DEEP DEMOCRACY
ROOTED IN
BELOVED 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

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<tbody>
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<td>Connecting, welcome and orient, seed our exploration. Create the space for the quality of presence that will allow us to explore deeply.</td>
<td>Generating a vision to set direction; Identify values embedded in the vision.</td>
<td>Mapping systems transformations rooted in beloved community. Exploring questions/ideas for applying Deep Democracy in actual work/strategy.</td>
<td>Matching the depth of our practice to the depth of transformation we envision.</td>
<td>Story, Circle, Commitments.</td>
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DAY 1: BUILDING THE COURAGEOUS “WE”
DAY 1 - SKETCHBOOK NOTES

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

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)

NOT THIS TIME, MOTHERF**KING!

CYCLONES - strip bare anything that doesn't need to be there

NOT JUST A PENDULUM, but an ARC - going forward

WHAT IS MY PURPOSE?

NOT JUST TO AVOID PROBLEMS, WHAT IS THE CONTRIBUTION I CAN MAKE?

YOU CAN'T MAKE A REVOLUTION HAPPEN, asked "Can this be a country for all of us?"

ROSA WAS IN A FLOOD - DISASTER BRINGS COMMUNITY DEEPER

SEE US AS PARTNERS + ASSETS!

GOT NOT PREPARED FOR THIS - CONTAMINATED WATER + DEBRIS

COMMUNITY IMPACTED

BUT BE IN COMMUNITY + PREPARED FOR THE SWELL SO YOU CAN RIDE THE WAVE

HOW DO WE LEAD WITH BOLD VISION + BE RESPONSIVE TO COMMUNITY NEEDS

TRANSFORMATION AS WE NEED TO ROOT TO GO TWICE AS DEEP

AS THE TRANSFORMATION SKEW, WE NEED OUR

CYCLONE

BLACK LIVES MATTER

INTERRUPTED how I'd accommodated myself to cycle of violence against Black folks

SHOOK ME UP, STRIPPED BARE, BROUGHT BACK TO LIFE - I WILL NOT ACCOMODATE MYSELF

NOV. ELECTION - NO! WE WILL NOT GO BACK - THIS FEELS LIKE A FATE WORSE THAN DEATH.

PLANTED SEEDS FOR THIS EXPRESSION OF HUMANITY

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HOW DO WE LEAD WITH BOLD VISION + BE RESPONSIVE TO COMMUNITY NEEDS
WHAT DOES THIS TIME MEAN FOR US COLLECTIVELY?

CHI: While in China, I felt that Nooma's breath was with her. I practiced the feeling.

TRANSFORMATIVE PRACTICE

WHAT ARE YOU CALLED UPON TO BE IN THIS MOMENT?

WHAT WERE YOU COMMITTED TO?

WHAT are you doing to your descendants?

The descendant of my ancestors and the ancestor of my descendants, you are being called to be a witness to your own standing.

Please consider what you are doing to your ancestors and descendants.

If we are too many, may we help each other.

Some would have us retreat.

Aloha.

Normal story.
How do WE transition from a WORLD rooted in violence, domination & extraction to a WORLD rooted in interdependence, regeneration & resilience?

LOVE

care
community

LAB OBJECTIVES

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...

We are peoples who **LIVE & LOVE;** joyfully risking our own significance to journey into the **unknown** for a **NEW WORLD,** with child-like innocence, wellness of **ALL RELATIONS,** mutuality, and reciprocity.

We are the people who **WALK and WONDER** the **PATHWAYS of TODAY,** asking our hearts every moment who we need to be so all can connect in community across time and space.

With **LOVE and LIGHT** we are the people who **honor interdependence & joyously commit to WHOLENESS.**

We are a **COMMUNITY** who find our roles and our contributions through our **Connection to SOURCE.** And, with the knowledge that we have **ALREADY WON,** we are able to look far and navigate toward a **horizon,** where we **THRIVE through joy and CONNECTION!**

We are the people who are **EMERGING,** the ones who imagine our past into our future, where reality transcends possibilities. We are the ones who **REMEMBER.**

“*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
Performer: YaliniDream
**Day 2 - Sketchbook Notes**

**May Transitions Lab Day 2**

**Place**
- Not a geography, a practice
- Orienting to the formal director
- Coiling rope
- Writing to land
- Things can be the same
- As oral story

**REPAIRING THE HARM**
- My beauty comes from all of my ancestors
- The people who will journey to find out who we are
- Oral history
- Irony: colonizers took governance preserved language in writing
- The end of which will never be written

**We are ancestors of descendants of ancestors**
- Honor full lineage of ancestors even if we do not know
- We are part of the people who have always been

**This generation can begin the repair**
- We can bring voice to all the people before us who had none

**A homeland is a homeland + you may carry it wherever you go**

**By voyaging around the world, a whole new generation of navigators emerged — a team**

**Government for the Whole: 200 Year ARCS**

- In times of urgency, it never seems important to tell the story of the long arc... and chart the course for our descendants

