



TLC PROJECT

Thriving Lifestyle Communities





*“Plant seeds of freedom in fertile minds, watching them grow
from there to see what fruits they bear”*

ROAM

Acceptance

This is no ordinary proposal, because this is no ordinary project.

For humanity to move away from the all-pervading stress, sickness and exhaustion that many people are suffering from today, we need to accept that our current economic, judicial and political systems are broken, because they are ultimately flawed by design. All of them have an abysmal track record of acting in the best interests of the health and wellbeing of people and planet. This is evidenced by so many people all over the world struggling just to survive the many crisis of: hunger, disease, poverty, war, slavery, habitat destruction, species extinction, pollution, toxicity, deficiency, homelessness, separation, anxiety, depression and trauma ... to name a few!

If we are to adequately address the monumental health, economic and environmental crisis impacting society today, then it is imperative that we expand beyond our self-imposed limitations, and work together to co-create new models that allow us all to thrive in a flourishing natural environment.

In these unprecedented times, when we have governments, corporations and institutions telling us that we need to get used to a ‘new normal’ post Covid-19, there is an urgent need for us to create and develop unprecedented solutions that can lead to a ‘new normal’ that benefits us all.

With humanity in suspended animation and with the global debt-based economy crumbling before our eyes, we now have a unique opportunity to build a new socio-economic model that will allow people and planet to thrive ... and it’s easier than you might think!

*“Yesterday I was clever, so I wanted to change the world.
Today I am wise, so I am changing myself.”*

Rumi

Imagine what would happen if we used this defining moment to co-create a future that we would all like to step into, once we've freed ourselves from the current global turmoil.

Imagine co-creating a future that provides people with inclusive access to resources and opportunities, that support a fulfilling lifestyle, in a secure and comfortable home, with a prosperous and sustainable local and global economy.

There are a number of ways in which we can individually, collectively and collaboratively, begin to design and develop a new socio-economic blueprint. The time has come to think and act beyond the conventional and into the realms of the seemingly unreachable, in order to implement the enormous changes required to break society from the grip of repetitive crisis.

Action

“Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius and a lot of courage to move in the opposite direction.”

Einstein

The Thriving Lifestyle Communities (TLC) Project, is designed to act as a cornerstone of favourable and equitable change and is an ambitious, challenging and disruptive project, with a focus on creating distributive value for the health and prosperity of the community in which it is built.

The TLC Project is the beginning of an interesting and exciting journey towards finding answers to the following three questions:

Is it possible for people to follow their interests and passions and grow according to ambition and contribution, in a rewarding and supportive environment?

Is it possible to create a meaningful value exchange system that promotes and supports mindful and regenerative lifestyles?

Is it possible to design and develop a decentralised thriving community economy, connected on a global scale, in which people and planet can thrive in harmony and collaboration?

If ever there was an ideal time to undertake a paradigm shift into 21st Century economics, that time is now.

The TLC Project consists of three independent yet interconnected hubs.

The first hub ... is a wellbeing centre, operated by well-informed holistic health practitioners, who are committed to providing the community with advanced and well researched Naturopathic therapies and treatments, including but not limited to; naturopathic nutrition, meditation, acupuncture, breathwork, yoga, heart brain coherence and mindfulness. In addition to serving the local community, the centre will host a variety of health and wellbeing retreats for visitors and tourists from the global community.

The centre will also host the HEAL (Healthy Environment And Lifestyle) Project, as an open source research and development project for the community.

The HEAL Project is dedicated to making healthy lifestyle choices available to the community as a whole, while exploring the many safe and effective medicines and therapies that could be made accessible and affordable to everyone, through collective collaboration and connection.

Sadly, the global provision of 'healthcare' today is dominated and controlled by a disease management industry, that operates primarily for the purpose of symptom suppression and maximum shareholder profit, with very little consideration and/or attention to long term healthy outcomes. This approach is unfortunately and ironically proving to be diametrically opposed to human health and wellness in most respects. It is especially inexcusable considering that we have a number of far superior, safer and more effective options available to us in the public domain, outside the influence of pharmaceutical patents.

For example, it is now widely accepted and well understood that a healthy organic diet and mindful lifestyle choices, are two extremely safe and highly effective means of enhancing both mental and physiological wellbeing, while at the same time reducing the burdens of stress and chronic disease and without the need for pharmaceutical drug intervention. Who would have thought that natural [magnesium is safer and more effective](#) than pharmaceutical 'anti-depressants'? We also have a growing body of peer reviewed scientific evidence, that having access to nature, such as spending time in a garden and growing our own organic food, or even being in a forest practising [Shinrin-Yoku](#), is profoundly beneficial to our physical, mental and emotional health.

Exploring and researching all aspects of healthy and conscious living at community level, allows us to investigate for ourselves what works and what doesn't. The actual experience of improved health and wellbeing, is a far better indicator of safety and efficacy of a therapy or treatment, than many of the 'clinical trial' pharmaceuticals that have a long list of [dangerous side-effects](#) and [questionable efficacy](#).

The HEAL Project involves itself in researching, verifying and proffering safe and effective treatment and disease prevention options for improved physical, mental and emotional health in the community, including but certainly not limited to: [optimum nutrition](#), [psilocybin therapy](#), [cranial electrotherapy stimulation](#), [heart brain coherence](#) and [Nature therapy](#).

