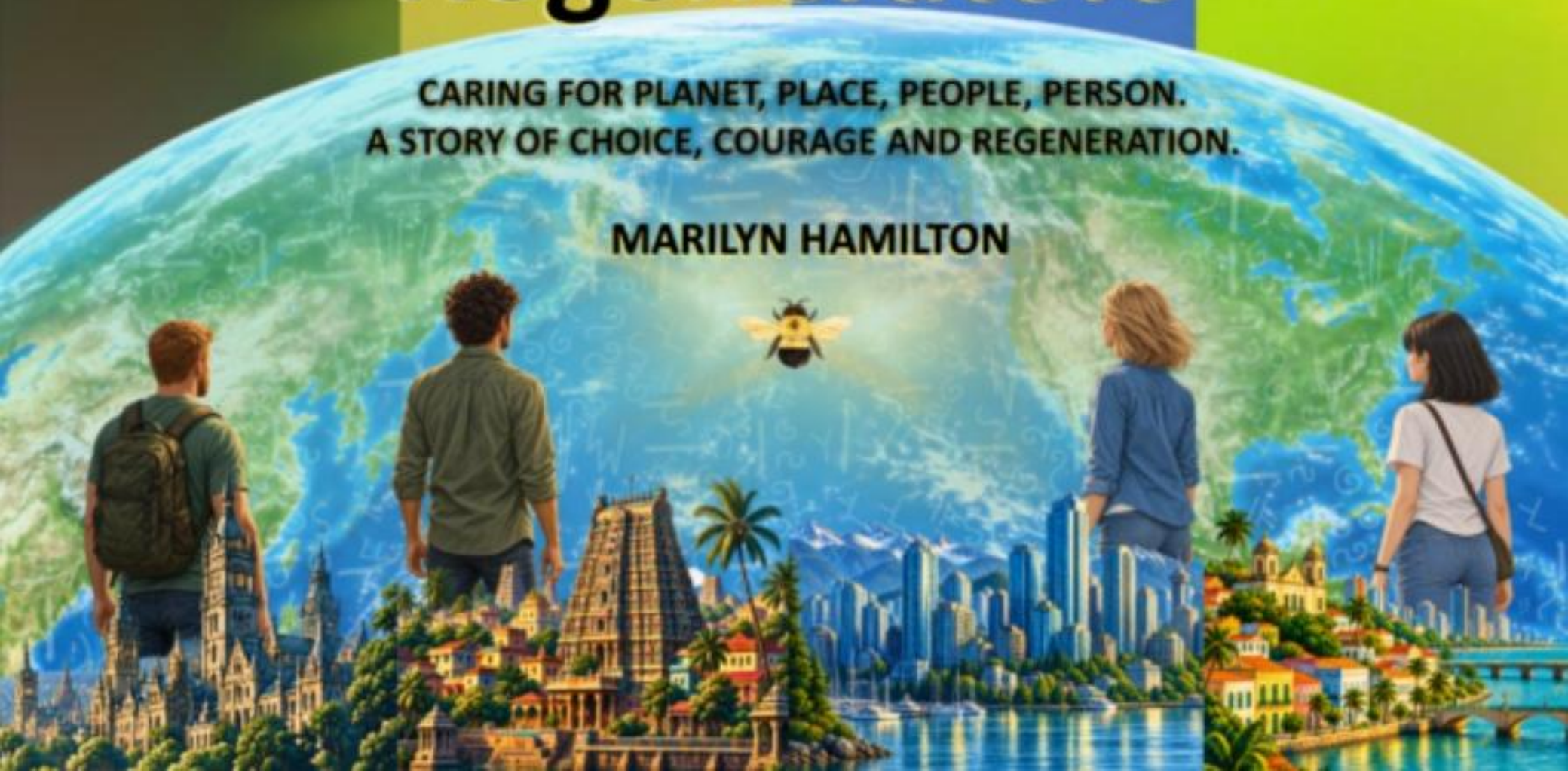


FOUR SHORT NOVELLAS OF REBIRTH AND RESILIENCE

TALES of the CROFT Regenerators

CARING FOR PLANET, PLACE, PEOPLE, PERSON.
A STORY OF CHOICE, COURAGE AND REGENERATION.

MARILYN HAMILTON





Production Team

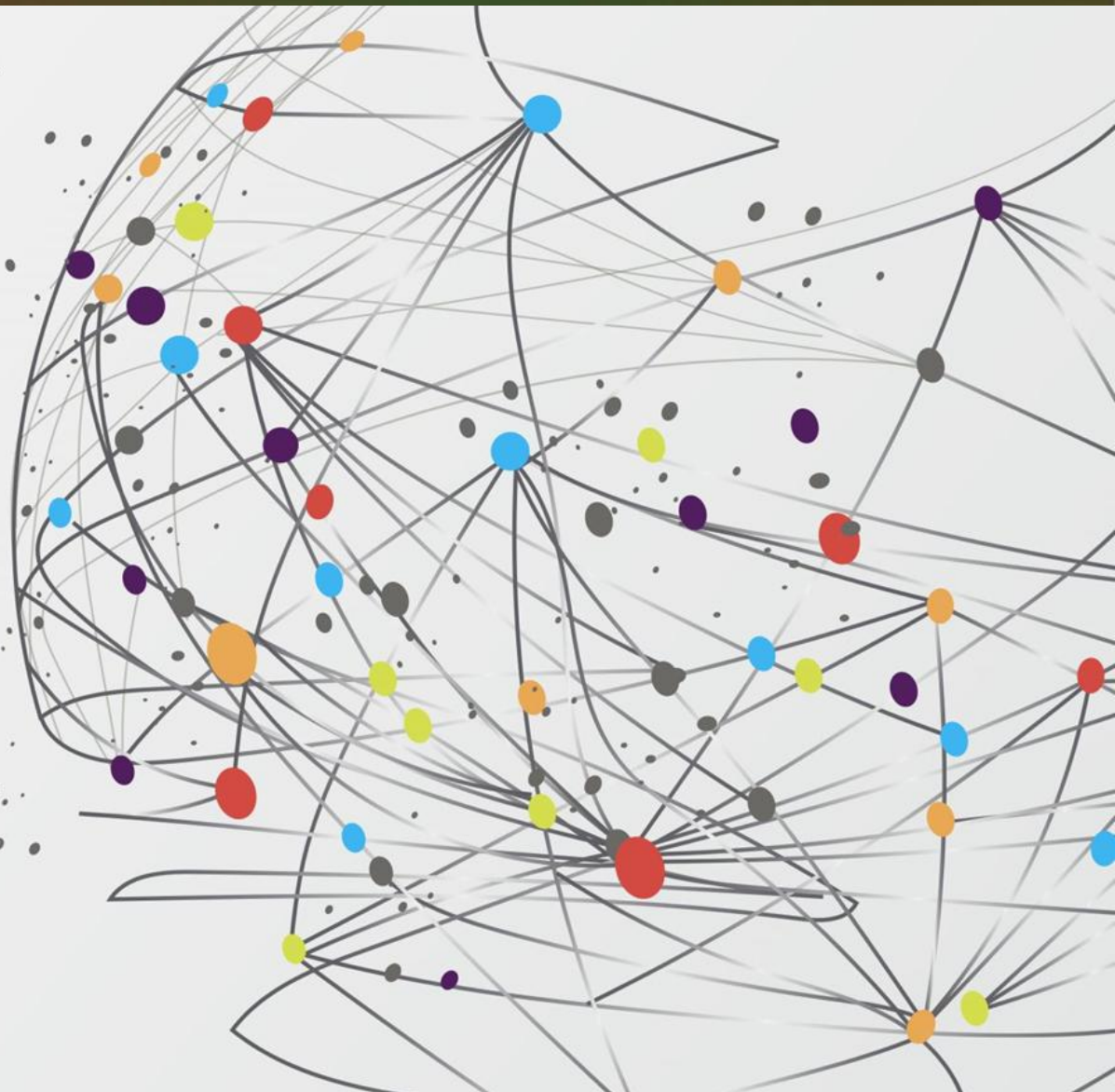
- **Dr. Marilyn Hamilton** Author
- **Tamara Mathew** Editorial Steward
- **Marco [SURNAME]** Illustrator
- **Daniel Mihai** Creative Producer





