

Building Our Regenerative Future - Course Intro

16 June 2020

Building Our Regenerative Future announces a free introductory live session with Bruce Parry (host of the BBC series Tribe)

We'll run through the topics we cover, and what you can expect from the course. Full Course information and details and PDF available at www.regenerativefuture.net

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Be there or be fractal!

Daniel Pinchbeck: [Pre-recorded Intro] ... the fragility of our civilization.

What do we do now? How do you fulfill your greatest potential and thrive in this new fast changing reality?

Collectively, we know we have to make a transition to a regenerative system that is in harmony with the earth. Local communities must become more resilient and self-reliant.

Building our regenerative future is a month long intensive course. It teaches the new skills and tools we all need to know now to make this shift, we examine the crucial macro trends in areas such as food, health, community, economics, culture and consciousness. Building our generative future present to revolutionary new source code for the future of civilization and your own future.

Daniel Pinchbeck: Hey, everybody. Welcome to our intro. I'm here with Roy Spowers and Bruce Power will be joining us in a minute. We're very excited about this course which launches on June 29th. It's definitely a new venture for us to experiment. We're doing 8 sessions over the course of a month, along with some optional extra workshops, optional reading material, possibility to gain any kind of certificates that includes written exam and yeah, kind of the title of the course sort of sums it up building our general future we're really looking at a time of great uncertainty, a lot of people don't really know what's ahead. There's a lot of confusion. And we kind of feel that we can sort through that and sort of say what the goals are, what will be the best possible goals for us individually, how do we thrive in these? Changing turbulent times, what are the tools that we need to flourish and then also how do we contribute to a larger process of social change and evolution and yeah, well anything you want to add to the basic gist of it.

Rory Spowers: Well, I think that's great, but I suppose what sort of holds all of this. These core topics together within this regenerative umbrella is that they. By very the very nature bring us back in step with biological system, so the force that is driving us in ever deeper towards off the precipice is a is a linear and extractive system which is fundamentally in odds with the. Way nature works so. The way we can step back inside the system is by creating systems that are by by. Very nature, regenerative and sick.

Daniel Pinchbeck: Yeah, exactly. And yeah, we were looking at a number of different areas that we're featuring. We're going to talk about food we're seeing that. Yeah, food is a major area health culture, economy, consciousness. UM and. We're going to start with introduction. Where are we now? Where we go from here and a conclusion which is going to be more on how do we build kind of a unified movement around these ideas kind of we're going to jump into these after Bruce talks and in more depth. But essentially the three main goals of the course, we want people to. Gain knowledge for there to be kind of a coherent unified field effect where people really have a shared idea of what's possible. Now what types of changes have to be made ecologically and socially and personally, how they make those changes, from knowledge into action what are some? Of the practical tools. Rules like let's. Say you want to become more self-sufficient or resilient. Maybe you want to begin to move into community, living, cooperative ways of being. We're going to try to help guide people through some of that, and then so it's knowledge, action, and connection and connection is really creating this, this, this, this field of collaboration. Where we're aware there are more people who share these goals of making the shift towards your general society. And yeah, that's kind of how we're how we're seeing it it's really meant to be kind of proactive. And we're offered in the course includes. Obviously the course itself, the sessions will be live, we're going have special guests, special guest hosts, faculty and all the sessions will be archived. So if you missed the session be able to. Watch it anytime. We'll have additional resources or reading. Watching lists guidelines for future study, potentially some exercises. As I mentioned, certifications, some optional workshops and areas that don't really, we know are very people very passionate about don't really fit into the main category. Is and yeah, kind of a community engaged hub or network. For for the future. Rory and who want to throw in there anything that that stands out?

Rory Spowers: Yeah, absolutely. And I guess this, yeah, Bruce has obviously got some amazing insights from all of his time spent with indigenous people around the world around what we can learn from them in terms of community and I think there's maybe there's two aspects to this. There's this sort of online digital community, which I think is an important aspect, but it's also then. The analog real time community and I guess. Whatever we may make of what's going on in the world right now, one thing we do know is that community and the solidarity and resilience and strength within the Community is going to be really critical, dealing with whatever it is that's coming down the pipe from any different. Kind of direction so. I think how we and how we. Make this sort of step change from these quite well known individual lifestyle actions into these more collective community level engagements and. That's really a way, a way. We're proposing that deep systemic change can actually happen from the grassroots, from the ground up, creating these small little nodal cells, if you like, that become the catalysts within their communities.

Daniel Pinchbeck: Great. So let's bring Bruce on and Bruce, I thought the first question maybe if you do explore would be? Yeah. Like, what do you think of this whole concept of general society kind of moving? This is a model for the future of

civilization. Do you think it's feasible doing it's out of the question and then how you are you are you seeing that people could, you know. Move. In this direction.

