



Plenum

8 September 2020

Plenum

A Collective Story of Regeneration

Effortless Action

"Nature does not hurry, yet everything is accomplished."

— Lao Tzu

Regeneration

This regeneration is happening from the individual to the collective. It's going through all areas.

Individual: mental, emotional, spiritual

Collective: social, economic, political

Everything has to be allowed to go through this process of regeneration.

Meeting Notes

In a Zoom meeting organized between Ilaria Forte in Hamburg, Germany and Stephen Bau in Vancouver, Canada (Abbotsford, BC), we explored the structure of the project that is emerging from our participation in the Design Science Studio.

Based on the reflections from our contributions and experience in the Burning Man [presentations](#) and conversations, and the resonance that we discovered in each other's [stories and projects](#), we explored the possibility of a collaboration.

The following are notes from our conversation.

Ilaria Forte

- Hamburg, work a lot in Canada for TD Bank. Workshops with them on identity.
- Lots of corporate work for 15 years
- Started as a futurist, market research company
- MTV
- 2010, reduced it progressively
- Conduct of conduct, people didn't want to sign
- Meaningful innovation

- Responsible futurist
- Influencing and impacting the decision-making process of corporations
- I cannot go on feeling sad about the projects
- Impressed by your work
- Strong connection to the Bauhaus
- A very meaningful connection
- My story in plenum
- 20 km from Weimar
- At university, dissertation on Italian artist
- Semiotic analysis, cultural semiotician
- Difficult to find books
- They have all the books you need at the Bauhaus
- Fully immersed in the Bauhaus spirit, at 20 years old
- Before applying to Design Science
- What if we have the Bauhaus vision combined with Bucky, Bohm
- One studio, with a collective project
- Was in Trimtab Space Camp
- Want to understand a bit more
- Collective Storytelling, a witnessing process
- Less effort as possible in editing
- Cocreating
- Wunderkammer, tapestry
- With a minimum intervention
- The work of a curator, with too much interpretation
- Instead of archiving
- New narrative, a huge archive, audio, video, images, work, writing, stream of consciousness
- Pieces of a mosaic coming together
- A container, vessel,
- MetaBau: A space for emergence
- Wu-wei: Effortless action
- Zen philosophy
- Asian culture, embody this idea of effortless action
- Break if it is not ripe
- If you observe natural processes, nothing to force
- Learning in kids, speech. The child knows when they are ready to walk.
- This time we are in now, we are trying detach ourselves from ideas of domination
- Nature can do the work
- Observe how nature works, do it from
- Not flowing
- We want to control

- Feel alive by controlling
- Neuroscience point of view
- Collecting 10,000 stories
- Need to have a stirring pot
- Archived and shared
- Believe strongly in the power of stories
- Sacred, actual transformation
- I like to say transformation comes from transmission
- Information, some words, images, pixels from one point to another
- Activate the possibility of transformation
- Stories as a catalyst for a chain reaction for a set of results
- Facebook wall, semiotician, recognize the patterns, the metastructures
- Conspiracy theories, designer mind, semiotician mind
- See chaos of information, do not understand what to believe in
- Process of raising awareness
- Becoming aware
- Parallel trains
- Question: what structure
- Everyone can understand
- Curating
- Translating video into Italian
- Husband iPhone in forest
- 24 hour production
- Very spontaneous
- Plenum
- River
- The different streams get channeled
- Many streams come together in a natural, spontaneous way
- Ethnographer
- Researcher, cultural analyst
- Collect the information, as neutral as possible
- Allow the transmission to happen
- Most of the work for large corporations
- Event camera
- Collecting the stories from the design science decade
- Participants, send us the stories, very authentic
- Big project for Disney, 10 different countries, super expensive
- Find a way for people to send videos, exactly what we wanted to see
- A day in the life of these extreme artists and comic designers in Japan, speaking of the future, no filter, investment was super low, 10,000 Euros
- The techniques and tools reduced to the minimum

