

Output 6 Appendices

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Year Review Design Process

Goals Articulation

What is the purpose of doing this review? Free write:

the purpose of this review is to clarify what ive learned over the course of the year. Ive just had this lng and complex experience, a lot has happened, ive created a lot of goals and met some of them, havent met others, and I know want to write a document that describes what ive learned and how, and in order to do that I need to understand more clearly what happened, put it all in context with the big picture of my life, so that I can explain it succintly, see the patterns, and convey them.

Purpose statement:

I create clarity and understanding of my year's pathway by reflecting deeply on the events of this year and placing them in context with the big picture of my life, so that I can clearly and concisely convey my experience to others.

Survey

What helps me to gain clarity?

- Expressing myself in an unedited way, just seeing what comes out
- time alone in nature
- quiet and solitude
- answering questions
- warrior energy, decision making and action
- reflecting on things I have recorded or written

What tools, techniques, processes, or other ideas might I use in doing this review?

- Tell the story of my year, record the audio, listen to it and write notes, conversation with myself
- go over my outputs and extract key learnings
- converse with my outputs
- mental review of my year, remembering
- make a timeline of my year with key transitions, key learnings, contexts, etc...
- look at pictures from different parts of the year
- free write about my year, or about specific questions
- come up with a set of questions about the year and answer them
- go for a long walk in the woods, talk to myself, or just think

How long do I want this review to take? When do I want to be done by?

I think I will take the rest of the time I have today, about 3 hours, and tomorrow, about 6-8 hours. I want to be finished with the review by tomorrow night.

What other commitments or schedule do I have in that time?

- Today
 - Soak chickpeas

- potluck 6-8:30
- sleep
- tomorrow
 - Deep clean, 2-4
 - I-group, around 5:45
 - Walk with eli at some point if possible

Design

Of the elements that help me gain clarity, it seems like a good pattern would be to spend unstructured alone time in nature, allowing ideas to brew and move, and then to do some unedited self expression, probably by talking to the computer. I could go for a hike tonight, then come back and tell the story of my year. Then tomorrow I could listen to the story, go on another hike to reflect on it, and then come back and do some more structured reflection, such as coming up with a list of questions and answering them, and creating a timeline, as well as going through my outputs. So it could look like this:

Tonight

- Go for a hike, reflect, remember, unstructured alone time in nature
- Tell the story of my year to my computer

Tomorrow

- 7-8 Wake up, make tea, come upstairs and listen to the story of my year
- 8-8:15 take a shower
- 8:15-9 go for a hike to reflect, think about questions you would like to answer, themes, etc...
- 9-9:30 breakfast
- 9:30-11 create a timeline of my year, including:
 - major transitions
 - outputs
 - projects and outcomes
 - major learnings
 - themes, periods, cycles, etc
 - dominant energy, archetype, etc
- 11-12 review my outputs for:
 - key learnings
 - project outcomes
 - projects
 - info to add to timeline
 - commitments and accountability
 - dominant energies or archetypes
 - summary of each OP, perhaps in a poem
- 12-1 lunch
- 1-2 walk with eli?

Implementation

following the schedule above, or at least remaining accountable to it

7:00 wednesday morning

The file that I created last night of the story of my year did not save properly, so I can't listen to the story as I had planned. Instead, I will reflect on and remember the telling of the story, and take notes on any important points that came up for me in telling it.

Evaluation

after the review process is over

Did this review serve its stated purpose:

"I create clarity and understanding of my year's pathway by reflecting deeply on the events of this year and placing them in context with the big picture of my life, so that I can clearly and concisely convey my experience to others."

Why or why not?

I feel that it did for the most part. I now have a clearer understanding of what took place in my year, and I think it will make it much easier to write the output. I think the process worked well because I identified the factors that are important for me in terms of gaining clarity and created a process that included all of those factors.

How could it have been more effective?

If I had been more careful with the technology, and had been able to listen to the story I created, it might have been more effective.

Output Design Process

Goals articulation

What is the purpose of creating this output?

