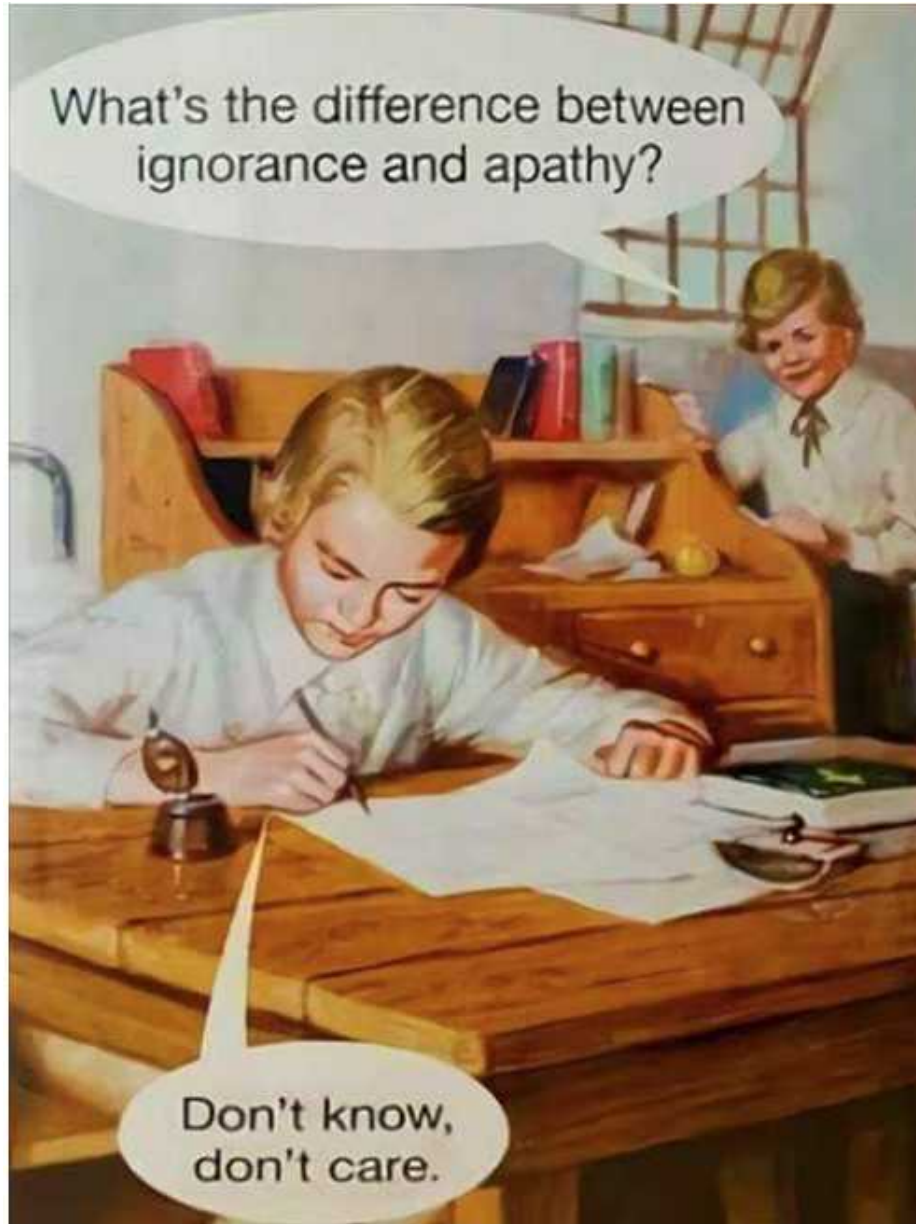


REGENERATIVE STORYTELLING



Presented by Jemima Spring
Sea-Change Media Co-op



Why can't we address our ecological problems and create a regenerative world?

I USED TO THINK THE TOP ENVIRONMENTAL PROBLEMS WERE BIODIVERSITY LOSS, ECOSYSTEM COLLAPSE AND CLIMATE CHANGE. I THOUGHT THAT WITH 30 YEARS OF GOOD SCIENCE WE COULD ADDRESS THOSE PROBLEMS. BUT I WAS WRONG. THE TOP ENVIRONMENTAL PROBLEMS ARE SELFISHNESS, GREED AND APATHY... AND TO DEAL WITH THOSE WE NEED A SPIRITUAL AND CULTURAL TRANSFORMATION - AND WE SCIENTISTS DON'T KNOW HOW TO DO THAT.

GUS SPETH

LIVE LEARN EVOLVE

Many great minds have been working on solutions

"You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete."

R. Buckminster Fuller

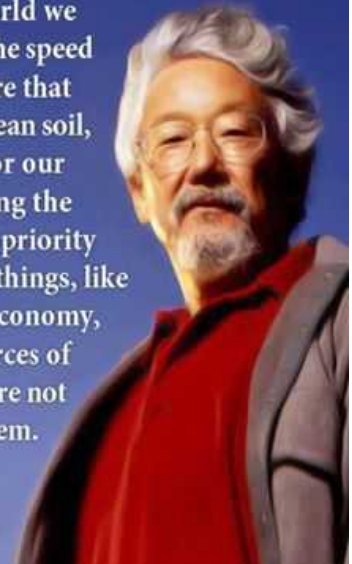
"We must do away with the absolutely specious notion that everybody has to earn a living. It is a fact today that one in ten thousand of us can make a technological breakthrough capable of supporting all the rest. The youth of today are absolutely right in recognizing this nonsense of earning a living. We keep inventing jobs because of this false idea that everybody has to be employed at some kind of drudgery because, according to Malthusian-Darwinian theory, he must justify his right to exist. So we have inspectors of inspectors & people making instruments for inspectors to inspect inspectors. The true business of people should be to go back to school & think about whatever it was they were thinking about before somebody came along & told them they had to earn a living."

Richard Buckminster Fuller (1895 – 1983)



DAVID SUZUKI

There are some things in the world we can't change – gravity, entropy, the speed of light, and our biological nature that requires clean air, clean water, clean soil, clean energy and biodiversity for our health and well being. Protecting the biosphere should be our highest priority or else we sicken and die. Other things, like capitalism, free enterprise, the economy, currency, the market, are not forces of nature, we invented them. They are not immutable and we can change them. It makes no sense to elevate economics above the biosphere.



The system will collapse if we refuse to buy what they are selling – their ideas, their version of history, their wars, their weapons, their notion of inevitability.

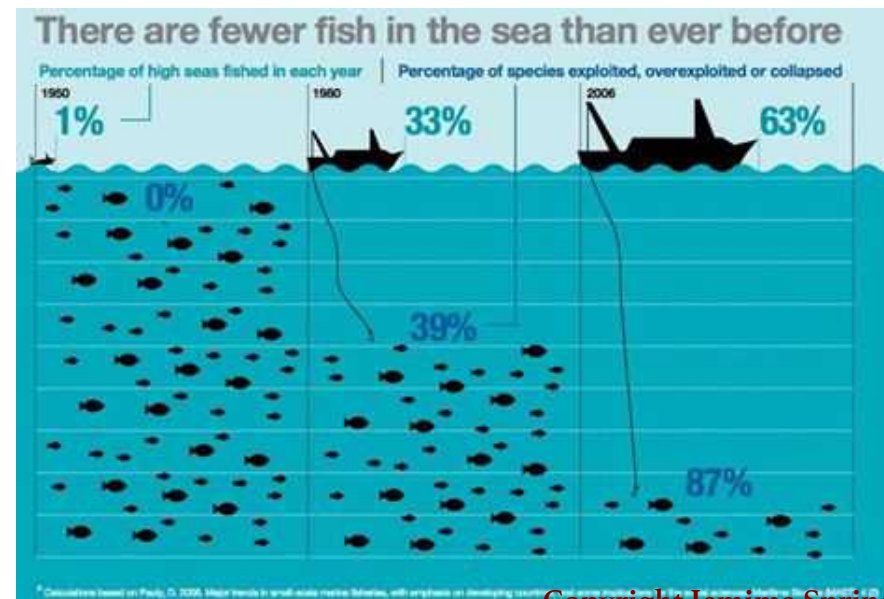
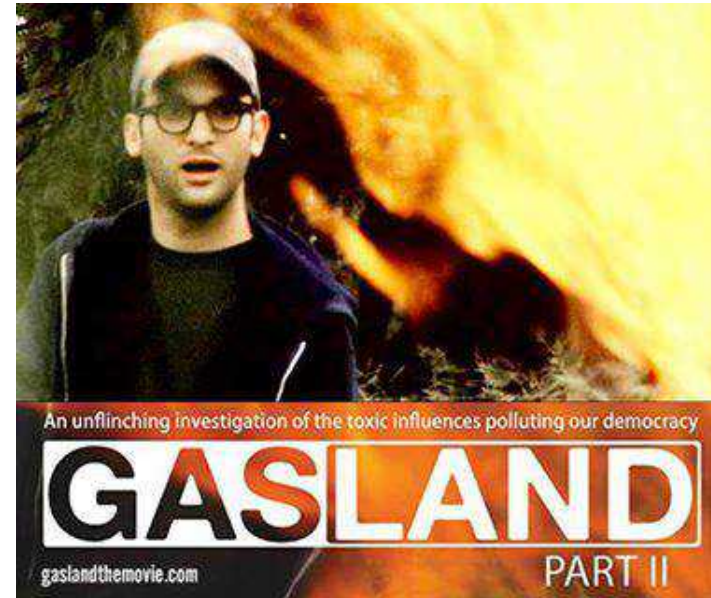
Remember this: We be many and they be few. They need us more than we need them.

Another world is not only possible, she is on her way. On a quiet day, I can hear her breathing.

Arundhati Roy



People have used art, film and infographics to inspire, educate and raise awareness.





Something to think about: The Earth is 4.6 billion years old. Let's scale that to 46 years. We have been here for 4 hours. Our industrial revolution began 1 minute ago. In that time, we have destroyed more than 50% of the world's forests.

This isn't sustainable.

In the face of environmental destruction – stories of regeneration bring hope and inspire action.



Jemima Spring shared **Natural Cures Not Medicine's** post.

