



The Regenerative Life

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Chapter 1 Beyond the Heroic

Heroic path sees change as a matter of scale: if it isn't big, then its not making a difference.

Regenerative change is built on the power of taking conscious charge of our thinking process and helping others do the same. Beliefs, perspectives, aspirations and thought patterns function like a helpful thriving human

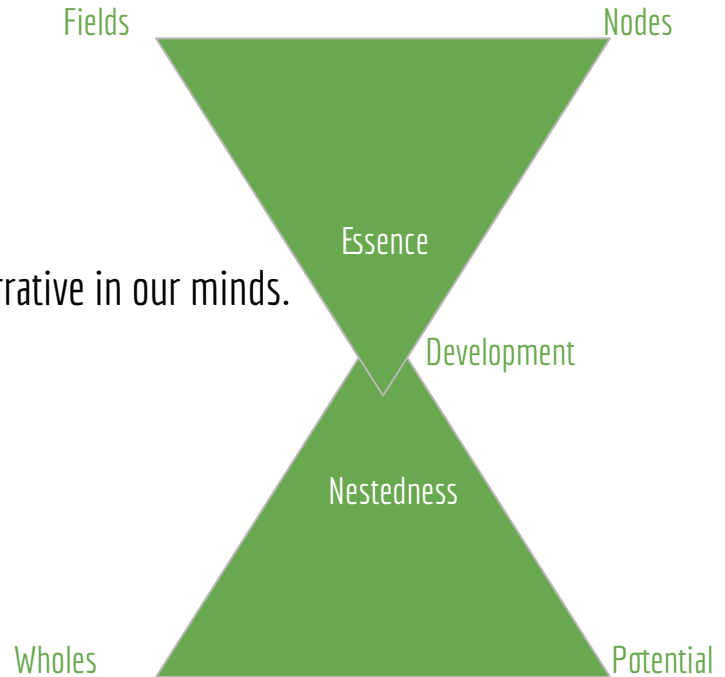
Non-Heroic path seeks a way to create profound and enduring change, not through large scale movements or fighting the good fight, but by enabling people to transform themselves.

- Regenerate Life
 - Develop consciousness
 - Grow Capacity
 - Evolution
- Do Good
 - Human Potential
 - Self Determination
 - Education and Opportunity
- Arrest Disorder
 - Living up to standards
 - Problem solving to Reduce Degradation
 - Awakening Stewardship
- Value Return
 - Social Consensus
 - Self Reliance
 - Expert Advice

Chapter 2 Seven First Principles of Regeneration

Provide a foundational understanding of how regeneration occurs in living systems. Principles extend our thoughts and actions into new territory while building on insights and past experience.

- **Seeing whole** is important as it counteracts our mental tendency, narrative in our minds.
- **Potential** is judgement attitudes striving for understanding truth.
- **Development** in one's self, growth.
- **Essence** what makes it singularly itself
- **Nestedness** enables us to gain depth perception



