

Gaia
education



Design for Sustainability



report

2018 April to September

**GEN-Japan
Gaia
Education**



wing
PROGRAMME

EDE

ECOVILLAGE
DESIGN
EDUCATION



01	Course Overview	01
01.1	Participants	02
01.2	Course Rythms.....	02
02	Highlights & Challenges of each dimation	04
02.1	Social	04
02.2	Economic	05
02.3	Ecological	06
02.4	World view	07
02.5	Design	08
03	Lessons Learnt – Notes for Future Benefit	09
03.1	Notes of our Learning	09
04	Summary of the Project	10
04.1	A big GAIA FAMILY was born when the program ended.....	10
05	Participant Quotes	11

Wing/EDE GEN-Japan Gaia Education



01 Course Overviews

With full of affection and energy to GAIA, participants were certified to complete the program of the Second GEN-Japan's EDE on 17th September 2018. Innovative six months program, three-days (or four-days in Sep)-residences a month, brought big awareness to all participants. At the end of the program, they presented each "My first step toward the next society building" in front of people, at the class of As One Network Suzuka Community in Mie, Japan, that is an urban ecovillage established in the end of 2000 and a main learning place of GEN-Japan's EDE. Supporters and 2017-graduates gathered from various places of Japan in order to listen and celebrate to their presentation.

Through the ScienZ Method, the abbreviation of Scientific Investigation of Essential Nature + Zero, a methodology that As-One has innovated for community building, step by step, participants could observe their inside and the root causes of fear to human relation issues like split and conflict among people. At the same time they could observe and experience what a great possibility we human have! It means, they get to know that human will be able to go together and solve them peacefully.

All participants could do their best to learn awareness-based conversation, from April to September. The time of conversation was constantly held. In the circle or small groups, they open their true heart and mind, and then finally natural and beautiful relationship emerged and covered all of them. They can get confidence to learn more on 4 dimensions, both in visible and invisible contents. Here was the new networking created.

From out-standing pioneers like Hide Enomoto, Keibo Oiwa and Prachar Hutauwatra, 15 participants learned also their strong spirit. And we opened some of those lectures for city people to join. When each

lecture ends, all participants wanted gatherings. Through those conversations after lectures, they said that they could get the real learning.

By the innovative three-day or four-day a month format including weekend residencies and visits to local projects and case studies, participants could stay to learn from three leading sites; June, Shantichty with beautiful land-scape by permaculture design; August, Transition Town Fujino with the biggest circulation of local currency in Japan; April, May, July and September, As-One Network Suzuka Community with 18 years history of urban-style community building, also as an experimental site of Scienz (Science + Zero) Institute with the accumulation of the research on human nature and the social systems.

4 primary facilitators are well experienced; one is an authority from university, three instructors of the ScienZ Method, created for community building in As-One Network. And On-Line two hours group session was held between every month program, in order to help participants not only to review and deepen the learning points, but also to keep motivation higher.

All participants could aware, "We can get back to authentic selves." They have started creating the awareness-based conversation on their feet as their first step toward the new social body, and also they are having the gathering for the next members of the EDE 2019.

01.1 Participants

15 participants gathered. One from Hokkaido island, two members are from Shikoku island, and other 12 participants are from main land like, Fukushima, Tokyo, Shizuoka, Nara, Kyoto, Osaka, Kobe and Okayama. One university student, one doctor, two hotel owners, one consultant of healing, a cook, a restaurant owner, two organiers of their Retreat program, and two retired person from a commercial company before the EDE course. And also one worker has quit the company during the course. Males are 3 and females 12.. They have strong will to create something related regenerative community.

Almost of all participants were recomended to join this program by 2017 EDE's ones. Their quality of learning will, ability and influence to others were higher than ever. As the result, the learning attitude and class atmospher become higher than ever even in the beginning.

01.2 Course Rhythms

The first day, 12:00 acceptance. 13:00 to 15:00 check-in and exchange of home-works and challenges with breaks. 15:00-1700 visits with orientation to local sites. 17:00 to 18:15 free time and taking a shower 18:15-19:30 a night meal and rest, 19:30-21:30 practical session. 21:30 social time.

The second day, 6:30 to 7:30 maditation, diaries, connecting nature, 7:30 to 8:30 a breakfast and rest, 8:30 to 10:00 lecture or practical group exploring, interaction with host members with breaks. 10:00 to 12:00 group work. 12:00 to 13:15 lunch and rest. 13:30to 16:00 open lecture and group session. 16:00-18:00 visits



a local hot spring, rest and stay in nature. 18:15 a night meal and rest. 19:30 to 21:30 practical session. 21:30 social time. (One more day for designing in September).

The final day, the same schedule in the morning. After cleaning 13:30 to 15:00 final session. 15:00 to 16:00 report writing as the reflection.

And On-Line two hours or three hours group sessions were held between every month program, in order to help participants not only to review and deepen the learning points, but also to keep healthy mental condition.





02 Highlights & challenges of each dimension

02.1 Social

All subjects were covered comprehensively.