27 March at 16:09 · 🌐 ▼

Nature always responds to care with abundance

It took 96 weeks and thousands of volunteers to clean up Versova Beach in [#Bombay](#) [#India](#). The payoff? Hundreds of thousands of [#SeaTurtles](#) hatching this week. First time in decades. Anything can be cleaned!



Natural Cures Not Medicine

26 March at 17:07 · 🌐

Faith in humanity restored!



Like



Comment



Share



and 21 others

The answer lies in reintegrating art and science and reclaiming our innate creativity.



The classic study of the creative process from the bestselling author of *Flow*

Creativity is about capturing those moments that make life worth living. Legendary psychologist Mihaly Csikszentmihalyi ("The leading researcher into 'flow states.'" — *Newsweek*) reveals what leads to these moments—be it the excitement of the artist at the easel or the scientist in the lab—so that this knowledge can be used to enrich people's lives. Drawing on nearly one hundred interviews with exceptional people, from biologists and physicists, to politicians and business leaders, to poets and artists, as well as his thirty years of research on the subject, Csikszentmihalyi uses his famous flow theory to explore the creative process. He discusses such ideas as why creative individuals are often seen as selfish and arrogant, and why the "tortured genius" is largely a myth. Most important, he explains why creativity needs to be cultivated and is necessary for the future of our country, if not the world.

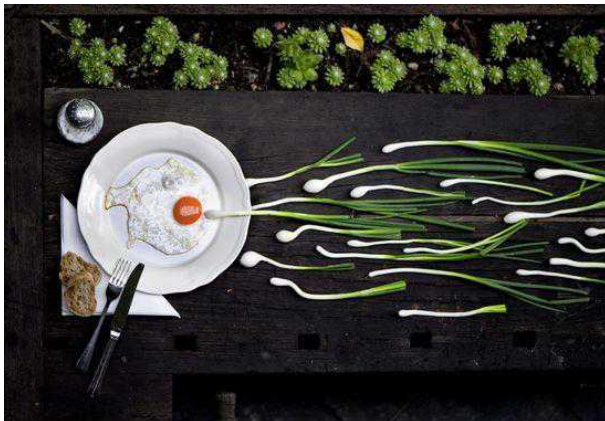
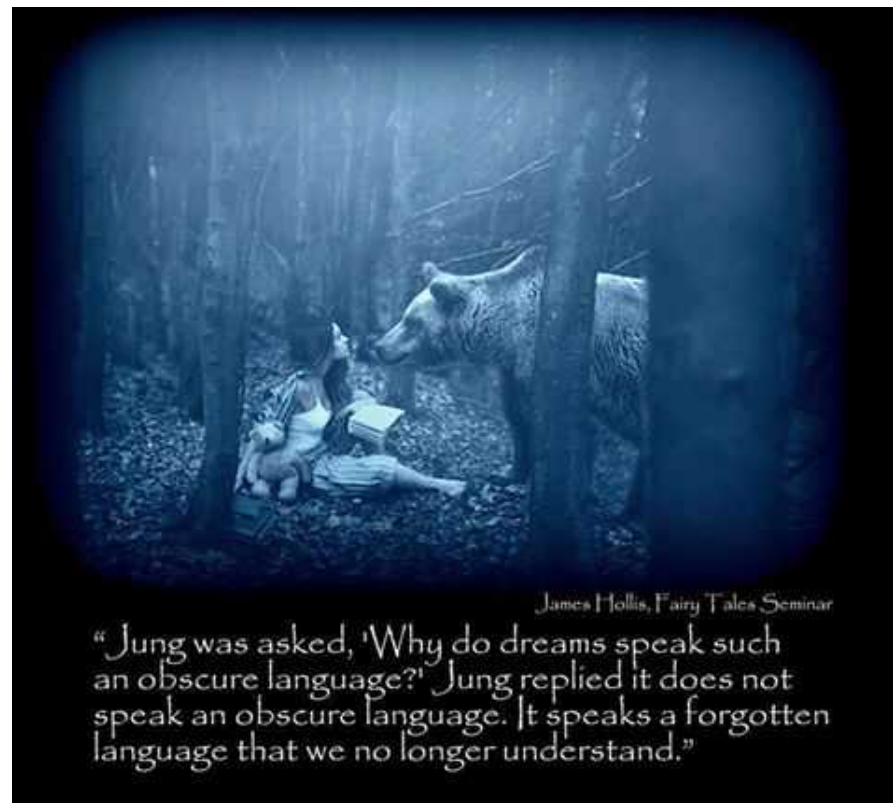
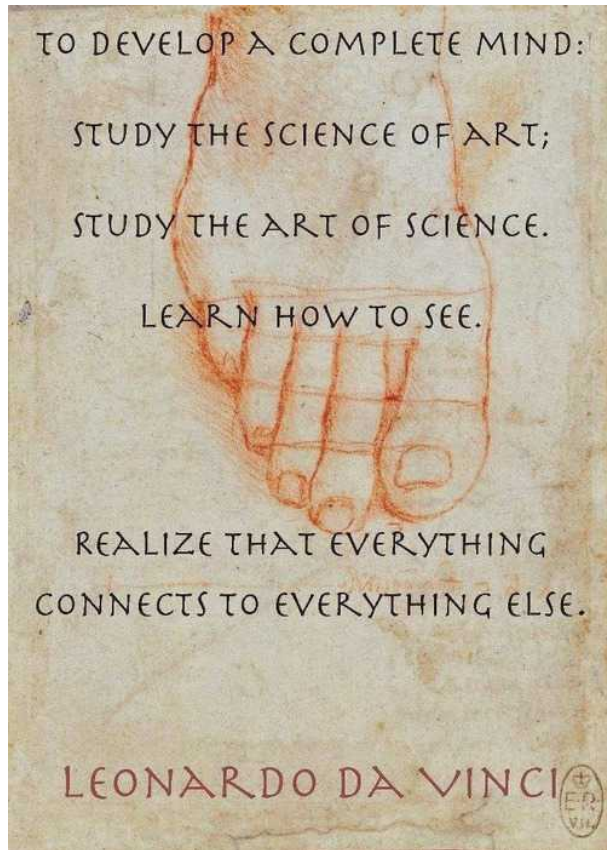
[Read less](#)

Mihaly Csikszentmihalyi has drawn attention to the social context out of which creativity and innovation emerge. For example, he has demonstrated the beneficial role of working at a place and time in which other individuals are engaged in related creative activities: painting and sculpture in Florence in the 14th century, the development of computers in Northern California in the 1960s and 70s, industrialisation in SE Asia in the last quarter of the 20th century role. Here Csikszentmihalyi outlines his systems theory of creativity, relating creative effort by individuals to the state of the domain they are working in and the characteristics of those who assess the worth of the creative endeavour in the field concerned. This offers a penetrating analysis of how creative endeavour emerges within a social field. Drawing on years of research in the field, Csikszentmihalyi discusses the interplay between knowledge about the domain, gatekeepers in the field and creative individuals. Many of the points made here in relation to other domains apply equally well to creativity and innovation in organisational settings.

HAZEL HENDERSON

Midwife of change

“How does one rewrite the DNA of any organisation, let alone the entire planet?”

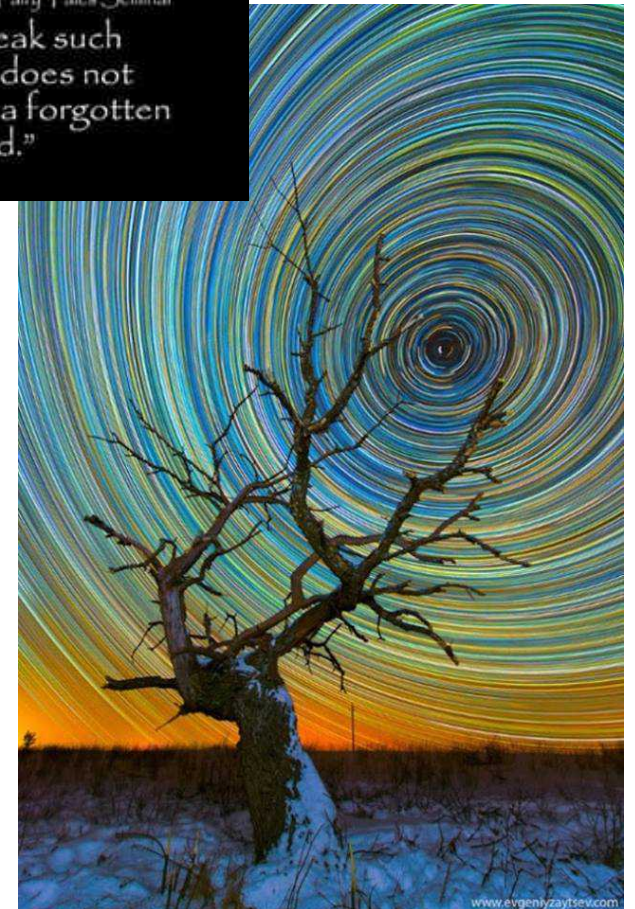


Rob Breznsky

The poet Muriel Rukeyser said the universe is composed of stories, not of atoms. The physicist Werner Heisenberg declared that the universe is made of music, not of matter.