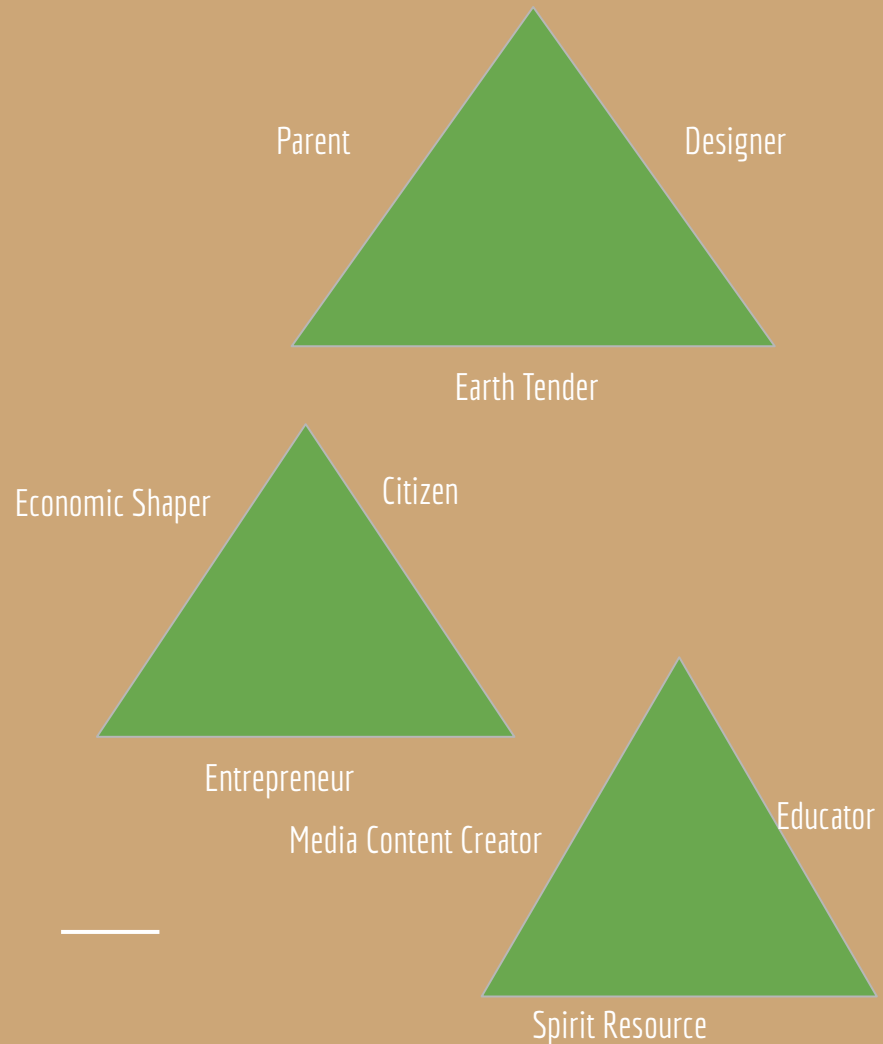
Chapter 3 Regenerative Roles

Nine Rodal Roles used to understand the diverse forces that enable transformation.

Initiators create the conditions for growth and development by building the environment.

Destabilizers question, challenge, and apply shocks to the status quo, humans become rigid, reactionary, and unable to commit creativity.

Manifestors engage directly with reducing effects of change in the world.

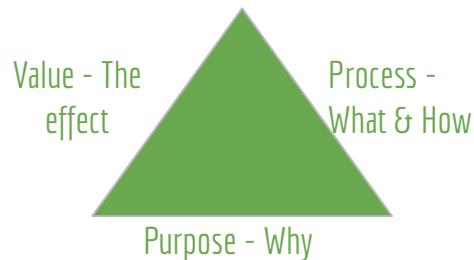


Chapter 4 The Regenerative Parent Role

This role is fundamentally concerned with guiding the development of agency in one's children. Children are born with the capacity to make their own free choices, but at first it is mostly directed toward themselves. The art of parenting is to help strengthen this sense of inner authority, while also helping children direct it toward purposes beyond themselves. This helps them to become self-managing and contributing members of society.

The Regenerative Parent Essence

Framework of Regenerative Essence



Discern Significance
(Value)

Evoke Self-Determination
(Process)

Enable Essence Expression
(Purpose)

Discern Significance - Help your children understand not only who they are but also the effects they have on the world around them

Evoke Self Determination - The desire to make choices for your children and instead provide opportunities to help them learn to make better choices

Enable Essence Expression - The ability to reflect and know who we are and the purpose we are pursuing

Chapter 5 The Regenerative Designer Role

This role serves the creative aspirations of people and the desire to make something new. The designer gets called into being as soon as someone's agency has been aroused. Once people can see what it is they would like to manifest, they are faced with questions of how. This is where the designer steps in. Nearly everything in our world requires or benefits from design. This includes the physical objects we live with, the infrastructures we rely on, and the processes that enable and enrich our lives.

The Regenerative Designer Essence

Manifest New Capacity
(Value)

Magnetize Potentiality
(Process)

Reconcile Toward Elegance
(Purpose)

Magnetize Potentiality - Mutually uplifting field that is generated between the one designing and the one for whom the design is made for.

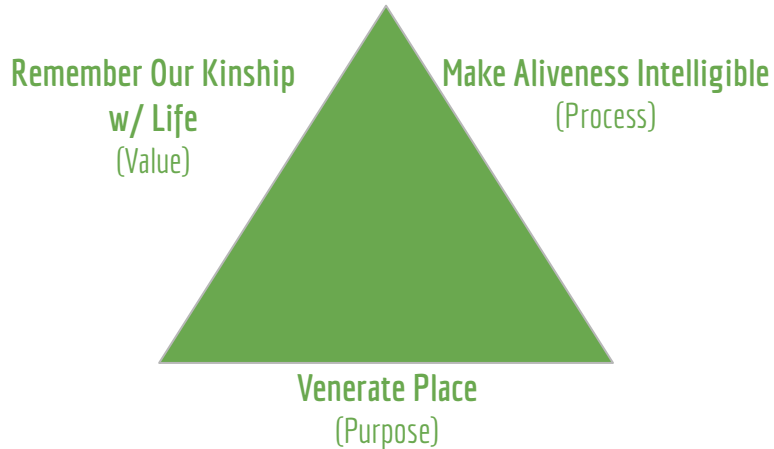
Reconcile Towards Elegance - When a designer is able to discern what is really going on and what is most important, the complexities tend to fall away and the elegant solution becomes apparent.