The CROFT School of Sarmouns

Centre for
Regeneration
ONEness
Freedom
Truth







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سَلَامٌ عَلَيْكُمْ



وَعَلَيْكُمْ

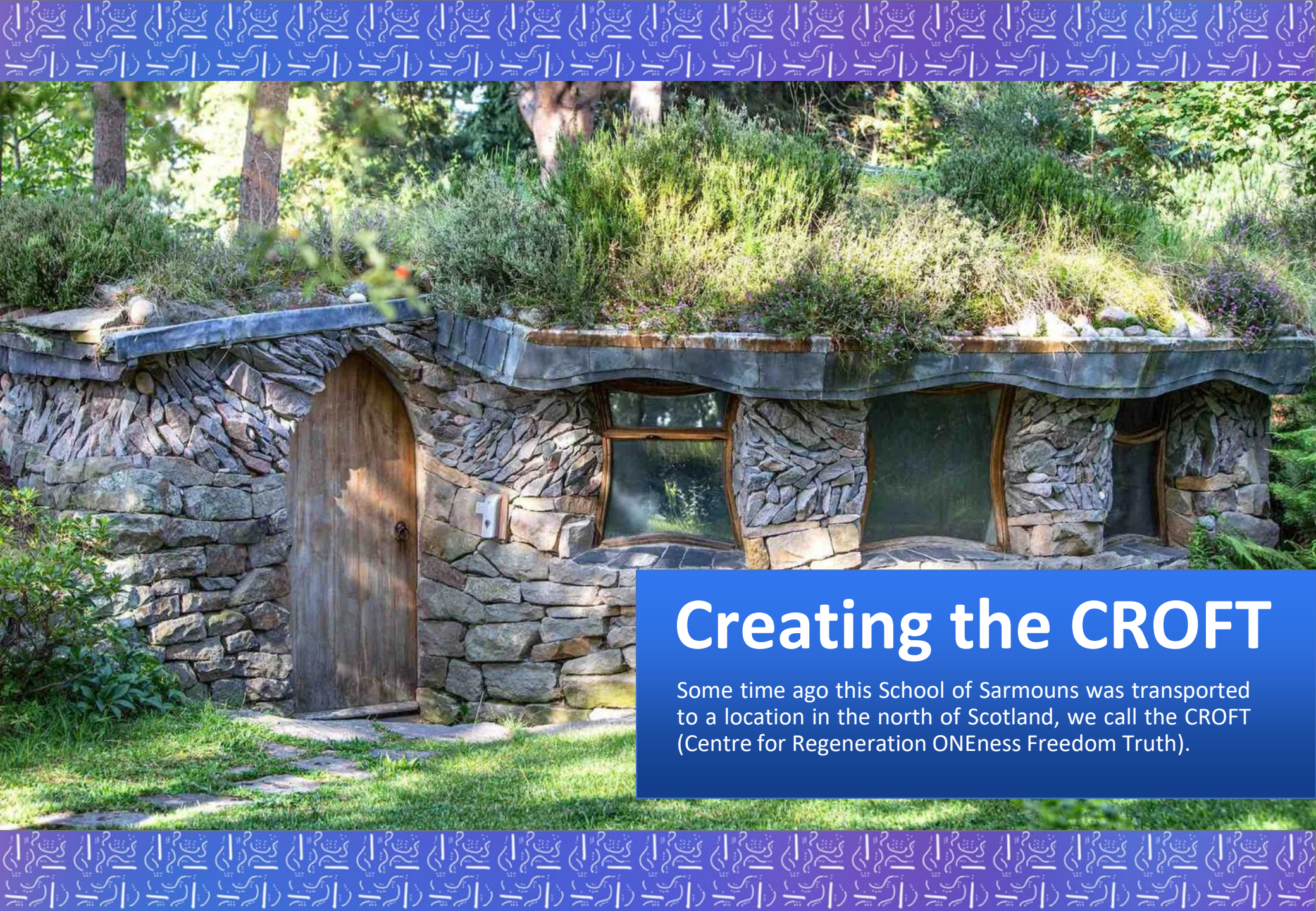


Introduction: Collectors of Honey

Many eons ago in the Hindu Kush, a secret School served Earth. It was called "Sarmoun Darq," which translates as "The Beehive" or the "Collectors of Honey." The purpose of this human hive school was to collect human knowledge in the eras when knowledge became incoherent and unconnected and store it for future seasons when it could nurture Earth again.

The Constellators who integrated the wisdom collection and learning, were alert to the times when Earth people faced unexpected difficulties, diseases, strife, conflict and even war. These Constellators knew, collecting this honey was vital to the capacity of Earth to renew and regenerate her greatest aliveness.





Creating the CROFT

Some time ago this School of Sarmouns was transported to a location in the north of Scotland, we call the CROFT (Centre for Regeneration ONeness Freedom Truth).

Releasing Honey

The Sarmoun Darq – or Sarmoun CROFT now – brings together Sarmoun Constellators who learn to master and teach the practices of collecting and concentrating nectar and pollen and transforming the essences, aromas and elements into honey without equal. They then store this honey in unique vessels.

When the Universe calls, the CROFT School releases the honey into specially prepared vessels that the CROFT sends out to the world wherever it is needed.





ONE Essence

Just as each flower has been created to nurture and share different Essences of wisdom, Sarmoun honey becomes potent and purified knowledge of the ONE Essence. The Constellators of Honey Essences in the School cultivate the relationships amongst the Collectors of Honey, so they are all in service to Self, Others, Place and Planet.

When Earth makes known to the Constellators its need for ONE Essence, the vessels are prepared to journey to the regions of the world where they are needed.



Preparing Vessels

As you may guess these vessels are human beings – we call them Sarmouni. And with preparation by the Constellators as Collectors they become potentized vessels. Their job is to take the right knowledge for right action at the right time to the right places.

The humans are focalised to 3 Guiding Principles: Listen Deeply, Work as Love in Action, and Co-create with the Intelligences of Nature. They learn Attunement to the Spiritual Field and the value of Living in Community.

Because these Sarmouni have been further prepared with techniques drawn from wisdom schools of the world that have been distilled into Essences, each Sarmouni is selected for the appropriate place that will benefit from the Essence they can share.





Placecaring & Placemaking

Even though each Sarmouni may have limited capacity when they are released, the way that they have been trained in the School gives them practices to continue learning wherever they are sent.

When the Sarmouni arrive at their appointed locations, they may react initially with confusion, or resistance, but as they engage with the environment that has called them, they naturally draw on all their Self senses, relating to Others, Place and Planet as they serve.