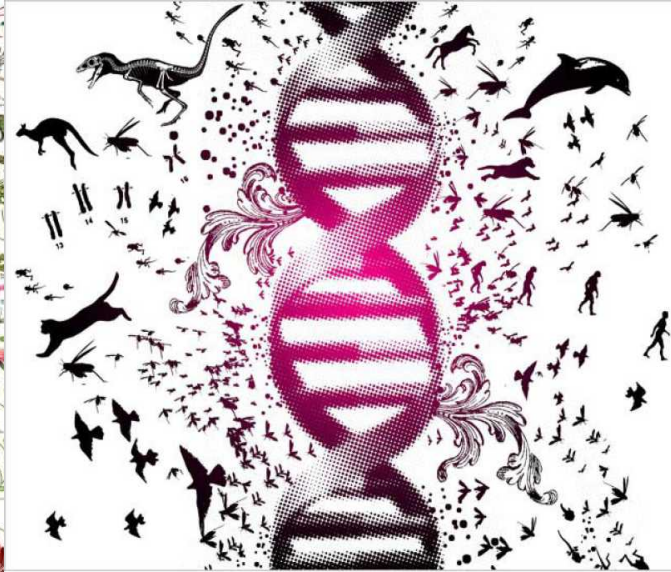
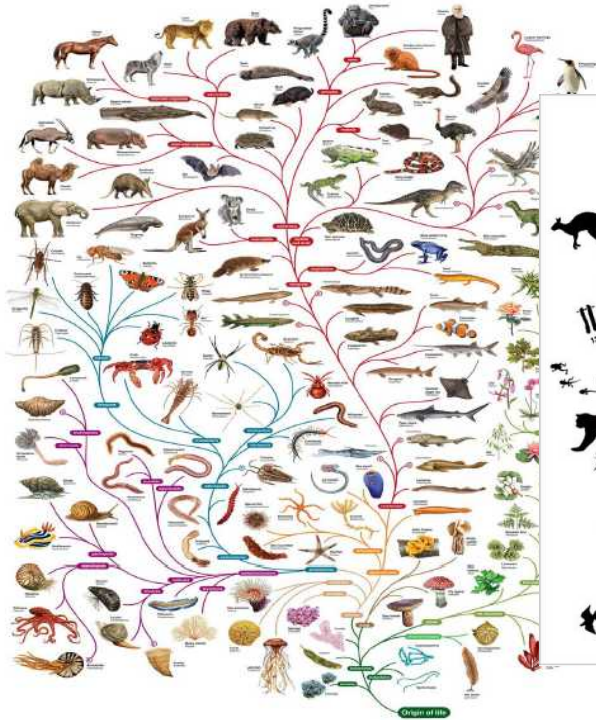
And we believe that if you habitually expose yourself to toxic stories and music, you could wind up living in the wrong universe, where it's impossible to become the gorgeous genius you were born to be.

That's why we implore you to nourish yourself with delicious, nutritious tales and tunes that inspire you to exercise your willpower for your highest good.

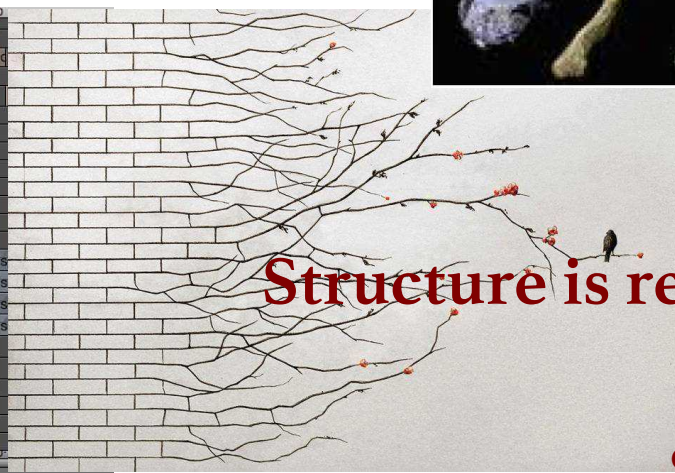
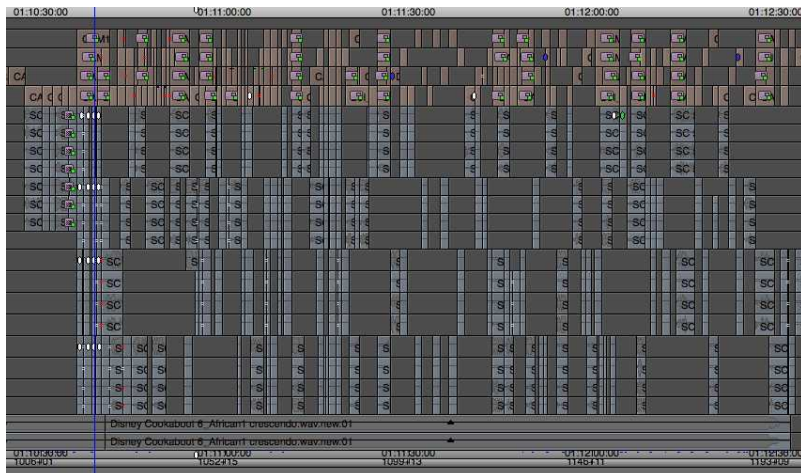
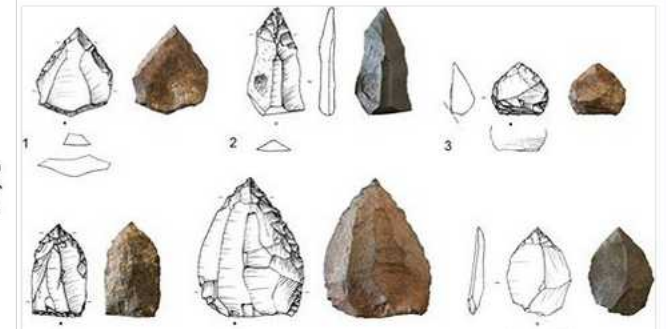


**Biological evolution and human creativity are connected.
Both are living systems that generate change in the world.**

BIOLOGICAL EVOLUTION



Bio: Dr. Manuel Will is currently a Junior Research Fellow at the University of Cambridge, UK. He earned his doctorate degree in Prehistoric Archaeology at the University of Tübingen, Germany, in 2016. His principle research interests lie in the study of human evolution from a joint bio-cultural perspective that takes evidence from artifacts and fossils into consideration. Dr. Will's current research projects focus on aspects of the biological, behavioral and cultural evolution of our genus (*Homo*) and species (*Homo sapiens*) in Africa and their dispersal to the rest of the world, with a particular focus on the analysis of stone artefacts from the Middle Stone Age of South Africa. He has been part of archaeological fieldwork in Europe, the Near East and Africa, and is currently involved in excavations at Sibudu and Mertenhof (South Africa).



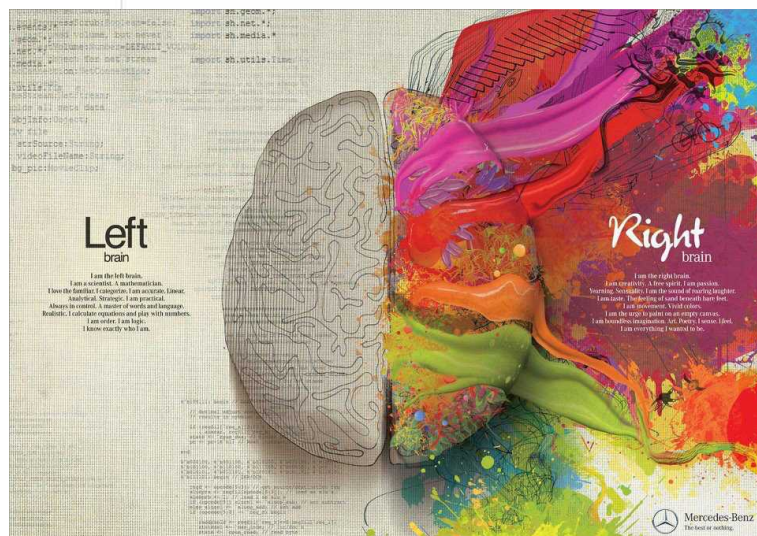
Structure is related to flow.

Creative arts can heal the world by healing ourselves.



Doctors Now Prescribing Music Therapy for Heart Ailments, Brain Dysfunction, Learning Disabilities, Depression, PTSD, Alzheimers, Childhood...

DIDGEPROJECT.COM



How to improve the school results: not extra maths but music, loads of it

A Bradford primary school wants the world to know its newfound Sats success is down to giving all children up to six hours of music a week

THEGUARDIAN.COM

Copyright Jemima Spring 2018



Daniel Christian Wahl [Follow](#)
 Educator, speaker, strategic advisor — PhD Design for Sustainability, MSc Holistic Science, BSc Biol. Sciences; author of 'Designing Regenerative Cultures'
 Feb 13 · 8 min read

What does it mean to be a 'Weaver'?

Reflections on the Ashoka 'Global Change Leaders' gathering to promote transformative innovation in education (2 of 4)

A weaver is someone who knows how to bridge between the different silos and sectors of society. S/he has mastered the art of connecting people and organizations who were previously unconnected and often even unaware of each others role along the complex value chain of education. This value chain is much more like a deeply interconnected ecosystem than a linear chain from kindergarten to schools, apprenticeships, universities or occupational training facilities and onto employment or entrepreneurship.

There was a lot of talk in Lyon at the 'Global Change Leaders' gathering on transforming education about the role of the 'weaver' in supporting the emergence of learning ecosystems. There was agreement that whole systems prototypes would have to demonstrate just what complexity a learning ecosystem could grow to and how weaving diverse stakeholders in education—which, let's face it, all of society and civilization have a stake in—would enable everyone to learn how to "live for the greater good". There was also much agreement that such prototypes would best be (bio-)regionally focussed and elegantly adapted to the uniqueness of local culture and ecosystems.

**We can tell a new
regenerative story for the
world by weaving or
remixing threads from
different fields and systems.**



What does it mean to be a 'Weaver'? – Daniel Christian Wahl – Medium

Reflections on the Ashoka 'Global Change Leaders' gathering to promote transformative innovation in education (2 of 4)

MEDIUM.COM



Christopher Chase shared a link to the group: **The Ecology of Systems Thinking.**

Mon at 03:26 · 🌐

Happy New Year everyone! It's 2018 here in Japan, Monday morning...

Wanted to share an epiphany - that emerged thanks to a number of conversations (with **Daniel Christian Wahl, Anneloes Smitsman, Shelley Ostroff, Floris Koot, Alexander Laszlo** and others). The final spark was this essay by Daniel, reading these lines about his meeting with Fritjof Capra:

"In spring 2002 I had the good fortune to meet the physicist Fritjof Capra at Schumacher College. Capra clearly articulated something that I had intuitively known and was trying to understand better. He suggested that the ecological, environmental, social and economic crises we are facing are not separate but interconnected expressions of one single crisis: a crisis of perception.."

And what hit me is YES but also NO... It's also a Crisis of Experience. That perception is shaped by experience. Yes, the ecological, environmental, social and economic crises of our time are rooted in a crisis of perception. But perception is like a tree, that grows in an ecosystem, a garden, and that is the garden of our experiences.