Manifest New Capacity - The designer never loses sight of the fact that the larger result they are working toward is the user's evolved capacity for thinking, discernment, and action

Chapter 6 The Regenerative Earth Tender Role

This role teaches us all how to fit in with the laws and dynamics of living systems. Earth tenders read and interpret nature's patterns by seeking ways to align their actions with them. This role often gets expressed in careers or hobbies that involve being in nature, such as farming or forestry or gardening or being a naturalist. What distinguishes regenerative Earth tenders is a willingness to understand how nature works and being able to translate this understanding into better decision making for themselves and society as a whole.

The Regenerative Earth Tender Essence



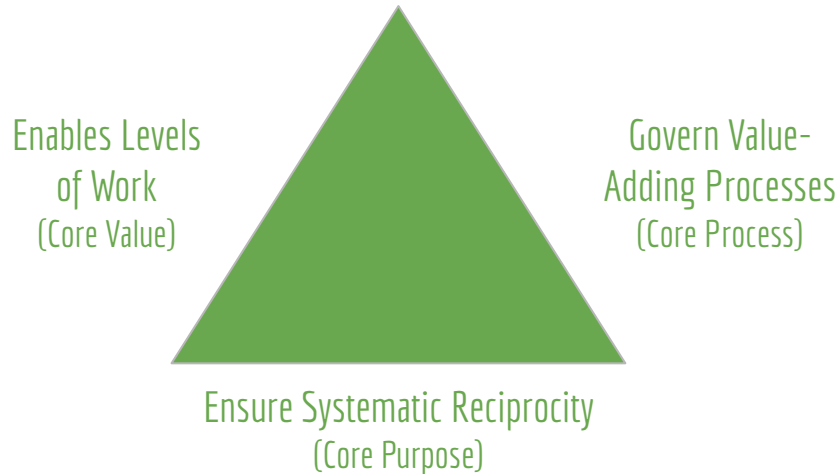
Remember Our Kinship with Life - It is easy for regenerative earth tenders to relate to Earth and all of its creatures because they are family. Each of these living beings has its own right to exist and to be treated with respect

Make Aliveness Intelligible - Bypass the training that teaches most of us to see living things as static objects, more or less indistinguishable from other. Their discipline is to discern and make sense of the processes and purposes of living beings

Venerate Place - Holding Earth sacred in both its local and planetary manifestations. This shows up as an exceptional depth of attunement to the living dynamics of a place and the development of the systemic understanding of them.

Chapter 7- The Regenerative Citizen Role

Takes responsibility for the creation of a healthy working society. Citizens engage with and shape the systems that govern their lives-such as nations, towns, communities service organizations, and governing boards-educating themselves to make sound decisions about them.

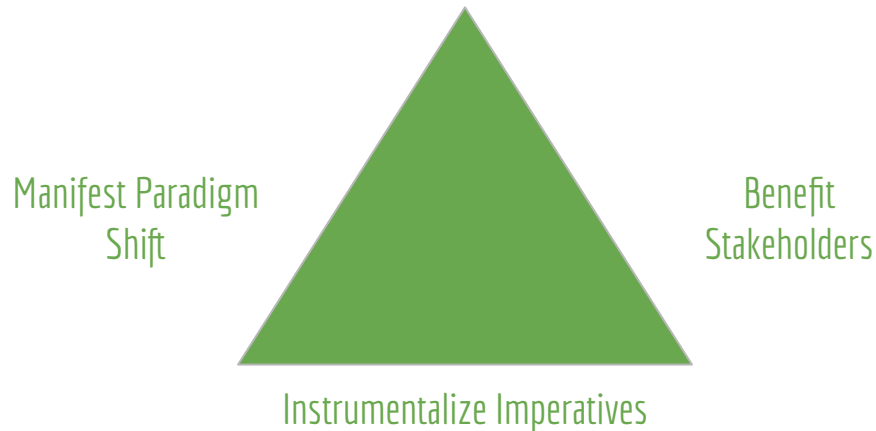


Even within systems where decision making has been turned over to a representative body or board, a citizen retains the rights and responsibilities of their role. These Include:

- Generating new thinking about the direction a society should take.
- Developing in oneself and others the capacities needed to participate in an evolving and self-governing society.
- Choosing representative leadership and being prepared to offer such leadership.
- Monitoring and contributing to the quality of decision being made.
- Taking corrective action when improvements in governance are required.

