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Earthship – Erecting the Yurt

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

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

www.bodhi-eco-project.org.uk

Charity#: SCO37550

1. NOTE FROM THE EDITOR - Larry Butler

Welcome to members Laila, Miriam, Kathleen, Maria, Anna, Ruth, Myles, Bert, John, Louise and Angeline. Our pilot workshop on “The Work That Reconnects – Waking Up Our Ecological Selves” led to some deep connections. Thank you to everyone who attended this workshop. We are now offering a series of hybrid workshops combining song & dance with waking up our ecological selves, combining mindfulness with compassionate communication (NVC). Our new membership Secretary – Svenja – has started working a couple of hours a week with her playful photo below. On Compassionate Communication Claralynn gets serious about what you really need! Do join us for a weekend in Ayrshire learning how to build with strawbales. We tried buying local for six weeks. Check out: www.localfoodscotland.com. Our development worker – Lusi Alderslowe continues to move us slowly forward along with Paula Cowie from SCI.

2. DATES FOR YOUR DIARY

Bodhi Events	Date	Location
Creative - Compassionate – Conflict	Sat 23rd May & Sat 20th June	Glasgow, TBC
Singing & Chanting our Ecological Selves	30 th May 10:30 to 5pm	Glasgow Quaker Meeting House
Lime Render residential workshop.	1/14 June.	South Lanarkshire – Strawbale house
Dancing Our Ecological Self	4 th July	TBC
Exploring Mindfulness & Compassionate Communication	18 th July	Glasgow Buddhist Centre
Eco Volunteer Day	Sat 19 th Sept	Fife – Earthship
Non-Bodhi Events	Date	Location
The Big Lunch	19 th July	Everywhere! www.thebiglunch.com
Big Tent	24 th -26 th July	Falkland, Fife

3. HEART & SOUL WITHIN BODHI – PAST, PRESENT AND FUTURE

– Luci Ransome & Larry Butler

Bodhi has always said it values the deep connections between us that allow for us to share and hear each others pain, challenges and love for the world. And although that was there a need for even deeper connection became apparent at our event at Weymss bay in May 2008. On the back of some interpersonal conflicts we set up a Heart and Soul type group but apart from meeting up once at a subsequent residential last December, we have not managed to meet again. Attempting to bring into form and then realise as face to face encounters, has proved very challenging to realise; our geographical spread has definitely got something to do with it as has spare time to make it happen.

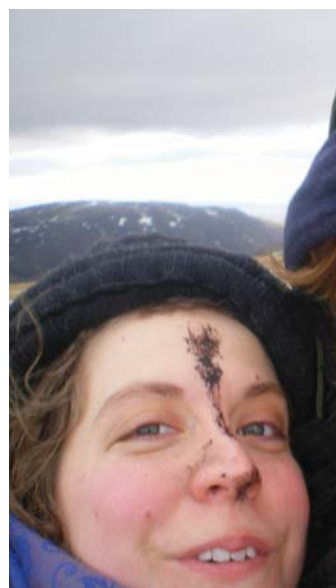
In talking with Larry recently, another member of the H&S group, we agreed how important this process was to making and keeping meaningful connections with each other and the world we live/want to live in, and that incorporating elements of H&S process into each and every Bodhi encounter could be a better way forward.

We already have a few minutes at the start of each Skype meeting to connect with what is alive for us at present and we do something similar when we meet up, however, at future events/meet ups/volunteer days we propose to bring a range of approaches to support that group interconnectedness more deeply, inspired by Joanna Macy and Deep Ecology. If you have thoughts about this or indeed suggestions about activities/exercises/approaches you would like to do/include please get in contact.

4. BODHI MEMBER PROFILE - Svenja Meyerricks

Hi, I have recently taken on the role as membership secretary for Bodhi. I will be communicating with (especially new) members, and keep track of incomes and expenses to prepare the grounds for Andy the Treasurer's finalising efforts. Because of my interest in the role of communication and language in peace building, I've also recently joined one of Bodhi's NVC groups. I'm interested in both the environmental and mindfulness educational aspects of Bodhi, and the process of building an ecovillage according to spiritual and environmental justice principles.