What are my specific goals for this output?

Survey

What are the requirements for this output?

What kinds of formats or organizations might serve?

Design

Create an outline, describe the structure of the output

Implementation

Fill in the outline, harvesting from past op's, timeline, and notes
format, edit, beautify

Evaluate

Did I meet my goals for this op?

Goals articulation

What is the purpose of creating this output?

To convey in a clear and concise manner the unfolding of my life's journey in the past year, including what I have done and why and what I have (un)learned in the process.

What are my goals for this output?

To finish op creation by monday, jun 11th

To complete all requirements satisfactorily

To create an op that is useful to myself and others

Survey

What are the requirements for this output?

General PoDaPO requirements

OP 6

- pathway reflection
 - detailed overview of whole years pathway, accountability, changes
 - Output packets summaries (with links)
 - projects
 - update on other life factors outside of output packets (brief, one or two paragraphs)
- Key learnings/outcomes/benefits to the field/skills gained (look at podapo for criteria)
 - organize by
 - output packet
 - project
 - theme
 - other?
- Design and plan for after graduation
- Cumulative resource review
- compiled supporting evidence from various op's (not required)

What kinds of formats or organizations might serve?

For pathway reflection, story of pathway with callouts or text boxes for project summaries or outputs (see picture in file)

separate sections for each of the above, pathway overview, op summaries, projects
other life factors

key learnings by archetypal period

key learnings chronologically

include pictures of timeline for reference

Design

Create an outline, describe the structure of the output

- cover page
 - title
 - picture
- table of contents
- Pathway review
 - general overview
 - timeline
 - archetypes and major transitions
 - OP summaries
 - summary of each op with picture (similar to picture descriptions in “creating Home”)
 - Project list with descriptions
- (Un)Learning review

- sorted by archetypal periods
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Implementation

Fill in the outline, harvesting from past op's, timeline, and notes
format, edit, beautify

Evaluate

Did I meet my goals for this op?

Compiled Resource Review

In my LIPD I created a structure of “action Learning courses”, which I followed for the next two outputs and then dropped. The resources in OP's 2 and 3 are organized into these categories. 4 is a simple list, while 5 is organized into the five main categories reported on in the output, including resources referenced in the introduction

LIPD

- Gregory Landua's Msc Capstone year OP1 LIPD
- Eliana Rubin's help with Pages, graphic design

OP 2

Loving and Intimacy

Resource	Date(s) Used	Description
<u>All About Love</u> - Bell Hooks	10/15/11-11/?//11	A clear and useful guide to Love as a verb. Empowering, cuts through distorted societal perceptions of love, deals with essence.
“Communities Magazine” Intimacy Issue	11/28/11	Great articles on honesty and love, intimacy in community. Useful perspectives.
“Power, Pleasure, and Play: a Playshop” with Steve Torma and Rebecca Chaplin	11/26/11	Sensual, embodied play, witnessing of others pleasure, working with boundaries and asking for what you want, exchange of sexual and life force energy.

Marketing and Social Media

Resource	Date(s) Used	Description
“Click Newz” by Lynn Terry	November, 2011	Blog with “ten smart ways to use social media

		sucesfully". Mostly about establishing relationship, not being regarded as spam.
Wordpress "how to" pages	November, 2011	How to create a blog, get people interested.

Life Coaching

Resource	Date(s) Used	Description
Session with Steve Torma	11/20/11	Coaching session exploring issues present in a major intimate relationship. Dealing with questions of trust and truth telling, ddealing with painful truths. Learned good coaching techniques, see "harvest from session with Steve.odt"
Sessions With Lily Ovadya	November, 2011-?	Support sessions, both giving and receiving, active experimentation in intimacy support, with feedback afterward. See "Lily Support Session Notes.odt"
<u>Life Coaching for Transformation</u> -Martha Lasley, Virginia Kellog, Richard Michaels, Sharon Brown	November, 2011-?	Textbook style manual for transformational life coaching, contains helpful theories, practices, techniques, and foundational understandings.