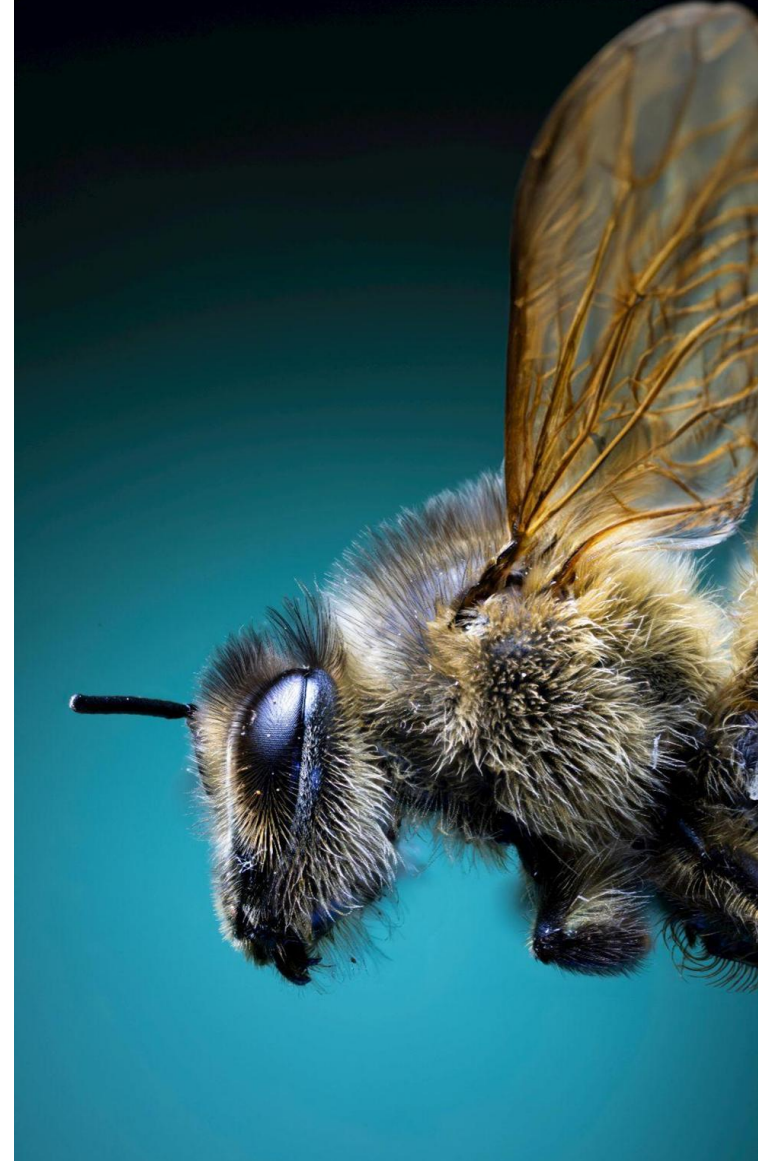
The ONE Essence they have co-created in the School calms them internally for placecaring and opens them externally to placemaking.



Constellator Bee

Each Sarmouni keeps connected with the Constellator who has wisdom to support them as individuals, connect them as a collective and inspire their service to the Energy Field.

This special Constellator is always known simply as Bee.





Essence of Regeneration

The stories that follow come from Sarmouni using the Essence of Regeneration to rebalance Earth's aliveness through regenerating the relationships between cities and their bioregions.





Listen to the Constellator Guiding Sarmouni with 3 Principles:

**Listen Deeply, Work as Love in
Action, Co-create with the
Intelligences of Nature.**



Jan 13, 2030, CROFT – BEE Blesses the 4 Sarmouni

BEE has a Gaian Heritage. She has lived eons at the CROFT.

Her Guiding Angel is “**Uberall**” – the Arch Angel of the Angels.

Her Sidhe Guide and Ally (from the People of Peace) is the **Bridge**.

BEE is a powerful Constellator who has mentored many Sarmouni. Today she sits with four who are about to be dispatched to the World. Each of the four manifests an Archetype recognized by Master Ichak Adizes (Integrator, Conformity Enforcer, Resource Allocators, Diversity Generator). When they arrive at their assigned city they will each receive a card reminding them how to take action and what tools they have been given to work with. She reminds them: ***Listen Deeply, Work is Love in Action and Co-Create with the Intelligences of Nature.***

- Jan, an Integrator, is assigned to Glasgow, Scotland.
- Ellie, a Conformity Enforcer, is assigned to Recife, Brazil.
- Sasha, a Resource Allocator, is assigned to Vancouver, Canada.
- Rudi, a Diversity Generator, is assigned to Chennai, India.

Discover more on www.integralcity.com



Angel: Uberall



**Bee, Constellator,
Gaian Heritage
The CROFT, Scotland**

Sidhe Guide: Bridge



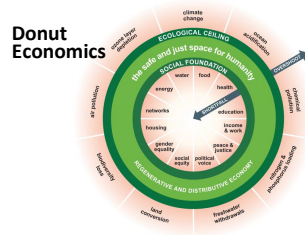
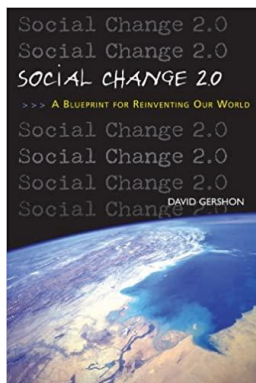
Bee: Regenerator @ ONE Essence

BEE assigns to each Sarmouni one Framework and one Integral City Power Tool.

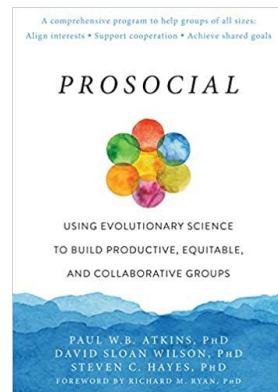
FRAMEWORKS:



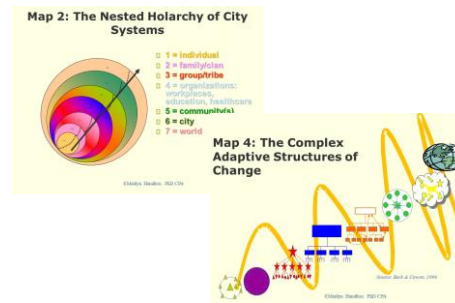
Social
Culture



Economics
Ecology



Integral City Power Tools:



MAPS

VOICES

4+1 Voices of the Human Hive



GPS

GAIA CODE OF CARE



Discover more on www.integralcity.com

Jan is an Integrator archetype, from South African Mixed Heritage. Jan is sent to Glasgow, Scotland

Jan is blessed with the Angel of Integrity and his Sidhe Guide and Ally is the Knight in Allegiance to Gaia.

Angel

Integrity



Stand up for what you believe in. Act in congruence with your values and follow through on your commitments.

Sidhe Guide:
Knight in Allegiance to Gaia



Jan

Your mission should you accept it is to bring to Glasgow the wisdom of Social Change 2.0.

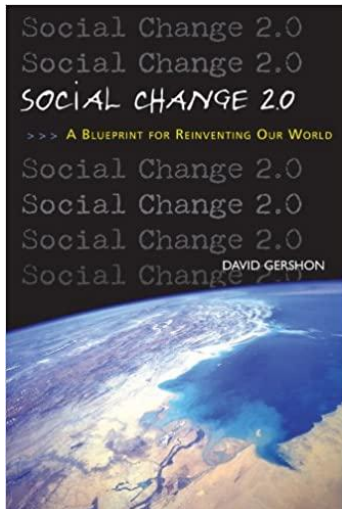
You are to find the community who can take action to create a City Regeneration Hub that connects Glasgow to its bioregion and uses its network to co-create a socially just and environmentally regenerative plan and implement it.

To support you working as Love in Action, we are giving you the Regeneration Essences found in the Framework of **Social Change 2.0** and the Integral City Power Tool of the **Gaia Code of Care**.

Jan's Regeneration Essences

[Go to Jan's Story](#)

FRAMEWORK:
Social change 2.0



Integral City power tool:
Gaia Code of Care



Gaia's Code: Care for Person, People, Place, Planet



Ellie is a Conformity Enforcer archetype of Asian Heritage. Ellie is sent to Recife, Brazil



Ellie is blessed with the Angel of Kindness and her Sidhe Guide and Ally is the Amulet.

Angel

Kindness



Be great-hearted, warm, and generous in your attitude and actions. Approach life softly. Sprinkle goodwill liberally and give gentle consideration to others.



Sidhe Guide: amulet

Ellie,

Your mission should you accept it, is to bring to Recife the wisdom of the Citizens Action Network.

You are to find the community who can take action to create a City Regeneration Hub that connects Recife to its bioregion and uses its network to co-create a socially just and environmentally regenerative plan and implement it.

To support you working as Love in Action, we are giving you the Regeneration Essences found in the Framework of **Citizens Action Network** and the Integral City Power Tool of **Map 2 Holarchy of City Systems and Map 4 Adaptive Structures of Change**.

