

Gaia  
education



Design for Sustainability



report

2019 April to September

GEN-Japan  
Gaia Education  
2019

Global Ecovillage Network JAPAN



wing  
PROGRAMME

EDE

ECOVILLAGE  
DESIGN  
EDUCATION



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## Wing/EDE GEN-Japan Gaia Education 2019

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Opening Celemony with Keibo Oiwa (April 13.2019)

## 01 Course Overview

Climate Change has brought us the harshest natural disasters in Japan we never experienced In such condition, people are awakening to make a practical team for building self reliant conditions on their feet. The Eco-community is the key role for the sustainable future.

By the innovative three-day or four-day a month format including weekend residencies and visits to local projects and case studies, 19 participants could learn the leading experiments of Japan.

April, May, July and September, As-One Network Suzuka Community with 19 years history of urban-style community building, with the accumulation of the research on human nature and the social systems. Participants could learn the sustainable human relationship building. Thier simple and easy way based on ScienZ method.

In June, Shantichty with beautiful land-scape by permaculture design; August, Transition Town Fujino with the biggest circulation of local currency.

With full of affection and energy to GAIA, participants were certified to complete the program of the Third GEN-Japan's EDE in September 2019. 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, a main learning place of GEN-Japan's EDE. Supporters and graduates of EDE Japan gathered from various places of Japan in order to listen and celebrate to their presentation.

## What's keeping you from having a real conversation?

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. The exercise was constantly held in small groups or big circles through all programs.

GEN-Japan believes that it is the basis for achieving the regenerative society to create such local communities and their network, as everyone can live their lives with true heart. And so the main target of Gen-Japan's EDE is to get to learn sustainable human relationship based on the conversation from the heart. Participants could experience that at a show-case community, As One network Suzuka Community. And then realize how important such social environment is! Healthy Society makes our inside healthy. Inside issues are caused by outside circumstances. Participants were encouraged how they can build healthy relationship among people. They could get confidence to learn more on 4 dimensions, both in visible and invisible contents. Here was the new networking created.

From out-standing lecturers of Japan like Ryou Yamazaki, Keibo Oiwa, and Hidetake Enomoto, 19 participants learned not only their strong spirit. There were 4 open symposiums by those lectures for city neighbors, World View: Tetora Yamazaki, Local Economy: Keibo Oiwa, Social: Masashi Ono & Yu Mizuki, Environment: Kenji Usui. 4 primary facilitators are well experienced; one is an authority from university, three instructors of the ScienZ Method, they have real experience of community building in As One Suzuka



. PHOTO above, ScienZ Method learning by Masashi Ono (the forth from right) April, 2019



And On-Line two 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 motivation higher.

All participants could aware, “We can get back to authentic selves.” They have started creating the opportunities 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 2020.

## 01.1 Participants

19 participants gathered from all around Japan. Males are 8 and females 11. 20's to 60's. Almost of all participants were recommended to join this program by 2017 and 2018 EDEs. 2 permaculturists, a management officer of farms, 2 councilors from Obuse town in Nagano and Amagasaki city in Hyogo. An architect, and those who have strong will to create regenerative community in their neighborhoods.

Their quality of learning will, ability and influence to others were higher. As the result, the learning attitude and class atmosphere become higher than the past EDE.



## 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. 15:00-17:00 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 meditation, 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. 13:30 to 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.



Urban Reforestation / As One Network Suzuka Community. May, 2019  
They observed how to maintain the wetland and woodland hiking along the wooden path.

## 02 Highlights & challenges of each dimension

### 02.1 Social

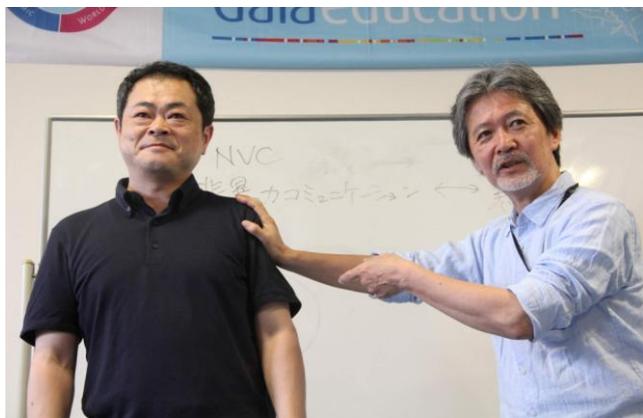
All subjects were covered comprehensively.

#### 02.1.1 Making Social Bases by dialogue and conversation based on ScienZ method.



They could experience every person has different background inside by the conversation, which is from culture, history, environment of family and diverse condition. Through opening and observing their inside deeply, they could find their own true heart by themselves by conversation in small groups and a big 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 19 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 “Society is for to support anyone to live the authentic self

pleasantly!” At first, we need to understand that it's what you perceive with your senses, not facts. This mutual awareness will create a peaceful and sustainable conversation. That is the base of regenerative community.



## 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 400 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 80 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 resources and materials 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 of living 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.

PHOTO left: Tetora Yamazaki( the second from right) and participants

### 02.4.2 Quotes

A faculty, Hidetake Enomoto encouraged, "The ability of imagine, that is undeveloped and most powerful natural energy of human"

Tetora Yamazaki: This accumulation of EDE course encourages us to move out of existing values and start moving in the direction of new Gaia world

Ryo Yamazaki: We can learn from H.D.Thoreau. "Lonely Forest Life" shows there is an inherent richness of life even in our modern life as well..





## 02.5 Design

### 02.5.1 Observing the present condition and designing the future plan.



Takashi Miki, one of participants, shows summary of the total learning for six month. First, we were observing our present inside condition and experience to explore what our true heart is. Human nature shows our healthy direction; originally we can sustain our lives on the earth. And then We tried to find out what are keeping us from our true heart and lives, and the inherent direction. Through several examples and show-cases, we were inspired and encouraged toward the true direction. They could realized everyone needs reliable human circle based on peaceful community, in which everyone can talk and live relaxingly from the bottom of heart together.

Takashi Miki, one of participants, shows summery of the total learning.





## 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 2018 Lesson-Learnt, we could lead participants to grow as partners, not guests. They joined the group of living work every time. 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 feely do something necessary. And they could feel happy to see the other's awareness and growing.

From the last Survey, we started a body-expression class in the program. 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.



Some of them tried to start a kind of microcredit between participants, but they decided to finish it once in two months because they couldn't fully examine how it worked, and the mechanism was not clear due to a bias towards good intentions.

Based on an independent spirit, trying to be financially independent, and then interdependent relationship can be possible.



## 04 Participant Report

Summary by Takashi Miki

“First, we were observing our present condition and experience to explore what our true wish is. Human nature shows our healthy direction; originally we can sustain our lives on the earth. We tried to find out what are keeping us from each other, our true, lives, and the inherent direction. Through several case studies, we were inspired and encouraged toward the true direction. We could realize everyone needs reliable human circle based on peaceful community, in which everyone can talk and live relaxingly from the bottom of heart together. I will go and live getting along people with ScienZ Method.