



# **Change Agents for *ElemenTerraPeace***

***... Profound Basic Training for  
People who care...***

***Vision-Quest-Guide  
Unfold-Your-Potential Coach  
Spiritual Ecology Professional***

**Basic Module 'Maturity Challenge – How To Really Grow Up'  
with**

**Shanti E. Petschel, Helen Ananda Heddema and Team**

**Spring 2019**

**from Thursday 18<sup>th</sup> . (6.00 pm ) to Saturday. 27<sup>th</sup> . of April ( ca 11.00 am )**

**at 'EDEN SANGHA'**

**Graglia near Biella, Piemonte, Italy**





## **Change Agents for *ElemenTerraPeace***

***Who will you be... healing your wounds, living your dream, following your path?***

**Active Hope: <https://www.youtube.com/watch?v=1fVqrFNIRAc>**



This is our Invitation to come to our next module of training to become a Stuart of Life.

***Are You a 'Shambhala Warrior'?***

Well...let's find out together! Join in with our group of wonderful, lively- hearted and warm-handed beings, whether young, or old, may be wild at heart and of eternal grace and beauty!

As every single being on this planet is unique and abso-lutely special, with *his/her's* priceless qualities and talents, properties, dreams..

***We are the presence of Evolution, One in the Spirit and we are the ones, we've been waiting for!***

Some might call you 'crazy', 'out of time', may be 'wrong'! But 'by heart' you are truly a loving human being and ready to serve the Natural World, Mother Gaia *Madre Terra*, you are among the few who could make things right and keep alive our dwindling chances, of saving ourselves, the Plant- and Animal-Kingdom - the Living Planet.

You also might be in the process of 'waking up'! Becoming aware of a realistic perspective, on how we could effectively help preserve enough of the Global Eco-Systems, which all our lives depend on! Working together in truly relevant ways!

This is the 'Categoric Imperative', Immanuel Kant was thinking about generations ago! (read wiki...) If you are in doubt about the dimension of the threat we are facing today, globally, look résumés:



# Change Agents for *ElemenTerraPeace*

Global Nature Decline: [https://www.youtube.com/watch?v=pMbeYJgH\\_6g](https://www.youtube.com/watch?v=pMbeYJgH_6g)

Coral Reefs: <https://www.youtube.com/watch?v=BO44JIAEIXM>

Forest Reduction: <https://www.youtube.com/watch?v=yvdfgrnvu6Q> and Nature

Deficit Disorder: <https://www.youtube.com/watch?v=gZXAcGgnuyg>

If you count yourselves to be part of the few, then it could be easy to understand, what **Paul Rulkens**, TED – Talk, is talking about:

**Why the Majority is Always Wrong:** <https://www.youtube.com/watch?v=VNGFep6rncY>

Read more on our new homepage: <https://creavista.org/> which is in the process of being also translated into English, these days.

## ***So what kind of change is really needed?***

*ElemenTerraPeace* (engl.) indicates the evolution of a different perception of how we define – in the CreaVista perspective -, what we usually call ‘HEALING’, or ‘THERAPY’. Here we think more of a ‘systemic` view, integrating all aspects of life in their intrinsically interwoven interdependence and connection to all the natural processes.

This training is very uncommon: chasing the unknown, finding what you´ve been searching for, developing skills that you have always hoped to be found in your surrounding environment, your intuition, your dreams, and by tapping into your original potential. Life on the planet is at risk, so we need to be completely awakened and alert, down to the cellular level!

Expand and strengthen our immune-system, lay good foundations for resilience and unlimited health. (We´ll be introduced and practice: **Wim Hof Breath-Work**, which can help to reach a new level of self-awareness and sustainability)

We also will integrate the long-awaited, global movement of the Young: Fridays for Future F4F!

We feel the strong urge to support this movement with or activities, our hearts and actions. By providing information on our own achievements, spreading the knowledge of changing life-style and intensive participation in the DEEP Learning. Deep Learning...

When we follow the beaten path of societal organizations and established institutions, we soon will become passive and obedient; forget about our original responsibility and intrinsic motivation, we´ll run on auto-pilot after a short stressful and hopeless achievement. Going from high energetic thinking, over automatic recapitulating and then - back to sleep.



## Change Agents for *ElemenTerraPeace*



### Don't Go Back To Sleep

The breeze at dawn has secrets to tell you.

Don't go back to sleep.

You must ask for what you really want.

Don't go back to sleep.

People are going back and forth across the doorsill  
where the two worlds touch.

The door is round and open.