Ellie's Regeneration Essences

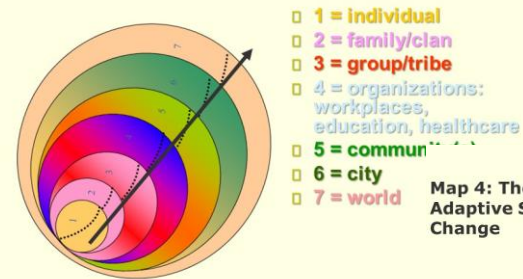
[Go to Ellie's Story](#)

FRAMEWORK:
Citizens Action Network (CAN)

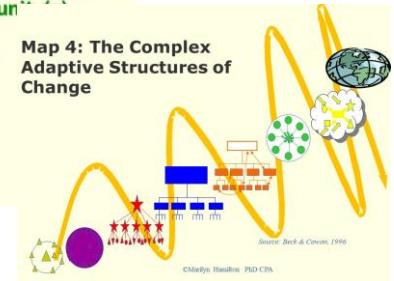
**HOW TO MAKE A
CITIZENS
ACTION
NETWORK**

Integral City power tool:
Maps 2, 4

Map 2: The Nested Holarchy of City Systems



©Marilyn Hamilton PhD CPA



©Marilyn Hamilton PhD CPA

Sasha is a Resource Allocator archetype of Russian Heritage. Sasha is Sent to Vancouver, Canada 🇨🇦

Sasha is blessed with the Angel of Vision and her Sidhe Guide and Ally is the Knight of Fiery Hope

Sidhe Guide:
Knight of Fiery Hope

Angel



Vision



Look at the world with soul sight. Use your imagination, inner sense, and peripheral promptings to see the bigger picture and shape the future you desire.



Sasha

Your mission should you accept it is to bring to Vancouver the wisdom of Prosocial and Commoning.

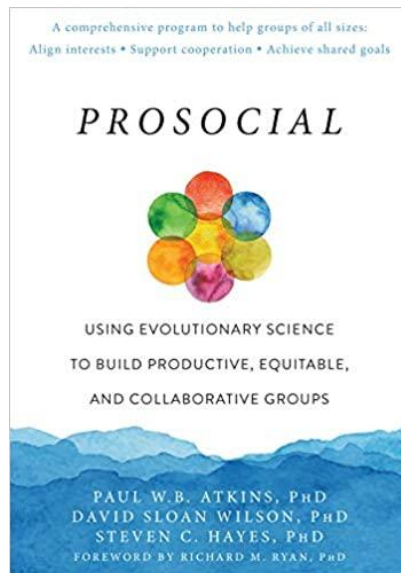
You are to find the community who can take action to create a City Regeneration Hub that connects Vancouver to its bioregion and uses its network to co-create a socially just and environmentally regenerative plan and implement it.

To support you working as Love in Action, we are giving you the Regeneration Essences found in the Framework of **Prosocial** and the Integral City Power Tool of the **4 + 1 Voices of the Human Hive**.

Sasha's Regeneration Essences

Go to Sasha's Story

**FRAMEWORK:
Prosocial**



**Integral City power tool:
4 + 1 Voices**

4+1 Voices of the Human Hive



Rudi is a Diversity Generator archetype, of Italian Heritage, Sent to Chennai, India

Rudi is blessed with the Angel of
Celebration and his Sidhe Guide and
Ally is the Woman Flowing from Tree.

Angel



Take time to recognize and savor what is important to you and
honor it with festivities. Rejoice, have fun, and enjoy the party.

Sidhe Guide:
Woman Flowing from Tree



Rudi

Your mission should you accept it, is to bring to Chennai the wisdom of Donut Economics.

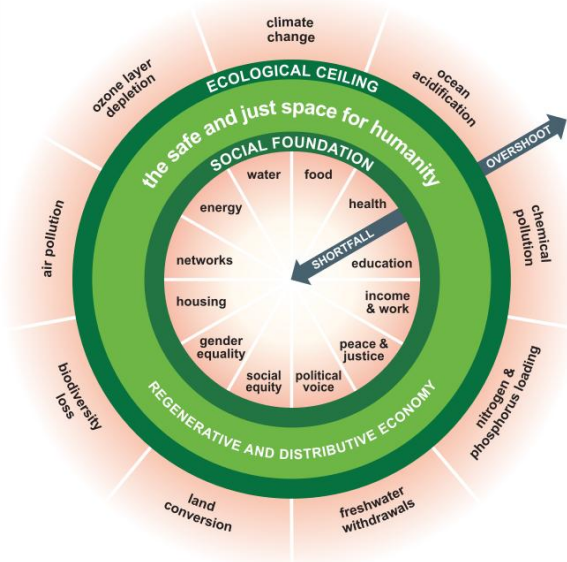
You are to find the community who can take action to create a City Regeneration Hub that connects Chennai to its bioregion and uses its network to co-create a socially just and environmentally regenerative plan and implement it.

To support you working as Love in Action, we are giving you the Regeneration Essences found in the Framework of **Donut Economics** and the Integral City Power Tool of the **GPS Evolutionary Intelligences**.

Rudi's, Regeneration Essences

Go to Rudi's Story

FRAMEWORK:
Donut economics



Integral City power tool:
GPS Evolutionary Intelligences





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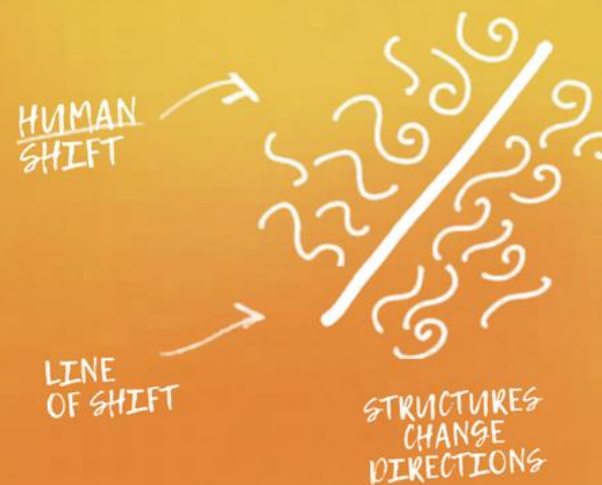
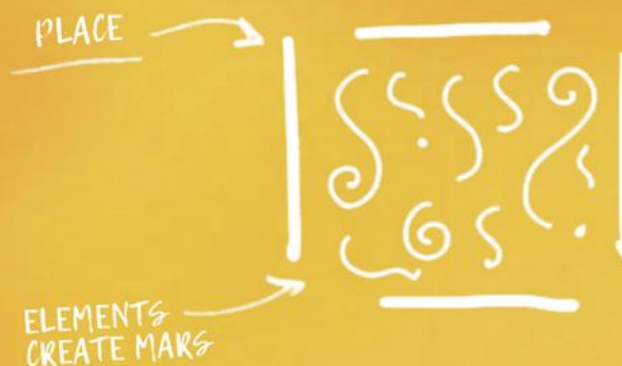
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CHENNAI

Rudi: Diversity Generator

LOGO



Jan. 12, 2030, Chennai – Email: Rudi to Bee

Heh Dr. B

I made it to Chennai despite all the pandemic craziness with the airports. I don't know if I am going to fit in here. I mean I have always wanted to live in India – but I don't think I pictured modernity, mayhem and madness to such a degree? I still haven't made it to the lodgings because I lost my phone and my e-wallet. I thumbed a ride over to the train station – as I thought I might get easier access from there than at the airport.

How bizarre to actually see the cows wandering down the motorways! And every safety feature of European motor ways seems absent or broken – but cars and trucks and people move around at the greatest speed anyway. One thing is obvious – that commerce is alive and well and has a mind of its own at the local level. The rest of the world may be blocked, stopped or stultified – but Chennai doesn't seem to know about that.

How can you send me here with a mission to wake this place up to their impact on Gaian economics when their focus is so obviously to look after themselves, never mind the bioregion or planet? How am I going to make a difference when co-creating with nature means giving cows the run of the place? Who cares about climate change here? Who even knows about it?

Rudi/Donut Economics



Rudi

Your mission should you accept it, is to bring to Chennai the wisdom of Donut Economics.

You are to find the community who can take action to create a City Regeneration Hub that connects Chennai to its bioregion and uses its network to co-create a socially just and environmentally regenerative plan and implement it.



