DEEP DEMOCRACY
ROOTED IN
BELIEVED COMMUNITY
Transitions Lab
May 15-19, 2017
Introduction

Leaping forward in a pivotal moment

In May 2017, 60 leaders from all across our movements gathered in Northern California for the Deep Democracy Lab, knowing that in this moment in the US and around the globe, the forces of fear, hate, and violence have become more visible and empowered.

In this moment we are asking: How do we use the attacks against us to leap forward towards a liberatory vision? How do we seize this moment to build the depth of transformative solutions that will allow us to weather the storms ahead, while also bringing to life the new world that is emerging from the bottom up? How do we make the big transition we need to make: To nurture whole people and whole communities to transition from a world of domination and extraction to a world of regeneration, resilience, and interdependence?

Together we are exploring Deep Democracy -- the combination of healing and wholeness, community voice and power, repairing structural harm, and governing for the whole -- rooted in Beloved Community, as a way forward toward the emergent Transition we need. Together we are exploring the practice of place that grounds us and nurtures our interdependence with each other and our Mother Earth. Together we are embodying vision and connection in times of uncertainty. Together we are exploring our Story of the Future and the 100 year arc of practice and strategy we will live into.

May 2017 Lab at a Glance

**Day 1:**
**Building The Courageous We**
Connecting, welcome and orient, seed our exploration. Create the space for the quality of presence that will allow us to explore deeply.

**Day 2:**
**Visioning Deep Democracy in Beloved Community**
Generating a vision to set direction; Identify values embedded in the vision.

**Day 3:**
**Deep Democracy & Systems Transformation**
Mapping systems transformations rooted in beloved community. Exploring questions/ideas for applying Deep Democracy in actual work/strategy.

**Day 4:**
**Emerging Deep Democracy in Beloved Community**
Matching the depth of our practice to the depth of transformation we envision.

**Day 5:**
**Our Story & Commitment**
Story, Circle, Commitments.
DAY 1: BUILDING THE COURAGEOUS “WE”
DAY 1 - SKETCHBOOK NOTES

MAY TRANSITIONS LAB - DEEP DEMOCRACY + BELOVED COMMUNITY [DAY 1]

INQUIRY POST-NOV. 2010

This is going to be a multigenerational fight.

Who do I need to be to make this exponential change happen?

Communities connecting (and... some not)

Transformation twice as deep as the transformation we seek, we need our roots to go.

Cyclones strip bare anything that doesn’t need to be there.

Not this time, motherf***er!

Planted seeds for this expression of humanity.

Not just a pendulum, but an arc going forward far beyond me.

ARC - going to get crushed by Arc.

What is my purpose? What is the contribution of ancestors and dependents?

I can make? You all help me learn.

Rosa was in a flood - disaster brings community together.

See us as partners + assets.

City was not prepared for this - contaminated water + debris.

But be in community prepared for the swell so you can jump on your board + ride the wave.

How do we lead with bold vision + be responsive to community needs.

Interrupted how I’d accommodated myself to cycle of violence against black folks.

Brought back to life - I will not accommodate myself.

Black lives matter.

Nov. ELECTION - NO!

We will not go back. This feels like a fate worse than death.

Rosa

My Father

Can’t unchain undocumented to Mexico, can this be a country for all of us?
What does this time mean for us collectively?

SACRED INTERDEPENDENCE

WHAT ARE YOU CALLED UPON TO BE IN THIS MOMENT?

Julie: Norma, the descendant of my ancestors and the ancestors of my descendants, more courageous than I've ever been. I see a a warrior, a leader, a wife. What's standing in your way? In any sense of your single-mindedness, not wasting a single moment to be those things.

Aloha: reminder of our connection and respect for each other.

words are sacred: if we use too many, they float away. Speak with humility and there (miki ha) (hau) us/ or/ them.

Practicing Tai Chi while in chemo. Felt that Norma's breath was with her in the hospital.

Transformative practice can find you in the moment.
How do we transition from a world rooted in violence, domination, and extraction to a world rooted in interdependence, regeneration, and resilience?

Cultivate a vision and culture of deep democracy in beloved community.

Build a community that connects and transcends movements.

Accelerate transition through the practices of place/home.

Bring embodied ways of being that flow from our vision into the world.