02.1.1 Making Social Bases by dialogue.



They could recognize every person has different background inside, which is from culture, history, environment of family and diverse condition. Through opening and observing their inside deeply under such differences, they could find their own true heart by themselves through dialogue in a circle. Especially by the ScienZ method, dialog both of one-self and others made participants realize how every person is interdependent in reality; nobody likes struggling with others. People naturally like to live together. Their interest transited from the result to the process. They could experience to open their true heart and have a conversation to start being together. They could feel a peaceful atmosphere among themselves even if there were some feeling or emotion of antipathy before. In addition to this, participants stayed at three different sites, an open-style urban community, a beautiful country site in permaculture design, and transition town site. Especially As-One Suzuka Community is a model of flexible social structure in urban area with 18 years experiment based on study. Experience to stay at As One make participants empower naturally that people can trust people. It is the key for sustainable society building to respect and support each other. Then they understand decentralized-interdependent-social structure



can be created by new stories based on real humanity. It means that they can get to know how to manifest such kind of society on their site.



02.1.2 Quotes

From faculties: Yuu Mizuki/ NVC & Piano meditation: when we want to manifest healthy human relationship, it is fundamental truth to connect deeply with their own hearts at first.

Masashi Ono/ Scienz method, As-One Network Suzuka Community: "Society aims to support anyone to live the authentic self pleasantly!" Such transition of view of society has been fostered. That becomes to the foundation for sustainable society building.

02.2 Economic

All subjects were covered:

02.2.1 From Globalization to Localization



In the trouble sea of globalization, our focus is how to build and keep the independent island of local economy; in other words, from ego to eco. The essence of economy is not by monetary exchange but love and trust exchange.

At Transition Town Fujino, one hour distance from Tokyo, participants could learn the typical local currency called YOROZU, which covers more than 200 households in the city.

And another case they learnt and much interested in an inner economy of As-One's "SPACE JOY". That is still for certain 76 members, but participants got to know the possibility that no one needs money for daily food and necessities including coffee or alcohol or special skills and knowledge, like a big family based on closeness; depends on each trust through mutual understanding. They learned how the person is satisfied with affection in community members. In the result, they could get to know that people become to be free and encouraged to open their full personality with love to others; all people need is to be loved and love to others essentially.





Community business model is the Lunch Box Company of As-One Community, whose hand-made-and-delivering-lunch-box is very popular in Suzuka city, such as more than 1000 customers a day. Participants could learn such way of thinking and management as interdependence between the community business, local economy and city people.

02.2.2 Quotes

Keibo Oiwa: Social anthropologist: Local power is much important. Now is the beginning of the end of Globalization; Local is beautiful

Participants: It is essential for us to create the community business as a reliable showcase to people.

02.3 Ecological

All subjects were covered:

02.3.1 Over views



Participants stayed at a beautiful green building of Shanthikuthi, a retrofitted old school building as a training facility of Fujino, and a renovated hall as the Eco & Community Station of As-One Suzuka Community. Those examples made them realize that they have already enough on their feet. As-One's farming company is a model to reuse of abandoned farming fields. That helps local water management and nutrients cycles. Participants could learn that there are lots of abandoned fields and forests in cities, not in mountains, waiting to be maintained, while local people are getting older. On whole system approaches, participants experienced practical permaculture design in Shanthikuthi, and they

made maps on cycles of water, energy and food as grope works after study-tour. Through examination of their present living by Eco-Footprint, they found their problems against sustainability, and discussed on the solution. Another example was the Urban-permaculture way of living in Yokohama city, which encouraged participants because of its closeness to their circumstances. Their most favorite work was the cooking of wild grasses in Shanthikuthi. After taking a walk to pick edible grasses by the guide, they enjoyed together learning how to cook with the outside cooking stove.



02.3.2 Quotes

Kenji Usui / Permaculture / Shanthikuthi: we need to get to know we have enough.

Atsuki Kuga/ faculty, vice representative of GEN-Japan: It is just the first step to get to know the real balance of our way of living. We need to reform our way to the right direction.

02.4 World view

All subjects were covered comprehensively.



02.4.1 Over views

The Earthrise from the moon, participants could see this historical photo and share their feeling on it several times during the course. In the morning, they could write diaries or take a walk for meditation. In the evening, they observe their true mind at hot springs in nature. Through Scienz Method, participants tried to deeply observe their true heart and find the essence to act something. And they became to notice the world was not isolated but as one.

02.4.2 Quotes

A faculty, Hidetake Enomoto encouraged, "It is undeveloped and most powerful natural energy for human to imagine."





02.5 Design

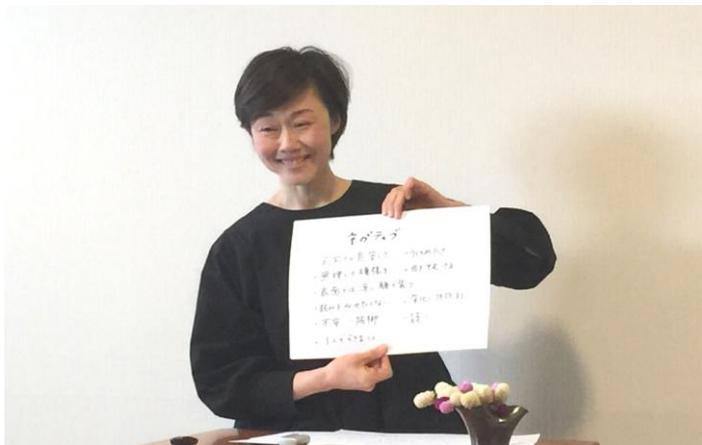
02.5.1 Observing the present condition and designing the future plan.