Jan. 14, 2030, Email: Rudi to Bee

Heh Mam (that's how they address women with respect here). What are you thinking I am made of? I know I liked Donut Economics when I was studying with you at the Croft. But even though I am living in the University residence here in Chennai, I don't think they are ready to accept this view of economic practice here? I am kind of hesitant to explore any kind of economics that isn't home grown. Because Chennai still has some pretty major feelings about colonization. The whole textile industry history gives them good reason to doubt an economic system originating in the UK.

But Dr. Sushma says that DE makes sense from a planetary perspective and there are many students at the U who would welcome a systems approach to economics. Because they certainly don't lose any love over the homegrown Indian versions. Like most other countries their perspective is too narrow and national and ignores the connections between social justice and environmental constraints.

Guess I'll start with the students and see if I can bring some on board with their social enterprises and see if we might make a proposal to city hall to create a city selfie???



Ok, so I'm beginning to see the students here are pretty intense. Usually in the residences in Italy there is not so much time devoted to study and homework as I see around here. Kinda hard to get connected because everyone's head is so down.

But Dr. S invited me to a city planning class yesterday. And that was a real wake up call. They were definitely up for a party. One of their class projects had just won a sustainability award. Woohoo. And the leader of this project – which incidentally is about regulating water supply in city irrigation systems – is being led by an incredibly attractive young woman. She attended class yesterday in full sari so I would never have recognized her in the photos they showed as she was down on her hands and knees installing the irrigation kit and then reading the results.

But after the class the project team was all ready to share a beer and break some papadums together. I must have asked good enough questions that they said, "heh come and join us."

So, there I found myself in just the kind of party that warms my heart. We were celebrating a great accomplishment that I slowly began to realize had potential for my project.

It turns out the tech for this project was developed on an ecofarm down in Auroville. Aha!! My spidey sense got woken up when I heard this – because they have already found a way to link ecoregion with the city. I don't need to go looking for a way to generate interest – I can build on what they have already done.

... and Chendra (the zesty project leader with the Mona Lisa eyes) is ready for a new challenge. I overheard her saying that she misses the north of India – where she studied at Earth University with Vandana Shiva. Chendra wants to grow soil!!

Now how fundamental is that to Donut Economics??? I am learning it goes way beyond just honouring the Earth's capacities and constraints. How do we grow soil in the city??? Do you think we may be able to tease out the economic flow of food from the bioregion to the city???





So, this class of students is looking for a group project for their course. I told them about the City Regeneration Hub – and wondered if their irrigation technology might be the natural gateway between the city and the bioregion?

Well water is definitely an element that can get Chennai's attention. Because the monsoon rains have a habit of flooding out the city – not just once a year – but they get 2 rounds of it here because of their location in the south of India – one coming from the west in the Spring and the other coming from the east in the Fall.

I asked Chendra why she was so interested in the irrigation project? It seemed rather counter-intuitive for someone studying city planning. But her family comes from a large agricultural region. One where the Agra farms had been taken over by the seed companies. The farmers had been convinced to buy and sow the genetically modified seeds and use intense industrial fertilizers. They had been promised better yields and a steady income. But in just a few years they could see the land became infertile – and couldn't even support the gmo crops. On top of that the water cycle had been drastically altered so the water tables dried up.

"Sounds like that isn't very sustainable," I told her. "No kidding," she agreed. "Indian farmers are not known for their passive behaviour. It wasn't too long before they were invading the city and protesting against the Agra industries and the government that was funding them with research grants."

"Vandana Shiva at Earth U has a natural organic approach to agriculture that starts with creating and nurturing the soil. Inviting and allowing nature to be the farmer's guide and mentor. She showed us how to recycle organic matter into compost. How to treat the land with respect and rotate our crops. How the mixed farming of animals and vegetation mutually supported each other.

That's what I want to bring to Chennai and its ecoregion. Restore the balance between the city and its ecoregion with a natural economy built on the food and water system that is fair to the farmers, consumers and organizations – and even the government would benefit because of the natural systems flow."

I told Chendra that this sounded a lot like a natural Earth system – where you respect the constraints of Earth's capacities while living in a socially just way. My Mission is to catalyse a City Regeneration Hub. Maybe the Donut Economics app could give us a model for realizing Chendra's dream? I wonder if that might be the project her class could take on for their course?

"I bet my irrigation team would go for this. Let's check it with them and then make a proposal to Dr. S.

Done and done.



Feb 17, 2030, Rudi's Voice Journal



I think I'm falling in love with Chendra. I never expected that she would learn so fast. She's not only a good engineer, but it looks like she is a natural economist as well.

Natural? I mean it hasn't taken much effort for her to see that the irrigation tech that she and her classmates developed can be an essential part of the Donut Economics cycle. One of the Earth's constraints built into DE is the conservation and recycling of fresh water.

Their tech was field tested on an eco-farm in the bioregion. The system software could release water for irrigation at just the right time of day in the right amount for different crops. And not surprisingly imo, that translated into healthier plants and larger yields. (Also, less work because of the automatic release of the water by the systems. Also, better resource management – because they were drawing water from an artesian well that needs its capacity respected.)

So right there, the team and the farm were already living by the constraints built into the DE model. When we started to look at how their work could contribute to a City ReGen Hub, the team was only too ready to point out that one of the big hurdles in the city is that people take water for granted out of the tap - or consider it as a hazard rather than a necessity of life. In monsoon season water is a real threat to life and property and in the drought season it is too scarce and undependable. And anyway, someone in a government ministry is in charge of water. What can any individual do about it?

Seems like the question we might want to build our City ReGen Hub around relates to, "Why should individuals and families care about city park irrigation? What's in it for us?" Chendra and I visited the park she wanted to target. We could see it had multiple uses – a football pitch, a walking path, family picnic area, rose garden. I was curious if city families ever had access to allotment gardens to grow their own food?

"Not so much," Chendra admitted. So, we talked with the team and decided to experiment with a "Grow Your Own" strategy. We wouldn't say grow what – it could be food, flowers, spices. But we knew that whatever was grown would need water.

Lalit wondered if this idea was just for adults? "Maybe we could teach kids to plant seeds and learn where their food comes from?" Gaurov came up with another thought. "You know the youth I coach football with? I wonder if we could interest a sports team to coach the little kids? Maybe we could bring play into the equation?"

"Irrigation sports???" Chendra was rather doubtful but amused at the idea. Slowly, slowly we were beginning to build bridges between the different users of the park in ways that crossed generations, connected to water and would create a natural neighbourhood locale for the ReGen Hub. "Should we ask permission of the Parks Authority to give this a try?" I wondered.

"Oh no, if anything comes of this let's ask forgiveness – that way permission won't slow us down," Chendra grinned. "Gaurov, can you arrange for us to meet with the soccer families – maybe after a game next week? I will see if I can meet up with one of the Parent/Teacher groups to talk about the kid's garden."

What is Chendra thinking of? A competition for participation? Least amount of water needed to produce most produce from seeds? A farm visit for harvest? Who knows what can happen when Chendra gets focused????





Here I am Bee

Ready to find out what have you got in mind for my next task? Ahhhh here it is - the Envelope #2 down behind the top pocket in my duffle bag. Turn on the video link? Yup ... and here you are in living holograph!!

“Rudi, I know you had doubts about being effective in India. But if you are watching this now, you have already found the energy and are working with at least a draft Purpose for your City Regeneration Hub. This is the time for me to give you the Integral City GPS.

Don't balk at this – as I know it wasn't your favourite Power Tool in the Integral City kit bag. But remember you started to appreciate that it was a living, dynamic set of capacities that could be grown by individuals, groups, workplaces, communities and the whole city. If you want to think about the GPS as a tool for noticing and amplifying intelligences then this may be exactly what is needed if you are going to bring Donut Economics into a city system as complex as Chennai.

As a Super Tool, the GPS gives you opportunities to notice how your project can be both a way to prime the pump for Donut Economics – and it can also reveal the strength or weaknesses of the system of interest you are working with.