Bruce Parry: Hey guys, just a little one to start with hey? Well firstly I just want to say how how. Please say and that you're putting this thing together. I I've been an avid follower of a lot of your posts recently, Daniel, I find that you're especially on Facebook, fearless explorations of these wide-ranging subjects have been a great solace for many of us and the same for you. Or it's like I've learned so much from you over the years. It's really nice. To see you come. Together and I really feel that they're. Depending on you. Know how this all unfolds, but there's a real possibility for some real deep learning and interesting new findings that could come out from this, so it's. I'm very grateful for you inviting me in to be part of the the introduction. So to answer your question is, is it possible? Yeah, it absolutely is. Is it, is it probable or what's the highest the likelihood is? Well that's in the balance, isn't it? And it's really curious time for us all the whole world for the first time ever has gone into some sort of hibernation and I'm still really curious what's gonna happen when they come out you. Know I still don't know. So what the state of play is going to be? You know, most of my friends have have had actually quite a positive time recently, but I don't know what it's what it would have been like to have been. Cooped up in a. In a, in. A tiny little cubby hole in a city for all this period of time. Whether that's going to accentuate the trauma or whether it's going to actually have. Invited people to enter into a new way of thinking. I think the jury's out on the. But moments like this are going to come again, and there there is such a thirst for a change. But there's also a thirst for business as usual. And it's so scary seeing that that there's going back bailing out all these. Or bailing out. The airlines and everything and it's like this, they just pro was still pretty strong. And so all of our thoughts and dreams and sort of sideline wishes still feel quite like they're. They're peripheral. Actually at the moment. And so for all of the people that are out there that want wanting something different, I don't think there's real answers for them yet. And so that's why I think what you're offering is really is really vital. But the hardest thing is. To get the. Messages out, so often we're in our own echo chambers and we're just speaking to the converted. And it's like, how do we get this in the mainstream? That's the hardest thing, because the narratives that we're all dealing with that are being pumped out, the same old narratives, and that's where I think the the battleground is, I. Was watching Steve Bannon this morning on his rural pandemic talking about this Seattle alternate zone and just highlighting all the negativity that's going on there and how this sort of autonomous society is like, really just at each other's votes and it's all negative. And of course. That's the normal mainstream message that anarchy or any form of decentralization is going to call. Just to just turn on each other and then you can to another channel and they'll say quite the opposite and that's where the fight is. It's in these narratives.

Daniel Pinchbeck: Yeah it's even very strange, in Seattle apparently the police just kind of abandoned their precinct there, almost as if they were inviting this thing to happen as a kind of optic for the right wing.

Bruce, I'm curious. I mean you and I both have a huge interest in indigenous cultures. And believe that they have kind of seeds of knowledge for us. I mean on the other hand here we are in this huge globalized industrialized world with 8 billion people on the planet. You know what? What, what can we what can we kind of take or borrow or share from indigenous ways that could be helpful for people. As we go through this, more and more uncertain kind of time. That we're entering.

Bruce Parry: Well, I mean, endless wisdom and knowledge that we can we can learn from our indigenous cousins who are still living today and also our own ancestors from the past. And so much of that is already in the world there's like notions of connecting to nature, notions of bringing up children and community, notions of how to go through healing practices, notions of plant medicine, all of these sorts of things. They're gaining more traction. And that's so beautiful and so necessary. And you see that more and more around the world. But the thing that I've been really interested in recently and Roy will know this because obviously we made the film together to like, is this idea of truly decentralized, non-competitive egalitarian societies and that that was actually our default mode for like 90% of our time on the planet that we lived in. Relative harmony with each other, the full hierarchy and aggression and competition sort of took hold and took off. And I find that that is an area that I'm super interested in because again, it's just another one of these areas that challenges the narrative of today. The narrative for today is that we've always been aggressive. We've always been competitive. We've always been more like, it's always been patriarchal. It's like this is just the same old and there's nothing we can do about it. We're an aggressive species. That's just. Out there to have its. Way and it's just not my experience I've.

Daniel Pinchbeck: Even. And I'm just curious because it's become a very like Daniel Schneckenburger has become very popular talking about anti rivalis systems and how rivalry and competition is somehow totally bad. But isn't it kind of basic? I mean, even the hunter gatherer societies? What they what? The men compete over, who can bring in the biggest wild boar or something. I mean, isn't that little of?

Bruce Parry: That well it's so fascinating you say that because, of course, that is the narrative and it's even what we're taught have been taught for a long time, even in anthropology and what have you. It's just there's so many studies that would suggest that's the case. But there's a growing. Understanding that that's actually not the case, that they're that they were very, very, very powerful and strong and well used tools within a lot of these societies that I've had the privilege of spending time with that were the opposite of that, that actually the hunter if he started showing off that he was the better hunter the other guys would refuse to go. Dancing with them. But they just they would every step, do everything they could to minimize power, centralizing to minimize people showing off or hoarding because they knew universally. Each and every one of them in their own bones in their own body. That they that if power got out of hand it would cause problems. For the society, well, we're learning that for ourselves now, but they just had a narrative that kept it ticking over but not coming from a central. Those body that held them to account, they're coming from

every individual, be fully empowered and autonomous to be able to hold each other to account in this unified field of understanding that it just isn't good for us. And I find that so compelling. And I know it's a long, long way from where we're at, but it's just for me. It's like knowing what's possible. Allows us to take those incremental steps towards that direction and that direction for us here is decentralization and I think. We'd all agree with that.

Daniel Pinchbeck: So you think that things like mutual aid networks, as one example, might become more significant as we enter this crisis? Period.

Bruce Parry: Yeah, I think that. Absolutely. I think there's so many things out there and the rise of the Internet makes a lot of this possible. Now, the rise even some of the, the, the views coming out of Silicon Valley have. But at its heart, decentralisation, they they've forgotten about the accumulation of wealth aspect. But as far as decentralization, there's all sorts of stuff that's rising. People are seeing the benefits of it, so I think that it's gaining traction, but it is like I say it's a war of narratives at the moment and I. Just wanna add. That one because I feel that it. But it offers us so much of an insight that does something, I think to us inside it's like, ah, it's relaxing. Yeah, that's what I feel in my heart is a better way to be and actually wow, the that's how it was for the majority of our timer planet. I think that's a powerful message to put back in the world.