I'm originally from Berlin (West) but moved to Glasgow in 2003. My interest in sustainable communities takes various shapes; I wrote my first thesis in social anthropology on the beginnings of an ecovillage project in Ecuador, and more recently a thesis on Transition Initiatives and social justice for an MSc in Human Ecology which I technically completed in 2008, but have only been starting to implement. For the last couple of months I have been engaging with Transition principles and Scottish schools, for Transition Support Scotland and recently also with the Transition Network. I am now living in Govanhill in the Southside, excited about possibilities to build community there, grow food and plant trees. Other relevant interests include permaculture (I hope to complete my PDC by the end of this summer), yoga and meditation, herbal medicine, being in nature and connecting with people. Through my involvement with Bodhi I hope to learn more not only about spreadsheets, but also about other aspects of developing resilience and sustainable alternatives to the big mess we're in, and to contribute some of my own experience.



5. ECOVILLAGE DEVELOPMENT – Lusi Alderslowe

The ecovillage work has been flowing. As well as working on legal structures, we have been in touch with the following local authorities within the site search team: Clackmannanshire, East Ayrshire, East Dunbartonshire, Fife, and Falkirk, with varying levels of interest. We are about to visit a site in West Lothian and one in Fife to see how suitable they are to the ecovillage.

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 you 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.

6. LEGAL STRUCTURES WORKING GROUP – Lusi Alderslowe

We are still tussling with the task of understanding the various possible combinations of legal structure with which we could buy land, build housing and build an education centre. I have met with West Witlawburn Housing Coop, who are the first housing coop in Scotland to have achieved charitable status, who gave a few pointers, and with Hugh Donnelly who used to work for Cooperative Development Scotland. We have also had conversations with cooperatives UK. However, it is as yet unclear what direction we should move in, and we are waiting to hear back from a few people who might be able to help. Fingers crossed! Meanwhile we have written an information sheet about loanstock which explains all about loanstock and how you can support the ecovillage development whilst earning money! Check it out on the Bodhi website soon.

More help for this legal structures team would be much appreciated as we are now only two people on the working team, and whilst we have learnt much in the last year, some extra help with investigations would be much appreciated.

6. CONNECTION CORNER - Non-Needy Needs

Most of us have been raised in a way that we learned to *not* acknowledge or express what we need. We don't want to be labelled "selfish" or "needy," either by ourselves or other people. We tend to think the more we can minimize our needs, the better.

In compassionate communication, one of the first things we learn is the beauty of needs. In fact, needs are universal to every human being. People of all races, classes, ages, political persuasions, men and women... all people share common needs in order to live and thrive on this planet.

Some needs relate to survival: shelter, food, air, movement. Others relate to community: communication, support, or companionship. Still others relate to our own sense of self: autonomy, self-expression, freedom. The list is long, ranging from peace to stability to celebration and beyond.

Many people find it helpful to use words other than "needs." A few substitutes include "values," "what's important to me," or "what I long for." Using these substitutes may help clarify just how much needs enrich our lives. One person, looking through the list of needs, commented that it felt like looking over a marvellous banquet and realising it was OK to have anything there.

So why are we so reluctant to express needs? It's because we tend to confuse our need with a strategy, or how we are wanting to have it met. We think the strategy IS the need, and that leads us into conflicts and labels of "needy." The trick is to back up, move away from the strategy and focus on the need.

For example, we may have a need for peace while our child is fulfilling his need for fun by playing a loud video game. Here the need is NOT for the child to stop playing the game and be quiet. The need is peace. We might get that met by going for a walk, or seeing if the child would be willing to use headphones.

A good time to stop is any time we hear ourselves saying, "I need for *you/him/them...*" That's actually a strategy, not a need. See if it's possible to identify the underlying positive, universal human need or value.