Don't go back to sleep.

RUMI

*We should stop hoping for the Institutions and politics to solve the problems of the world: they are too busy making money, fame and recognition! Flight and addiction is their movement and motor! If we want something significant to change, we will have to do it ourselves, not waiting for the official allowance! Grass-Roots Movement is closest to Common Grounds... green power peacefully confronting black violence!*  
Shanti

*We'd like to start up into this year of in-depth-learning, with a very inspiring lecture that took me by surprise and deep into my dream-time:*

### **The Overstory: A Novel,**

**by Richard Powers**

*This book is beyond special. Richard Powers manages to turn trees into vivid and engaging characters, something that indigenous people have done for eons but that modern literature has rarely if ever even attempted. It's not just a completely absorbing, even overwhelming book; it's a kind of breakthrough in the ways we think about and understand the world around us, at a moment when that is desperately needed.-- Bill McKibben (Bioneers)*



## Change Agents for *ElemenTerraPeace*

We will dive into the relation of us 'Human Peoples' with the 'Tribes of Green' who have at least 50 % of the same genes in common: the trees and greens of the planet are our true ancestors and the most important teachers. Their examples of communal life, of mutual support, generous sharing, respectful and loving

communication is the blueprint for a future of Global Cooperation of the 'Tribe of LIFE'

This spring we have chosen a very special piece of land in Piemonte, directly located in the aura of the Monte Rosa:

**EDEN SANGHA, near Biella, Northern Italy**



This is the place of Ellen Bermann's Perma-Culture-Project, where we can be very close to the source of life, waters pouring from the mountain-sides in abundance. We share the view over the vast plains of the young, western Po, all the way beyond Torino. We can overlook the huge Moraines of the Dora Baltea Ice-Age-Glaciers and far beyond to the western horizon, where the mighty shark-fin of Monviso is scratching the skies.. then... the deep south, offers the blue ranges of the Alps Maritimes, which shelter the Ligurian coast from the cold winds of the north!

We will have the grace to feel the elements of maturity, sending Spirits with the stiff breezes of the West (Memory) and North (Rationality and Wisdom). May **The Cold Of The North** be our most important teacher? Experience with your own body, how they brush through the open birch-forest, the ducked-down trees of the front-lines, the exposed creatures of the altitudes, that are so unique and special. Shapes of wild living. Outside the box, leaning over the towering cliffs, that protect our northern backs from getting too cold...



This Springtime - Module is dedicated to the deeper understanding of the **Matrix of Maturity**.

We will work on what is needed to open up our psyche, open our heart and body in order to release the highest potential of healing energy, resilience and endurance.

**We would also call this the Shambala Warrior Training!**



## Change Agents for *ElemenTerraPeace*

*Having access to one of the wildest and untouched strips of ancient forest of Piedemonte, located directly on the southern-most slopes of the rising of Monte Rosa Massiv!*

*We will also share some working time on the land together as part of the eco-program...to create something beautiful and boost our cooperative social and handy skills, we will be able to cooperate some time with Ellen, the Guiding Spirit of the*

*Perma- Culture-Centre...and her forest-garden project.*

*See also on facebook: <https://www.facebook.com/edensanqha/>*

*Our ElemenTerraPeace Work with You and the student's group will, again, be very practical, a mental and 'spiritual' training at the same time. We will dive into the old, sacred Matrix of the Wheel of Life. Expand your understanding of the array of issues and stories that are demonstrated by the relations the Wheel of Life is revealing in such a clear way! We will subsequently and consequently explore different assignments for encountering the magic of the Wheel in Nature! We will cherish the living Spirit of Landscape, which is directly connected in a communicative mode to our souls!*

*...and all the beauty of unfolding knowledge follows the same pattern in its emerging: spiraling into the Light, challenging gravity and opening to the sky...*

---

### **News & Actualities:**

*The associated assignments, tasks and tests of your ability to merge with natural and social habitat will ask for equipment:*

*please don't forget to bring your willingness to experience the unknown...*

*As we will move around in possibly 'wild' and open terrain, directly on the 'Coast of Biellese', we will create new Nature – assignments and exercises, which we will evaluate, modify and document later, together in the group.*

*And – in case you, the new-comer have the desire to experience a walk-away or a short fast - this will be possible to go out for one day and a night alone. You will be guided and prepared by a small team of the older semesters that will thus be able to experience and foster their Quest-guide – skills.... bring your Backpack, Rain-gear, warm stuff, sleeping-bag, Boots, etc*