Rory Spowers: I've seen those self-regulating attributes of the tribal network, they have evolved over a long period and but of course what we've what we've got now and if we look at how natural. Distance at every scale work, whether it's the neural network. Or my serial networks underground or corollaries like all of these are these nodal distributed network systems and the hierarchical sort of linear systems that are human engineered and we've imposed on top of that. I'm just never going to be in step with it. It's just logically impossible. So I do think you part of the process before we can do anything differently. We've got to think differently and we've got to sort of look upstream. For to all of these things so that we're always patching up the symptoms downstream rather than going upstream and looking at trying to prevent those things even arising in the 1st place. And that's why I think this, this trying to catalyse these things within communities at the grassroots level. The way that immunity and resilience develops in an ecosystem is through the natures relentless desire to complexify and diversify, and that's what gives. It those attributes. And what we have is a homogenizing centralized top down, techno driven culture. Now that is that is essentially just sort of commodifying everything it can right down there to our data and even the human body because it's run out of other things to turn into commodities. And so I think the 8I I always go back to the buttons full of crates. Yes, the concrete change replacing existing reality, the newborns to make the existing model obsolete. And I would say that this is where it all lies. Is, is, is us starting to show these new models at the Community level and that's how people will get drawn in and then maximise their resilience and immunity to what's coming down the pipe.

Bruce Parry: No, I couldn't agree more. I mean, in fact, it's exactly the place that I got to in the last few years, having spent many years as a broadcaster and filmmaker and realising that actually. It's all very well running around talking about it, having a high carbon footprint that's pretending that doing the best they could, but actually ultimately still being part of the issue. And I was like, the best thing I can do now is step back and actually be the change and try and do exactly that. It's like, show that show. That. Not only is it the best thing for our kids going forward for the ecology, for the environment, for just for every aspect of how we're gonna try and get through, but also that it can be extraordinarily positive and beautiful and fun and there's a whole bunch of things that you have to you have to make an exchange of some of the things that we found. One before all the consumption, all the frills, all the excitement, all the stuff. Yeah. Some of that's gonna lose some of its luster. You're gonna let go of some of that, but in its place, it's something else gonna arise that's gonna be just as as beneficial and fun and joyful. But there is a transition period and it is difficult it is hard at slowing down and we're so addicted to stimulation when we're so addicted to these comforts and all of these excitements of our life and taking a slightly different part, it's it's a, it's a journey, but. I think we just again have to believe that in the long run there's something in there that is just as good that's just as beneficial. And I think that that it helps so much when people come together for that, it's very hard to make these journeys on our own. But when we can come together. Then it's the much, much more manageable and enjoyable thing and I think so many people found that when they went to the streets with XI here's a decentralized way of doing things and people coming together for a festival. But actually with this, with with meaning at its heart you get a taste of it there and it's it's. It's like lots and lots of people moving to intentional communities. Now and and. Stepping away and I think in its own right that is a form of revolution. It is a revolutionary act and grow your own food. And to really be paid. A huge amount of attention to how much you're buying in. To energizing and giving your power away to these corporate mights and corporate entities that are just running the show. So stepping back and doing things in in localized ways is A is a radical form of revolutionary action in its own right I believe. And it also I mean we don't have time to go on to this. Now, but when when if we have a chat later during the course, I can allude. Elucidate more about that First revolution. Well, you've heard me talk about it before when we took down the alpha male. When the women came together and said no to the alpha male and invite to the other guys to come in to live in the Galatian harmonious. Societies there are. Lessons in that about how we can. What we can learn from those early people that first ever revolution about how to deal with power, how to tackle power rather than telling. It head on. And trying to fight it because we will always lose if we try and. Challenge that power base. In the same way that it is we it, it's too powerful. We have to find other ways and one of them is stepping to one side and creating these communities. But there are other tools as well that we can use for really changing the power and I think that's that's would be an interesting thing to explore.

Daniel Pinchbeck: So Bruce, I'm really happy that you're here with us. I think we're going to do is we're going to run through the different sections of the course for about 10:15. Units. And then, if you're amenable, we'll bring you back on. We'll have a little bit more of a discussion. You've opened up a lot. Of. Questions that I would love to get into. I mean that's the problem. I think that Rory and I are both. So we're all very personally fascinated with this exploration and yeah, we just want to share that fascination. You know? So that's great. I also want to mention that in honor of Bruce Perry, we're having a 20% discount on offer if people want to jump on the course, they just have to use the code. Bruce. Which is not produce Springsteen, but for Bruce Perry at the at the checkout at the Crowdcast site. Or they just going to regenerative network, sorry regener future.net and from there they can register for the course with that with that with that with that code so yeah. So let's let's jump into the six areas that we're focusing on and. Well actually 8. Areas we have a beginning and and. End and the first area we're gonna. We'll discuss together. It's just kind of opening. Where do we go from here? How do we understand this global crisis? We're in this cascading of impacts of the COVID-19 on health, but also on economies and social life obviously we're seeing these massive. Just happening in the US right now, this massive protest kind of proto revolutionary protest movement happening. And yeah, does this open up an opportunity for kind of a profound transition or transformation or do you want to maybe? Go through some of these topics.