Hear the difference between: "I need you to turn that off so I can have some peace!" and "I'm really longing for some peace just now." Which expresses the real need? Which would you be more open to hearing?



Earthship – Cleaning the Greenhouse

7. 'I NEED A BREAK!' by Ratnadevi

This is another piece on air travel and the desperately urgent need for global reduction of carbon emissions, if we want to safeguard the earth as an inhabitable place. It is also about happiness and quality of life, now and in future.

The discussion on how to avoid the worst of climate change by drastically curbing carbon emissions usually separates the political and the personal domains, and it is easy to play the one against the other, avoiding action in either. What is the benefit of reducing my personal 'footprint' when it is obvious that the really important action needs to be taken by governments; or when travelling by rail is so expensive and unreliable? I don't deny any of this, but also believe in the powerful effect of consumer choice on government and economic forces. Nobody would build a new airport runway if less people were buying flights.

Oil –based industry has made life on a material level a lot easier than ever before, which is great. Who would want to do without washing machines again? But as human beings we seem to find it difficult to know when we have enough – we don't stop for long between the satisfaction of one desire and the satisfaction of the next, to experience, and rest in contentment. Advertising is, of course, designed to cultivate this ongoing state of discontent, of needing more, better, newer, more stylish products to achieve happiness. The capitalist economy depends on it. How much longer are we going to let ourselves be manipulated in this way?

I think we are going to be susceptible to the perpetuation of this addictive behaviour unless we adopt a strategy that takes our deeper, spiritual needs into account. The climate change discussion tends to avoid the word 'spiritual', emphasising secular values and arguments. Yet 'contentment' is a spiritual value – it has to do with how we relate to our inner life: our thoughts, feelings, images, dreams. 'The human being, lost in thought' writes Eckhart Tolle. Lost in thought, we miss the present; we miss a sense of being alive and therefore feel impoverished. We are addicted to thinking, in the same way as we are addicted to oil. One anxious thought about the future leads to the next, an injustice from the past replays itself over and over, and critical comments about the present distance us from it. What a relief to rest in the moment – yes? Well, it's not that easy, as anyone who has ever meditated will confirm, but anyone can do it. It needs regular practice and certain conditions – a life a little less busy, less dominated by constant emails, phone calls, the news, etc.

So when we are finding ourselves caught by the allure of a cheap break in Tunisia, when the feeling 'I need a break' swells into a perceived necessity, could we stop and ask ourselves what it is we are really needing? Perhaps we are fed up with experiencing ourselves in more or less the same way. We want a break from the sheer grind of our usual reactions to our experience; from the weight of real or imagined responsibilities; from the sense of life narrowing down. In positive terms: we want a sense of freshness, of adventure, of expansiveness, of happiness, knowing that we truly make the most of our short lives.

Well, take a break! Take lots of breaks – free yourself from the tyranny of clock-time. Have time out to just sit and stare, with a nice cup of tea. Resist filling your acoustic space with sound all the time – be quiet and listen to what's there already, and to a deeper silence. That's not you being self-indulgent; that's you saving the planet!

8. PROPOSAL FOR A SUSTAINABLE LIVING CENTRE (WORKING TITLE)

We would like to carry out a feasibility study for the development of a Scottish Education Centre for Sustainable Living. The aims of the centre would be:

- To demonstrate creative/scientific and practical solutions to problems generated by climate change and excessive use of fossil fuels, and to demonstrate how to live a zero waste, zero carbon lifestyle.
- 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 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.

The current plan is to now consult with individual artists and scientists as well as organisations who might support this venture. After this, we will carry out a feasibility study for the development of a Scottish SciArt Centre for Sustainable Living. Following on from this will be an architect's brief, the development and design of a five year business plan and pilot projects on the site of the village (once land has been purchased).

If you like this idea please send us a letter of support. And a prize for the best title (we're not sure we like 'Sustainable Living Centre'!)