- The story to emerge
- Everything is already there
- Online river
- Prototyped a platform, people post to a stream
- Risk is lack of coordination, structure
- No meaning, because there is too much information
- Identify recurrent patterns: magic and mystery
- What is regeneration?
- Cultural anthropological perspective: when a civilization enters a phase of degeneration, unable to evolve
- The natural sequence of degeneration is regeneration
- Go back to their origins
- Cartographer of this narrative
- Enter the platform, it is a map of narratives, touch one point and enter
- Sensorial projects, trans media project
- Sugata Mitra
- Collecting is not too complex
- Complex: design of the experience
- Designer + semiotic lens
- I have difficulty to envision the experience
- The multi-sensorial experience is lost
- 10 years ago, project with a futurist, Incubator
- A place to incubate the future
- An experience of upcoming trends
- Invite clients to experience the future. It was overwhelming. Unable to transform this experience into business practices.
- Sitting with monks for 10 days in silence.
- Most people: what do I do when I go home? Everyday life.
- Transformative power. Everyday choices.
- From the macro to the micro
- Enter the river
- Experiential
- Learning journey, navigate inside of this vessel, and find your way to the narratives
- Metaphors are there to help us
- Raft and the river
- The boat is the experience
- Buddhist: Leave the raft to embody the teaching
- A process of embodiment
- Workshop on leadership, creativity, innovation
- Tapestry metaphor, weaver, putting the threads together
- Sugata Mitra

- What we learn is what we are ready to learn
- This is true for the kids
- Movie: Alphabet, French boy never went to school, unschooling movement, son of an artist. A thought-provoking movie.
- My father, the first son of 10 kids. Father was in Buchenwald. Schooled until 10. Travelling all around the world, so many people, so many cultures. There to observe and absorb. Immense knowledge.
- I need to go through a process of unlearning, to absorb and integrate.
- Plunging, diving into the river, without too much of a constructed experience.
- (Richard Saul Wurman, “dumbest person in the room”)
- Three or five people, I feel something
- A process of falling in love
- Husband, a series of mistakes
- When we look at maps
- Climb a lot in the mountains, you always find the right path
- We have lost this capacity to use our intuitive ability to navigate the river
- Co-create, see what is emerging
- Son is asking about an experiment
- Share notes about this conversation
- How we can contribute, EROI, energy return on investment
- Comes back, physical, mental, finance

Insights

Bauhaus

BAUHAUS, capturing the essentials.

“We want to create the purely organic building, boldly emanating its inner laws, free of untruths or ornamentation.”

— Walter Gropius

Ethnography

Ethnographic work, plunging into the stream.

“Thus the writing of ethnography becomes a magical act, no less than the creation of a ritual, the making of a spell, or the manufacture of a sacred object: the ethnographer is by definition a

magician."

— Sabina Magliocco, *Witching Culture: Folklore and Neo-Paganism in America*

Process

The process of creating.

"The sculpture is already complete within the marble block, before I start my work. It is already there, I just have to chisel away the superfluous material."

— Michelangelo

Flow

Being a river and the raft: the raft parable.

Imagine, friends, a man in the course of a journey who arrives at a great expanse of water, whose near bank is dangerous and whose far bank offers safety. But there is no ferryboat or bridge to take him across the water. So he thinks: 'What if I collected grass, twigs, branches and leaves and bound them together as a raft? Supported by the raft and by paddling with my hands and feet, I should then be able to reach the far bank.'

"He does this and succeeds in getting across.

"On arriving at the far bank, it might occur to him: 'This raft has been very helpful indeed. What if I were to hoist it on my head or shoulders, then proceed on my journey?' Now, what do you think? By carrying it with him, would that man be doing what should be done with a raft?"

"'No, sir,' replied his audience.

"'So what should he do with the raft? Having arrived at the far bank, he might think: 'Yes, this raft has been very useful, but now I should just haul it onto dry land or leave it floating in the water, and then continue on my journey.' In this way the man would be doing what should be done with that raft.

"The dharma too is like a raft. It serves the purpose of crossing over, not the purpose of grasping.

"When you understand that the dharma is like a raft, and that you should let go even of positive things (dhamma), then how much more so should you let go of negative things (adhamma)." [MN 22]

Map

Interactive map with meta-nodes gives you access to an experiential and personal journey / transformational experience into micro-narratives (from meta to micro, from micro to macro, zoom in and zoom out).

Self-organizing

Self-organising principles: wu-wei effortless action.

Summary

1. What is the structure of the project?

We are documenting the emergence of a new narrative, aware that we are in the flow of a river of information. We can ride the flow of the stream of consciousness. The vessel should be able to navigate the flow as a way for each to find their own micronarrative in the macronarrative.