Rory Spowers: Absolutely. I think, I mean, Daniel was the one that introduced me first to this notion of the planetary initiation or the crisis. And I think it's so pertinent right now. It really is, was speaking to me loud and clear in the recent months. Having wanted to a sudden kind of sort of transition phase for sort of so long, those of us who've been sort of working in this area, suddenly we were presented with this extraordinary hiatus time. So it's an incredibly potent time right now for us to actually sort of affect some of these changes and I think, yeah, really on from that into the. How we sort of thrived within that. I think what we just touched on earlier about turning this into an adventure, it's it's it's not about. It's something sort of irksome and tiresome and some laborious thing to enter into. It should be something that we. You know that. Should be enjoyable and fun and about bringing people together. And that that just. Helps to build these strong connections in communities that it's going to be so crucial. I'll, I'll just say just go through these top 4, Daniel and then there's sustainability. You know this term has been very coopted and ultimately it's the sort of gradualist incremental tweaks to things that are already broken. It's about making business a little bit less bad than it was before. And it's not really looking upstream to where the problems are arising. So that's I think a very important distinction to make that these regenerative models, there's this concept of backcasting, which we can unpack a bit in the course. But I think it really starts with challenging some of these basic assumptions. And recognising just how much power and control we've lost over our central basic human needs, and we've abdicated that control to these centralised institutions and corporations. And then again, this theory of change and it's it's a tricky

1 because of course there are lots of people doing incredible work at the interface. On the sort of policy. Level within businesses, the circular economy, all of those sorts of areas and also the the Civil descent move, the extinction rebellions, all of these things, I think, need to happen. But for a lot of us, these things are maybe just too abstract from our lives. And I think we really want to look at at how we can all come together to start to implement. Some of these new models in a humble Co creative way within our communities, whether it's a, A community supported agriculture initiative of micro energy grid and wind power cooperative. All of these these different models because then we're actually showing people that it can be done. Daniel, do you wanna do those 4 below them?

Daniel Pinchbeck: Yeah, I mean we are, we want to explore it's a it'll be a sub theme throughout the course will be the psychedelic renaissance. Both of us have been involved with that. My first book breaking open the head was kind of helped kind of shift cultural perceptions around psychedelic shamanism. Rory was. Has been the director of the Tyringham initiative, which has been doing psychedelic research and then we want to propose in, in a way, the psychedelic renaissance has been. The maybe not in a way tamed or domesticated. It's mostly focused on personal healing and creativity for software engineers. But we we feel that. You know the. The deeper value of the psychedelic experience has to do with really gaining like a new perception, like a new social understanding that can be applied on different ways and so we're going to touch on that 3. Of course, what we call the regenerative model, which includes, as Roy mentioned, the cyclical economics bioremediation, community based values, relocalization, bioregionalism how how these might become the new standards for the future kind of replacing their natural. Not, nationalism and corporatism and anyway, we we also really want to focus on in the course is what what people can do practically at this point to improve their lives. So we talked about moving competition to collaboration. We'll talk about local economies and new types of careers that are opening up in their general sector new ways that people can get involved. In in building this better future even if it requires a little bit of temporary sacrifice, right? Because maybe not going to make as much money in the short term as you would in advertising. If you're like a psychedelic psychotherapist, or if you're doing a farming community. But actually it might might be much more sustainable for the long term. And one of our visions is that part of the shift is is going beyond the paradigm of the present time, which is based on materialism and separatism, separation, alienation, and what it means to develop. A kind of new. Story for the people and new mythology for humanity awakening and how we can all play a part. In developing that story and sharing that mythology. So let's move on to the next area.

Rory Spowers: Great. So yeah, we're starting with food. When I pulled together these six topics for the regeneration platform a year ago, the idea was to try and. Show us sort. Of the systemic journey, rather than the linear one that each of these are sort of embedded within each other. And that food? You know, through the water being our most basic essential human need. And then if we you start really up doing with our

basic autonomy and sovereignty over these immediate needs, this is also the area where we have the greatest power to affect change potentially. It's of course very difficult to be prescriptive in any shape or form because people live in so many different situations. So obviously we want to have a really strong look at urban agriculture, which may seem like a really daunting prospect, but there are so many amazing possibilities out there. So relocalizing our food system, this move towards regenerative. For me, which in the last 20 years has just shown how this is maybe the ultimate systemic solution, because not only can we get. Sorry, our feedback under our control, but we can also sequester lots of carbon back into the soil through photosynthesis, which is what nature's been doing so successfully for, for many millions of years. And I think when we get more as much control over our food system as possible, we obviously. Building our sort of our resilience and. Self-reliance for the future. At your meat and looking at at diet and veganism very complex and polarizing issue and we will definitely want to unpack that a big bit. There's no doubt that we should all be eating considerably less meat, but there are very complex arguments to look at there that that livestock beg your pardon, you can play a very fundamental. Role within these regenerative farming systems. The seven herbs we want to then really also look at the role of nutrition and some of the things that we can all be doing very easily at home, within families, within communities to optimize our immunity microbiome. And we'll look at that in a bit more detail in. The in the next section. And then this whole area around soil biology and soil carbon, which is really very recent 20 years ago when I wrote my rising tides, people still felt that it took hundreds of years to make topsoil. But we now know that's not. Two and regenerative farmers across the globe have done extraordinary things within 10 years, turning one or two inches of denuded topsoil into really 8-10 inches of five and topsoil within 10 years. And again, livestock can play a fundamental role within that. But also the rewilding movement and just this need to be working with nature and its inherent need to diversify rather than the centralized industrial Agri business which is resorting to ever greater quantities of chemicals and pesticides to try and you know. Maintain a system that's fundamentally out of step with what nature is trying to do. Permaculture really important term I think much misunderstood, often only aligned with food systems, but it's about an integrating integrating sort of whole systems, lifestyle design philosophy where the built environment, your food system, your water, your rainwater harvesting, your energy. It's how you bring all of these things together. To maximise your self-reliance and your resilient as a family, as a community and these principles can be applied at any scale, even if you're living in an apartment or if you put a tiny back garden or whether you're live living in a very rural area. Seaweed farming is a macro issue in a. Way but it. Does have this extraordinary possibility for for mitigating climate change series grow something like 30 times faster than any land based crops and have an extraordinary ability to sequester carbon very, very rapidly. They can also then rebuild biodiversity. In the oceans, which can then supply vast populations with fish protein. And obviously, people who live on the coast are involved with with the fishing industry. This could be much more personal, but there are some

