compassionate communication that every “no” is a “yes” to something else. So instead of taking it personally, I became curious about what was alive in the other person that motivated them

to say “no”. Were they wanting more choice about how they spent their time? To make up their own mind about who they hugged? To feel that their point of view mattered?

The other interesting change I noticed was a very deep appreciation for when the person did do what was requested, knowing it was their own choice. Letting go of the expectation, or the demand, was like opening the hand that holds a bird. If the bird flew away (not doing what was requested), that was OK. If the bird stayed (doing what was requested), there was a deep and very real joy in that, knowing that the choice was made from a place of complete freedom and free will. They did it because they wanted to, and that was surprisingly and sometimes deeply moving. I invite you to try this. Next time you find yourself asking someone (even yourself!) to do something, stop and reflect -- is it a request or a demand? What will my response be if they say “no”? Kids, you can gently ask your parents, “Is that a request or a demand?” to remind them of the difference.

Perhaps you will experience the joy of someone who freely chooses to help make your life more wonderful by fulfilling your request. That joy of the bird that chooses to stay in the hand. As well as the joy of realizing your happiness and well-being doesn't depend on that -- the joy of hearing a “no” with equanimity, peacefully watching while the bird flies away.

The Big Tent

We held two workshops for “Compassionate Communication for families” at the Big Tent this year. Both were full houses (the house was small, true enough!) with around 15 big and little people. The puppets helped keep the kids interested and involved throughout the 1-hour introduction. A couple of people who attended the first day came back for more the second day and expressed interest in attending future workshops in Compassionate Communication. Many thanks to Larry for doing the initial intro, making the link between the Bodhi Eco-Project and compassionate communication.

Claralynn Nunamaker is an NVC trainer candidate based in Fife. Her Connection Corner aims to help you communicate more compassionately with yourself and others. The ideas are based on the work of Marshall Rosenberg and the Center for Nonviolent Communication. www.cnvc.org Please send your comments, suggestions and questions to Claralynn at claralynn@CompassionateCommunication.org.uk

8. BODHI YAHOO GROUP

Just to let folk know, we have a yahoo e-mail group to allow networking among Bodhi supporters. It is described as follows: ‘Keeping Bodhi members in touch. Can be used as a forum for discussion, exchange of information and arranging meetings and events.’ Go to: groups.yahoo.com/group/bodhi-eco-project/ to join up, or e-mail me and I'll send out a yahoo invitation: leilani@dsl.pipex.com. I hope to be networking with you soon!

9. SITE SEARCH WORKING GROUP

Several Bodhi members especially Leilani & Hamid Van Koten along with SCI (Sustainable Communities Initiative) – Paula Cowie & Judy Russell, have been actively looking for land where we can build. We have looked at four different sites in the past few months including Whitehill Farm, a National Trust property in Fife which is currently still under discussion. With each site visit we discover more about what we want and what we don't want eg. not on a flight path, within walking/cycling distance of public transport, not with electrical pylons marching through the land, accessible to woodland etc. This has been very time consuming work, so we have applied for another Awards for All grant to help cover expenses and pay some people to do the research and leg work. We should hear if we get this grant in September.

10. BUDDHAFIELD 2008 – Claire Martin

In July I attended the Buddhafield festival. I hadn't been before – other folk had told me it was somewhere in between a festival and a retreat, but not really one or the other, something I couldn't quite imagine! Everyone said "You'll love it", but I tried not to have expectations which were too high... This year, the festival was on a new site. It was a beautiful setting, with the site set out across two fields with woodland in between.

I was working as part of the Network of Engaged Buddhists team (<http://www.engagedbuddhists.org.uk>). We hosted a range of talks and workshops in the Dharma Parlour space, an area in which Buddhist topics can be debated. Some of the highlights for me were attending talks entitled "Do Dakinis wage class war?" and "What is EcoDharma?", as well as a workshop in the Social Change space run by Radical Routes about how to set up Housing Cooperatives. I left Bodhi leaflets there, as well as in the Land and Permaculture area.