2. How do we record the stream of consciousness?

The least expensive way to document the flow is to crowdsource the narratives, allowing each individual to document their own stories and projects.

3. How do we channel our energy?

There are limits on [time, energy, and resources](#). It is important to find a way to integrate into the existing economic system while we transition to a regenerative system to support the work of the individuals in the group. How can we contribute and invest in people to build influence, agency, and capacity? What is the EROI (Energy Return On Investment)?

Challenge

How to co-create a transformative journey through stories of regeneration/voices from a regenerative future.

1. How to collect the narratives (while keeping authenticity and originality)
2. How to archive these bits and pieces of information in a meaningful way
3. How to map the regenerative landscape from meta to micro
4. How to curate this collective stream of consciousness
5. How to share the micro-narratives
6. How to deliver an immersive, transformative and experiential journey

The Narratives

- I am inspired by [Studs Terkel, Listening to America](#)
- Another great conversationalist is Krista Tippett, host of [On Being](#)
- Ira Glass, [This American Life](#)
- [StoryCorps](#)
- [COPE: Create Once Publish Everywhere](#)
- [Jamstack](#): JavaScript, APIs, and Markup
- [Holochain](#), Rust, and GraphQL
- [Kinfolk](#)
- [CBC Ideas](#)
 - [IDEAS searches for common good in new series](#)
 - [George Monbiot: a politics of belonging](#)
- [Material Design](#)
- [Design Better Books](#)
- [Metapattern](#)

The Archive

- [Bauhaus Archive](#)
- [Bauhaus Movement](#)
- [R. Buckminster Fuller Collection at Stanford](#)
- [The Smithsonian](#)

- [National Geographic](#)
- [Internet Archive](#)
- [Awwwards](#)
- [Behance](#)
- [The Futur](#)
- [Rijksmuseum](#)
- [Unsplash](#)

The Map

- Micro to macro
- Quantum to cosmological
- Local to universal
- Concrete to abstract
- Quantitative to qualitative
- Individual to collective

The Stream

- Curation
- Editorial
- Personalization
- The Common Good

The Experience

- Choose your own adventure
- Tuning into channels and frequencies
- Resonance
- Attention
- Presence

The Journey

A Collective Story of Regeneration

- David Cayley — [New Ideas in Ecology and Economics](#)
- [John Todd Ecological Design](#)
- [John Todd wins Buckminster Challenge Award](#)
- [Buckminster Fuller Institute](#)
- [International Living Future Institute](#)
- [Living Future Vancouver Collaborative](#)
- [Trimtab Space Camp](#) — [reGeneration Rising](#)
 - Troposphere
 - [Medard Gabel](#) — [Design Science](#)
 - [Sachem HawkStorm](#) — Traditional Ecological Knowledge
 - [Shanee Stopnitzky](#) — Complexity
 - [Daniel Christian Wahl](#) — Regenerative Cultures
 - [Stratosphere](#)
 - David McConville — [Gaian Systems Thinking](#)
 - Tom Chi — [Rapid Prototyping](#)
 - Ganga Devi Braun — [Ecology](#)
 - Daniel Schmatthenberger — [Sense-making](#)
 - [Mesosphere](#)
 - Charles Eisenstein — [The Coronation](#)
 - Tony Patrick — [World Building](#)
 - Stephen Brooks — [Permaculture](#)
 - Bonnie DeVarco — [Synergetics](#)
 - [Thermosphere](#)
 - Adah Parris — [Futurism and Cyborg Shamanism](#)
 - Myron Dewey — Decolonization
 - Greg Watson — Design Science
 - Paul Miller — Climate Justice
- [Design Science Decade](#)
- [Regenerosity](#)
- [Terran Collective](#)
- A Fuller Explanation Book Club
- World Building
- [Regenerative Ventures](#)
- Plenum

Deconstructing Christianity

- [Brian McLaren](#)
- [Phyllis Tickle](#)
- [Charles Taylor](#)
- [Center for Action and Contemplation](#)
- [Homebrewed Christianity](#)
- [Nomad Podcast](#)
- [Rob Bell](#)
- [The Liturgists](#)
- [You Have Permission](#)
- [Peter Rollins](#)
- [Pete Enns](#)
- [Chris Hedges](#)
- [Sallie McFague](#)
- [Myron Penner](#)
- [Angela Konrad](#)