The second hub ... is an exhibition centre, that will showcase a diverse range of innovative and sustainable products, services and technologies for a healthy home and thriving lifestyle, two potential examples being [Bi-ION](#) fuel and [BIOHM](#) innovations. The centre will also catalogue the provenance and value chain of all components and features of the hub.

The exhibition centre will promote and support meaningful enterprise opportunities through worker owned co-operatives and independent businesses, such as Dandy's Café, a plant-based wholefoods café owned and operated by a qualified nutritional therapist ... Dandy ... who is dedicated to offering healthy, nutritious and delicious food to the community through Dandy's Café!

The centre will have 20 retail and studio pods; 10 for local ethical and regenerative enterprises on the ground floor and 10 for eco-conscious artists and artisans on the first floor. We envisage the centrepiece of the exhibition hall being a beautiful plant feature surrounded by a lovely fountain, around which innovative and disruptive exhibits will be displayed, providing information and inviting discussion on how they can contribute to the regenerative growth and economic prosperity of the local and wider community.

Using holistic real-world learning principles, such as those applied by Finland in their [Phenomenal Education](#) model, the centre will also run a variety of fun and exciting workshops, to promote mindful education and conscious awareness and as a means of enhancing life skills and freeing human potential for collective good. For example, 'make your own ...' workshops using natural materials like [cork fabric](#), [hemp bio-composites](#), [seeded paper & packaging](#) and 'grow your own ...' [mycelium](#) plant pots.

The third hub ... is a home and lifestyle centre as envisaged through the lens of a healthy and happy Home environment. The centre will be built as a show home, to demonstrate that we have the tools, technologies and resources to live lifestyles that allow us to thrive, in a way that enhances the regenerative abundance of Nature and re-connects us with ourselves, each other and the beautiful planet that we all call Home.

The show home will be a space around which the community can gather to formulate and steer a sustainable and equitable community homebuilding strategy, with the objective of providing meaningful entrepreneurial opportunities for the

local and wider community. The purpose of the show home is to practically demonstrate the tremendous purchasing power and market influence we have as mindful consumers, and to determine exactly what it would take for each of us to live a thriving lifestyle, in a home that stimulates and incentivises a regenerative economy that benefits us all.

Agreement

The TLC Project is an ecovillage learning and awareness hub, that will host a number of dynamic and meaningful projects and experiments to inspire others to join us in co-creating something new and exciting for the future. The focus is on improved value systems for the local and global community and providing a space where we can fully explore our creative potential for implementing principled change, through imaginative solutions and collective agreement. The [Inspiration Hub](#) is one such project and Petals is one such experiment.

“Make everything as simple as possible, but not simpler.”

Albert Einstein

The freedom to transcend a broken financial system!

Petals are simply [regenerative](#) loyalty points that are linked to the [SEEDS ecosystem](#) and can be redeemed when purchasing any product or service within the TLC Project village. It really is that simple!

Petals are anchored to a solid foundation of individual and collective loyalty to a regenerative economy, and are based on the well-informed and thoughtfully designed framework and blockchain value exchange.

The decision to introduce Petals into our community at this moment in time, is made all the more auspicious given the current economic crisis and the [Bank of England's](#) thought-provoking explanation of legal tender:

“Many people are confused about what legal tender means. It’s actually about settling debts rather than how you can pay for things ... Debit cards, cheques and contactless aren’t legal tender anywhere. Confused? Let us help you out. A shop owner can choose what payment they accept. ... If your local corner shop decided to only accept payments in Pokémon cards that would be within their right too ... Legal tender has a narrow technical meaning which has no use in everyday life ... The reason money works when you pay for things is because people trust in its value. Historically, you could exchange banknotes issued by us for gold. But the link between notes and gold was broken a long time ago, so nowadays it makes more sense to think of money as a kind of IOU (I owe you).”

Exploring future possibilities

20th century financial conventionalism often focuses purely on the profitability of a proposal to identify short-term profit extraction, rather than seeking to identify the long-term holistic value and benefits to society. We instead choose to make people and planet our primary value, as we believe that the success of any meaningful endeavour is wholly dependent on how valued all stakeholders feel. By stakeholders, we mean our staff, our co-creators, our partners, our customers, our producers, our suppliers, our community and everyone involved in, or impacted by, the project and of course the biggest stakeholder of all, Nature. The purpose of the TLC Project and Petals, is to empower individuals to reclaim their value so that they can transcend the systems and structures that devalue them and the planet we all call Home.

“We can end the threats to our environment and aid dramatically in its restoration. We can help provide meaningful work for all, with opportunities that enhance and replenish the world about us. We can effectively address fundamental urban and rural concerns and the many diverse and often-divergent needs of developing and developed nations alike. We can create a better world where life and all living systems flourish. This is not an idealistic dream, but is rather a pragmatic attainment, achievable within our very own lifetimes.”

[New Money for a New World](#)

Collective agreement is all it takes!

As we stated at the beginning, ‘this is no ordinary proposal, because this is no ordinary project’, and hopefully at this point you have a much better appreciation of our statement and a better understanding of the bigger picture that we have presented.

We are all one big connected tribe, here to experience life on the most beautiful planet we know, in the most significant and meaningful way possible. SEEDS gives us the freedom to do exactly that and provides a way to support and fund the TLC Project.

“People are more valuable than all the financial systems in the world, because people are the conscious and unconscious creators of all the value in the world” ROAM