amazing models out there like this 3D ocean farming model which could be really I think again another hugely interesting entrepreneurial area for us to look at urban agriculture. Community composting initiatives, community orchards, all of these things there are. There are so many amazing initiatives within the urban landscape which are possible from Gorilla Gardening 3 to these big rooftop gardens, like Lufa Farms in Montreal, which supplies phenomenal amount of vegetables. To the local community and then local farms. I mean, many of us live in a place where we've got no access to to. To decent sort. Of soil to grow things, but we might live close by somewhere where we can go and get involved and community supported agriculture and I really believe is. One of the. The great ways we have to start really sort of building resilience into our community and maximising our resilience against what might be coming. And then I would just go into health for. Daniel or the the. Economics section. So I suppose going back to that sort of hierarchy of needs food, water and sort of personal health obviously being integral. Then I think within the Community area, things like energy and. Communications and mobility and transport that have become a sort of. Secondary thing, but I think. In light of what's going on, we've got to really all take responsibility for. Our own health. Our our understanding of the immune system now is is much greater than it was until very recently. By the understanding of the microbiome, something like 80% of our immune system health comes from our gut flora and there are all sorts of things that we. Can be doing. There and then there's this direct correlation between the health of the soil, the food that comes from the soil and the health of your microbiome. And you could say that that sort of system extrapolates all the way up to the. Biosphere at large. There's even dopamine and serotonin in goods thriving organic topsoil. So the two prominent neurotransmitters in our brains are. They've been recently discovered, are are actually in cop soil as well. There are more microorganisms in one teaspoon of topsoil than all the humans that ever lived. So that gives you some understanding of. With the complexity. There and then, there's very important sort of split between allopathic, pharmaceutical, interventionist medicine and biological medicine. The the former obviously being miraculous these days when dealing with, with, with injuries, with acute injuries where you need intervention but pretty inadequate. And dealing with with chronic systemic conditions where I think biological medicine has a much greater part to play. And I think that's something that we really want to look at and then how that can also just in inform us about building our immune system. Health vaccinations again another vegan like veganism that's incredibly polarizing and very politicised and complex, and something that we will try to unpack because I think that's a bit of a minefield, but it's definitely high on this the priorities at the moment where we see what's what. What's coming? The new sciences of epigenetics and neuroplasticity, again in the last 1020 years, really redefining our notion of. Of how much control we do have over these things that we've been sort of educated to believe that it's all down to this sort of genetic deterministic model that's now been shown to be woefully inadequate. Addiction. Massive topic obviously usually associated with substances, but now I think very, very pertinent in relation to

our to, to technology and the digital space and our devices and I think this is a really really. Important area and. I will need to really sort of develop a level of discernment and discipline with that, because it's quite easy. The for us to expend a lot of the energy that could be going into some of these analog activities just disappearing into this digital space and let's not forget the extraordinary sort of carbon impact, yeah, every Google search, every movie you streamed. And this is a hugely undiscussed issue. And it's massive detoxifying. Particularly from heavy metals, I think is really, really critical now, especially with this sort of amplification of EMF. There's an awful lot of study to show that that heavy metals in our bodies are interacting with EMS in a very negative fashion. And there are very simple things we can all do to detox from heavy metals, certain things we can bring into our diets like to. Weeds and cracked cell Carella and these micro green algae and stuff, but also pesticide residues and the rest of it. And then Daniel talked a little bit about psychedelics, but I think, yeah, obviously incredibly exciting. What's emerging in that area in terms of dealing with the mental health crisis, addiction issues, it's an ability for us to really kind of reset and I think one of the wider issues there that doesn't get discussed as much is actually this ability for it to provoke. This biophilia. Response by a failure that Wilson Coin, which is this innate sense that we belong to the biological world, and which so many of us seem to have lost. So I hope that. Helps to explore that a bit deeper and more. Daniel, if you want to go on to the economics section.