- 2077
- 1770-75
- 1893
- 1977

- Thriving
- 5 Proofs
- People are more healthy, more whole
- Children are more thinking, more dreamers
- More people are able to provide for their families
- More people are able to make decisions for their families
- More people are able to think about the world

- Proving
- We are healthy, that we are whole
- The story is better
- The survivors
- We are whole
- We are healthy
- We are whole
- We are healthy
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- We are healthy

- Thriving
- The story is whole
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THE PRACTICES OF DEEP DEMOCRACY + BELOVED COMMUNITY

WHOLE GOVERNANCE
LEADING WITH BOLD VISION
AND VALUES
EMBODIED PRACTICE
RAY OF CONNECTION
COMMUNITY VOICE & POWER

REPAIRING STRUCTURAL HARM

HEALING + WHOLENESS

"The Practices of Deep Democracy and Beloved Community" - mural by Weyam Ghadian
DAY 3: DEEP DEMOCRACY & SYSTEMS TRANSFORMATION:
Day 3 - Sketchbook Notes

FEAR-BASED DEMAGOGUERY fuels societal devolution. Oct 16. Even though my home is in the valley, it is my place of birth - humbled by its power. On NYC, at my valley.

Nov 2nd: I was chanting - my voice is changing, deepening, connecting to source - something else unleashed.

Nov 9th: Ay homma id. As a strategist, I seek ways to go forward, but heart feels sick.

Nov 11th: Armed with Aloha. To gain the kingdom, there is still hope to save who we are. Don't not act out of fear.

Aloha trumps fear. How may we be in common cause of wholeness - Marjorie Cohn. Beyond righteousness, there is all under heaven. Beyond a nation, the universe. The universe is aloha.

Aloha from Earth's core, our far star.
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)imagining
UN MUNDO donde cabe MUCHOS MUNDOS
DAY 4: EMERGING DEEP DEMOCRACY IN BELOVED COMMUNITY
STORIES in PLACE  
DEEP DEMOCRACY in BELIEVED COMMUNITY

For some, our connection to PLACE has been SEVERED.
Our truths were never shared until now.

Transformation occurs among people in relationships to each other, the whole, the earth + the arc.

It is the work of remembering.

Promised... the black snake story that would be told forever.

Fire circles here set up around the camp and stories of co-emerging.

Not just survival, DIGNITY and COHESION to move forward, no matter what.

I thought about ANGER breaking up with AIM and vision then poet Gill
realized that ANGER was helping us off balance it was showing all of our benefit.

Standing Rock -  keeping moving.
Ball Down the Field.

Surviving to move forward.

I also wrote:
The salt flows
Our island so we may eat together.

So that we may rescue the stories you offer.

Stories of Courage that told what a WARRIOR IS.

Accept our history is about PEACE MAKING finding a different path.

Inseparable connection - WAY of BEING and story.

Seeing IS BELIEVING, so show me in story then act.

Story BEING - as a practice of seeing yourself in the arc + those around you + moving from there.

Juliet's Story - inspired by the story of torchbearers.

Tahlequah - there's nothing more important here.

If you feel in FIRE, WHEREVER YOU ARE you can BECAME PEOPLE TO THAT FIRE.

Transforming our bounty to be for ALL.

What do we need to do, in order to carry forward.

Believing in the SPEED of TRUST! for stories of change lessons.

Passed first county resolution for sanctuary.

Vision of establishing sanctuary city and county.

Maria of Yurok, Lulesem, and Kwalikum.

If she was at center.

Every thing would be different.

Energy possibility.
STORIES in PLACE

DEEP DEMOCRACY in BELOVED 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

VISITED MOM + FELT LIKE A RETURN TO AMNIONIC FLUID

Always searching for people like me

I AM A PERSON IN-BETWEEN

GREAT STRENGTH CREATIVITY FLUIDITY

SHARING CULTURE IS ABOUT GOVERNING FOR THE WHOLE

WHAT HAPPENS NOW?

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

WALK WITH A HIGH HEEL ON ONE FOOT, MUSLIM ON OTHER

How can be part of many arcs + arc of where we live

LESSONS FROM PEOPLE OF AFRICAN DESCENT

WE KNOW HOW TO ROOT

ROLE OF IN-BETWEEN TO HELP SHARE CULTURE RESPONSIBLY

IMPORTANT TO PUT OUR DIRTY LAUNDRY

START WITH PEOPLE WHO COULD GET THERE

FIND PLACES OUTSIDE COASTAL CITIES WHO WANT TO FIND A WAY FORWARD

DISPLACEMENT will shape what is to come in next 100 years

OUR PRACTICES WILL BE CRUCIAL TO SURVIVAL + THRIVING

WHAT ARE THE PROTOCOLS FOR RESPECTFUL STRENGTHENING SHARING FOR WHOLENESSES

NOT M COORDINATING, CORDONING

APRIL 5, U.S., SOUTH-SOUTH-NORTH CITIES > CULTURES

CONSERVATIVELY UPROoted