A Design & Technology Reckoning

- Naomi Klein | [This Changes Everything](#)
- Kara Swisher | [Sway](#)
- Douglas Rushkoff | [Team Human](#)
- Tristan Harris | [Humane Tech](#)
- Meredith Whitaker | [AI Now Institute](#)
- Chamath Paliapitiya | [Social Capital](#)
- Shoshana Zuboff | [Surveillance Capitalism](#)
- Mike Monteiro | [Ruined by Design](#)
- Jenny Odell | [How To Do Nothing: Resisting the Attention Economy](#)

Decolonization

- Ka'nehsí:io Deer | [Journalist from Kahnawake, CBC Indigenous](#)
- Rosanna Deerchild | [Host of Unreserved on CBC Radio One](#)
- Reuben George | [Manager, Tsleil-Waututh Nation Sacred Trust](#)
- Bob Joseph | [21 Things You May Not Know About the Indian Act](#)
- Thomas King | [The Inconvenient Indian](#)
- Melina Laboucan-Massimo | [Sacred Earth Solar](#)
- Arthur Manuel | [Whose Land Is It Anyway? A Manual for Decolonization](#)
- Kanahus Manuel | [The Tiny House Warriors](#)
- Kent Monkman | [Interdisciplinary Cree visual artist](#)

- Alanis Obomsawin | [NFB: “acclaimed Indigenous director”](#)
- Pam Palmater | [Warrior Life: Indigenous Resistance and Resurgence](#)
- Mark Rutledge | [President, GDC](#) | [Indigenous Design](#) | [Animikii](#)
- Buffy Sainte-Marie | [Keep calm and decolonize](#)
- Dalton Silver | [Chief, Sumas First Nation](#)
- Tanya Talaga | [Ojibwe author and truth-teller](#)
- Khelsilem Tl'akwasikān | [Squamish Nation Council](#) | [Vancity Board](#)
- Jesse Wente | [Chair of the Board of the Canada Council for the Arts](#)

Builders Collective

- [BLDRS Collective Inc.](#)
- [The Design Administration](#)
- [Design for Resilience](#)
 - Imagine: [Imaginaxiom](#)
 - Design: [Design Influences](#)
 - Build: [Builders Collective](#)
 - [Social Architecture](#)
- [Time, Energy, Resources](#)
- [Stephen Bau](#)
 - Designer: [bauhouse.ca](#)
 - [UX Academy Mentor, Designlab](#)
- Articles
 - [Cultural Evolution, Social Physics, and Metaphysical Design: The Spiritual Vision of the Bauhaus](#)
 - [Mental Models for Human Experience: Understanding Human Values, Perceptions, and Behaviours](#)
 - [Design for Resilience and the Human Project: Adapting to Change When Things Go Wrong](#)
- Designlab Events
 - Webinar: [Design for Resilience](#) — [Wednesday, April 29th 2020](#)
 - Presentation: [The Big Picture](#) — Friday, October 19, 2019
- Burning Man
 - [Plenum: The Collective Story of Regeneration](#)
 - [Conversation with Ilaria Forte at Burners Without Borders](#) (1:42:00)
- Shift Podcast
 - In Production
 - [Shiftpodcast.ca](#)
 - [SoundCloud](#)
- Projects
 - [Run for Water](#)