Radical Health

Resource	Date(s) Used	Description
<u>Radical Healing</u> -Rudy Ballentine	November, 2011-?	Comprehensive explanation of transformational healing practices, including diet, herbalism, homeopathy, movement, mind/body and energy healing. Health as a personal journey towards wholeness.

Other Resources

Resource	Date(s) used	Description
<u>The Soul of Money</u> -Lynne Twist	November, 2011-?	Powerful book and audio book describing how to use your relationship with money as a portal for personal transformation.

OP 3

Loving and Intimacy

Resource	Date(s) Used	Description
<u>All About Love</u> - Bell Hooks	10/15/11-11/?//11	A clear and useful guide to Love as a verb. Empowering, cuts through distorted societal perceptions of love, deals with essence.
“Communities Magazine” Intimacy Issue	11/28/11	Great articles on honesty and love, intimacy in community. Useful perspectives.
“Power, Pleasure, and Play: a Playshop” with Steve Torma and Rebecca Chaplin	11/26/11	Sensual, embodied play, witnessing of others pleasure, working with boundaries and asking for what you want, exchange of sexual and life force energy.
Ted Talk: (look up speaker) oxytocin the intimacy molecule	12/10/11	Chemical basis of trust and connection, report from lab research
Ted Talk: Pamela Meyer, “how to spot a lie”	12/10/11	Sociological implications of honesty and deception, cues that signify deception
Lauren Berlant “Intimacy: a special issue”	12/10/11	Scholarly paper
Art of Intimacy Course Materials	01/01/12-Present	I am co-teaching this course with Steve Torma. The course involves many helpful exercises and ways of thinking about intimacy
Conversations and Connections With eli	Dec 2011-present	Relationship with eli has been a beautiful training

		ground for intimacy and loving
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Marketing and Social Media

Resource	Date(s) Used	Description
GNO515 studios	01/06/12	In depth description of holistic business planning, identifying market niche, writing a business plan, etc.
Wordpress “how to” pages	November, 2011	How to create a blog, get people interested.
Conversation with my dad	01/06/12	My dad explained to me how to write a business plan, how to use it to attract grants or investors.

Life Coaching

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Brown		techniques, and foundational understandings.
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Radical Health

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<u>Radical Healing</u> -Rudy Ballentine	November, 2011-	Comprehensive explanation of transformational healing practices, including diet, herbalism, homeopathy, movement, mind/body and energy healing. Health as a personal journey towards wholeness.

Other Resources

Resource	Date(s) used	Description
<u>The Soul Of Money</u> -Lynne Twist	November, 2011-present	Book and Audio Book about personal transformation through your relationship with money. Very freeing and enlivening
<u>A Nation of Farmers</u> -Sharon Astyk and Aaron Newton	Jan 2012-present	Inspirational call for an agrarian revolution

OP 4

“Nourishing Traditions” by Sally Fallon

A cookbook that propounds a dietary philosophy based on the work of Dr. Weston Price, who researched the diets of traditional people around the world. Highly recommends meat consumption, fermented foods.

“We Want to Live” by Aajonus Vonderplanitz

The story of how he helped his son recover from life-threatening brain trauma using a diet of raw meat, raw fat, and raw honey (among a few other things). Cheesily written, but very fascinating dietary principles.

Jonathan Swiftcreek

Hired as an advisor using my Gaia University budget. Jonathan lives on and coowns a cooperative farm, and has a lot of experience thinking about food and food systems.

“The Omnivore's Dilemma” by Michael Pollan

An expose of the industrial food system as well as a call to greater connection with the food that we eat. Started me on this path years ago.

OP 5

Food

- Nourishing Traditions by Sally Fallon (Radical dietary perspective, recipes for wholesome, nourishing foods. Makes a strong case for the benefit of animal products, especially fats.)
- The Joy of Cooking (The indispensable kitchen bible. Get an older version if you can for instructions on processing wild game, making bone broths, and so on.)
- We Want to Live by Aajonus Vonderplanitz (Primal Diet, raw meat and fat, and the story of how it saved his sons life. A little preachy, but fascinating.)
- Imani Farm (Working on the farm, learning about the basics of raising animals for meat, eggs and dairy.)
- Jonathan, eli, Liz, Steve, Lee, and others (Many conversations, lots of advice, teaching me to make bread, cook turnips, make stock, skin squirrels, make fudge, etc...)