9. LEGAL STRUCTURES WORKING GROUP

We are still tussling with the task of understanding the various possible combinations of legal structure with which we could buy land, build housing and build an education centre. I have met with West Witlawburn Housing Coop, who are the first housing coop in Scotland to have achieved charitable status, who gave a few pointers, and with Hugh Donnelly who used to work for Cooperative Development Scotland. We have also had conversations with cooperatives UK. However, it is as yet unclear what direction we should move in, and we are waiting to hear back from a few people who might be able to help. Fingers crossed! Meanwhile we have written an information sheet about loanstock which explains all about loanstock and how you can support the ecovillage development whilst earning money! Check it out on the Bodhi website soon.

More help for this legal structures team would be much appreciated as we are now only two people on the working team, and whilst we have learnt much in the last year, some extra help with investigations would be much appreciated.

10. BOOK REVIEW – Lusi Alderslowe

REKINDLING COMMUNITY: Connecting People, Environment and Spirituality: Schumacher Briefing 15. by Alastair McIntosh

Alastair's latest book is timely and pertinent, both globally and specifically for Bodhi Eco Project and supporters. He explores the wonders of community in an engaging, compact edition.

People often ask me 'what is human ecology?' to which I normally say it is the study of people, the environment and the interaction between the two. One day a friend once responded, after a slight pause "Everything then". Perhaps we could say it is a study of life and how we should live it. Alastair here describes it as the study of community: "community with nature; community with the divine, and; community with one another" (p49). So it is quite impressive that Alastair has managed to compress the study of 'everything' into a mere 102 small pages!

In this latest Schumacher Briefing, Alastair and his colleague Sam Harrison, have summarised a huge amount of research which has been done recently in a partnership with WWF-CHE scholars studying things from spirituality and theology of Scotland's Modern Land Reform; to deeper engagement with community and place in the women of the Isle of Eigg; and to responsible purchasing at the Scottish Parliament.

There includes a description of the incredible land reform which is slowly transforming Scotland – in 1991 two thirds of the land was owned by just a thousand owners, now over 200 communities have some community land holding... and growing. Community land ownership makes "people tenants unto their own democratically accountable collective selves" (p73) and once we have control over the land, "land is power"... collective power to regenerate and restore. Community buyouts are typically followed by the provision of social housing, rising school tolls, new businesses, habitat regeneration, and renewable energy schemes. How very relevant to Bodhi's aims.

There is a chapter on Fundamental Human Needs, which relates well to another key stone of Bodhi: Non-Violent Communication. As well as a few ideas on how to build community (e.g. turn off your TV, leave your house, and know your neighbours), to which I will add 'organise your own street lunch on the 19th July': see www.thebiglunch.com

Alastair uses his academic rigour in getting to the roots of words' meanings whilst using his humour, and embedding stories from his life to keep it light. Buy it, read it, love it, share it.

Rekindling Community: Connecting people, Environment and Spirituality was published by Green Books Ltd, Totnes, in 2008 www.greenbooks.co.uk

10. EVENTS IN DETAIL

CREATIVE – COMPASSIONATE – CONFLICT Sat 23rd May & Sat 20th June 9:30 – 4:30

This workshop is offered to people who have done a foundation course in Compassionate Communication or NVC (non-violent communication). We will be applying Compassionate Communication to mediation and conflict situations, we will review the basics (based on NVC, or Nonviolent Communication, as developed by Marshall Rosenberg), like hearing the "yes" behind the "no," spotting the need, and more; we learn the model for using these tools in conflict situations; we will build your skills in using the model, as well as in developing your empathic responses; we will practice in getting to the honest truth of both parties' experience; we will learn about the two different ways we can exercise power.

Day 2 will be held 2-4 weeks after Day 1, giving you a chance to try applying these tools in your real-life situations.

Advanced booking is essential. Places are limited to 14. Day 1 is open to anyone who have a foundation in Compassionate Communication. Day 2 is optional and will be open to anyone who has completed Day 1.