- [Humanitas Centre](#)
 - [Dark Glass Theatre](#)
 - [Bez Arts Hub](#) — [Stay: Open to Change](#)
 - [Honeybee Workforce](#)
- Experiments
 - [BauType](#)
 - [Countries: Find Your Watershed](#)
 - [Design Influences](#)
 - [DesignProjectX: Interactive Prototypes](#)
 - [Faith Hope Love](#)
 - [Fluid 960 Grid System](#)
 - [The Lab](#)
 - [Markup Library](#)
 - [Minimalist Journal](#) — [GitHub](#) | [CodePen](#) | [Medium](#) | [Devpost](#)
 - [Straiton Village](#)
 - [Three](#)
- [Coding Challenges](#)
 - [Unsplash Gallery](#)
 - [Calculator](#)
 - [Cryptex](#)
 - [Lean Canvas](#)
 - [Pomodoro Clock](#)
 - [Random Quote Machine](#)
 - [Site Navigation](#)
 - [Survey Form](#)
 - [Tribute Page](#)
- freeCodeCamp
 - [Front End Libraries Certification](#)
 - [JavaScript Algorithms and Data Structures Certification](#)
 - [APIs and Microservices Certification](#)
- Self-Organizing Learning Communities
 - [Sugata Mitra: Build a School in the Cloud](#)
 - [Sugata Mitra: How children teach themselves](#)
 - [Bobbi Kyle](#) — Education Technology
 - [Leading with Design](#)
 - [UFV: GD154 Typography](#)
 - [UFV: GD157 Digital Design Media I](#)
 - [UFV: GD202 Interactive Design I](#)
 - Prototyping the UI — [Unsplash Gallery](#)
 - [One, Two, Three: Good things come in threes](#)
 - [Three: progress and the evolution of ideas](#)

- [Interdisciplinary Design and Social Architecture: Reimagining Our Common Life Together](#)
- [The Bauhaus: 100 Years Later](#)
- [Builders Collective: We are building leaders to design a resilient society](#)
- [The Next 100 Years of Bauhaus: Reimagining the Role of Design](#)
- [Design for Resilience: Solving the problems that we created for ourselves](#)
- [Social Arc: Exponential Growth and Systems Thinking](#)
- [Social Architecture: Changing the way people connect](#)
- [The Evolution of Design: From the physical artifact to living systems](#)
- [Reinventing Design Education: A Laboratory for the Future of Humanity](#)
- [Redesigning Education](#)
- [Cultural Evolution, Social Physics, and Metaphysical Design: The Spiritual Vision of the Bauhaus](#)
- [Mental Models for Human Experience: Understanding Human Values, Perceptions, and Behaviours](#)
- [Design for Resilience and the Human Project: Adapting to Change When Things Go Wrong](#)
- [Designlab: UX Academy](#)
- [2rowflow Cultural Commons](#)
- [Trimtab Space Camp](#)
- [Design Science Studio](#)
- Trimtab Space Camp Thermosphere Mission
 - Define the problem
 - The intersection of colonization, capitalism, climate change, and COVID with failures in education, information ecology, and democracy
 - [Language Keepers: The Struggle for Indigenous Language Survival in California](#)
 - [The Daily: The Sunday Read: 'The Children in the Shadows'](#)
 - Loneliness, mental health, and addiction epidemics: [Lost Connections](#)
 - [UNESCO: Rethinking education: towards a global common good?](#)
 - Design challenge: How might we design a self-organizing learning community as a school for the common good?
 - [IDEAS searches for common good in new series](#)
 - [George Monbiot: a politics of belonging](#)
 - Organize, organize, organize
 - [Design for Resilience](#)
 - Reimagining our social architecture
 - To design for the world we have inherited, the focus can no longer be centralized social, economic, and political systems.
 - Instead, the focus is grass roots, beginning with the way we learn.

- Decenter adulthood and center childhood, reviving languages, and learning ways of relating to the living systems that we are a part of.
 - This raises the value of the work of caring, and it elevates the value of elders as those who are keepers of oral traditions and ancient knowledge of relationships with the ancestors and the how to be a good ancestor.
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A Journey Map

Learning to Live

I am documenting the ideas, projects, and communities that I have been exploring. I took your six guiding questions and turned them into a sort of journey map.

1. The Narratives
2. The Archive
3. The Map
4. The Stream
5. The Experience
6. The Journey

I started by documenting my own journey as a way to deconstruct it and find patterns that point to a way forward.

With the start of Trimtab Space Camp Thermosphere, we have been invited to propose a Mission that others can join.

Design Challenge: How might we design a self-organizing learning community as a school for the common good?

1. **Stories** — Primary Research: Personal Experience
2. **Archive** — Secondary Research: Documentation
3. **Map** — Analysis + Interpretation
4. **Stream** — Sensory Perception
5. **Experience** — Present Awareness
6. **Journey** — Intentionality + Community

Learning: The first three build on the experiences of those who have come before us.

Live: The second three steps focus on understanding our present reality, experience, and purpose.



We learn to increase our influence, capacity, and agency as a product of personal vision, effort, and will as we explore how we imagine, design, and build the future together.