Family and Community

- Art of Intimacy Class (Developed by Steve Torma and taught by him and Kimchi Rylander. Principles of intimacy and connection.)
- www.cnvc.com (Home of the center for nonviolent communication. I got the list of Universal Human Needs below from this website.)
- The Ethical Slut by Janet Hardy and Dossie Easton (Revolutionized my thinking about relationships, and offers lots of practical advice for intimacy and consensual non-monogamy. I read this when I was 18 and it is still huge for me.)

Livelihood

- Useful Plants Nursery www.usefulplantsnursery.com (The nursery where I work full time.)
- The Soul of Money by Lynne Twist (powerful perspective on how to shift your relationship with money.)

Inner Work

- Nature and the Human Soul by Bill Plotkin (Very powerful piece of thinking about the life cycle of soul rooted human beings.)
- The Mankind Project www.mankindproject.com (Dedicated to nurturing and challenging every man on his journey to authenticity. Powerful community for inner work.)
- Family Constellations, especially as practiced by Sheila Saunders (My personal favorite healing arts practice, an amazing way to gain clarity and understanding about dynamics within your family that are affecting your life.)

Introduction

- Martin Prechtel, “Secrets of the talking Jaguar”, “Stealing Benefacio's Roses”, and others. Difficult to explain, yet very transformative to my way of thinking. I don't know if i've understood much of what i've read, but i'm fairly sure its some of the most important reading i've ever done.
- Daniel Quinn, “Ishmael”, “The Story of B”, and others. Again, almost inexplicable in any words other than his own, Quinn destroys the foundations of modern thought and replaces them with something far more reasonable and human.

Learning Journal Excerpts

05/08

Well, I haven't been journaling much lately, but its a rainy morning and I woke up early and it seems like a good time to write something.

The rain is really pouring, which is great because lots of things just got planted in the garden, so they'll be real happy.

Im eating eggs and sweet potato hash right now, and its quite delicious.

I'll be leaving for CA soon, and i'm not sure what that will be like. I am looking forward to being at camp, and to being there with a new clarity and purpose, a new sense of adulthood and aliveness.

Today, I'm not going to try to save the world. I'm going to go to coffee hour and enjoy being with my sweetie, and with oakley, and all the beautiful people. I'm going to do what needs to be done and can be done at useful plants. Im going to talk with Jennifer. I'm going to go to potluck. None of it is going to transform our culture, and that's ok.

05/22

Capstone year reflection

Last night, I told the story of my year, free flowing, to my computer. This morning, I am going to listen to the story and and pick out anything that seems useful, or particularly striking.

Or not, because it didn't save properly. Back to the drawing board.

Since I can't listen to the story, I'm going to remember telling it, and pull out key pints that way.

Emerged from Gaia Gathering on fire, full of passion, optimistic, ready to push my edges and make a living as an entrepreneur. Naivete, passion, energy, excitement.

Excitement for intima began to wane, hard to get people to come, my energy was being drawn elsewhere, intimacy in my own life

dropped intima, did not fully redesign my pathway, out of accountability with LIPD

december, Lily is away, intima visioning project brings clarity about commitment, financial analysis shows I need to work full time.

Once I meet eli, that relationship becomes the focus of my energy, brings up deep longing for family and home.

For some time, I feel very resistant to Gaia U work, "I just want to live my life"

Creating home op clarifies my pathway, what im doing and how it fits into my vision for my life.

Food security op is kind of a sham, going through the motions, but also doing what needs to be done to fulfill my commitments.

Digiphon

This OP was written in OpenOffice, and the files were exported into PDF files for easy viewing. All pictures were found using google image search, or taken with my camera, a Kodak Playsport EIS.