

## Transition HA – Visualising the world in 2030

It's said that to change the world a vision is needed. There's no shortage of negative/frightening visions of the future of the world – think of Hollywood blockbusters like *The Day After Tomorrow*, *The Road* etc etc.

The aim of this session is different – to help people towards a vision of the world in 2030 which will inspire and energise them to be part of creating a better future.

Visualisation can be a powerful tool in envisioning the future – it's widely used, including in the Transition movement where the emphasis is on a *positive* future.

Time: 25 minutes

Equipment needed: cue cards + blue tac.

### Welcome and brief intro (3-5 minutes)

2030 – living with less fossil fuels

invitation to let your imagination flow

Let's look at how great the world could be....

Question 'What kind of world do you want to live in?'

Outline of the session – visualising the future, then writing about it.

Go-round – when you imagine the future, what is one thing that you feel energised about?

### Visualisation re 2030 (7-10 minutes)

Make sure everyone's sitting comfortably and invite them to close their eyes. Have people breathe and relax for a few moments before you start on the visualisation script.

### Writing a haiku (10 minutes)

Invite people to write down the vision of the world they 'saw' in the visualisation – as a haiku. Haiku is a Japanese poetry form. It uses just a few words to capture a moment and create a picture in the reader's mind. It is like a tiny window into a scene much larger than itself.

Traditionally haiku is written in 3 lines, with 5 syllables in the first line, 7 in the second line, and 5 in the third line (a total of 17 syllables). Examples of haikus:

On a twig a bird  
Dancing and dancing gleefully;  
Then out of my sight!

Rain, it softly falls  
Trees thirst and drink greedily  
The forest sings out!

Display the haikus and/or invite the group to read them – either reading them as a display, or reading aloud, depending on how things are going.

### Complete and close (2-4 minutes)

Thank people, and (if there's time) do a final go-round? Eg 'one thing you will take away from this session.'

Visioning Script: Visioning your homeplace in 2030

*To be read slowly, with pauses, to allow people time to visualise details.*

(eyes closed)

breathe and relax in your seat...

we are going to travel through time to 2030...

“It’s 2030, and the successful transition has already occurred.

Picture yourself living in this rather different world....

Picture some of the people who will be with you...

Maybe your family members, your friends

Picture some of the places you know...

In 2030 these places may look different – how have they changed?

Visualise what your life is like now, in 2030

Take a look at the place where you live...

Your home, your street, your wider community – imagine what they look like and what it’s like to be there...

Imagine sitting down for a meal – what kind of food are you eating, and where has it come from?

Imagine going to work – where are you and what kind of work are you doing?

Imagine travelling around – where are you going and how?

Imagine how you spend your spare time – what are you doing?

*(add more examples if you like)*

At the end of the visualisation, bring people out of it gently -

Eg ‘when you’re ready, open your eyes and be back in the room.’

## Permaculture observation exercise for Humanistic Alchemy

22 July 2012

Time: 25 minutes

### Objective:

For people to learn a bit (more) about permaculture and practise/develop their observation skills

### Intro

Welcome

Introduce yourselves

Go-round: 'Name + something in nature which you've observed recently'

Tell people the plan for the session

### Defining Permaculture

Permaculture is one of the roots of the Transition movement.

There are many definitions

'working with nature to make a better world for all'

'designing sustainable human settlements'

['a successful approach to designing sustainable environments that have the diversity, stability and resilience of natural ecosystems while also providing for the needs of people who use them. It is based on the philosophy of cooperating with nature and caring for the earth and its people.']

1. Ethics – Earth Care, People Care, Fair Shares
2. Ecological Principles derived from the observation of natural systems eg Obtain a yield, produce no waste, design from patterns to details.
3. Design tools and processes that allow an individual or group to assemble conceptual, material and strategic components into a plan of action that can be implemented and maintained with minimal resources and toil.

Permaculture principles (Holmgren)

### Permaculture observation of the site (individual) 10 minutes

Based on '9 ways of observing' from 'The Earth Path' by Starhawk

1. 'I wonder...'
2. Observing energy
3. Observing flow
4. Observing communities
5. Observing patterns
6. Observing edges
7. Observing limits
8. Observing from stillness
9. Observing past and future

Have people talk in pairs (2 minutes each way) think and listen (5 minutes)

Go-round – hear 1 or 2 key observations from each person (needs to be brief).