This is why spirituality matters, what Shelley's **7 Days of Rest - Global Event** is about, **Anneloes's Love Letters From Mother Earth.** It's experiences, mystical and connective experiences many of us have had that created a shift in our perceptions. Like Fritjof Capra's experience with psychedelics on the beach, described in the opening of the Tao of Physics.

I think this is what **Nora Bateson** is pointing to when she writes about the importance of poetry. It's there in the video **Anne-Marie LaMonde** has shared, about deep encounters in Nature.

I think we all "know" this right? But being able to explain it is challenging. This is why the right words and information is never enough. We can provide creative solutions and innovative powerful insights forever and nothing will change if people's perceptions don't shift, and that requires experiential learning, new experiences, deeper "connective" and transcendent experiences.

This is why movies, literature, poetry, art, music and dance are so important, why the TRANSFORMATION or REGENERATION of Culture is essential. We are dealing with the need for massive group "therapy" for everyone - something Alan Watts talked about, what we saw happen in the Sixties... Humanity needs transformational EXPERIENCES in education, movies, media, and with family, friends,

Terms like mystic, poetic or spiritual are just words- they point to an experience of deep connection and peace, a feeling of relatedness with Nature, the Universe, Consciousness, all of Life...



From the 'crisis of perception' to the 'systems view of life'
medium.com



Jemima Spring shared Charles Eisenstein's post.

30 September at 08:41 · 🌐

This story keeps pulling me back and so relevant at this time in the world - creativity and play in the face of violence and oppression.

Time to tell a New Story.



Charles Eisenstein

4 February 2015 · 🌐

Activism in the New Story: "The spirits of the land could now support us"

One of the most triggering sentences of The More Beautiful World... was, "Let us be wary of any revolution that isn't threaded with an element of play, celebration, mystery, and humor. If it is primarily a grim struggle, then it may be no revolution at all."

People find this naïve. Play and celebration seem a bit frivolous in the face of a relentless world-destroying machine that recognizes no logic but the logic of force. We need to get serious and, not waste our time in escapist play. And celebration – shouldn't that wait until we have something to celebrate?

I think it is quite the opposite. If we turn the revolution into a contest of force, then we will surely lose against an opponent that far outmatches us. Worse, even if we win, we strengthen the sponsoring world-story that turns us into another version of the enemy we just defeated. It is the story that holds us a Cartesian separate selves manipulating an external reality through force. Just as civilization has sought to conquer the Other (nature), so now do we seek to overcome another Other through the same basic methods. It is as Philip K. Dick wrote: "To fight the Empire is to be infected by its derangement. This is a paradox: whoever defeats a segment of the Empire becomes the Empire; it proliferates like a virus, imposing its form on its enemies. Thereby, it becomes its enemies."



9 hrs · 🌐

"My religion is nature.
That's what arouses those feelings
of wonder and mysticism and gratitude in me."
~ Oliver Sacks

www.TreeSisters.org

(Photo: Jain 108 Mathemagics)



The first step is visioning the world we want to live in.



Yura Smirnov ▸ Transforming Informal settlements, Townships and Suburbs into Eco Villages

Yesterday at 13:47 · 🌐

Hi Folks, my good friend Alosha is busy launching his online Living Bio Dome Home construction Master Class.

He will teach you how to build 2 types of dome homes for under 7000 USD. This home will have it's own constructed wetland as well as a 40000 Litre underground water storage .

The registrations close this Sunday evening !

So if you are IN or want to double check it's right for you then watch this 60 second video: <https://ou369.isrefer.com/go/lbd60/yury/>



Jemima Spring shared AJ+'s video.
9 February · 🌐



816,435 Views

AJ+ added a new video: Turning Deadly Poop Into Fertile Soil.
27 February 2017 · 🌐

Haiti is fighting cholera by turning human poop into rich fertilizer.

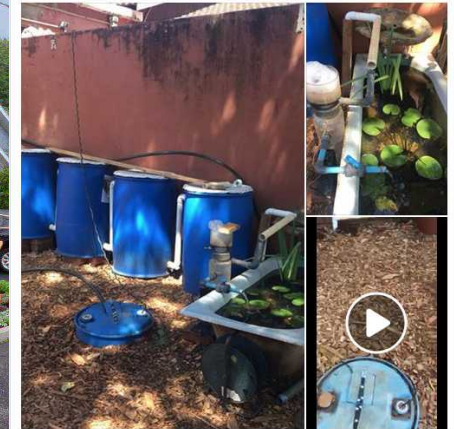
Like

Comment

Share



Jemima Spring shared Rob Goodison's post.
11 February · 🌐



Rob Goodison added 2 photos and a video.
16 January · 🌐

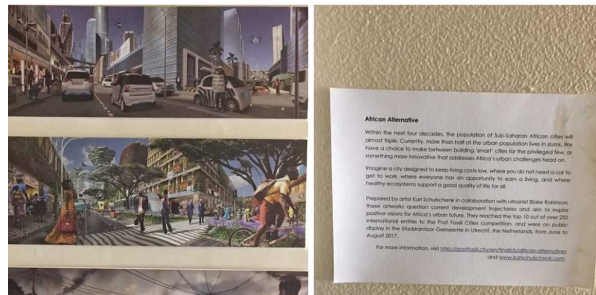
Fully automated Grey water system. Cleans as much as 600 liters a day of grey water straight from the baths, showers, dish washer and washing machine.
You won't...
See more



posted 2 photos. · · ·

45 mins · Instagram · 👤

"Imagine a city designed to keep living costs low, where you do not need a car to get to work, where everyone has an opportunity to earn a living, and where healthy ecosystems support a good quality of life for all." Artwork and concept by Karl Schulschenk and Blake Robinson #africanalternative #postfossilcities #sustainability #sustainabilityinstitute www.karlschulschenk.com



Like

Comment



Waste Into Worth
Sponsored · 🌐

With the SA economy continuously being threatened with a downgrade, how can formalising waste streams give the economy a much needed boost?



Use waste to stimulate South Africa's economic growth

Economist and head of R&D at REDISA, Dr Reza Daniels explains how the introduction of resources back into the South African economy can help "bring dead capital back to life"

RECYCLINGWASTEWORLD.CO.UK

and 4.2k others

34 Comments 113 Shares

Like

Comment

Share

Copyright Jemima Spring 2018



And modelling
regenerative systems.





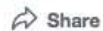
Linzi Thomas

22 June 2016 ·

My new friend. She blessed us today with her presence, we massaged her with so much love and did everything to relieve her pain. A library of stories, culture and tradition #96yearsyoung #beautifulSA #ruralelders

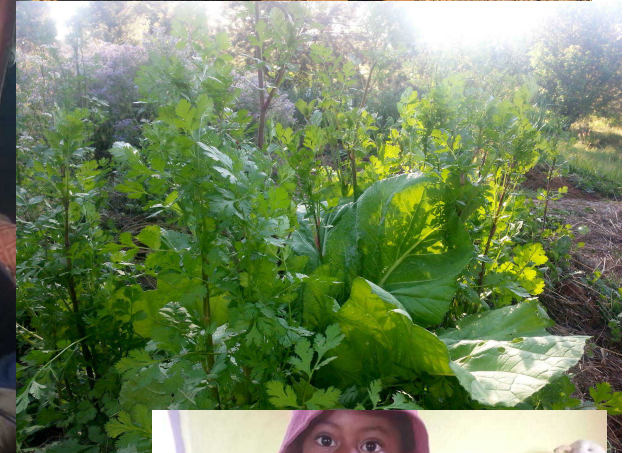


Comment



You, [] d 89 others

My Life village, Mtwaku, Eastern Cape



Creating a network of regenerative villages

Copyright jemima Spring 2018



James Prigioni ▸ Permaculture For Children

14 hrs · 🌐

This year I have grown more food than I ever have. The Food Forest is producing a diverse number of fruits and veggies, and a lot of them are perennial. At this time of the year the pears are finishing, the hazelnuts are ripe, and the grapes are tasting better than they ever have! If you want to see the garden in high production, here is a link to a video I uploaded today <https://youtu.be/1WzjgdmQUB0>

If you have any suggestions or constructive criticism it is greatly appreciated 🍷



Like Comment 17



Gary Farr ▸ Holistic Farming Solutions to reverse climate change and restore our soils.

15 Jan 2016 · 🌐

Found what I have been looking for for a long time. Maize planted directly into a legume based pasture. Results exceeded all expectations. A pasture high in Lucerne and red clover, with rye grass was grazed short and then maize zero tilled directly with no herbicide used at all. Note how uniform and vigorous it is. Also note how inside the canopy the cover crop has been suppressed so not competing, however the high N from the legumes has ensured great vigour. I have seen photos where done in USA and Brazil, but first I've seen in SA. Need to play a bit but I believe we can now attempt to grow a maize crop with NO fertiliser and NO herbicide. The good vigour will also hopefully minimise disease so hopefully no fungicides needed either. This also made possible by optimising soil Cation balances. Thank you **Rory Milbank**. IT CAN BE DONE!!!



Women Who Farm added 5 new photos.

24 March 2016 · 🌐

"The world will not transform unless we begin to move on the right direction. By feeding the rural africans women's mind we help fight hunger" - Yongo otieno Wycliffe founder of Share Peace-Permaculture Project.

Share Peace Permaculture is a project in the Matisi village of Kenya Africa that teaches both women, and children the positive force of permaculture. Awesome and inspiring work ❤️



Lux September added 5 new photos.

8 hrs · 🌐

In my other life I'm a Farmer in EC.. we grow 🌾. We create jobs. We empower local communities. Land has restored hope in a place that was abandoned many moons ago (So, this Q of "what are u going to do with the Land is absurd"). **Tsomo Kei Farming** Sure there has been cases of people given land - then squander the money and opportunities: But I know many who buy/rent land - who are passionate about development of Land.... There are many people shouting from the top of a tree... The Land question is complex - it has no simple answers... But we should start by SHARING..... If we share, there is no need for chaos...

I learned, the hard & best way though, that "sustainable" was never going to be enough & that I really needed to stop trying to be "sustainable" & to look toward being far more regenerative in my practice & philosophy.

For a number of reasons mostly my own naivety & inexperience ... I wasn't able to achieve that in my environment & that was kind of heat-breaking for me because I had such a clear idea of where I wanted to go.

I do, however, get such a huge kick out of seeing other people doing it. And I draw such inspiration & hope from these stories.