Do you remember that you can assess these intelligences – which could be helpful to determine if the city has intelligences for taking its Donut City Selfie – getting to know itself? Can you take a look around you and see evidence that they are aware of the 5 Intelligence sets? Are they working with them as basic, intermediate or advanced capacities? How would you assess Chennai's Contexting Intelligences through: Ecological intelligence? Its Emergence intelligence?

Its Integral intelligence? And its Living Intelligence?

How would you assess Chennai's Strategic Intelligences? What evidence do you see for Inquiry Intelligence? Meshworking Intelligence? Navigating Intelligence?

When you think about the individual people you have met, how would you assess Chennai's Individual Intelligences? Do you see Inner Intelligences that match up with Outer Intelligences?

And when you look at the groups you are meeting how would you assess Chennai's Collective Intelligence? How does Cultural Intelligence reflect Social/Systems Intelligence?

Finally, are you getting to recognize the Evolutionary Impulse that enlivens the spirit of Chennai as an intelligence that embraces the whole field of the city?





Dearest Bee —

Chennai is proving harder than we imagined. “Grow Your Own” Regeneration Hub has hit a few speed bumps — or perhaps water blockages and droughts of cooperation.

We assumed Chendra's imagination and infectious energy would easily unite the neighbourhoods around the park. Instead, she discovered very different priorities. One older neighbourhood wanted nothing to do with noisy entertainment, but they were furious about rising city water fees and eager to discuss water stewardship. The younger neighbourhood, full of kids and teens, loved the idea of food growing, irrigation learning and entertainment.

Lalit and Gaurov connected quickly with the young people — although they still resist mixing sports and arts. Just as I was ready to give up, Chendra burst into the Res Cafeteria carrying a giant poster: on one side a Donut, on the other the words “*Dunk Your Donut!*”

Her idea? A Saturday parade through the neighbourhoods leading everyone into a “Dunk Your Donut Festival” in the Park. Around the park would be playful learning stations: seeds for grains, oil plants and sugar cane; irrigation systems; and demonstrations of how much water different foods require. Chendra designed a central water pool connected to each station by irrigation lines controlled by an “Irrigation Steward” who could release or restrict the flow.

The most outrageous idea involved inviting City Water officials to sit inside a giant floating Donut while festival-goers quizzed them about water stewardship. Wrong answers meant a carefully aimed dunk into the pool — all in good humour and public learning.

And in the centre of the Park, my own contribution: a “Water Intelligence Assessment” inspired by Dr. Bee's GPS and the 12 Intelligences — except this time the Gods of Water themselves would judge how wisely humans were stewarding water.

Honestly, the whole thing sounded too outrageous, too funny and too imaginative not to do. So the Res Team signed on — and suddenly Chennai was building Donuts, Dunking Stations and a whole new way to learn together about water, food and regeneration.





April 1 – I only learned the meaning of the April Fool's Day when I was at the Croft. Not such a big deal in Italy. But of course, I was always attracted to anything foolish!! Haha.

And this project of Dunkin Donuts with a GPS? Maybe it really is too foolish to expect any serious learning?

Except that Chendra – who as a good engineer doesn't like to leave things to chance – has been running little beta tests for the festival.

She got a class of the kids and a team of the youth footballers to gather in the park last weekend. She actually had another Donut poster out and marched around the blankets she had spread on the grass where the kids were sitting.

"Your job," she said to 2 of the youth, "Is to show these kids how to plant the seeds in the egg cartons – like we did last night." And without any argument (my God she is a force of Nature!) the teens and the kids got right down to work. Happily creating a right mess with soil and seeds and cartons and watering cans made from plastic bottles.

"And your job," she said to the other teens, "Is to learn about all the Gods who are inspiring the Intelligences of the GPS. Yes, yes, it's time you learned the magic that can happen when you build bridges between your spiritual Gods and the science of city consciousness."

Then she looked right at me. "Rudi – I think you could maybe inspire the group with a bit of fun and imagination??"

So, there I was with another big poster of the GPS – thanks to our ever-creative Chendra. And a big question about whether the youth would know their Gods well enough for us to find the characters we needed to impersonate the Intelligences??? Because I was starting to think about how to stage this as a kind of commedia dell'arte Bollywood style.

Definitely a fool's errand.





Good Day Mam

Before I came to India, I knew my tendencies as a diversity generator often lead me down the paths of change with lots of energy and inspiration for anything new. Whatever was not the norm is what attracted me. But I have to admit more than one of my projects ended up either incomplete or not quite coherent.

Bee, you always reminded me I couldn't be a one-man band. That in order for regeneration to happen in a natural system, I had to remember a whole ecosystem was involved. And that every life-form had its niche in the system.

I probably could relate to your care and advice about natural systems because they seemed to me to mirror my experiences with stage productions. It wasn't uncommon when I had a leading role, for the director to say, Rudi – look into her eyes when you sing Amori!!! You are not alone on the stage.

And if I have learned anything about Donut Economics here, it's that it takes a whole neighbourhood coming together before we can see the impact everyone makes on everyone else and all the groups. And only if we get our acts together will we make a difference for the city and eventually we hope the planet.

Now, you are probably sitting on the edge of your seat to find out about the parade of Gods. Here is what we were trying to put in starring roles – and we started to look for costumes that will do them justice.

Inner Self - Shakti
Outer Self - Ganesha
Culture - Radha
Structures - Rama
Inquiry - Hanuman
Meshworking - Kali
Navigating - Ushas
Living - Durga
Integral - Rama
Emergence - Rudra
Ecology - Indra
Evolution – Parvati

https://en.wikipedia.org/wiki/Hindu_deities

TOGETHER WE PLAN. TOGETHER WE THRIVE.

Every choice we make impacts everyone.
All our groups learning Donut Economics to regenerate our city—and our planet.

OUR NEIGHBOURHOOD
OUR FUTURE
OUR PLAN



DUNK YOUR DONUT FESTIVAL

FESTIVAL

- LEARN
- LAUGH
- QUESTION
- ACT
- REGENERATE

STATIONS AT THE FESTIVAL

- SEEDS OF GRAINS & FLOURS
- OIL PLANTS
- SUGAR CANE
- IRRIGATION SYSTEM
- WATER STEWARDSHIP QUIZ & DUNK
- WATER INTELLIGENCE ASSESSMENT

EVERY ACTION HAS AN IMPACT ON EVERYONE

WATER IS LIFE

USE IT WISELY
SHARE IT FAIRLY

OUR DONUT OUR FUTURE



FOR OUR CITY FOR OUR PLANET

RESIDENTS

Our homes.
Our streets.
Our voice.

PARENTS

Our children.
Our future.
Our responsibility.

CHILDREN

Our ideas.
Our energy.
Our tomorrow.

YOUTH

Our passion.
Our creativity.
Our leadership.

ELDERS

Our wisdom.
Our guidance.
Our heritage.

FARMERS & FOOD GROWERS

Our food.
Our soil.
Our health.

ARTISTS & CULTURAL GROUPS

Our stories.
Our songs.
Our spirit.

FAITH & SPIRITUAL GROUPS

Our values.
Our gratitude.
Our connection.

BUSINESS & LOCAL WORKERS

Our livelihoods.
Our skills.
Our economy.

ONE NEIGHBOURHOOD. MANY GROUPS. ONE VISION.

DONUT ECONOMICS IN ACTION. TOGETHER WE CREATE A CITY THAT GIVES BACK TO THE PLANET.



It turns out that everyone had their own favourites to nominate as a deity for their favourite intelligence.

Of course, I worry about who we might exclude if we use this pantheon of deities. There will be some who may feel their Allah, or God or Saint doesn't count – and that is not our intention. I wonder if we have to have a multi-faith parade of the Gods. Would that even be allowed? Of course, if you believe in some of the fundamental principles of Integralism perhaps we would have to land on non-dualism? But how can you have an entertaining parade of non-dualism?

Researching gods makes me realize the value of the GPS intelligences. I suspect that the GPS intelligences have been in the Field of Human Systems for millennia – they are archetypes – just like the various systems of gods are archetypes.