Complete and close

## **Transition HA – Grow your own workshop**

One of the cornerstones of the Transition movement is the practical aspect, i.e. practical projects that allow people to work together as a community, taking part in the transition by making their local neighbourhood less dependent on oil and more resilient to climate change. Practical projects allow people to do something in response to climate change and peak oil; they help to prevent people falling into despair about the many issues that the world is facing, by facilitating their role in making the world a better place to live. Friendships are made as people work together. The most important aspect (always!) is that people enjoy themselves in whatever they may be doing. If it stops being fun, then it's time to stop doing it.

A common theme of many transition projects is food. Growing your own food has caught people's imaginations over the last few years, and lots of people want to learn how to grow their own food. Today, we'd like you to facilitate a growing project for Transition HA.

### **Transition HA's Salad and herb growing workshop**

(30 minutes)

This project has two **purposes**:

1. To show people how easy it is to get started on growing your own food
2. To create some productive window boxes for a local (imaginary) community cafe

#### **Location:**

This project will take place outdoors in the park. You will need to coordinate people to help you carry the following items to and from the park.

In your **resource pack** you will find:

1. Compost
2. 3 window boxes and some extra pots (+ bags to take pots home in)
3. Some salad seeds
4. Some small salad and herb plants (need separating)
5. Wooden plant labels and pencils
6. Some gardening gloves (if needed)
7. Some gardening tools (probably not needed)
8. A watering can (we will need to fill this with water before we go out to the park)

**Plan** (you may alter this if you choose – you must finish within 30 minutes)

- Explain to the group what today's practical project is, what we'll be doing together, and who the window boxes are for. Also say that people will have the chance to plant up their own salad pots to take away and grow up themselves if they'd like to.
- Show the participants where the resources are. Get them to take one window box between 2 or 3, and also to take pots if they'd like to take them home. As you go through, tell them what things we'll be planting: lettuces, parsley, basil, chives, radishes, mustard greens.
- Demonstrate how to plant the small plants (lettuces etc) and show them how deep to plant the seeds (very shallow).
- Invite them to have a go and go round chatting with them and helping them if they need it. Tell them there is no right or wrong way to do this, they can plant whatever they like in the window boxes. It's for a café, so we just want to make sure the boxes are as productive as possible. Tell them they've got about 15 minutes to plant them.
- As you go round you are there to provide information if they ask questions, and just to encourage them so that they feel they can do it. Also try to encourage them to enjoy themselves and have fun while they are doing it!
- Give them a 5 minute warning (after 10 minutes).

- After 15 minutes, ask everyone to bring their boxes and pots to a circle, and to briefly tell each other what they've planted.
- If time, do a quick go-round, asking everyone to say (very briefly) something they enjoyed about planting the boxes and pots
- Thank them all very much for their help with the project!

### **Workshop preparation**

Decide on timings for the different parts of the workshop. Decide roles: who will say and do what, who will keep time. Go through the resources, making sure you know how to plant the different plants and seeds. Possibly do a quick run through, going through who is saying what and when.

## **Transition HA – Open Space Session**

“Open Space” is a way of facilitating discussions e.g. as part of a conference or in a meeting. It creates a very open format for discussions, and enables everyone to actively lead a discussion if they choose. It requires very little organisation beforehand, and is highly organic, allowing discussions to take their own directions in response to the interests and needs of those present.

In this session, we would like you to facilitate a mini-Open Space discussion. Time is short, but we anticipate there may be topics that people would like to look into further after the other activities during the day, and Open Space will be a good way to allow these discussions to happen.

### **The structure**

The way Open Space works is that participants are asked to call out topics that they would like to discuss, around a general question that has been chosen as the focus for the session. When they call the topic out, they write it down on a piece of paper, which is placed in a matrix on the wall, indicating the location where the topic will be discussed. Participants then choose which topic they are interested in and join that group. They are also free to move to other groups. At the end, there is a round-up of the interesting points from each group.