Thank you, FFMM for walking your talk.



Frankie Fenner Meat Merchants

3 hrs · 🌐

Like Page

FFMM is proud to welcome Lindile "Dallas" Ndzaba to our Woodstock branch this Friday for a pop-up lunch menu. Lindile runs the show at our Palmyra store but has also been building a business in Khayelitsha, where he slings FFMM, grass-fed burgers to his loyal fans. As a brand, we have always tried to encourage our staff to chase their own dreams and this guy is proof of what can happen as a result. People often talk about the best burger in Cape Town, but how many people include townships and settlements in that equation? None, I'd wager. Dallas will be throwing his hat in the ring, with his efforts this Friday. Come support a true entrepreneur. Come support Khaltsha Burger Project. Numbers are limited and when he sells out, he sells out. Don't sleep. Available from 11:30.



Thapelo Moloantsoa

Well done chief..this is highly impressive..You have moved from rhetoric to implementation..It is not an absurd question..it is a fair question given what happened in Zim and other countries..But now the answer lies in the likes of yourself and **Ashley Lebogang Moabelo**..I believe **Zamuxolo Monwabisi Jimlongo** is also involved in small scale farming..Izwe Lethu

8h Edited · Like Reply

And celebrating our achievements.

Copyright Jimima Spring 2018



Land reform: 'Acknowledge the horrors of apartheid,' says wine farmer

An inability to confront the past and acknowledge the horrors of South Africa's history will continue to hold the country back.

CITY-PRESS.NEWS24.COM



Jemima Spring shared Seeds of Freedom SA's video.

28 March at 17:38 · 🌐 ▼



5,154 Views

Seeds of Freedom SA added a new video.

12 August 2017 · 🌐

Mary Mazibuko of Soweto, member of the BEC of the Vuyani Mabaxa branch of the ANC and member of Izindaba Zokudla - Conversations about Food, in her oral submiss...
See more



South Africa's banking cartel and control of food - Uncensored

Johann Rupert – Remgro & FirstRand With more than 60% of children under 6 years old suffering from malnutrition [1] it's important to identify who controls what we eat...

UNCENSOREDOPINION.CO.ZA



This Black Farmer's Story Exposes The Nightmare That Is Land Reform

"I am almost 60 years old now," he says, "and I have been struggling on this piece of land for almost 20 years. But I will not stop pursuing the dream of farming."

HUFFINGTONPOST.CO.ZA



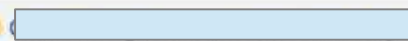
Like



Comment



Share





Ryan Fortune

28 February · Shared via AddThis ·

'...Named after the Guarani indigenous people, the Guarani Aquifer is the world's second largest underground water reserve and is estimated to be capable of sus...

[See more](#)



Coca-Cola, Nestle To Privatize World's Second Largest Aquifer in Brazil

A push in Brazil to see the Guarani Aquifer, one of the world's largest freshwater reserves, fall into the hands of Coca-Cola and Nestle.

MINTPRESSNEWS.COM

Acknowledging what's really going on and standing up to forces of destruction and oppression.

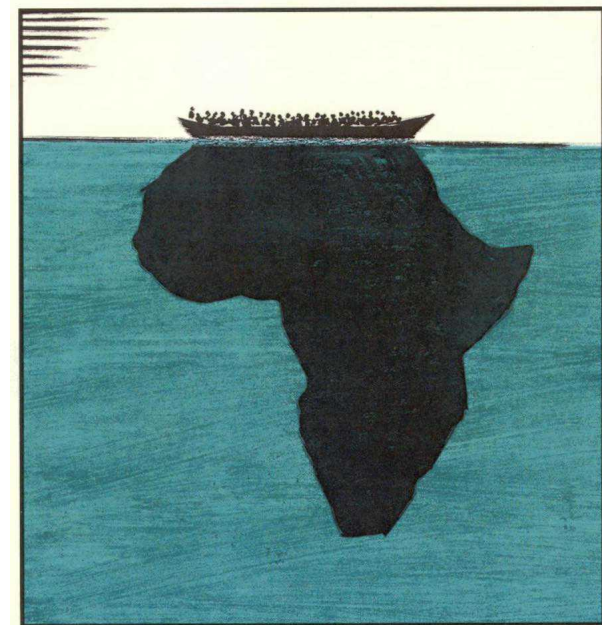
Copyright Jemima Spring 2018



Mark Oosterveen added 31 new photos.

11 April 2017 ·

Inspired by the brilliant photographs of Saffiyah Khan at the EDL march in Birmingham on Saturday (and conversely horrified by the tone-deaf Pepsi advert), I ha...
[See more](#)



Occupy Wall St. shared Rebecca Solnit's post.
5 hrs · 🌐

Rebecca Solnit
15 hrs · 🌐

Follow

This.

CANNON BALL, N.D. — The simmering showdown here between the Standing Rock Sioux Tribe and the company building the Dakota Access crude oil pipeline began...

See more




Showdown over oil pipeline becomes a national move...
Thousands from multiple tribes have traveled to North Dakota to oppose the project.
WASHINGTONPOST.COM

369

Like

The Mind Unleashed
14 hrs · 🌐

Share this far and wide, mainstream media is completely silent



THEFREETHOUGHTPROJECT.COM

No-Fly Zone Declared as Militarized Police Prep for Assault on 'Front-Line Camp' at Standing Rock

In an ominous sign, the Federal Aviation Administration has restricted flights in the area as an army of militarized police began staging for confrontation.

THEFREETHOUGHTPROJECT.COM

4.6k

253 Comments 10k Shares

Like Comment Share

Occupy Wall St. shared Democracy Now!'s post.
11 hrs · 🌐

Tazed. Maced. Hit by state vehicles.
Our hearts go out to the Warriors on the barricades. #NoDAPL

Democracy Now!
12 hrs · 🌐

Like Page

Developing: In Cannonball, North Dakota, over 100 police with military equipment are advancing on a resistance camp established by Native American water protectors in the path of the proposed \$3.8 billion Dakota Access pipeline.



ng: 100+ Militarized Police Advancing on #N...
00+ Militarized Police Advancing on #NoDAPL Resistance Camp Blo...
CRACYNOW.ORG

99 Comments

Comment Share

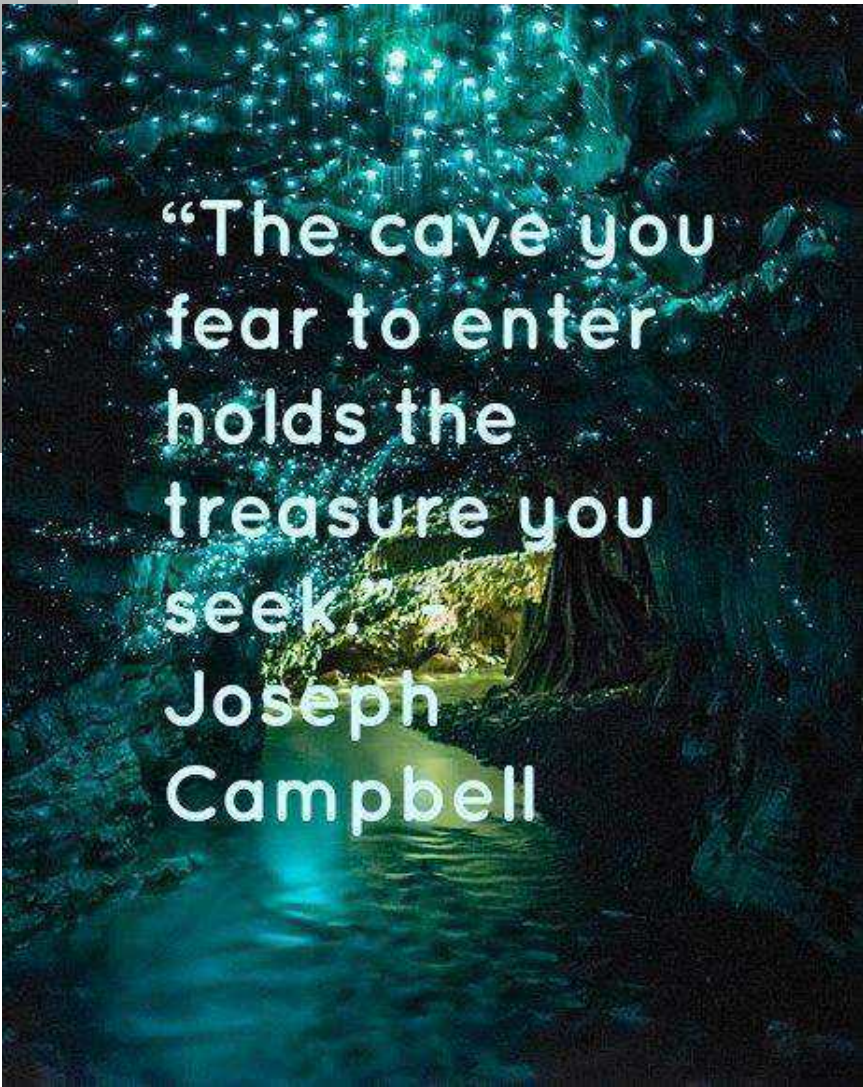
Supporting the earth protectors
who are being harassed and
killed in the name of profit.

I

To poison a nation, poison its stories. A demoralised nation tells demoralised stories to itself. Beware of the story-tellers who are not fully conscious of the importance of their gifts, and who are irresponsible in the application of their art: they could unwittingly help along the psychic destruction of their people.

2

**Learning to have hard
conversations in a world of
competing narratives and
ancestral trauma.**



**“The cave you
fear to enter
holds the
treasure you
seek.” -
Joseph
Campbell**

The internet is powerful force.

After Rihanna instructed her 60,000,000 Instagram followers to delete Snapchat, the company's shares plunged- causing the it to lose about \$600,000,000.00 in market cap in a matter of hours.

17.20 USD +0.65 (3.64%)

losed: Mar 15, 4:37 PM EDT - Disclaimer
for hours: 17.17 +0.17%

D 5D 1M 1Y 5Y MAX



3/15/18, 5:03 PM



Shares of Snap plunged as much as 5 percent to session lows on Thursday after Rihanna instructed her 60.9 million Instagram followers to delete the app.