### **Logistics...**

1. Open Heart and unconditional daring...
2. Out-Door-Equipment:
3. Light clothing:

*In-doors for body-work, meditation, movement exercise and warm days out-doors. We would also like to go to a warm-pool once to introduce you to some simple but beautiful ways of skillfully supporting a human being floating in the water...so bring your bathing-suit.*



## **Change Agents for *ElemenTerraPeace***

- 4.. Tools for ritual (rattles, flutes, drums, feathers, talking stick ... etc.( if you have...), writing materials, something to be creative like painting pencils, crayons, brush, paper... your computer, camera...
  5. Photographs of yourselves a a small child, little child, child, youngster and in your puberty!
- 

### **What we'll do, why and how...**

A warm welcome to the NEWCOMERS.....as this training is designed in a modular way, during the basic modules, like this one, you will have the opportunity to meet people of different walks of life, of diverse backgrounds, varying states of their professional training and their potential's unfolding! This we consider a true treasure for our encounters. Since everybody is a perfect teacher for everybody else - once the heart and mind are open and have already tasted the whine of multi-dimensional learning - the joy of growing together can be quite abundant.

Consequently also this time we will have some 'newcomers' among us. They are coming from different countries, which are giving spice and universality to our communication and the perspectives of sharing precious insights and approaches from diverse angles: Italy, Croatia, France, Switzerland, Germany Portugal...



### ***Unity in Diversity...***

This diversity we hope will broaden everybody's views on the topics of 'for mother earth AND myself', without losing the trust and intimacy that grows strong with our delicate interaction. We will learn better to trust the language of the heart, which is the basic language for all our future work with people and the Earth. (since we are going to be a rather big group we will organize translation whenever needed or work in language-centered peer-groups.



## *Change Agents for ElemenTerraPeace*

*While destruction of Nature is a transnational, digital, globally relevant revolution; ... so, will we, the Stuarts of Life, be able to also communicate beyond borders*

Everyone, who wants to follow the invitation to be part of this adventurous journey, by attending this training, will be also a great teacher to the others! And - of course - vice versa. We will be challenging our deeper potentials and open up to unknown skills, those which have been snoozing in the depth of our souls: the landscape will remind us of who we really are. When it comes to 'save the world', we will realize that 'landscape' is in direct communication with our souls – so 'healing' is also what we receive ourselves from the land.

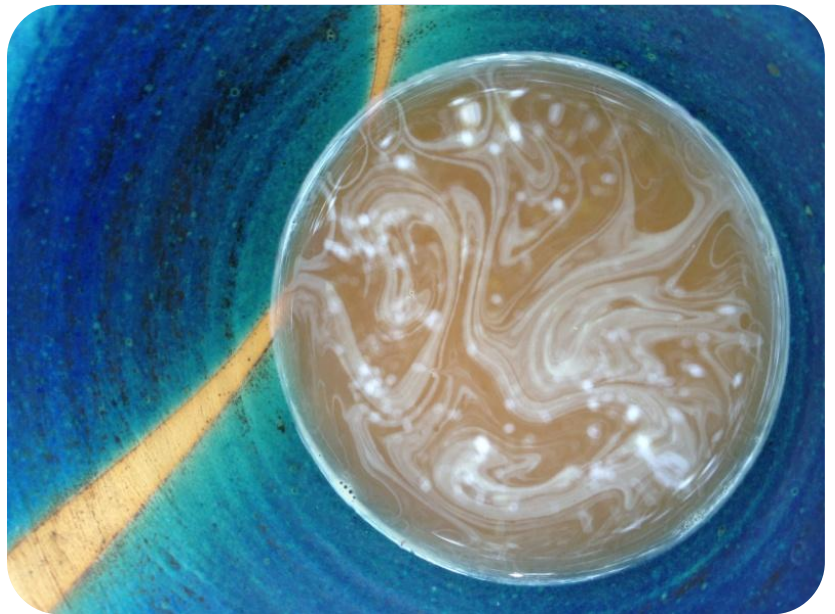
And the **METHODS** of the land, directly teaching us on:

*what 's the true meaning of 'Healing', are always confronting us with what today we call the 'chaordic way' which is presenting us with surprise, with the unknown, with the opening of doors at an unexpected moment on our timeline! Both, chaos and order are a continuum, in fluctuation, interdependent constitutions of anything in this universe...*

We, your 'professors', offer you a look into our cup of coffee: there you can see the whole world afloat

...

