



**The Project**



**The Movement**



**The Vision**

Imagine a safe, welcoming and non-judgemental space in your community, where you can experience meaningful social connection in person, where you can share your ideas, knowledge and skills, and where you can initiate momentous change through reciprocal collaboration with others of like-mind, on a myriad of worthwhile projects and socially empowering experiments.

Welcome to the:

### **Inspiration Hub**

The Inspiration Hub is an awareness space, that introduces a vision of health and wellbeing for people and planet, in the most creative, inspiring and empowering way.

A support network that promotes self-empowerment and self-healing ability, through a re-connection to our individual and collective consciousness.

A resourceful beacon of light, acting as a stable bridge across uncertain waters during this time of transition. A place of focus and direction for many who may be feeling lost and confused, who can be welcomed into a safe space with fresh informative and practical solutions, all based on fun and enjoyable activities for all.

### **Shared Experience**

We have only fairly recently been introduced to Phenomenon Based Learning (PhenoBL), but we can already see that it's an approach to learning with the potential to help communities circumnavigate the many significant crisis of today, in a meaningful and empowering way. We all have something to learn from each other and it makes sense for us to use the phenomenon based learning approach, for sharing knowledge and experience through our activities and events.

*"Phenomenon based learning starts from the shared observation of holistic, genuine real-world phenomena in the learning community. The observation is not limited to one single point of view; the phenomena are instead studied holistically from different points of view, crossing the boundaries between subjects naturally and integrating different subjects and themes."* [phenomenaleducation.info](http://phenomenaleducation.info)

## Hub Activities

The hub will host workshops, talks, screenings, demonstrations and exhibits of some of the most advanced and innovative natural solutions, inviting discussion on the best way to introduce them into our community through a regenerative economy that benefits all.

- Workshops – As well as conducting in-house workshops on healthy nutrition, personal transformation and natural materials and innovation, the Inspiration Hub will also host independent workshops run by creative, skilled and talented people from our community. The Inspiration Hub allows us to provide a space for eco-conscious artists, artisans, creatives and healers, who wish to share their knowledge and promote their work, through paid workshops at the hub.
- Talks, demonstrations and exhibits – The inspiration hub provides an opportunity for local and global sharing of knowledge, wisdom and experience. There is so much to share and learn about life and how we can best enjoy it.
- Screenings – There are some truly ground-breaking and informative health, wellbeing and awareness documentaries and films that have been produced recently, and we will be screening a number of them, to support us in collaborating and connecting with the community to explore the many different ways in which we can heal and grow.

In addition to showcasing a variety of natural materials and products through the workshops and exhibits, such as Mushroom Leather, Cork Fabrics and Bio-composites, the Inspiration Hub will also highlight the importance and benefits of using biodynamic soil to grow nutrient dense and healthy food, helping us to re-connect with Nature to improve our mental, physical and emotional health and wellbeing.

The Inspiration Hub is held within the framework of two focal points:  
HEAL & GROW



### **HEAL (Healthy Environment And Lifestyle)**

The Inspiration Hub will host talks, workshops, demos, film screenings and exhibits that will promote a healthy environment and lifestyle. This becomes a platform for the community to begin learning new ways to live a lifestyle that holds the wellbeing of people and planet at the forefront.

Inviting conversation about the many creative and innovative healing solutions already available to us. Bringing people together in a relaxed and welcoming space, where we can communicate ideas and explore viable and practical ways in which we can collaborate to bring them to life. Learning how to experience the benefits and rewards of a healthy environment and lifestyle, empowers people to embrace life in a more enjoyable and fulfilling way. This is the purpose of HEAL.

### **GROW (Growing Regenerative Organic Wholefoods)**

Restoring the biodiversity of our soils, is one of the most important steps in re-connecting our health to the health of our environment. A single handful of garden soil contains thousands of species and millions of individual micro-organisms. It is estimated that at least about one-quarter of species on planet Earth live in soils, creating a diverse and healthy ecosystem that sustains life for plants, animals and humans.

We will be introducing the same principle of growing organic food, bringing awareness to the importance of nutrient dense foods grown in biodynamic soil and demonstrating how easily it can be done in our community. The Inspiration Hub, allows us to showcase how this can be achieved, while creating awareness of the benefits of connecting with Nature and the nature of ourselves, through garden therapy and healthy nutrition.

We will be showcasing the value of food, from the local growing of organic food in regenerative soil, to the creation of rewarding opportunities; getting creative with natural fibres; applying regenerative biomimicry innovation for energy production; and exploring the remarkable power and value of regenerative plant foods and medicines. This is the purpose of GROW.

### **Connections**

The Inspiration Hub is the first step on our journey towards contributing to the global shift to a regenerative economy, where we can co-create a thriving future for people and planet, it is also a bridge to the larger vision of the TLC (Thriving Lifestyle Communities) Project.

[The TLC Project](#) is designed to act as a cornerstone of favourable and equitable systemic change, with a focus on creating distributive value for the health and prosperity of the community in which it is built. Working in harmony with nature, the project will showcase regenerative lifestyle solutions that combine cutting edge new technologies with ancient wisdom. The project is designed to bridge the gap between leaving the old and stepping into the new and is a practical demonstration of what we can achieve when we create together.

The Inspiration Hub and the TLC Project will operate within the [SEEDS ecosystem](#), as incubators for local campaigns and projects that contribute to the blossoming regenerative renaissance currently taking place around the world.

Seeds is a conscious currency that has been beautifully crafted and designed on a platform of openness, transparency and trust. SEEDS provides humanity with the tools to co-create a regenerative future, directing resources to projects, campaigns and actions that contribute to the mindful creation of a new economic and value system, affording humanity the opportunity to thrive in an abundant natural environment.

### **Location**

The pilot Inspiration Hub will be located in Sussex, UK, however the blueprint will be available for others who are interested in hosting an Inspiration Hub where they live.

**For more information, or to contact us, please click on the link below:**

[Inspiration Hub](#)