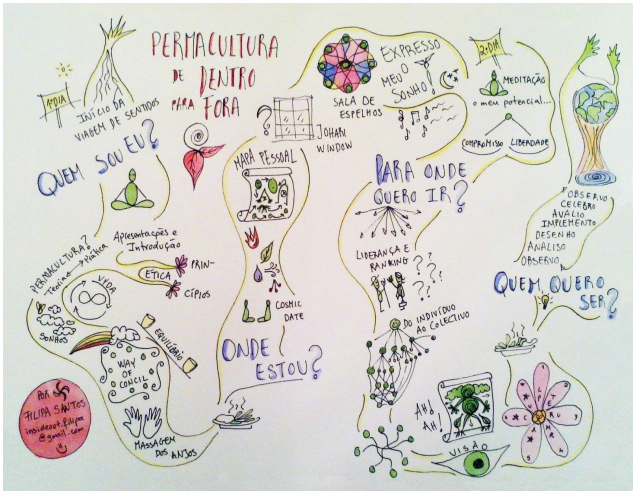
Permaculture From the Inside Out
Personal Map and Vision Building



Ilustration from the Permaculture from the Inside Out Journey, by Filipa Santos.

"Giving light to the inner landscape, I feed the culture of abundance and potential on myself. Using all senses to recognize my unique being, I identify sources of resilience, creativity and happiness. Challenging my limits, I dream and become aware of the present body."
Filipa Santos

Tags: Social Permaculture, Inner Landscape, People Care, Life Design, Vision Building

Challenge:
Exploring Social Permaculture and what is the meaning of People Care by designing our inner landscape. To broad the use and meaning of Permaculture with it's holistic and integrated approach. To realize and value what we are already. To take ourselves more seriously. To put it out so that we don't keep it to ourselves. To zoom in/out. To find direction, true intention, purpose, vision. To see beyond, accessing different perspectives.

Solution:
Having 4 key questions and mapping, creating a visual, looking at our lives as a living system that has time, space and events. Providing opportunity to raise awareness and engagement. Having a designed tool with steps to follow we don't waste time and stay focus.
A set of exercises and challenges, individual and collective that will give us different feedback and ways to collect information. Also it puts the focus on the identification and characterization of the Human Being as a key element in the Permaculture design project, as the one responsible for observation, taking decisions and interacting with the environment. The result will be a personal map that will allow us to see us from the outside, as observers, having a picture of who, where and what we are at the moment. As so, we are able to take decisions loosing less energy and projecting ourselves in the world aligned with the current vision of our being.

References:
Contact: Filipa Santos - Portugal insideout.filipa@gmail.com
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