(also see:  
[www.chaordic.org/](http://www.chaordic.org/) and  
<https://www.emeraldinsight.com/doi/abs/10.1108/09696470410548791> )



So your self-responsibility is asked and challenged to emerge and develop more and more. You would be asked to raise the level of the sort of discipline that allows you to dive into it autonomously, to research the topics presented to you on your own *and* in your peer-groups, to reflect, discuss, read and study in an integrated, communicative way.

***Team-work in balance with self-reliance, the game of today! And – doing it with LOTS OF JOY!***





## **Change Agents for *ElemenTerraPeace***

As for instance, a ***VisionQuest***, seen with the Eyes of Psycho-logists and Therapists of today is an 'intentionally induced developmental crisis', it reveals itself as one of the most effective and reviving experiences to 'remember' one's origins as natural being! It offers a chance to see oneself in the mirror of the world... look at yourself!

It is an exceptionally effective tool, to bring about a deeper level of awareness of one's condition as an individual. It is fostering the perception of being a well-connected and, furthermore, fully integrated part of Nature. So, by this initiative process, the 'Quest' is one of the most preferable rituals (methods) for today's folks, to reconnect and

become deeply aware of the necessity of Nature Conservancy!

It also recovers the sensation of deeply being rooted in the ecological and elemental balance and opens the potentials of the brain, to enter the spaces of systemic and even hyper-complex thinking - which are desperately needed for handling the challenges, humanity faces!

But ***VisionQuest*** is not only that!

It also is a safe container for handling transitions of life in a profound way. Self-awareness, self-reflection, the 'Myth of Myself' is brought on in a way that allows deep change of the relation between body, heart and mind. Perspectives are opening to include the world, so the sentence, that we always say, when we sever into the wilderness, becomes true, precious, a guiding star for the times to come:



***'I am doing this, for myself AND for the world'***

This sentence, which is one of the keys to the 'invisible world' that every quester can enter by attending this old, old scared ritual, is an authentic expression of strength and connection.

For the Quest-Guide, who is serving in the role of a 'midwife', this sentence is – once spoken at the threshold with emotion and absolute presence – a challenge. A great challenge that is calling in all the helpers of the participating parties, all the Spirits of the Place, the Animal- and Plant-Kingdom and the protectors of that specific Ceremony. Because it is the moment of decision, it is also the moment, when the individual is letting go of all the old concepts of who they are, what they want to be in 'the world' (of humans), and why they wanted to go out in solitude and fast, they take full responsibility for themselves and choose all the colors for their life...

This challenge is of highest intensity: A moment of greater truth and deeper understanding.

So everybody, who would like to be a facilitator for such an experiential awakening, must be in full respect and experiential knowledge for this Ritual. Only by going through all these challenges as 'the yielding diver', you will become like water: flowing and knowing that you are inside the cosmic washing machine...



## *Change Agents for ElemenTerraPeace*

This is true for anybody entrusting themselves to the facilitator's safekeeping with this contract of flow and knowing!

So, in this training we will give you insights and tools to find out in which way and with whom you want to be empowered to cooperate. It might be the age of early childhood, later childhood, wild puberty, coming of age, challenges of parenthood, managing life – full on -, Elderhood, the sick, the lonesome, the dying... no matter, you will be in the company with people who need to be trusted and to trust.

See: <https://www.childrenandnature.org/about/nature-deficit-disorder/>

One of the biggest challenges in our lives seems to be the fact, that we are always confronted with 'the Unexpected' showing up, like a rainbow... not only at places, where we did not look out for that specific sort of happening, but also concerning the timing, the quality and, last but not least, the situational features, that vested the arrival of that 'Unexpected' in it's rapture..

The Medicine Wheel, especially the matrix that we use, called the

### **'CreaVista Wheel of Life'**

is also very much defined by that surprising quality described in the above! To work diligently and respectfully with it, needs a lot of exercise in slow pacing, highest states of awareness, trust, intuition – all of such qualities we are aiming at developing and fostering in this training. But, may be, the highest Achievement lies inside the ability to stay watching as a witness to the unfolding of a person's potential in front of your very eyes! ...thus, something completely new, coming to the world, is a miracle that deserves your effort and cheerful adoration!

### **Ethics of Diversity**

Looking into the considerations, we have participated in the last few minutes, by reading this, we may have realized that there needs to be some sort of ethical framework. Actually, 'Deep Ecology', which represents itself in the public discourse today as a valid philosophical, thoughtful evolution of 'Systemic Thinking', is an emerging 'ethical system' by **substance**. And, in our case, as students of Natural Life in all it's complexity, fragility and uniqueness, we are interested in ethical awareness. While Nature is 'dancing' and still hiding a lot of secrets behind a flaring curtain, fabricated by a constant flow of elemental phenomena.