Kataka Gara

16 March · 🌐

Follow

#YepSheDidThat 🤔 #News

Not sure if you're aware of what happened with Rihanna and Snapchat this week but ... They lost close to \$1B in a single afternoon because they thought it'd be funny to post a quiz asking ppl if they'd rather slap Rihanna or punch Chris Brown.

Yeah. They did.

This is what happens when you have a product team comprised of mostly men. They think asking MILLIONS of people to slap a DV survivor is "funny" and they paid a billion to learn a lesson one woman could've taught for free. 🤔

This woman is a spiritual warrior and she wields a lot of power!



Al Jazeera English

3 hrs · 🌐

We need to understand why fake news appeals to Kenyans at this point in time, writes Nanjira Sambuli.



How Kenya became the latest victim of 'fake news'

d to influence young Kenyans' vote

21 Comments 18 Shares



Zack Bornstein

@ZackBornstein

Follow

That face when you just wanted a faster way to rank girls by looks and ended up installing a fascist government in the most powerful country on earth



1:18 PM - 10 Apr 2018

Copyright Jemima Spring 2018



Patric Tariq Mellet

23 March at 14:41 · 🌐

FOR THOSE WHO ARE IN DENIAL - here are some records in the words of the colonialists themselves:

In 1811, Lt Colonel John Graham allied with Landrost Anders S...
[See more](#)



Like



Comment



Share



Yeah. Checkout Mfecane (isiZulu, Zulu pronunciation: [mfɛ'kɪ:ne][note 1]), also known by the Sesotho name Difaqane or Lifaqane (all meaning "crushing, scattering, forced dispersal, forced migration"[1]),

Like · Reply · 3w



[Jemima Spring replied · 6 Replies](#)

I WENT UNDERCOVER IN THE ALT-RIGHT



Polarising narratives can
rise from the same fears.
Bridging the divide means
stepping out of our
comfortable stories.

Art doesn't need to be comfortable.



This Is What Dean Hutton, Creator of 'F**ckWhitePeople', Has To Say About Its Vandalism

Hutton is seeking an interdict to block the threats: 'My body has always been a site for white violence'.

HUFFINGTONPOST.CO.ZA

Like Comment Share

12

I get what the artist is trying to achieve, and hey go for it, but I don't believe our state institutions should house work that stirs up racial hatred. Private galleries? Sure, go for it. State ones? Not so much.

Like · Reply · 1 · 23 hrs

View previous replies

Violence against whom?

Like · Reply · 1 · 20 hrs

View more replles

but is it art? 🤔

Like · Reply · 23 hrs

Urre my man. Lol

Like · Reply · 2 · Yesterday at 07:45



Francois I do not speak for the custodians of art, but offer this silver screen moment in response to your question: <https://youtu.be/XHaRhU1fACE>:



Sense8 | Is this art, Mr. Fuentes? | Hernando...

YOUTUBE.COM

Like · Reply · 6 · Yesterday at 07:53



Jemima Spring Yoh thanks so much for this ❤️

Like · Reply · 1 · Yesterday at 09:43



Write a reply...



This is brilliantly written and explained. The irony is that if a black person had used art in this way I think far worse was going to happen. The truth. It is sometimes hard to swallow. White privilege is so far reaching that people dont see it. Thanks to this artist for making it visible.

Like · Reply · 6 · 23 hrs

Thanks for sharing this... as a black person I've experienced so much that says "fuck black people" but it's so nuanced and ingrained into society that every seems to be saying it al the time in their minds, and at times it makes me wanna scream out "fuck white people" for the sovereignty of my own mind as the recipient of so much unconscious shade... so to have a white person say it for me is such a relief... it takes a burden off my psyche and gives appropriateness and a voice to something that is inappropriate for me to say... preciatecha

Like · Reply · 4 · 20 hrs

have recently realised that continuously being aware of rank and privilege is our human duty. There is white privilege, a huge one, sex, gender, education, wealth, mental complexity, I could carry on. It is a lot less static (and sometimes a lot less... See more

Like · Reply · 5 · 20 hrs

I soo like what you are saying " We need to be aware of privilege.....its inconvenient". That is the beginning...

Like · Reply · 20 hrs



Write a comment...



Comedy and humour is a powerful tool for hard conversations and difficult truths.



Melusi Tshabalala

24 March at 09:02 · 🌐

This weekend's Zulu word is mbhedo. Mbhedo is nonsense.

A few days ago, someone asked me why black people don't condemn white farmer murders. I didn't get around to answering because I was busy.

First, I cannot speak for all black people.

Back to white farmer murders:

We do condemn them. When we cry about crime, white farmers, who've been victims, are included. We just don't single those murders out because they are not more tragic than others. Maybe they are more tragic to you because that is how you see the world - some lives hold more value than others to you.

BTW: We don't have a nationwide, black people Whatsapp group, where we discuss ways to ruin white people's lives.

Stop your mbhedo.

#everydayzulu



Melusi Tshabalala There is a poem, by Makhafula Vilakazi that gives insight into the mind of the violent criminal. It's harrowing stuff but the gist is "As a callous society, we breed angry, dehumanised young men, who see no value in anybody else's life because no one has ever made them feel their lives are worth anything. Through our apathy, we allow young men to become monsters." It takes a village to raise a monster.

Like · 3w · Edited



17



[Redacted]

· 1 Reply



[Redacted] I wholeheartedly agree. Why is one group singled out as more valuable, more special? Over 900 children are murdered every year, work those numbers out over 20 years and it takes your breath away but I don't see a massive mobilisation of effort to get the world to "do something" about these young lives

Like · 3w



5



[Redacted] get really concerned if we concentrate on "white " farmers being murdered and not on farmers being murdered because it is not just white farmers. Farmers and their families and farm workers and their families seem to be a targeted group. But if we can learn each other's language and start meaningful conversations maybe we can stop this thing of getting colour into each and every conversation. All lives matter...

Like · 3w



**"The child who is
not embraced by
the village will
burn it down to
feel its warmth."**

- African Proverb



7

Like · 3w



Melusi Tshabalala replied · 2 Replies



Melusi Tshabalala

23 March at 19:12 · 🌐

As South Africans we need to have the tough conversations. Not just with our peers, who share our world-view. We need to sit across people, whom we think wish us ill and engage. And engage. And engage. But with open hearts and a willingness to learn and understand. We are stuck with each other. It's scary. I know this because my page is all of a sudden full of people, who don't see the world the way I do. I could set up a new profile. I've thought about it, but what would that achieve?



336 others

35 shares

View 44 more comments



You have woken my consciousness.
I love you for that.

Like · 3w



Agree. And when we do we need to try to devoid ourselves of the negative emotions even though that is probably impossible to do completely and have an open honest inwardlooking and rational conversation. All sides.

Like · 3w



we can't dictate what or how people should feel. We need to acknowledge those feelings and try understand.

Like · 3w



replied · 15 Replies



Its a simple matter of willingness & self-change....are you willing to change? Are you willing to move out of your comfort zone? Are you passive or active?
Im sharing this story:
Im as comfortable in the kasi as I am in the suburbs. I can kuier & eat s... See more

Like · 3w · Edited



Melusi Tshabalala

16 April at 09:30 · 🌐

Today's Zulu word is lambile. Lambile is hungry.

We all know the proverb "A lambile man is an angry man". Well, it's actually "a hungry man is an angry man". That's me. Some people need coffee to feel human, before they start their day. Others need food. Caffeine is stupid.

The anger that comes with hunger is real. They call it hangry, and it is why I don't trust people who fast. Lambile by choice? You cannot be trusted.

For a big portion of my high school years, I went to school with Muslim kids. I'd avoid some of them, during Ramadan. They were always pissed off. Funny thing is, the smokers would keep smoking, even when fasting. I always thought that was cheating, but I'd never tell them that. A teenager olambile (who is hungry) is even angrier than a man olambile.

Unfortunately, the world is teeming with hungry young people. This is dangerous. Very dangerous.

Sorry to start the week on such a sombre note, but the situation we find ourselves in is untenable. People balambile (are hungry) and very hangry. The world cannot continue to function as it always has. The rich cannot continue to get richer, while others starve. It cannot work. It will not work.

Those who seek to preserve the status quo are profoundly naïve. People balambile and the status quo is the reason. As a nation, silambile (we are hungry) because of the status quo.

To paraphrase: "Abalambile (the hungry) will eat the rich." Most of the rich look like they'd taste awful, but not Beyonce. She'd go well with some fava beans and a nice chianti. I call dibs on her.

PRONUNCIATION: facebook.com/everydayzulu



Patric Tariq Mellet

16 July 2016 · 🌐

Today I was browsing through some old books at a good second-hand bookstore near where I live and found a very interesting statistic in a maritime history book concerning the fact that over the full span of the 1600s over 1770 Dutch ships alone had called at the Cape. It hit me like a thunderbolt as to how much we were fed a load of bull-dust as history during Apartheid times, and I will explain why.

Now I have always been interested in maritime affairs. I went on a working trip to sea for a couple of weeks as an engine-room boy when I was 14 and a number of my family were seamen all their lives. It was one way of getting away from Apartheid South Africa for many men of colour and a means of seeing the world. For 18 months of my time in the immigration services I was put in charge of a transformation programme involving SA harbours and was responsible for pushing for the re-building of a cruise-liner terminal and inter-agency security command centre in Duncan Dock as a pilot for each of our harbours. At the time it was opposed by all and sundry and most vociferously by the DA. The way they talk now all of those opponents want to claim responsibility for what they now see as a great addition to Cape Town's offerings. So what has all this maritime stuff got to do with the warping of history you might justifiably ask?

I came home and did some quick research by consulting a work – "The Dutch East India Company's Shipping 1602 – 1795 in a comparative perspective by FS Gastra and JR Bruijn from Leiden University. This work considers all the variables at play for each



shared a link to the group: Food Tank - South

Africa.

23 hrs · 🌐

"There are .. lessons that contemporary city dwellers can learn from the ancient metropolises of the global south. Put simply, these ancient settlements are a proof of concept, demonstrating that people can live sustainably for thousands of years in fragile environments. In the tropics, our ancestors did it by living in low-density communities, with local farms feeding neighborhoods and families. Instead of widespread slash-and-burn agriculture, there was a patchwork of cleared areas at the edges of forests.