I found the Radical Routes workshop really helpful in helping to understand alternative ways of structuring groups. Kathryn, from Seeds of Change (www.seedsforchange.org.uk) clearly had loads of experience, and was able to communicate this in a calm and gentle way. Plus I had a 9 hour train journey back to Glasgow, which gave me ample time to read their booklets about legal and financial structures, which I hope to feed back into the Bodhi working group. During the Radical Routes workshop I felt a particular sense of gratitude; I had a chance to reflect on how much I personally have already learnt by being a member of Bodhi – NVC, Open Space Technology, how to "fishbowl"... I also appreciated how far Bodhi has already come in working together, and it filled me with a renewed sense of confidence of how we can progress in the next few months.

More information about the Buddhafield festival, and other retreats run by the collective, can be found here: <http://www.buddhafield.com>

11. DEAR BODHI ECO PROJECT – from Kate Osborn

I have been studying about the environment with 'the open university' since 2001, despite suffering mental health problems. my name is Kate Osborn. I live in a rehabilitation centre in North London.

My environmental studies include multi-disciplinary subjects, such as maths, chemistry, biology, economics, politics & social studies.

i am too ill at present to think about living in Bodhi project. However, I am very interested about Bodhi developments and you have my full support.

i am very involved with green matters within my dwelling. I empty the recycling boxes everyday. I give a talk once a month to the weekly community meeting. This covers all sorts of green matters stuff: London to global.

all the best to bodhi

Kate

12. BODHI MEMBER PROFILE – Luci Ransome

Hi, my name is Luci Ransome and I am part of the pre residents group with Bodhi. I live in the East End of Glasgow not far from Glasgow Green, a really good organic bakery and cafe and I live in a lovely housing association flat. Sounds nice but I need something different. I like cities but need the sense of community that often a city cannot support nowadays: I want to be around creative people who love life and the the natural world and want to live lightly off and in the world. I need to feel reconnected to the land more.

So I work part-time running a range of gardening groups with adults and children, supporting children and visually impaired adults to make art and crafts and teenagers to have a voice here in the East End as well as a bit of life coaching too. I feel pretty fulfilled through my work enabling others whilst at the same time learning how to really enable and empower others.

I get to spend time on my new allotment, sometimes with my boyfriend, planting, planning and just being still, sometimes hard when there is so much to do there!

I really enjoy getting to know children and young people; their voice and the confidence they have to use it is so important to encourage. So at the last Bodhi residential at Stroove earlier in the year it became apparent that a few adults felt the same. How could we involve the children more in the Bodhi community development process? This question was used as part of the open space session and lots of really good feedback was gathered. One outcome was to set up a group picture using drawing and writing from anyone interested about what the eco village could look like; houses, plants, approaches to living etc. We shared our ideas and thoughts in the drawing outside on the sunny Sunday afternoon. The energy was perfect to now build a real structure, an arch suggested by Leilani, representing the passage through to the next phase of Bodhi: the Residents Group.

With little encouragement, the children disappeared to collect felled rhododendron branches from the woods that we interwove over and around a goal post – very fitting! We encircled this majestic structure with a sense of occasion, energy and laughter, finally, each weaving under our arch 1 by 1 and saying aloud a word that declared our feelings about this next stage; joy, energy, newness. What I felt then and still do is a vibrant and tangible sense of being in the moment on a precarious but creative journey with friends who are engaging in the process of making it happen, wherever that takes us.

13. GROUP PROCESS - a personal perspective on encountering difficulties

In building community, we don't just delight in each others company and in the collective work and play of creatively and consciously caring for each other and the earth. We can also, in the process, reawaken old hurts as we experience ourselves in a safe enough place, and in safe enough relationships, to let our defences begin to melt. It can be hard work to really listen deeply to ourselves and each other, to really hear each other and find a way of accommodating and respecting everybody's needs - and thereby building a true relationship of equals.