But the GPS reframes multiple perspectives and belief systems into a coherent way of looking at world from an evolutionary, living, integral point of view – like how Nishad's Unity view – from many multiplicities into ONE. I remember his teachings from his visit to the Croft.

And funnily enough (or not) the Donut is definitely dual – with its inner Social Justice dimensions and its outer Earth constraints. Ahhh maybe that's what we will make a parade of – we will use the GPS as Donut Gods!! Haha – yes that's a solution that can embrace everyone.

Now Bee, you have to be proud of me that I can notice that as a Diversity Generator finding a superordinate goal or principle brings unity to diversity!! And that's the value of using the GPS – with its Contexting Intelligences recognizing the Earth Constraints, its Individual and Collective Intelligences recognizing Social Justice issues and its Strategic Intelligences offering the vehicle for aligning and navigating the Earth and Social Justice intentions. And – obviously? – the Evolutionary intelligence is our guiding Intelligence – the Brahman, God, Allah, Love – that aligns and anchors the whole city system.

But I guess what I am realizing is that it is people's worldviews that will give them the powers or superpowers to find a way to Dunk their Donuts in a regenerative way. More than ever, our Donut situation here (maybe everywhere?) appears to me to be a Divine Comedy. But Chendra has never lost the script of what we are trying to do. Appreciating the need for irrigation so we can enable Life – aka economy - to flow through us in a regenerative way. In a way that we can Dunk our Donuts for life.





Greetings Mam —

So much has happened in the last three months that time seems to have flown by. We have not only learned the fun of “Dunking our Donuts,” but also discovered the astonishing diversity of Chennai. Every day I encounter new flowers, new flavours and the endless beauty of the saris flowing through the city.

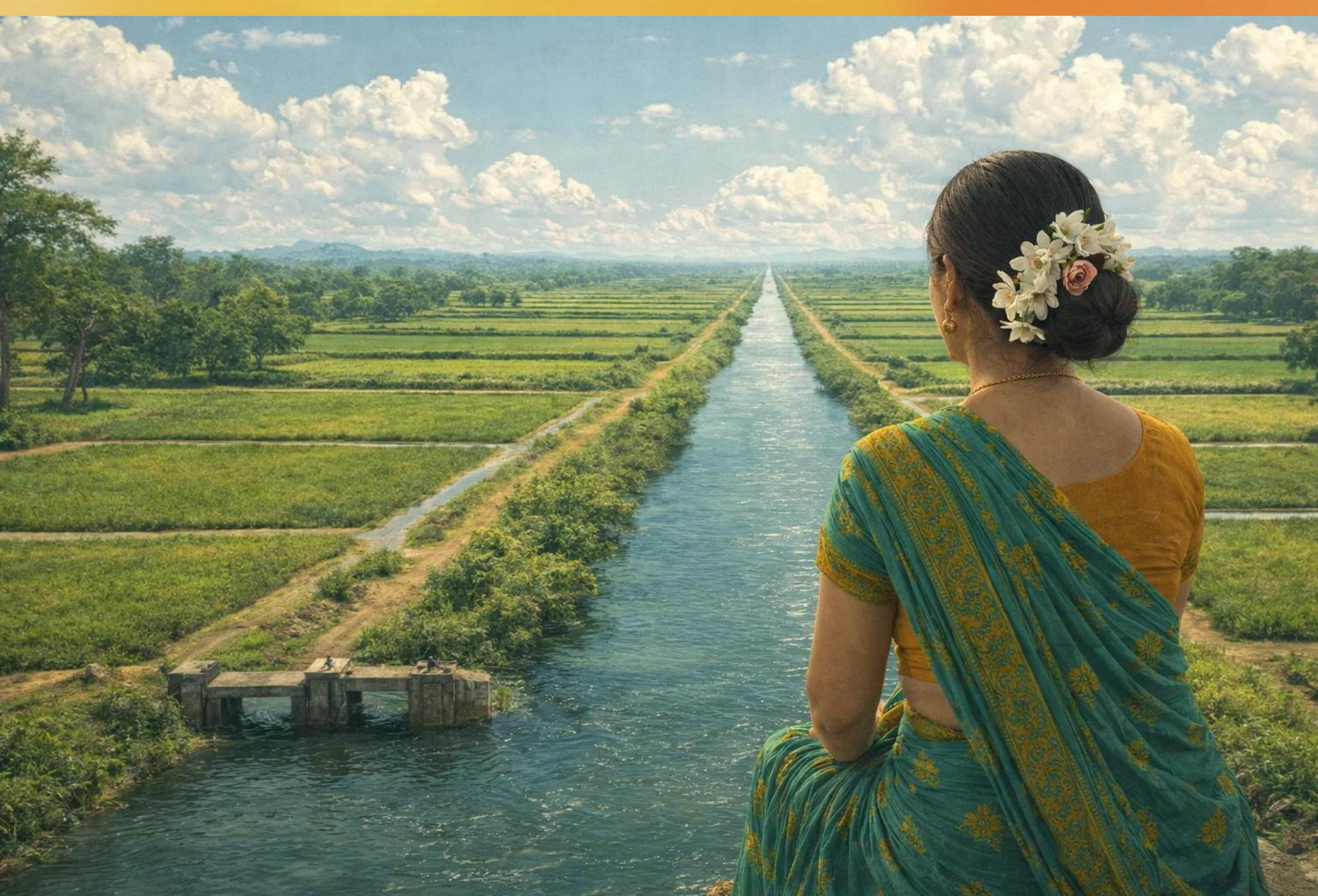
Our Donut Parade and park infotainment festival was such a success that the vice-mayor invited us to repeat it in another neighbourhood. Chendra's university cohort even turned the event into a short impact film. Chendra was especially proud that the youngest children learned through the coaching of teenagers — reminding us all that the original culture was truly *agri-culture*.

By teaching children about seeds, irrigation and water stewardship, Chendra believed we could create an informed community for life. And I think we touched not only the hearts of children and youth, but also the behaviours and intentions of their parents.

The city approved installation of Chendra's irrigation management system in the park, integrating it into the public works dashboard. Even as a newcomer I could see the difference: during the hottest summer, our park alone stayed lush and green — without wasting water. The children watched their seeds sprout into beans, peas and tomatoes, which led naturally to a neighbourhood food-sharing celebration. From there, Chendra began proposing household irrigation systems that could reduce water use while improving both the economy and quality of life. Her intelligences — as revealed through the GPS — are energizing and contagious. We are learning how individual choices amplify through meshworking public and private initiatives, strengthening both social trust and ecological responsibility. Chendra is already evolving from engineer to economist, moving from park irrigation toward stewardship of the city's canals and water flows.

Dear Mam, you always saw more in me than my scattered mind. You helped me trust that natural systems themselves contain intelligences and patterns that can guide elegant self-organization. I now see how economies, places and relationships are all manifestations of those deeper intelligences within the GPS.

That is why I believe Donut Economics can truly find a home in Chennai. We began in the inner city, but with Chendra's leadership and the city's growing support, we are now ready to move upstream — following the flow back toward the Source of all our intelligences, and sharing it with the growing network of Re-Generators around us.





Bee-ming up to you Mam —

Who would have imagined that the Evolutionary Impulse at the centre of the GPS would become the guiding “God” of our regeneration project in Chennai?

Diwali's joyful explosion of colour became the perfect moment to celebrate the harvest success of our irrigated community gardens. We drew a giant Donut on the park green and covered it in Diwali powders. The children adored it, and it gave us another opportunity to honour both Earth Resources and Social Justice.

We also co-created a massive “Donut Selfie,” mapping with coloured strings the changes our neighbourhoods had made since the beginning of the year. Water stewardship was our featured success, but through the “Gods” of the GPS we also heard from artists, youth sports teams, temple food systems, retailers and street food vendors — touching nearly all 9 planetary boundaries of the outer Donut. Chendra's university cohort earned top grades for their irrigation impact project. Their Action Research approach inspired parents and youth to monitor water use together, and the children's seed project became so successful that the neighbourhood transformed it into an ongoing community garden initiative.

On my last visit to the first park, I discovered someone had installed a beehive. The youth now care for it while younger children line up for the reward of honeycomb.