Roberts said troubles in these areas arose relatively recently, when "colonial, industrial societies" came from outside the tropics and tried "to practice monoculture, pastoralism, and urbanism within them." This led to "unsustainable landscape modification and environmental destruction," he said. "The classic example of this is palm oil monoculture in Southeast Asia, which is basically destroying this region's rainforest as a result of a lack of genetic diversity, landscape instability, and the spread of fire across large swaths of these areas."

The ancient settlements of the tropics are also a reminder that Homo sapiens is an incredibly adaptive, flexible species, said Roberts. That's why we can "occupy every environment on the planet, through periods of dramatic climate change, and became the last remaining hominin." In other words, our ingenious, sustainable farms and cities may have been what saved us from the fate of the Neanderthals."

From <https://arstechnica.com/.../evidence-that-humans-had-farms-3.../> 4 August 2017



Pippi Langkous

4 hrs · 🌐

Indigenous knowledge systems



HELLOGIGGLES.COM

11 new books by Native women you need to have in your life

👍 2

Regenerative
storytelling includes
reclaiming
indigenous
knowledge and
hidden histories.



Izak Khomo

Mhh. History of Blacks is being unremembered and this being done purposely. The Khoisan metal ware were trade objects that they got from the Pirjuangs. This was discovered to be the Tswana/Sotho people who were great traders of metallic objects and their greeting O Pila Juang. This info can be discerned from books and writings of Isaac Schepera the great Historian of the Black Tribes South Africa. There is also scientific report on the Hartebeest Dam archeological site. The site is dated century at the time of the fall of Rome the settlement was of Tswana setting there was iron and copper smelting activities with the tall slag remains. The most fascinating thing was the result of the analysis: the copper slag, there is no copper deposits in the area. The analysis

placed the source of the ore to be Palaborwa, long distance trading in ore could only be possible and profitable through use of draught animals. That of course was standard practice of the Khoi and Tswanas who had special draught cattle. The studies undertaken by Anglo were available on the Web some time ago unfortunately they are no longer there. Mellville Kopie has an intact iron furnace that is about 1000 years old. The thing is being vandalised. Auckland Park, Melville, West Park North Cliff have laterite soils high iron content, the ant hills would even have high iron content, that is what traditional iron smelters like. These areas were also heavily forested so also a source of charcoal (needed for smelting). North Cliff, Clear Water, in fact the whole crest of hills stretching from the Glen (Taba

forested so also a source of charcoal (needed for smelting). North Cliff, Clear Water, in fact the whole crest of hills stretching from the Glen (Taba ya Batswana, Winchester Hills Ridge Way, Kibler pass all the way to North cliff etc are littered with Tswana archaeological sites which are being built over. The areas from the vaal to these hills were grazing lands of Tswana tribes. The same can be discerned from the Lone hill area all the way to Pretoria cattle keeping area. So much about our history being falsified and unremembered.

4h Like Reply 👍❤️ 2



Wooow... we really need to dig deeper.

2h Like Reply

Copyright Jemima Spring 2018

Thinking of Sophie Scholl, who was executed on this day in 1943 for leading student resistance against Hitler. She was 21.



Our Resilient Bodies February 22 at 3:03pm · 🌐

Her last words: "How can we expect righteousness to prevail when there is hardly anyone willing to give himself up individually to a righteous cause? Such a fine sunny day, and I have to go, but what does my death matter, if through us thousands of people are awakened and stirred to action?"

World Wide Women
22 February · 🌐

Remembering Sophie
Nazi controlled Germa

Jemima Spring shared Planting Peace's photo.
18 October at 10:30 · 🌐



SUSAN B. ANTHONY IN 1872, BEATEN AND ARRESTED FOR TRYING TO VOTE.

Planting Peace with Claudia Kelley and 45 others.
14 October at 03:20 · 🌐

A compelling reminder - every single woman needs to vote. Every time they have the opportunity. - Christine Kudulis

Ps..This is not Susan B Anthony but Ada Wright, a British suffragette.

👍 Like Page



She was the only woman in this photo of 38 scientists. 47 years later, she's been identified | Toronto Star

The mystery began with a photo of 38 eminent scientists, and a question: Why did the caption name all the men, but not the young Black woman?



The 16-Year-Old Algerian Artist Who Influenced Picasso and Matisse

Baya was discovered at age 16.

THECUT.COM

👍 Like

💬 Comment

➦ Share



and 1 other



Equality House
15 March · 🌐

Shout out to all the kids that walked out today. It's truly inspiring to see these kids fight for their safety. And the safety of all future generations. I used...
[See more](#)



Michael Moore
24 March at 21:33 · 🌐

I'd say at least one million people in the streets of DC! Historic! This photo doesn't even show the full breadth of it. Thank you Parkland students and kids everywhere. You have made it clear to the adults: "Either join us or get out of the way. We are here & we are coming."



Ryan Fortune
3 hrs · 🌐

Turning and turning in the widening gyre
The falcon cannot hear the falconer;
Things fall apart; the centre cannot hold;
Mere anarchy is loosed upon the world,
The blood-dimmed tide is loosed, and everywhere
The ceremony of innocence is drowned;
The best lack all conviction, while the worst
Are full of passionate intensity.
Surely some revelation is at hand;
Surely the Second Coming is at hand.
The Second Coming! Hardly are those words out
When a vast image out of Spiritus Mundi
Troubles my sight: somewhere in sands of the desert
A shape with lion body and the head of a man,
A gaze blank and pitiless as the sun,
Is moving its slow thighs, while all about it
Reel shadows of the indignant desert birds.
The darkness drops again; but now I know
That twenty centuries of stony sleep
Were vexed to nightmare by a rocking cradle,
And what rough beast, its hour come round at last,
Slouches towards Bethlehem to be born?
- William Butler Yeats

👍 Like 💬 Comment ➦ Share

It's saying we know
what's going on and we
want something
different.



7,586,390 Views

Brut added a new video: Human Rights Champion and Nobel Peace Prize Nominee - Asma Jahangir.
28 February · €

Like Page

Despite facing prison, and even death threats, she would not stop her fight for human rights.



Ben Manyenyeni
18 February · €

The RED SEA bidding farewell to the icon Morgan Tsvangirai - the people's hero.



Kurdish Women call for a global women's movement

Kurdish women call on women around the world to come together to build a radical movement for women's liberation

REDPEPPER.ORG.UK

Zimbabwean women excelling the world over



Zim-born cop makes history: Ottawa's first black female police inspector

CANADA: Isobel Granger has been breaking down barriers from the very first day of her policing career. She was the first black officer on an all-white police force in her...

THEZIMBABWEMAIL.COM

False eyelashes always getting wrecked
shoving them in ur bag?? Go treat urself
to a kinder egg ur welcome ladies x



Sarah McG
@sarahmcgbeauty

I can't use a Kinder egg, they're illegal in
the US. Do you think a semi-automatic
rifle will work instead? I can get those at
Walmart.

**It's using satire and humour to get
people to pay attention.**



Pony for sale, sometimes he barks, but it's
because he is bilingual.



Melissa Landwersiek is with Morgan Conroy.
21 March at 04:58 · Palm City, FL, United States · ©

Like

Comment

Share

13 others



Jennifer Kestis Ferguson added 3 new photos.
1 April at 07:59 · €

I shed tears at this amazing installation of Mary Sibande. The museum official, whose name I think is Justine, stood beside me looking at the face of one of the women warriors on a hobby horse.
'Her face is beautiful. She looks so tired. She has suffered a lot'
We turned and wordlessly held each other.
Our eyes filled with tears.
An embodied meeting of unspoken sisterhood. Her kindness followed us as we moved through the vast temple of art. As Johanna tired, Justine would appear and ask if she could help.
We encountered others along the way. A young man who worked in the shop responded 'Oh I think I'm going to cry', after I expressed that one could not avoid reaching up to our true identity as South Africans, after such a journey that celebrates our creativity.

This is the living spirit of ubuntu which is our country's greatest wealth, despite seemingly insurmountable differences.
Amongst the ordinary people one finds a vast mountain of generosity and empathy, symbolic amongst the most socially gifted of peoples. South Africa overflows with this asset, worth far more than gold.



Nadine Angel Cloete added 2 new photos — with Mandla Walter Dube Dube.
22 mins · €

Just to prove...here is a pic of me in 2016 winning the pitch award at DIFF for a film inspired by Spike Lee and here is me....2017.....meeting Spike Lee. It can happen friends. [Marie Lora-Mungai](#)



Sylvia Vollenhoven added 3 new photos.
38 mins · Cape Town · €

One of my favourite artists Nandipha Mntambo.
"While the human form is absent in Nandipha Mntambo's sculptures, the vestiges of its curves and lines remain in the fibrous memory of the cowhide. Using her own body as a mold, Mntambo creates sculptural forms that dramatically fuse the feminine body with a primal, animal skin."
<http://installationmag.com/nandipha-mntambo-in-her-skin/>



Love Comment Share

You, Ryan Fortune and 15 others



Herman Lategan
3 hrs · €

This looks interesting:

Launch of Eerstewater - Stories of the Psyche

We are delighted to announce that we are launching our film Eerstewater. The film uses the stories of Prince Albert people to explore the concepts from depth psychology described in the book Beneath - Exploring the Unconscious in Individuals, a collaboration between Hélène Smit and Pluto Panoussis (from the Open Window Film School in Gauteng). The film is again a collaboration between Hélène and Pluto, as well as with filmmakers Adriaan de la Rey and Lodewyk Barkhuizen, and sound engineer Jozua Loots.

Eerstewater is set in the parched Karoo landscape and weaves together stories, music and visual symbolism to delve into the depths of our humanity and potential that reside in the wellspring of our unconscious minds. The characters tell their stories in their mother tongue, Afrikaans, but the film is sub-titled in English. See the synopsis of the film here.

The film was made by a mainly local crew on location in Prince Albert and Gamkaskloof (Die Hel), in the 40 degree heat of a Karoo summer. The name Eerstewater comes from the first water crossing in the Swartberg Pass, and the themes of psychological drought and flow are explored through a variety of visual and musical metaphors.