“Transitions Statement & Lab Objectives” - mural by Kristen Zimmerman
“Practices of Transitions” - mural by Kristen Zimmerman

"We are the People Who" collective poem by 2016 Lab participants, mural by Kristen Zimmerman
DAY 2: VISIONING DEEP DEMOCRACY IN BELOVED COMMUNITY

Performers: YaliniDream and Tammy Johnson
DAY 2 - SKETCHBOOK NOTES

MAY TRANSITIONS LAB DAY 2

PLACE
- not a geography
- a practice
- REPAIRING

COMING INTO OUR FULL POWER

THE HARM
- what the tree, stone, water does is consequential

MY BEAUTY COMES FROM ALL OF MY ANCESTORS

WILL YOU REMEMBER ME, IN THE FUTURE?

THE PEOPLE WHO WILL JOURNEY TO FIND OUT WHO WE ARE

ANCESTORS

MANDERERS
- NOMADS

THE PEOPLE OF THE LONG STORY

BY VOYAGING AROUND THE WORLD, A WHOLE NEW GENERATION OF NAVIGATORS EMERGED - A TEAM

A HOMELAND IS A HOMELAND + YOU MAY CARRY IT WHEREVER YOU GO

GOVERNING FOR THE WHOLE: 100 YEAR ARCS

In times of URGENCE, it becomes more important to tell the story of the LONG ARC, and that is the course for our ancestors.
The Practices of Deep Democracy and Beloved Community - mural by Weyam Ghadbian
DAY 3: DEEP DEMOCRACY & SYSTEMS TRANSFORMATION:
DAY 3 - SKETCHBOOK NOTES

OCT. 16th - Even though my home is in the valley, it is my place of birth - humbled.

AY HOMMAD - As a strategist, I seek ways to go forward, but heart feels sick. BEASTER if you were a Vulcan...

Shouts FASCINATING.

NOV. 11th - Armed with ALOHA! There is still hope to save the world. To gain the knowledge. To move, a Warrior breathing in Earth's core, out to star...

IMAGE EMBODIMENT & BELOVED COMMUNITY

FIERCE LOVE

WHERE IS IT ALREADY?

GO SUPPORT IT

MAKING THE ROAD AS YOU WALK IT

What does it mean for us to be in a spiritual community?

I'm strongest when I'm VULNERABLE.

CAN I BE vulnerable with you?

If I can't move with my spirit, I can't move. Can I move with you?

PURPOSE: Big Shifts happen exponentially 1-1

ALOHA TRUMPS FEAR

MUTUALITY

LOVE

MUST CHOOSE

WE CAN NOT TRANSFORM INTO HUMAN BEINGS WITHOUT SPIRIT

NOW WE BE IN COMMON CAUSE

OF WHOLENESS - Maria 3rd Cohort...

SOMEONE BEYOND RIGHTEOUSNESS

ALL UNDER HEAVEN IN TACI

DEMONSTRATING LEADERSHIP...
The WORLD we are CREATING is...

The SEED of BECOMING has blossomed into...

We live in INTERGENERATIONAL communities of care, where all are loved and VALUED.
The health of every community is a SACRED focus.
Intergenerational, intercultural learning happens in Community.
Arts, and the pursuit of art, are an integral part of LIFE.

We are connected to and pursue the TRUTH of our histories.
We interrupt the seeds of conflict and learn the lessons carried within each seed;
There is a great dismantling and repurposing of armies and their tools.

Work is valued (not commodified)
COLLECTIVE WEALTH takes the place of individual wealth;
Decisions about resources take into account future generations
We feed the planet as we feed ourselves.

In this world of disappearing borders
And GLOBAL CITIZENSHIP;
Where the water runs free
And the spiritual is spoken

(Re)turn to seasons to UNIVERSAL RHYTHM
to ANCIENT WISDOM
Emerging evolution of human beings
LIBERATED & FREE, thriving & loved
In community recentering our World
(Re)connecting & (Re)imaging
UN MUNDO donde cabe MUCHOS MUNDOS
DAY 4: EMERGING DEEP DEMOCRACY IN BELOVED COMMUNITY
DAY 4 - MURAL NOTES

STORIES in PLACE

DEEP DEMOCRACY in BELIEVED COMMUNITY

For some, our connection to PLACE has been SEVERED.

Our notes were many now are few crucial as we look for those who are the ones.

"How do we hold the pain and habits of oppression in a forward step?" Particularly ANGER.

An Anger that needs to be STRATEGIC.

ANGER was液压ising us off balance.

It was doing all at once.

So that we may receive the stories you offer.

Stories of COURAGE that told what a WARRIOR is.