Joanna Macy: Choosing Life, Bioneers : <https://www.youtube.com/watch?v=mrCPVtf0bWA>

Every single experience, as well as every single evaluation of that same experience that leads you to your own, individual conclusion and, following this a decision how to alter your activities and single actions, needs COURAGE and total INVESTMENT of your life!

While all of this is connected with the flow of the world and the continuous flow of actions of every being on the planet and beyond, you still need a perspective of healing in the face of all the stupidity and destruction that is there around you - all the time

Again, it is Joanna Macy, who is giving us that gentle, but convincing kick in the ash: get up, stand up, live your life to the fullest FOR LIFE, not against it!



## ***Change Agents for ElemenTerraPeace***

It means that we are cooperating with the natural systems of terrestrial life in a very, very fragile moment in transition of existence, that could be called the GREAT TURNING:

<https://www.youtube.com/watch?v=LwIXTAT8rLk> ...also Joanna Macy

### ***What to expect in this CreaVista training- structure:***

***Central teaching is the various ways to `read` the CreaVista Wheel of Life, better and better, deeper and deeper...***

### **Daily teaching and experience with the Wheel:**

We will describe all the elements, stations, meanings and connections of the Four Shields, their deeper significance as a 'clock of life-stages'. Practical Exercises, Documentation

Also the steps in between are interestingly provocative to our cellular memory and we will have a closer encounter with the spirits, that guide and explain them.

We will experiment with different ways to interpret and activate these levels of perception in a playful, but sacred and respectful way.

We will create intensity in diving into the developmental movements of our embryonic and fetal stages of development in our mother's womb. Those have the potential to take us back into our earliest experiences in THIS body of ours.

We will take you back into the days of your earliest childhood and recover the energies that have been possibly arrested in development by negative influx, shock or trauma... you will experience the power of Bonding and Nurturing as a source of healing.

We will have a closer look at the time in your childhood, when your heart felt the joy of the explorer without limits and then- also the moments of pain and disenchantment, disgrace and pain, when you fell into the 'Stonen Heart' from disappointment, despair and grief, because your parents turned out to be anything other than the gods, that you were surely being whilst you were the innocent little darling...



## ***Change Agents for ElemenTerraPeace***

All this, - and much more- follows the rhythms and the deep song of the *OLD SACRED MATRIX!*

Campus  
CreaVista  
Solutions

***This is  
Experience  
beyond  
business as  
Usual, Every-  
Day-  
Knowledge  
and Wishful  
Thinking!***





# **Change Agents for *ElemenTerraPeace***

Further Content, which will be touched eventually, deepened and revisited during the whole training:

## ***Insights, Knowledge and Strategies for a Better Future***

- **early development** in the mother's womb, the forgotten story revisited. Recapitulation in the threshold Rites of Passage, : Sacred Knowledge for Consciousness- Midwives
- **the Reticular System (Joseph Chilton Pearce)** , it's function and it's impact on the healthy development of the full human/individual potential. (Read: Evolution's End)
- **about Connection, Bond and Bonding** as an health boosting antidote to Delinquency (especially Nature Deprivation Delinquency. ( NDD: a word from criminology science) for: how can we integrate this knowledge into our professional life...
- **Deep Ecology of the Womb: Mother-Landscape and Soul's Language**, real Dreams of truth and phantastic reality. Social bonding and healing touch
- **Pilgrimage and und Implantation:** earliest adventures victories and defeat, original encounters with death and resurrection , freedom and borders,
- **Transitions and natural relations:**
  - o Body exercise, food and movement, energy-economy and physical health
  - o How to prepare a nest for children, the essential basics, building sustainable homes
  - o Biodiversity in your private biotope, responsibility for Nature in daily life
  - o ...things we forgot...
- **Systems thinking and practical contributions**, how to harmonize their output
- Questions that may arise from the program's experience (let us know in written form, please)
- **Responsibility for Change:** how to find partners and support them the best possible way
- **Technologies of simplicity** with relevance and global impact
  - o **Building** in a sustainable and organic way: Earthships and other low-energy- homes
  - o **Bio-Gas: simple systems** for every household!
  - o **From Perma-Culture to Sane Continuum Culture**
- **Your inspirations are welcome**

***We are looking forward to an intense, interesting and lively time together***

***...cordially Yours, see you soon,***

***Shanti and Helen***