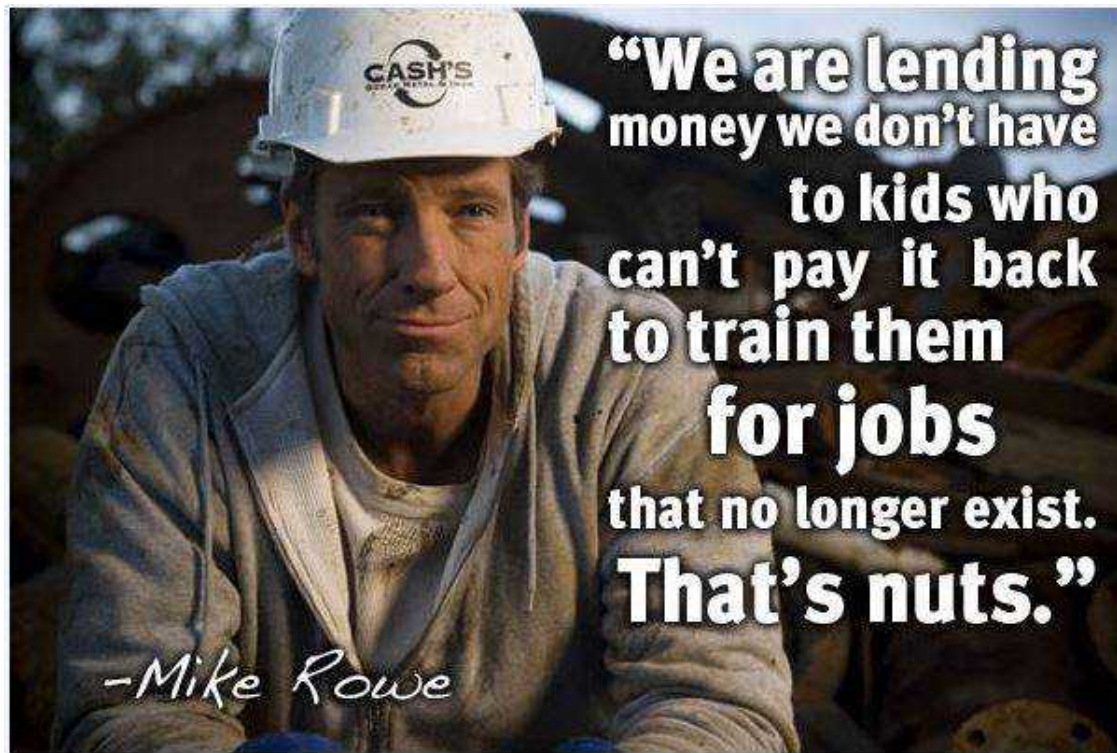
Herewith a comment about the film from Trevor Steele Taylor, the curator of the Grahamstown Film Festival:

"I would go as far as to say that it is one of the major South African films of the last couple of years. The film has a great future. It is EXCELLENT. The camerawork, editing and the interviews are marvelous."

To see the film, join us at the following venues across the country:

The Labia in Cape Town
Friday, 28th July at 6.30pm
Sunday, 30th July at 6.30pm
Thursday, 3rd August at 6.30pm
Bookings: <https://www.webtickets.co.za/.../featu.../eerstewater/1472524800>

It's using art to create emotional connections.



"Almost no one who's doing really great, exciting, dynamic things is doing it for the money. We can have a vibrant, productive, wealthy world without having to induce people, through money, to do what they don't want to do."

-Charles Eisenstein



Daniel Christian Wahl [Follow](#)

Educator, speaker, strategic advisor — PhD Design for Sustainability, MSc Holistic Science, BSc Biol. Sciences; author of 'Designing Regenerative Cultures'
Oct 6, 2017 · 13 min read

Activism Revisited: Conscious participation and collective intelligence

If success or failure of this planet and of human beings depended on how I am and what I do [...] HOW WOULD I BE? WHAT WOULD I DO?

— R. Buckminster Fuller

We cannot individually comprehend the range, depth and detail of the consequences we are collectively generating for ourselves.

— Tom Atlee (2002)

**So if we had absolute freedom,
what would we do?**

We create a regenerative storytelling network.



Jemima Spring Now is the time for intensive, collaborative regenerative storytelling to take advantage of the receptivity of people right now for solutions and a new way of being - I'm working with [Nicholas Heinamann](#) from Afristar on a series called Let's Talk Regeneration which starts a conversation with cutting edge thinkers and activists about what a regenerative world could be like - our vision is to connect with other regenerative storytellers and filmmakers and link our discussion pieces with films and other stories that show living examples of regeneration in action - together we can create a powerful vision in this space of real opportunity for change and really start to tell a new story - please contact me if this speaks to you cc [\[redacted\]](#)

Like · Reply · 6m · Edited



Let me know if you are interested in doing something along these lines with CTV.

Like · Reply · 1d



Cool - I'll be in and out teaching at Afda this term starting Fri - so will be round the corner 😊

Like · Reply · 1d



The PHA would love to be part of this please!

Love · Reply · 22h



Jemima Spring YES we had the huge pleasure of filming a kids' series at the farm and connecting - been trying to create another opportunity since 😊

Like · Reply · 22h



Take a camera along when you go to the AGM on Saturday!

Like · Reply · 22h



Jemima Spring I am facilitating a Living Stories workshop on Saturday ... (and not a shooter, but a director and storyweaver 😊)

Like · Reply · 22h



Oh boo. Tho that sounds marvellous too 😊 We'll get together soon tho. I'm keen to start a kid's water movement!

Like · Reply · 22h



<https://www.google.co.za/.../doomsday-climate-science...>



Why scare tactics won't stop climate change

THEVERGE.COM

Like · Reply · 16h



Regime change is the name of the game and radical reform of legislation. We wait with bated breath for leadership to emerge. We need to drive the "new normal" as we envision it and we are so ready. This vacuum of leadership makes me wonder if perhaps it's finally going to be a true collective.

Like · Reply · 9h



Jemima Spring We are all the leaders we are waiting for 😊

Like · Reply · 6h · Edited



Apparently CoCT has been talking about having set up a 'War Room' against Day Zero. This is the kind of language that creeps in when you have a bunch of macho neo-liberals trying to run a city with PR campaigns...

Like · Reply · 1d



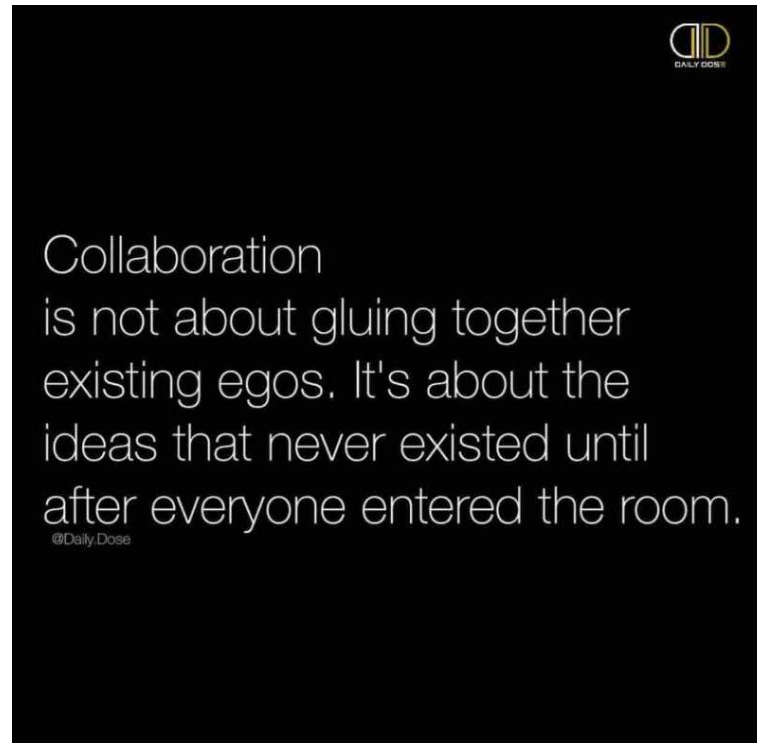
Jemima Spring So let's counter that with inclusive, regenerative narratives - a vision for the world we know is possible - for the first time ever we've been witnessing an increased interest and thirst for knowledge around COMPOST TOILETS - and suddenly everyone's waking up to Reclaiming Camissa - which isn't just about water but reclaiming history and heritage - and to the importance of the Phillippi Agricultural Area - not just in terms of importance for fresh food, but as being a giant water catchment (potential greater) topsoil sponge and aquifer recharger - waterless toilet systems could be regenerating degraded soil and supporting reforestation (the problem = the solution) - more community connectivity and resilience - they could actually have done us a huge favour by fucking it up so much - now there is space for radical shifts, climate change and runaway capitalism isn't some nebulous out there concept, but something real, in our homes, carried around in buckets of grey water

Like · Reply · 1d



Copyright Jemima Spring 2018

**We explore what collective consciousness
and collaboration really means.**



Sea-Change Media Co-op

A hub for regenerative media* content creation and storytelling

**where regenerative media means
the subject of the content itself is regeneration – ecological, social, personal;
or it is created using systems that support personal growth, skills development
and/or industry development, contributing to the sustainability and
regeneration of the media creation sector.*

Creating and supporting a communication and broadcast network of people and organisations working in the regenerative space.

Building and growing channels to broadcast and distribute our own content using the internet and other technologies, as well as seeking broadcast through community and commercial networks.

Mentorship of developing storytellers and media creators to hone their skills and empower them to tell their own stories and give them a platform.



Regenerative Futures

Multimedia campaign
to support the creation of a
Long-Term Regenerative Plan
for South Africa

**Awakening the more beautiful world
we all know is possible**

Seeding and building the concepts of
regeneration and **regenerative**
in public discourse

Promoting an **ecological design** approach
with working examples

Supporting a process of creating
a **long-term regenerative plan** for South Africa

Catalysing, documenting and broadcasting
regeneration in action

Let's Talk

Regeneration

Talks to a range of Activists, academics, artists, designers, elders, farmers, scientists, economists, nature custodians and youth

Paints a picture of what a regenerative world looks and feels like

Suggests a pathway towards this world through ecological design

and some simple steps to take along the path



in collaboration with
Sea-Change Media

Jemima Spring
+27 83 604 0261
jemimafs@gmail.com