From one perspective most (all?) of us involved in this community building process are over stretched, have no time and have insufficient resources for the task (its how our society has got into the mess it is in). But, at the same time, we all have the choice (at every moment) to either learn through stepping into relationship through deepening our empathy for each other, or to stay aloof from each other when the going gets tough and so stay aloof from our souls. I do both, regularly.

When conflicts and difficulties arise, it seems to me to be important not to personalise them. We're dealing with the healing of a trauma vortex that stretches from George Bush to children in

sweatshops to dying oceans. When we're doing the work of community building, we're doing the work of continually pulling each other up as we accidentally slip into the swirling whirlpool of delusion/projection/opposition. Someone may be absolutely right and someone else absolutely wrong in any particular moment, or over a particular issue, but that doesn't preclude the opposite being the case in another moment/ over another issue. Building a true relationship of equals involves speaking truth to each other and to ourselves in a way which makes space for healing, and makes room for movement.

When I say "we're doing the work of continually pulling each other up" - I'm not so much referring to Bodhi, as to 'we' whenever we remember we are 'we', and that (i) this ultimately includes everyone, but that (ii) in any particular situation there will be those I can trust to remember and return us to this we-ness and there will be those who are not going to so easily enable this, and there will be those who are going to do everything to stop the we-ness happening because of the stress that reawakens (reawakens to heal, but they may not know that in the moment of being overwhelmed by it). Again, I am in each of these positions regularly, and trust others to recognise and help me when I am in overwhelm, and hope others can trust themselves to reach up for help when they feel the tug of the whirlpool and want to find their feet on firm ground again, before perhaps plunging in for a blissful swim in the safer waters of we-being.

much love, Justin

"It is possible that the next Buddha will not take the form of an individual. The next Buddha may take the form of a community – a community practising understanding and loving kindness, a community practising mindful living. This may be the most important thing we can do for the survival of the earth." Thich Nhat Hanh

12. EVENTS IN DETAIL

ONE SMALL STEP -- MEDIATION & RESOLVING CONFLICTS

Saturday 23rd August, 9:30-4:30pm in Glasgow (venue tbc)

This workshop is for people who have already done a foundation training in Compassionate Communication or NVC. We will learn to focus on and connect at the level of needs, creating the groundwork for taking the first steps in resolving conflict and disagreement. We'll review the basics of Nonviolent Communication, and explore how to apply NVC in mediation situations. Compassionate Communication is based on the work of Nonviolent Communication, developed by Marshall Rosenberg and the Center for Nonviolent Communication, www.cnvc.org. To book a place send a £10 deposit payable to Bodhi

Bodhi Eco Project
14 Garrioch Drive
Glasgow G20 8RS

RESIDENTIAL WEEKEND FOR FULL MEMBERS

Friday 12TH TO Sunday 14TH SEPTEMBER at Stroove House by Weimes Bay

This weekend is about nuts & bolts: legal and financial structures, refining site search strategy, working out details of the partnership with Sustainable Communities Initiative, and improving our group decision making skills and drafting a 5 year business plan. If you are not already a full member and have been involved with Bodhi for sometime, do consider applying.

BODHI Autumn RESIDENTIAL – Building Community

12th to 14th December 2008 at Wiston Lodge between Biggar and Lanark

For all Bodhi Supporters, family & friends. This will be an Open Space Event where the agenda is created by the people who come. There will be workshops on Compassionate Communication for families, as well as an introduction to permaculture. Children are very welcome and creche facilities will be provided. Places are limited to 30 people so early booking is recommended. Please send a deposit of £20 and fill in the form below. As a charity we invite donations based on generosity – we estimate that the average donation needs to be about £100 – sliding scale £80 to £120 for Adults. Please make cheques payable to **“Bodhi”** and send to: **Larry Butler, 14 Garrioch Drive, Glasgow G20 8RS**

.....
I would like to attend the Bodhi Autumn Residential 12th to 14th December 2008

Name _____

Address _____

PostCode _____

Email _____

Tel _____ Special needs such as diet or access: _____

Do you need a lift? Yes / No Can you offer a lift? Yes / No
If yes, how many seats? _____