### **The Question**

Open space requires that there be a question to focus discussions. We suggest:

“How can we help our communities to thrive in the face of climate change and peak oil?”

(You may change this question if you feel there is another topic which is more suitable, but please discuss this with us first.)

### **Materials**

Paper, blue-tack, flipchart paper, pens, bell, clock/stopwatch

### **Materials preparation**

- Write out the question in large letters, and get it ready to put on the wall somewhere where everyone will be able to read it. (You could write out several copies, one for each wall.)
- Create pieces of paper with numbers on (up to 5) in large writing, and 2 copies of each number. One set of numbers go on the wall in a row. The other set are distributed around the room, sufficiently spaced to allow separate groups to form around the numbers.
- Have paper and pens ready for people to write their topics on.
- Put a piece of flipchart paper and pen next to each of the numbers distributed around the room, ready for people to write notes on during the sessions.

### **Workshop plan**

This session is intended to take 30 minutes. The total timings below add up to 27 minutes, as timings are likely to slide a little bit – it may leave a little more time for discussion at the end.

**1. Introduction (5 minutes)** Explain to participants that we’re going to be using something called “open space” to enable people to follow up discussions or topics from the day; the topics should be around our question for this session “How can we help our communities to thrive in the face of climate change and peak oil?” Explain that anyone can choose a topic if they have a burning question or issue in mind (we only need 3-4 topics as there are not many of us). Give them an idea of the structure of the workshop:

- people call out topics they would like to discuss,
- a location is assigned for each topic/discussion (make sure you have the matrix pre-set up on the wall and show them that the topics will be written on pieces of paper and put on the wall under the locations),
- we split up into those groups: people can come and go between groups if they choose (“The law of two feet”) but the person who chose the topic should ideally stay with their topic,

- each group should choose a scribe to keep very brief notes on the discussion (this role can revolve in the group),
- each group chooses one person to feedback briefly to the whole group about what was discussed.
- Optionally, you could mention the four rules: whoever comes are the right people, whatever happens is the only that thing that could have, whenever it starts is the right time, when it's over, it's over; and one law, often called the Law of Two Feet "If, during the course of the session, any person finds themselves in a situation where they are neither learning not contributing, they must use their feet and go to some more productive space."

Having run through this quickly, ask if there are any questions.

2. (**5 minutes**) Now **invite people to put forward topics** that they'd like to discuss (ask them to do so as briefly and succinctly as they can). When they do so, hand them a piece of paper and ask them to write down the topic title in a couple of words, then take their piece of paper and put it on the wall under one of the numbers. Don't let them spend a long time describing the topic! Invite approximately 3 to 4 topics – if more come up, that's OK, just explain that you may need to combine some topics as we can't have more than 4 or 5 groups. You can combine the topics by moving the pieces of paper, putting similar ones one under the other, under the same number.

As facilitators, you can take part in the discussions, but it's better if you don't suggest the topics (however, as we are not many today, one or two of you could have a topic up your sleeve, just in case no-one suggests anything, but your focus needs to be more on holding the session).

3. (**2 minutes**) Now invite people to move to the part of the room where the topic they are most interested in is being discussed. Remind people who've suggested topics that they should stay with their topics, unless no-one else comes, in which case they can move. Ask each group to keep very brief notes on their discussion. Tell them they have 20 minutes, and that you will ring a bell after 15 minutes to remind them that they only have 5 minutes left.

4. (**20 minutes**) After 15 minutes, ring the bell and give a "5 minutes left" reminder/.

5. (**5 minutes**) Invite each group to **very briefly** tell the others what they discussed (about 1 minute each for this). Ask people for any final comments, and then thank people for taking part and close the session.

### **Workshop preparation**

Make sure you understand how it works (see also the Transition Handbook for a slightly longer description – page 168. Decide who will say what, who will keep time, who will put the topics up and combine them if necessary. Maybe think of 1 or 2 topics in case others don't during the session. Possibly do a quick run through, going through who is saying what and when.

*If you would like to know more about Open Space, there are many on-line resources, a book "Open Space Technology: a user's guide" by Harrison Owen, and you can also do courses in leading Open Space. This session is a simplified and abridged version.*