Shanthikuthi at Nagano pref is one of model cases of permaculture. We stayed to learn from the real landscape. First, Divided into 3 groups, they had an excursion to observe cycle of water, energy, food, and the total design. Then they reminded their own living, comparing the model case. Almost of all participants live in urban area. And so the activities of As One Network Suzuka Community made them encourage

designing their future plans. Their focus was to rebuild the human relationship around their living site. They could learn that the members in the relation gradually became their bases toward the regenerative communities.

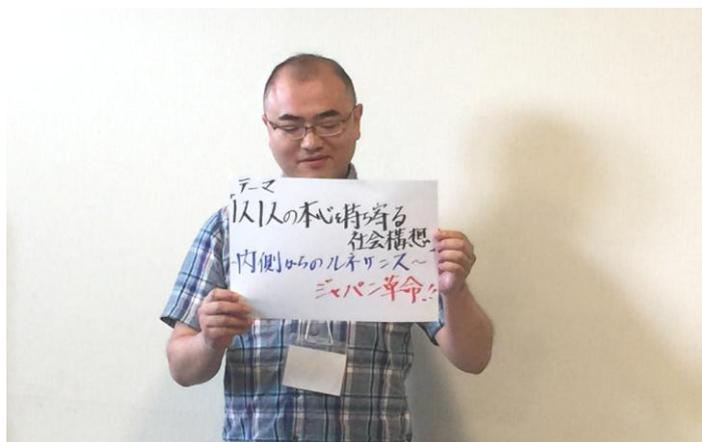


By the way of "World Shift", Tetora Tanizaki led them to find the next step to realize that. In addition, they focused on the human relationship building; it means they know how important each heart condition. When the time for presentation started in the final day, facilitators did not call any names. Silence was necessary for them. And then the first person raised her hand and she confidently spoke aloud, showing her picture in front.



02.5.2 Quotes

Takaaki Kumakura / a faculty, primary facilitator / I have never seen such mindful conversation and atmosphere as all participants willingly transited to be interdependent.





03 Lessons Learnt – Notes for Future Benefit

03.1 Notes of our Learning



From the last year's Lesson-Learnt, we could lead participants to grow as partners, not guests. They joined the group of living work every month. Those activities made them not only help self-time management understanding the daily schedule, but take care of each other by compassionate bond among them; like the Kitchen to prepare the dining, the Cleaners to keep cleaning common places, and they feel do something necessary. And they could feel happy to see the other's awareness and growing.

And another adding was to have a body-expression class in the program. From the last

Survey, some students and a faculty suggested to want body expression or art class. And we had Social Experiential Activities in April and September. The first one is for them to get relaxing. The last one is to confirm their relationship building at the end of program. They enjoyed a lot. Especially the first one in April worked better than we expected.

Two supporters have been appeared from 2017 graduates, and they did video making and took care of 2017-2018 gathering. We could created the new structure for participants to keep in touch and encourage each other; GAIA FAMILY. And four supporters have joined them from 2018 graduates. They have started the new gathering for the next EDE.

ScienZ Method has worked well to break each belief system in mind and observe what reality is by each self.. Participants loved the conversation time called "Time to explore". We need to give more official explanation as a methodology.

August was too hot to concentrate on program. The City was crowded because of the traditional summer festival. We needed to have excursion about Transition Town activities, but we decided to minimize the schedule and have enough rest to stay inside. That worked very well for participants' health condition.

When we stayed at Transition Fujino, an aged participant could not become familiar to their vegetarian-style meals. She hesitated to express her real appetite. We needed more careful observation to participants.

Almost of all participants seem to be satisfied with the program. From the open questions of the survey, their answers showed their satisfaction. They mentioned they liked the time to explore by the Scienz method as the strength of the program.



04 Summary of the Project

04.1 A big GAIA FAMILY was born when the program ended.



The 2017 participants gathered for the 2018 ones to celebrate for their graduates on the end of the program. The 2018 members were much surprised and moved by their presence. At the same time their vivid presentation reminded 2017 ones of their own experiences. And then they had a talk and decided to start the new group for graduates; The Gaia Family. They have kept in touch to encourage each other to build their social bases.

Relationship between primary facilitators was very well. We could talk anything not with hesitation but with peaceful and familiar mind. Participants could see how important it is!



05. Participant Quotes

I could become to have hopes for the future. I was surprised at lots of things we already have in our surroundings.

I will become the person who can listen to one's true heart, not appearances and words, and then talk peacefully from my true heart.

I could get to know what a diverse and huge love has been supporting and loving me.

When we can have trust and love to others enough, we need not money so much. Such human relationships are essential for our happiness and community building.