COMPASSIONATE COMMUNICATION – Edinburgh – venue to be confirmed

Weekend workshop: Sat 21st & Sun 22nd February 09 9-30 am – 4-30 pm

Facilitated by Claralynn Nunamaker, trainer candidate in NVC. Information about Nonviolent Communication (NVC) can be found at the Center for Nonviolent Communication, www.cnvc.org). **Compassionate Communication** helps connect us with what is alive in ourselves and in others moment-to-moment, cutting to the heart of what we presently feel and need, and helping us to articulate that skilfully. The skills presented in this workshop are based on Nonviolent Communication (NVC), developed by Marshall Rosenberg. The focus is on enriching life and our sense of connection with each other as we are now. These workshops can be challenging, fun and can create a deep sense of connection.

Bodhi Eco-Project strongly values deep, effective and heartfelt communication and holds the development of such skills as a central criteria for full membership of the project and residency in our village. Bodhi supporters will receive a discount of £10 for the weekend. To become a Bodhi supporter, and to learn more about the project visit bodhi-eco-project.org.uk. **Recommended reading:** To get the most out of the weekend workshop attendees are recommended to read Marshall Rosenberg's book **'Nonviolent Communication: a Language of Life**.

Cost of weekend course:

For people without NVC experience: £55 / £45 for Bodhi supporters.
For people with some NVC experience who would like to use this as a refresher: £40 / £30 for Bodhi supporters.
Please bring food to share for lunch. Tea and coffee will be provided.

To book. Please make cheques payable to 'Bodhi'.

NAME:

ADDRESS:

EMAIL:

PHONE NUMBER:

PERMACULTURE – Argyll – with Ed Tyler

The 72 hour Design Course is run in modular form over five months at weekends, starting in August. Each day is run from 10-6pm and Ed tries to incorporate a walk in the landscape every day. The course prepares a meal together on the Saturday evening, giving students time to relax together, though this is not compulsory! Each module costs £50 for tuition. Accommodation is available at a nearby bothy for £10 per night. Preference will be given to those attending the Introduction Day when booking the Full Design Course. You may wish to view Ed's new blog www.edwardtyler.wordpress.com Also, Ed has a new website/blog - check it out. <http://edwardtyler.wordpress.com/>

The next course dates are as follows:
27th & 28th September '08 - Module 2
25th & 26th October '08 - Module 3
29th & 30th November '08 - Module 4
31st Jan & 1st Feb '08 - Module 5

Please contact Sally Wilkin at Kilmartin House Museum for bookings/further enquiries sally@kilmartin.org

THE AVALACH CENTRE FOR PLANT STUDY - OPEN DAY 30TH AUGUST

Includes guided Herb walk around the farm, free vegan food and herb tea tasting. 12 noon – 5pm With Maureen & Keith Robertson Medical Herbalists
DRIMLABARRA HERB FARM, KILDONAN, ISLE OF ARRAN TEL 01770 820 338
keithandmo@tiscali.co.uk

The plant study weekends look fantastic - 'let nature be your teacher' (what a great quote) - full of information and yet lots of time to spend with plants looking at their detail and admiring them. I did a plant study with these hosts once, it was a fantastic time to connect, including intuitive painting, and meditation with the plant. It was really energising and re-connecting.

It looks set to be an exciting time to be involved in the volunteer work weeks too, since this will be a new beginning as the first time these have ever been offered on this vegan, organic farm. Check it out!

EARTH RITUALS

Sept 26 – Oct 3

Led by Larry Butler; Ratnadevi & Siddhisambhava. This retreat offers a nourishing combination of yoga, chi kung and meditation to re-centre ourselves and enjoy a felt sense of connectedness with all the elements (earth, water, fire, air and space) and with each other. The retreat may well give rise to the inspiration for personal and/or global change and there will be opportunities to design our own, creative rituals to support these changes. Getting out of the rut of old behaviour patterns can be hard; the power and fascination of ritual helps to establish new habits in our lives that are conducive to making our dreams come true.