Daniel Pinchbeck: Yeah, totally. And you know. Yeah. I mean, there's different levels when it comes to the economy. I mean, on the one hand, I mean, as I wrote a book in 2017, how soon is now, which we're talking about the ecological crisis and what types of systemic level changes we would have to make to really reckon with it and not on some level we would have to deal with kind of the capitalist system. Is very debt based and requires constant return on investment and constant growth and development. And we're kind of seeing that that's coming into conflict with the finite resources of the physical environment that's on a metal level, but on other levels, we can actually think about our own lives and our capacities to really, participate, where we are now in this kind of regenerative economy of the future. So some of the topics that we're covering, there's this whole idea of the fourth industrial revolution. How that can be melded with regenerative design? Because I mean, whether you have a positive neutral or negative view of technology? You know, when we look at the extent of the changes, the geophysical changes that are happening to the planet, if we're actually going to address them in a way that allows more than a handful of communities to survive, we're going to have to look at exponentially scalable technologies in areas like energy and forestry. And so on. I mean, these include things like biochar, which is a way of burning organic matter so that it creates the soil rich tilt that can that can generate forests and and, upland or, rain rain water harvesting and. So on so, and then there are going to be real legitimate opportunities for people to have careers in this regenerative economy and it's not. Going to be. It's not in doubt that the attention is going to turn this around in the same way, like Black Lives Matter was kind of simmering for a number

of years and then suddenly has exploded and erupted into this global force. There can really be no doubt that the ecological emergency, which has been kind of hovering on the periphery of mainstream awareness. Within the next two years, it's going to become the main driver of society. There's just we're not going to have a choice. I mean, Europe was 1.4°C warmer last winter than ever before the changes that are happening are are are, are very fast and they're going to create new opportunities as they create chaos and tumult and some of. That is going to be. Going to be reflected in new economic models, G growth and so on. We'll talk about the economics of happiness. You know how we move from a GDP model to a Gross happiness Index, how we really make people's thrive ability disconnected from purely consumerist models and so on, circular and donut economics, we'll talk about now we're seeing major cities adopt this donut economics model that Kate Raworth developed, like Amsterdam. Hopefully we'll speak to her or a representative of that design philosophy, radical localization by regional. Regionalism. There's different ways that you can use economic models to reinforce these, Tom Greco, somebody who's written about local exchange trading systems as one as one modality. How we can actually finance the distributed renewable energy revolution I mean? We know that. Yeah, they have the costs for renewable energy sources have gone way down in relationship to fossil fuels. It's just a question of making that really mainstream. I do want to mention I know this is a lot of information. That we're sort of passing through very quickly. All of this is available for on the PDF we have for the course and that you can pick up by going to our website generalfuture.net and giving us your e-mail, and then we'll send you the whole PDF package. So look at ethical investment models redistributing capital divestment. We'll look at localization compared to globalization, how we could kind of globally relocalize and we'll look at cryptocurrencies, their promise and also now we're seeing some of the realities of crypto Bitcoin for instance many people would now say support is kind of a right. And libertarian ideology, unfortunately, you know. But but in a sense, crypto gives us the sense that we can redesign our financial system in really profound ways. So you know. There could be tools in crypto for the future that would help us to bring about this decentralized kind of holistic economic model. Let's go into the next area here. Community. Yeah. Once again we're looking at a model where, I mean we've lived in this industrial civilization where people are alienated, separated in cities. So clinging to their families. But community has been. Was really a main bulwark of humanity through most of our history. Until recently, we've kind of lost it in, in, in, in the industrial world. And it's something that crisis is necessarily going to bring back. There's a beautiful book by Rebecca Solnit, the Paradise built in hell where she looks at kind of communities that were hit by these terrible disasters. And how actually is strange people often remember them as the best times of their lives afterwards because they were they were brought together and shared mission and shared purpose. And this also goes back to this idea of this, seeing this time as a great initiation and a great opportunity where we can actually activate the what's deepest and most powerful within us. Let's go over to the topics for community. So we only have

a few topics here, but there's decentralized local governance models, different examples that already exist, Porto Alegre and Brazil is one. There's different movements that are starting or have started with demos in Spain is 1 grassroots movement. Symbiosis.net is another interesting one. Trying to reinstate local direct democracy. We're going to look at how you can start your own community. You know how you or join one, find one that that appeals to you or start with from scratch. We'll look at this idea. I mean many people are now thinking about leaving cities or leaving countries people are being to think about leaving the United States if they. Have the wherewithal. Places like Nicaragua and Costa Rica may may provide opportunities for literally experiment with new social designs, new new back to the land kind of living. Systems and we'll look at indigenous design models, how they provide templates and what we can take from them. Ritual being a key component and ceremony being a key component of indigenous lives and in their approach to the world. And we look at leadership there's going to be a new need for leadership and we're hoping that the people who take this. Of course, really be seeing themselves as kind of leaders of this emerging new culture, this regenerative paradigm, and we'll provide some tools and ideas for that. So let's go on to the next topic here. I know where our time is ticking away here. Culture is another important area. How do we tell the new story? What is the new story of the people? What's the new mythology? How do we use all these incredible tools we have now of media, social media, YouTube and so on? How do we spread the great the great ideas? And let's go to the topics for that. Yeah. How do we use the power of media media? How do we harness it? How do we use our own network or own outreach? How do we become the best, most useful storytellers for our people?

Rory Spowers: How we can?