Email: info@bodhi-eco-project.org.uk to register an interest in attending, or phone 0141 946 8096. Suggested donation: £60 / £45 / £35 per day. (cheques payable to "Bodhi")
Bodhi, 2/1, 14 Garrioch Drive, Glasgow G20 8RS

SINGING & CHANTING OUR ECOLOGICAL SELVES – 10:30 to 5pm Glasgow Quaker Meeting House: 38 Elmbank Crescent, Charing Cross

A workshop to hold 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 sing/chant 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 songs, chants and exercises based on the work that reconnects. 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

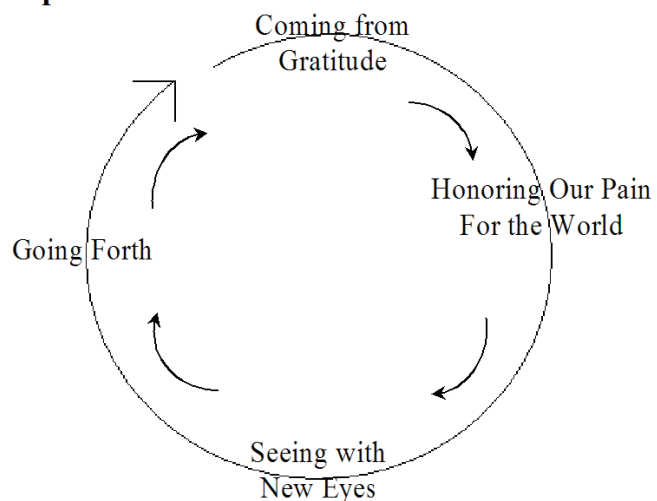
Ratnadevi (Dr. Luise Holtbernd) is an ordained Buddhist, musician and choir leader. She is a certified MBCT teacher and has been practising NVC for 5 years. <http://www.ratnadevi2.talktalk.net>

To book a place, please email: info@bodhi-eco-project.org.uk

Suggested donation: £60 / £45 / £35 (cheques payable to "Bodhi")

Bodhi, 2/1, 14 Garrioch Drive, Glasgow G20 8RS

Spiral of the Work That Reconnects



LIME RENDER RESIDENTIAL WORKSHOP. 1/14 June. South Lanarkshire.

Opportunity to learn how to weatherproof a strawbale structure using a traditional Scottish technique, Hot Lime Render. Trimming and preparation of the bale walls, mixing, applying and finishing with Limewash. Lime render is applicable to all kinds of structures, so this technique is invaluable for those contemplating a sustainable self-build home in any material.

This is an all-weather site so work will not be held up by rain. No previous experience is necessary as all training will be given on site.

This is a drop-in course i.e. You can come for a day or a week as it suits. Cost is £3.50 per person per day, which includes all meals. Camping is free, caravan and other accomodation may be available by arrangement.

Please contact steve@envisioneer.net for more details if interested

**STRAWBALE WORKSHOP. 27/28 June at The Gatehouse, Loch Doon
28th June (Ayrshire),**

A chance to experience all the basic techniques involved in creating a low-impact strawbale home in miniature, in the course of a single weekend. We will be building a small soundproof shelter for a waste oil powered generator. No previous experience is necessary as all training will be given on site.

Techniques covered include: Identifying suitable resources (rock, timber, aggregate) in the landscape. Collecting and building a drystone found. Shaping, resizing and trimming bales. Stake and roundwood pole selection and preparation. Basic roofing techniques. Lime render preparation and application.

Topics covered include: considerations for successful strawbale buildings in a damp climate. Historic use of lime in Scotland. Time vs. money, self-build as a practical and affordable route to sustainability for those without building experience.

The course takes place at the Gatehouse, by beautiful Loch Doon (see: www.envisioneer.net Gallery sections for pics) a working example of off-grid affordable low-impact housing. Built on the same principles as the generator shelter it has been standing for five years and is a rare opportunity to both experience what it feels like to live in such a home, and see how successfully it stands the climate.

There is no charge but please bring food to contribute to communal (vegetarian) meals. There is plenty of space for camping around the house and toilet and washing facilities are available.