Dhanakosa operates on the basis of generosity, seeking not to exclude anyone on account of individual financial circumstances. However, all of our income comes from donations made by friends and visitors such as yourselves, so we ask you to make a donation towards the running of the retreat centre. Suggested donations for 2007 are as follows Suggested donation for a week: **£315** waged, **£235** low wage, **£155** unwaged

DHANAKOSA Buddhist Retreat Centre, Balquhidder, Lochearnhead, FK19 8PQ,
01877 384 213 E-mail: info@dhanakosa.com www.dhanakosa.com

WORDS IN THE WORLD – Lapidus Scotland

Residential Workshop 9-12th October 2008 Newbattle Abbey (near Edinburgh)

How can our words bring healing to our world? This workshop will help us all give voice to our deepest concerns about the condition of our world— moving beyond despair & finding our power: Personal, political & ecological explorations for writers, singers, storytellers, activists, environmentalists, health & social service workers... anybody who would like their words heard in the world. Open mic sessions, land art workshops, and more.

programme includes: *voices of the water - healing wells - a taste of nature*
with Helen Boden, Ted Bowman, Larry Butler, Valerie Gillies, Mandy Haggith, Margot Henderson, Ruth Kirkpatrick, Helen Lamb, Gerry Loose

For more information email lapidusscotland@yahoo.co.uk or visit www.lapidus.org.uk

Booking Form: Words in the World 9th to 12th October 08

Name.....

Address.....

Email.....

Phone nos.....

Special needs.....

cost:

£290 for delegates funded by an organisation £240 self-funded. £190 concession. This fee includes accommodation & full board (£20 reduction for Lapidus members)

Non-residential daily rate: £90 corporate (£65 Lapidus members)

Don't let money be a barrier to attending – there are concessions & bursaries are available for delegates with a low income. Please make cheques payable to "Lapidus Scotland"

Send to: Larry Butler, 14 Garrioch Drive, Glasgow G20 8RS

12. POEM: IN THE AIR THE ECO HOUSE SPEAKS

Tessa Ransford: This poem is included in her new & selected poems: Not Just Moonshine (Luath Press).

I'm displayed as an eco-house:

not many of us yet, we are
hand-built, crafted in detail
with every latest invention
up-to-date, state of the art,
no two alike, we are each
unique, built less to last
than to be adaptable you could say,
organic you could say, breathing
you could say, a living system.

Take walls and structure:

as with clothes it is the layers that count
for warmth and we have layers
and cavities. Take roofs: the slope is
not so much to drain off the rain,
more to catch the sun in solar panels.

We keep heat in, we let damp out;
we have a circulation like the body;
we have a heart that pumps renewable
energy; we have waste disposal systems

that recycle waters, make compost,
dispose of nothing that has another use.

Light and free to live in, we stretch out
our arms in moveable positions, our
legs in swinging doors. As for windows,
they are made from whisky barrels
for letting in the subtler spirits.

We insulate
and use the ceiling space. Our kitchens
are partly garden or so it feels: herbs
growing, vegetables cooking, salads
appearing, grains and pulses heaped
in abundance; slow food, good food, languid
home-made wine, home made bread
with its own metabolic cycle.

We have no heavy tread upon the earth;
our footprint is hardly traceable
though we are firmly grounded
and can withstand storms and
hurricanes like a reed in the river.

To live in an eco-house is to wear a garment.
We are not machines for living in, as
Le Corbusier tried to manufacture.
Machines are too demanding;
we are intuitive and gentle;
we save you from alienation within
yourself, between yourselves and from
Nature you long to know better and
cannot avoid any longer without
tantrums; this very place, any particular
kind of place, a certain chosen milieu,
that's where we belong as eco-houses,
belong and belonging transform.

Please send your contributions for next Bodhi newsletter by the 15th Oct 2008

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

www.bodhi-eco-project.org.uk

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