Daniel Pinchbeck: If we are, if we are culture makers, how we embrace our role as story. Takeout sellers and myth makers, how we understand that is a crucial role in this time. How to understand culture as an operating system and how we can then think about the shift of culture as part of the relaunch of our whole social operating system and how that contributes to building this planetary culture, which is really our focus. Models, myths and principles of that shift and yeah, different areas, storytelling for art, for music, for activism. How you can show up as a leader in this movement to maximize the power of your own voice. And as we mentioned earlier, for the next day for those people who watching this 20% option to join the course, use the code, Bruce for Bruce Power and not Bruce Springsteen at the checkout at the Regenerative future.net site, let's go on to the next topic area here. Let's quickly move through this.

Rory Spowers: Yes, they just finally we look at, well, the penultimate episode is on consciousness. And then I said that that was spiritual, but it's really I guess questioning the biggest assumption of all about who and what we are, what we think we are relation to each other and to the wider world. So we want to start by our understanding what consciousness is. Is it actually a a bizarre emergent property of complex the road or firing like we've been taught led to believe? Or is it something much more fundamental, something much more primary which the Mystics have always

said and which many scientists now seem to be converging on? And this concept of the left right brain hemispheres, which I really got to thank Bruce for for leading me to the work of Ian Mcgilchrist. But I almost with each passing day I noticed this more and more within myself and I think this this our sort of desperate need at the moment to make sense of what is going on is this very focused left. Main aspect, whereas our comfort with the uncertainty of what's going on, which I think we need to cultivate in a way, is a very more right hemisphere thing, which is much more present. I think it's there's a lot we can learn from that model. Personal and planetary initiation. So again, how we can use this incredibly potent time with these new understandings to really sort of reenvision our sense of human identity and how that connects with those around us. We've touched a lot already on psychedelic shamanism, but nature mysticism. And psychism these other sort of more animistic belief systems that can reconnect us to the natural world. Neuroscience and the default mode network, which is this very fancy scientific term that's emerged largely out of the sort of psychedelic renaissance, and it's a term that really applies to the sort of egoic structure of the brain and how the psychedelic experience and the meditative experience and the mystical experience represses. That part of the brain and brings us much more back into, into, into present. Into the presence and archetypal astrology, an area that that I know Daniel is is very keen on. But some of these systems have a lot to teach us, I think. And they're ritual pilgrimage and intention just if we actually if if we spend too much of our time absorbed by the notion that. Everything is going going to hell. We've got very little hope of actually sort of realising it. I think if we can all collectively really start to just build a picture of what this regenerative society might actually look like and what we want to aspire to, we have a much greater possibility of bringing. About and I think yeah, there's a role for ritual within our all our lies and even pilgrimage to to, to, to, to important sights and the rest of it as well. And I think actually the basic human activity of walking I think is probably one of the most underestimated antidotes to the mental health crisis. And then finally in the concluding episode, we want to just look at how we can marry these more localized efforts within a more global unified movement. So how do we actually connect? These analog activities with the digital domain in a way that we can maximize their dissemination and potential sort of replication, so coalescing and consolidating all of that. I think this whole. Area around how we organize ourselves. Again, we can learn so much from the way the ecosystems organize them. Cells this notion of autopoiesis, where as an ecosystem gets more complex and diverse, its ability to self organise also increase its so it's all of these things which are in a way sort of antithetical to the top down hierarchical homogenizing system that's being imposed upon us and again, and embracing your purpose, I think finding a sense of meaning and purpose is so crucial right now. So many of us have had our lives so disrupted and so uprooted, it's very hard to see a way forward. And I think many of these initiatives and projects that we wanted to highlight can actually give meaning and purpose back to people and families and communities and bring them together. And Daniel, why don't you just wrap up on those? Last three there maybe.

Daniel Pinchbeck: Absolutely, yeah. So and as we said, in the so first of all. Yeah, but I'm really hoping this gives people a really good, good sense of the range of stuff we want to cover. And these will be long sessions, they'll. They'll be live. With experts and guest hosts different segments, they'll also be archived that people may can't make the live 1 if they can watch some of it, it's going to start June 29th. And it will run. Basically, for the next month to late July, twice a week, it'll be Monday and Thursday's session. So yeah, we really hope you can join us we have a price point for the course, which is kind of €200, two \$20. We are totally we're offering 20% discount and also we we really we want the course to be regenerative in its nature which means that we understand that there are people who can't really afford this type of. Price right now and. You know we're amenable to more discounted tickets or scholarships if you're in need. If you can write to me and kind of let me know what's happening. So, yeah. So. So the that's that's kind of where we're at. This is the course package. There's the court, the cost which I mentioned you get 20% discount. Don't if you if you wish with the tech, with the name Bruce, check out running the 29th of June to 20th of July and they're often reduced price tickets and scholarships, they'll be building a community at the end of it. And just to go back to the to finish up the consciousness. Zach, if you can take us back to that to that other screen for a SEC. Was not, I think basically.

Rory Spowers: There was just a section on the leadership which we and team building, which I think we'd already. Touched on. Oh yeah. Grief and transformation. Interesting that that in a way we if if we move through this sort of this sense of grief and despair, it can sort of take us into. This much more sort of. Civilized space, and it's almost like this sort of five stages of grief, normally associated with personal grief, but I think a lot of us are now stuck in anger and denial and despair, and we somehow need to punch through that into this level of acceptance before we can then really sort of mass mobilize.

Daniel Pinchbeck: Exactly. So I think we we're keeping. Boost on the wings. So I think this is should we should we? Should we stop there or Bruce do you want to come in? For another minute and. Give us maybe just a few minutes feedback on the course.

Bruce Parry: Which which area exactly? Like it's quite like. Try a lot. You've wrestled through that.