Despite our history is about PEACE MAKING, finding a different PATH.

SEEING IS BELIEVING, SO SHOW ME in story-then-ACT.

Story-Being. As a practice of seeing yourself in the arc of those around you, moving from there.

"Story of past, emerging present, what may unfold in the future." A Story to live into.

In Uncertainty, we choose to recall the times we gathered for CEREMONY.

Transformation occurs among people in relationships to each other, the while, the earth + the arch.

It is the work of Remembering.

A many-voiced telling of stories to communities for the first time because of dislocation.

Every visitor who came would tell their stories for our future.

Sacred fire circle after sacred fire circle as that momentum would be told forward.

Fire circles were set up around the camp and stories of co-emergence unveiled.

Inseparable connection WAY OF BEING and Story.

Transforming our county to be for ALL.

Belief in the speed of trust.

Passing first county resolution for sanctuary.

Belief in the possibility.

In order everyone would be different, direction.

Passing first county resolution for sanctuary.

Vision of peacemaking.

Sanctuary City and County.

Washinton Co. Board.

Met a young man named Embodying safety and well-being in community.

If you feel in fire, wherever you are.

If you are being people to that fire.

"Believing in the story... will give you a way to write..."

"Believe in the story... will give you a way to write..."

"Believing in the story... will give you a way to write..."

"Believing in the story... will give you a way to write..."
STORIES IN PLACE  DEEP DEMOCRACY IN BELOVED COMMUNITY

PART TWO

THE HUMAN RELATIONSHIP THAT TRUST IS POSSIBLE

DIFFERENTIATION

WHAT DO WE NEED TO THRIVE?
INVESTING IN COMMUNITY TRUST STORY

HOW DO YOU BUILD TRUST IN COMMUNITY?

IN A STRATEGY THAT BEGINS WITH WHOLENESS
MOVING AT THE SPEED OF TRUST IS FASTER

IN LOCKET

HARM CAUSED

Pivot to understand

UNDO IT

WHAT ARE WE FOR?

How do we want to be?

COMMUNITY OF PRACTICE

CREATIVE PURPOSE

EMERGING WORKERS

SPIRITUALITY

PREPAREDNESS

POETRY

LAUGH

Daughter

OUR ROLE

How do we do it?

We need to be part of transformation, not facilitators

How do we grow roots of trees as strong, deep, possible

CONVENE A SPACE TO MEET-

"WE CHOOSE ALL OF US"

BECAME OUR STORY

ALLOWED STATE ATTORNEY GENERAL TO SHIFT INTO AN ALLY

STATE ATTORNEY GENERAL

STATE ATTORNEY GENERAL SHIFTED WHEN GREETED WITH FORWARD THINKING STATE ATTORNEY GENERAL

RESPONSIVE STANCE

INWARD LISTENING

DEEP CEREMONY

130 PEOPLE SHARED STORIES

REPURPOSE OF THE PARK IN A DIVERSE COMMUNITY

EMERGING WORKERS-

SPIRITUALITY

PREPAREDNESS

ROOTS

POETRY

LAUGH

Daughter

OURS

"WE CHOOSE ALL OF US"

BECAME OUR STORY

ALLIANCE
STORIES IN PLACE

DEEP DEMOCRACY IN BELIEVED COMMUNITY

PART THREE

Complex relationship to home

9/11 was a practicing Muslim, safety planning in Boston, afraid to fly

DIDN'T RETURN TO TRINIDAD FOR 11 YEARS

STANDING ROCK. MANY PEOPLE: THIS IS THE 1ST PLACE I FEEL @ HOME HARD TO LEAVE

Always searching for people like me

Visited mom, felt like a return to amniotic fluid

Walking with a high heel on one foot, molasses on other

SHARING CULTURE IS ABOUT GOVERNING FOR THE WHOLE

WHAT HAPPENS NOW?

WHAT ARE THE PROTOCOLS FOR RESPECTFUL, STRENGTHENING, SHARING FOR WHOLENESS?

Lessons from people of African descent

WE KNOW HOW TO ROOT

Find places outside coastal cities

Important to pull our dirty laundry

Our practices will be crucial to survival + thriving

Impacted to pull our dirty laundry

Importantly unrooted

African U.S., South's North, cities > culture

START WITH PEOPLE WHO COULD GET THERE

DISPLACEMENT will shape what is to come in next 100 years

Compositionally

In between

Well, when you just turn anyone into trash