Chapter 8- The Regenerative Entrepreneur Role

Drives social evolution by disrupting existing patterns of material life. An entrepreneur seeks to replace a given good or service with something that does a better job of following customers and other stakeholders to pursue their aims and purposes. The energy that gets released when an entrepreneur is able to harmonize their personal agency with the unmet aspirations of a market can be enormous and world-changing.



The core process is to **benefit stakeholders**
The core purpose is to **instrumentalize imperative.**

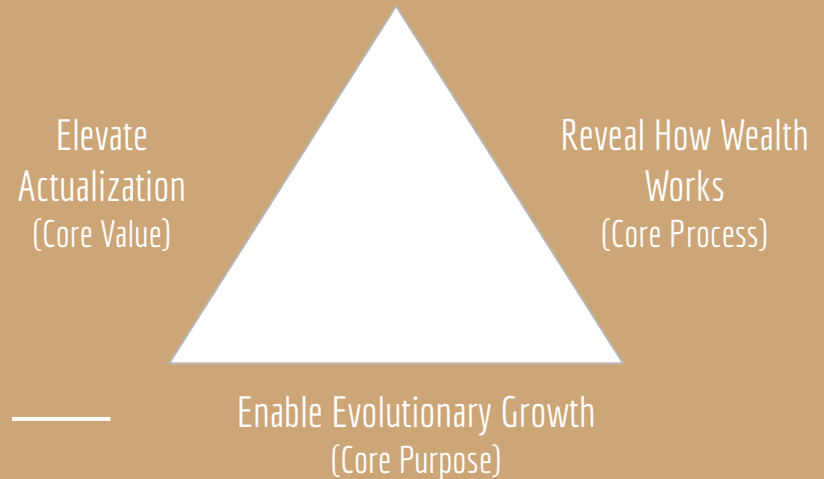
- Social factors
- Planetary factors

The core value of a regenerative entrepreneur is to **manifest paradigm shift.**

Chapter 9- The Regenerative Economic Shaper Role

Creates and refines the structures that allow societies to generate wealth in an enduring, equitable, and wholesome way. Economic shapers use a variety of instruments to carry out this purpose, such as policy, financial institutions, foundations, and economic development. In the context of regeneration, wealth refers to the capacity to influence and participate in processes that continually upgrade the wellbeing of individuals, communities, and ecosystems. By this definition, a society that enables every one of its member to participate in wealth creation will experience a virtuous cycle of accelerated evolution.

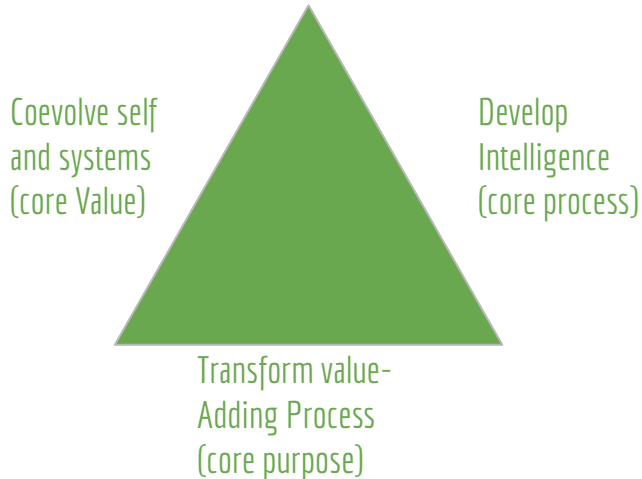
- “While initiators create the conditions for change, manifestors engage directly with producing the effects of change in the world. They seek to create objects and systems either because they are missing or because they are possible”



Chapter 10-The Regenerative Educator Role

Role Develops the ability of individuals to understand themselves and the world. An educator helps people overcome their mental inertia which is the tendency to keep doing old habits of their thoughts and beliefs. A true educator isn't about filling people up with information but rather having them be able to generate new thoughts and create meaning from what they already know. The relationship between a educator and learner is mutual is a mutual engagement to generate new knowledge of both. Both the learner and educator are learning new things at the same time.