Daniel Pinchbeck: Yeah, I mean this. Was our idea was. To really kind of systemic overview, and then and then you can drill down in the future, but the feeling is really that there's so many people who are really going to benefit from having this sort of comprehensive. Framing and understanding with practical tools what they can do with this understanding, and then maybe we'll do another course just on food or just on health or just on community and take it much cheaper. You know.

Bruce Parry: Well, what can I add? I mean, it looks like you've pretty much gone everywhere and. Sounds fine. Yeah, I nothing to say really boys. It looks really good. I'm interested to see who you get along as contributors you know. Hopefully a diverse group of people. I'm sure there'll be all sorts of voices and it'd be great as well if there's

debate in it. It's not rather than just being a taught course, it would be so good if. There can be. Some real discussion going deep. So with some differences of opinion and views so that you can really go there and. Because of course, a lot of the.

Daniel Pinchbeck: This is gonna help me think of Roy and I even disagree on a bunch of things. So that's.

Bruce Parry: Yes. Never, never. Yeah, because I we can.

Daniel Pinchbeck: In terms of in terms of our contributors, just to like a full roster, but we have Sheena Rathore, who's amazing, Skeena Amazing Co director at Extinction Rebellion. Darren Springer, extraordinary student of kind of the African roots of psychedelic shamanism. We're working with Jasmine Helmsley export of Ayurveda and food George Lamb, well known TV host and UK, and I'm sure you're friends with two Bruce, who's doing an incredible program now called Grow with kids trying to give them a more sustainable rounded education. And a number of other teachers are on the website at regeneratefuture.net.

Bruce Parry: Great. Yeah, well. The It's the learning is one thing and of course the embodying and the bringing into practice. Is another and. What you said earlier about the sort of like these two realms of the digital and the analogue and like it's all very well having this online discussion online community, but it's actually bringing it into community here. But I think there's a sort of the third space there as well. In the in the what I'm experiencing it's like it's all very well having these new ways of being these intentional communities, these new gap. Ruined. But like, how are they? Also physically on the ground interacting with the wider community of that, which isn't necessarily wanting to change, particularly at the same pace or perhaps a little bit put out or put off by a new fangled ways and all the rest of it. So I know in a sense that. Is what the course is all about. It feels to me like the sort of the enacting and the learning of how for these new ways of being to be porous and to be transparent and to be open. And to be inclusive so that they're. So that we don't have a them and us on the.

Rory Spowers: It's absolutely critical and if you look at all of the sort of utopian alternative community experiments through history generally, the reason why most of them have failed is because they have isolated themselves from the wider. World and they.

Bruce Parry: Wild wild country to get a taste of that.

Rory Spowers: And and then the successful ones like some of these permaculture communities in Australia etcetera have actually recognised how important it is to have trade with the wider world and all sorts of things. So people come in to learn skills or they sell some of their products. And yeah, this is how nature works. It's all about reciprocal flows and exchanges and relationships. So as soon as we we we remove ourselves from those wider relationships we we we're again stepping outside the system and stepping outside the way in biological systems work. So I think it's it's really important no one knows the answers. It's a kind of a Co creative journey. This for all of us, isn't it? And we're, we're all just trying to cut and help each.

Daniel Pinchbeck: Other in the right direction I guess.

Bruce Parry: And it to being. It just needs to be as inclusive as possible. There's so much separation, so much divide and conquer that's gone on for so long. There's. So many slogan throwings and a lot of hatred and anger that's out there at the moment that whatever it is that needs to come up has to encapsulate something that basically no one can argue with in a way, it's what I'm trying to work out as well. Just writing the manifesto for this community. It's like, what's the top line that no one can debate that we can? All. Get behind it's. Like a future for our. Children in balance with a with an environment that to support them, it's something as simple as that that no one can argue with and then everything else can trickle down beneath that. It's like radically getting behind that is like nothing is sacrosanct. Everything. To be seen through the prism of being held accountable to this thing that we will buy into, and that is a way forward for coming out of your course, it's like what is this new narrative that you mentioned? What can it be that we all get behind it? No one, wherever you are on the political spectrum, the any of the spectrums that are out there, we can all agree that that is the right thing to buy.

Daniel Pinchbeck: That's wonderful. Well, listen, I think we should. We should stop it there for tonight and Bruce, thank you so much for joining us, we'll see you in one of the live sessions. Hopefully in a few weeks and I really appreciate your wisdom and it was great to share with all of you.

Bruce Parry: Yeah, lots of love, guys. Good luck putting it all together. I look forward to joining you again and I'll tap into one or two of the lectures if I'm allowed.

Rory Spowers: Of course. Thank you very much and thank you everybody who's watching. Thank you so much.

Daniel Pinchbeck: [Pre-recorded Outro] The coronavirus pandemic has shown us the fragility of our civilization. What do we do now? How do you fulfill your greatest potential and thrive in this new fast changing reality? Collectively, we know we have to make a transition to a regenerative system that is in harmony with the earth. Local communities must become more resilient and self-reliance. Building our regenerative future is a month long intensive course that teaches the new skills and tools we all need to know now to make this shift, we examine the crucial macro trends in areas such as food, health, community, economics, culture and consciousness. Building our generative future presents a revolutionary new source code for the future of civilized. And your own future.

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This course may have been amazing or a total waste of money, either way I think it's interesting to archive various people's attempts to draw lessons from our hunter-gatherer past.

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