Meanwhile Chendra has expanded her vision to the city canals, exploring whether they could become a mobility system for distributing local food across Chennai. Once again she is using water to awaken awareness of the whole Donut.

Now we are discussing how to engage the other dimensions of the outer Donut — comparing industrial fertilizers with soil regeneration, and perhaps connecting with Vandana Shiva's Navdanya movement to deepen our understanding of Nature's intelligences: Eco, Emergent, Integral and Living. When I first arrived with my Integral City GPS toolkit, I had little idea where to begin. But people like Chendra and her cohort have shown me that regeneration is not only technical know-how. It is the weaving together of politics, practice, culture and community through the power of the Evolutionary Impulse.

Chendra truly embodies the capacities of a City Hub Regenerator. She and her team have shown that when people align purpose, imagination and practical action, even Diwali, seeds and water can become pathways for living Donut Economics as a way of life.





Hi Mam —

You can see I am truly “in the flow” now. I am writing this while standing on a canal boat after stopping for chai as Chendra and her cohort show me their prototype for canal water management.

Chennai is both challenged and blessed by two monsoon seasons, followed by intense heat and drought. Chendra's question is: how do we respond to these extremes within a Donut Economy?

She compares irrigation in a garden to a micro-canal system, but the city canals themselves are often stagnant and polluted by runoff and grey water. Chendra imagines transforming them into living mobility systems that transport both food supplies and prepared meals across the city — regenerating the canals with beauty, goodness and truth.

“Our flow system must manage both water quality and quantity,” she says. “So what allies from Nature — what intelligences from the GPS — can help guide us?”

Several older youth from the park irrigation project have now become interns with Chendra's university cohort. Through hands-on learning they are discovering meaningful careers in agriculture, ecology and water management — futures they never imagined possible a year ago.

Chendra has become something of a local celebrity and a favourite of the Ministry. Yet beneath her theatrical flair is a deeply spiritual and technically brilliant vision. After graduation she plans to work with Navdanya, bringing her passion for water stewardship into Vandana Shiva's regenerative soil and food systems work. Together they hope to integrate Donut Economics and the GPS intelligences into the curriculum.

So yes, Mam, my “diversity generation” has expanded the mission you gave me beyond Chennai into wider regions of India. Forgive me for asking forgiveness rather than permission — Chendra and Navdanya are already moving ahead.

You sent me here to experiment with a City Regeneration Hub in a land I did not know. A year later I find myself transformed — even discovering an unexpected talent for Bhangra dancing. Who could have imagined the joy, influence and regenerative power hidden inside a little GPS?

As I roll up the yoga mats in our lush irrigated park and push the canal boat back into the current, I realize I too have been regenerated. I do not know what awaits me at the Croft when I return. But not-knowing has become a country I am now willing to visit anytime — carrying with me a willingness to unlearn, exchange and serve Gaia's future wellbeing.



February 14, 2031, Rudi (Video)



OMG Bee – it is such a rush to just give you a hug. And Sasha, Jan, Ellie you all look great. But it's your stories that really amaze me.

So sorry I haven't had time to stay connected – but now that I've heard from each of you in our Sarmouni Circle, I just know that what each person was doing mattered to what everyone was doing.

When I listen to Jan tell the story of the tech house in Glasgow and how the guys took their know-how and re-purposed it for a higher good of the whole Block, I can admire the spirit that Chendra has exemplified in the Chennai Regeneration Hub project.

Heck, it hasn't really been a project at all – more like a series of choreographies for performances in the park, along the canals and now in the office of the Ministry.

I was really encouraged to hear Ellie, how your Jaco was a legal beagle who was so instrumental in your reforestation regeneration hub. Jaco sounds like he can stand outside the usual boxes and really see the forest as well as the trees. (Big smile 😊).

That's what I can see across all our stories – people from old structures can actually be living within them with DNA or evolutionary impulses that break open whole new possibilities. Engineer Chendra did it here in Chennai. Sounds like Jaco did it in Recife. A whole houseful of IT experts in Glasgow and Sasha you had investor, Klara in Vancouver. Maybe attuning to the 3 Principles in community brings magic through Deep Inner Listening, Working as Love in Action and Co-creating with Nature?

So, what I unlearn from our stories is related to the stereotypes we can have about individuals, organizations, roles and professions. Economics has suffered from all those old categories – until the Donut dared to dunk our assumptions in some pretty strong reality brew. I have seen with my own eyes how the Earth's boundaries relate to the preciousness of water here in Chennai.

But I can easily picture the flow of water in Ellie's forest rivers in the sky and Sasha's Organic Food Chain.

Earth's boundaries aren't secluded to one small geography but flow across the globe and through all of our Regeneration Hubs.

Bee, you gave me this GPS as a mystery power tool to support implementing Donut Economics in the Chennai Regeneration Hub. I am not sure if we have had as much fun as Jan's Placelet team in Glasgow – but one thing is sure, I never expected the GPS intelligences to come to life. As Intelligence Gods, they have given our youth new energy for learning not just as individuals but as teams. And Chendra's cohort have found ways to engage whole neighbourhoods with learning as fun, that I bet would work well in Vancouver or Glasgow or Recife.

And I daresay the irrigation system developed by Chendra's team would work well with Sasha's Organic Food Chain bots. I would totally love to bring those bots here for the Canal food distribution system. I can see opportunities not just for change – but exchange – of ideas, tech, experts – maybe even a stretch into the investment realm by inviting Pan-tec here?

I missed the Croft and all of you when I was in Chennai. But now that I am back at the Croft, I miss Chennai and the whole team. They are living inside me, just as much as all you Sarmouni. I suspect this is the magic that Bee has touched each of our lives with. The magic and mystery of living together with who we are with. But discovering that altogether we are just One.

Congratulations
Chendra & Students
For Your Inspiring Work in Regeneration!



EPILOGUE





EPILOGUE January 15, 2032, CROFT, Taking CARE Home

Bee looked around **the CROFT** at the shining faces of Sasha, Jan, Ellie and Rudi. **“What have you learned about co-creating City-Bioregion Regeneration Hubs? Now it is time for you to return home and share those learnings.”**

“Vancouver is so different than Izhevsk,” Sasha spoke first. **“Funny, I am almost more apprehensive about going back home than I was arriving in a place I had never visited before.”**

Ellie nodded. **“Recife had such different life conditions than Hong Kong. I feel shy about visiting family and friends to tell about my adventures. I think I will find life conditions in Hong Kong very different than 10 years ago.”**

“Well maybe that is the whole point?” Jan suggested. **“We all came to the CROFT to learn a better way than what we had grown up with? I know the culture – not to mention the weather – of Glasgow is so different than Jo-burg – culture may be the most challenging landscape to transplant.”**

“Mama mia!” Rudi exclaimed. **“I, for one, am looking forward to my mother’s Tuscan cooking, walking through the vineyards, shopping in Florence’s markets and spending time with farmers who really appreciate the food they produce.”**





What is the Lesson you Treasure Most?

Gaia Code of Care, Indigenous Wisdom, GPS Intelligences, Taking Care Home



"What is the lesson that you treasure most?" Bee asked.

"Teach what you want to learn," Jan smiled. "And live the **Gaia Code of Care** every day, embodied in the Placelet I now wear wherever I go."

"I learned to notice how the **4 Voices** show up in every community," said Sasha, "and how the **Prosocial Design Principles** help people become a true 'we'."

"The **wisdom of Indigenous peoples** changed me," Ellie reflected. "Now I see **Citizens Action Networks** through new eyes. Cosmo-local insights really are fractal."

"The **GPS of City Intelligences** and the joyful learning of **Donut Economics** showed me that celebration is also education," Rudi smiled. "I'll take those lessons home to Tuscany, where food is already a language of community."

"Taking CARE Home is now your next journey," Bee said quietly. **"The CROFT was never your destination. It was your beginning. Go well. Carry CARE wherever you are called. And when the time is right, return to welcome the next generation of Apprentice Regenerators."**

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***Every place can become a CROFT when people choose Regeneration, ONEness, Freedom and Truth.***