- Examples-Teacher, parent, boss



The core process is to **Develop Intelligence**

- Work of a lifetime
- Gaining knowledge and experience
- Not quantitative but continuously growing

The core purpose is to **Transform Value Adding Process**

- How we channel the innate drive to make our lives meaningful.
- Improving the world

The core value is to **Coevolve Self and Systems.**

- Work on self- Actualization before changing the world

Chapter 11- The Regenerative Media content Creator Role

Many media content creators use their platform to influence every aspect of society. Media is the mass communication of sources people use to keep themselves informed for example newspapers, social media, television and the internet. There are three basic tasks of basic communication the first is to transmit the info to others to give them knowledge. The second is to provide experience by telling a story or having imagery. The third is to persuasion. When the role is played at the regenerative level these three tasks shift from manipulation to self determination. So the reader sees these stories in a creative mind

The core process is to **Illuminate systemic Effects**

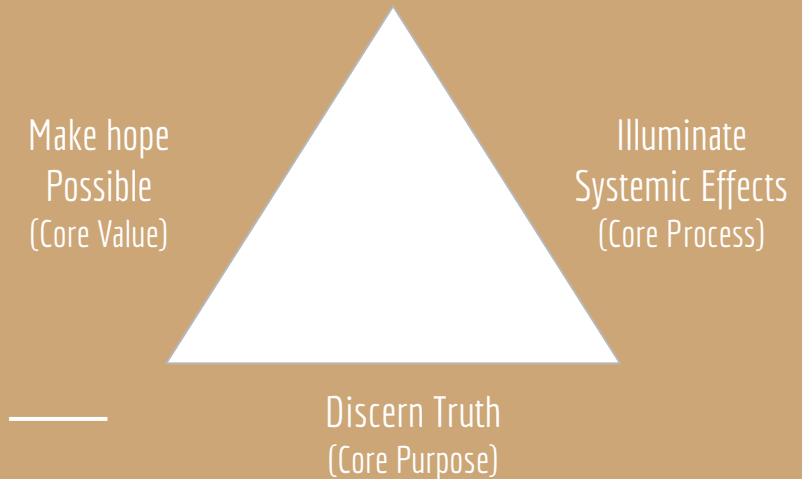
- The question “how did we get here?”
- Inspires the creation of stories

The core purpose is to **Discern Truth**

- What we perceive depends on our point of view
- Changing our perspective by looking at things in all ways can allow us to understand what is true

The core value is to **Make Hope Possible**

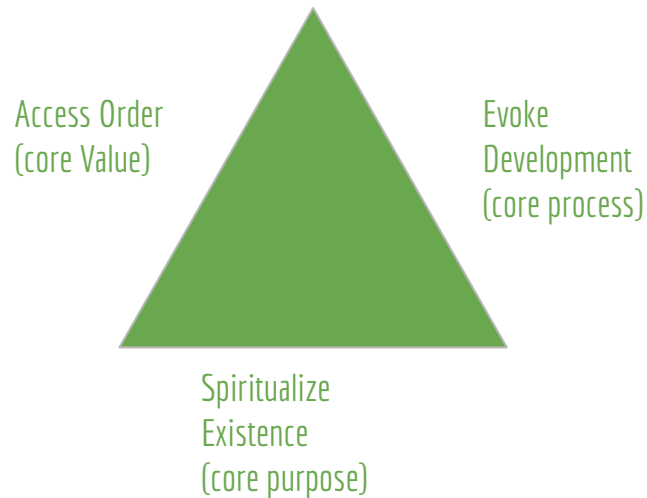
- To see another path of possibility



Chapter 12-The Regenerative Spirit Resource Role

This role reconnects us as individuals to a source of will energy and hope. Those who take on the role help with lifting up our spirits when low. They ask these questions “why are we here?”, “ what does it mean to be human?” “ what is our place in the universe?”.

- Formally - priests, ministers, psychotherapist.
- Informally- Aunt, mentor, couch or friend



The core process is to **Evoke Development**

- Life long process
- Moves through different stages
- Use questions and reflections as instruments

The core purpose is to **Spiritualize Existence**

- Our existence is not limited
- Reminds us to connect to the heart or essence of ourselves and others and our relationships and our actions

The core value is to **Access Order**

- A shift in level of system or perception