We will be undertaking various voluntary tasks whilst learning about building and maintaining a straw bale house. There is no public transport here, so please book your place early so that we know whether to car-share or if we will need to hire a minibus from Glasgow. Also, whether you would prefer a day-trip or to camp the Saturday night (so we can have a solstice fire together).

Email: info@bodhi-eco-project.org.uk if you would like to attend one or more of these events.

DANCING OUR ECOLOGICAL SELVES – 4th July 10:30am to 5pm Venue to be confirmed

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

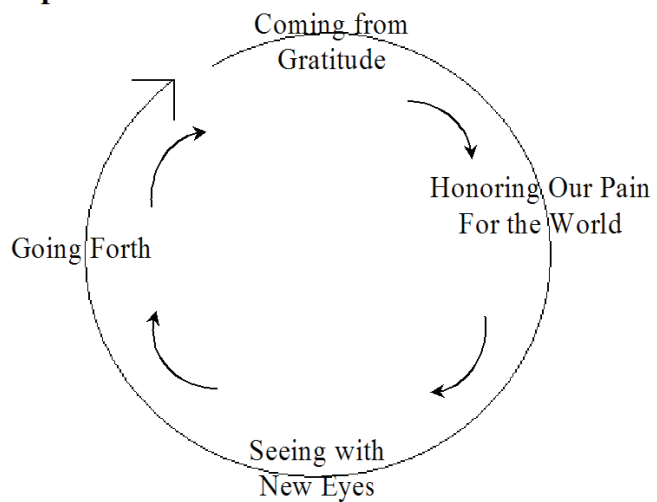
‘What we are capable of loving from moral duty is limited, but when we widen and deepen our sense of self....then our protection of nature is felt and conceived of as protection of our very selves’

– 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.

Spiral of the Work That Reconnects



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

Suggested donation: £60 / £45 / £35 (cheques payable to “Bodhi”)
Bodhi, 2/1, 14 Garrioch Drive, Glasgow G20 8RS

E BIG LUNCH – 19th July www.thebiglunch.com

Basically, it's a party in your street, in everyone's street. On 19th July we're asking the people of Britain to stop what they're doing and sit down to lunch together. Why? Well for lots of reasons really but mainly just cos we think it'll be fun.

**EXPLORATIONS IN EMPATHY & MINDFULNESS INTEGRATING MBCT
(Mindfulness-Based Cognitive Therapy) & COMPASSIONATE COMMUNICATION
Saturday 18 July, 10am – 5pm
Glasgow Buddhist Centre, 326 Sauchiehall St, Glasgow**

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

Explore the simple, practical language tools of Compassionate Communication (based on NVC*) and how they can be used to express mindfulness and empathy so that you can stay in connection with yourself and others.

Build awareness and a caring, non-judgmental attitude towards oneself and others. Integrating both practices, we'll learn to rest in the present moment, in an acceptance that can instill a sense of deep interconnectedness with all life.

The workshop is open to anyone with some experience of meditation and/or NVC. Please bring an open mind and willingness to explore with openness and 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
www.bodhi-eco-project.org.uk

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BIG TENT FESTIVAL 24th, 25th, 26th July

Bodhi and SCI will have adjoining stalls and offer a programme of events around the theme of mindful and sustainable living including meditation, compassionate communication, creative uses of waste, etc. We need volunteers to staff the stalls. You would get a free place at the festival plus expense. Please let us know if you would like to volunteer.

19th Sept (Fife), 5th Dec (Bodhi Land!)

Bodhi Eco Project and Sustainable Communities Initiative are in the process of forming an IPS (Industrial Providence Society) for the purpose of buying land for our eco village. There is now a core residents group with people from both organizations. They are developing their own joining procedure which will be published soon on both websites. To facilitate potential new members, they are offering a series of open days when we will come together as volunteers on a relevant eco project such as helping at the Earthship in Fife, or at Steve James' strawbale house – Email: info@bodhi-eco-project.org.uk if you would like to attend one or more of these events.