Growing Spiritual Capacity with Nature Based Regenerative Tech & Localized Belonging Programs

By Tracey Rogers Brandt
October 2024

TRUTHS

Please assume these truths possible

- ➔ Human civilization is **actively collapsing** alongside our planet's ability to support life.
- ➔ Our children, our species and the biodiversity of all life, depends on human's **collective spiritual capacity** to imagine a new human economy and way of living.
- ➔ The **deepest root to pull is "othering" and our species disconnectedness** that allows inequitable valuations of human lives and all non-human life.

TRUTHS

Please assume these truths possible

- ➔ **Humans ARE nature.** We cannot “other” nature anymore than we can “other” ourselves. To do so would be suicidal.
- ➔ Creating conditions for localized AND orchestrated **place based BELONGING programs,** is a good idea.
- ➔ **Humans are lost, disconnected and ill prepared** for the natural disasters and political upheaval sure to dramatically increase in the months and years to follow.

Inspired by the Climate Tech movement, **our vision is to 50x the funding** and talent flowing **into the Spirit Tech sector** over the next 10 years.

~The Spirit Tech Collective

Inspired by the Climate Tech movement, **our vision is to 50x the funding** and talent flowing **into the BIOREGIONALISM** movement over the next 10 MONTHS.

*"Spirit Tech **could become** a regenerative principled, planet positive and life affirming sector **within the Bioregionalism movement,** focused on re-connecting humans to their biology and communities."*
~Tracey Rogers Brandt

What might be possible if we approached tech as though we actually **belonged to the living world?**

Groopman, Jessica, with Lanyard, Danielle The Regenerative Technology Project White Paper, *Regenerative Technology, Technological Innovation in Service to Life*

Regenerative technology

- ➔ Conventional tech stacks are woefully inadequate.
- ➔ “User-centered design” focuses narrowly on people’s online experience. Even so-called “human-centered design” orients problem-solving around customer desires and behaviors, ignoring the ever-evolving contexts, stakeholders, and ecology in which the technology lands, lives, and relates.
- ➔ Our values systems, social systems, and built systems all exist in entangled interconnectedness.
- ➔ Thus, the **field of implementation for the regenerative tech stack transcends the technological infrastructure.**

Groopman, Jessica, The Regenerative Technology Project White Paper, The Regenerative Tech Stack: A New Model for Design, p 37

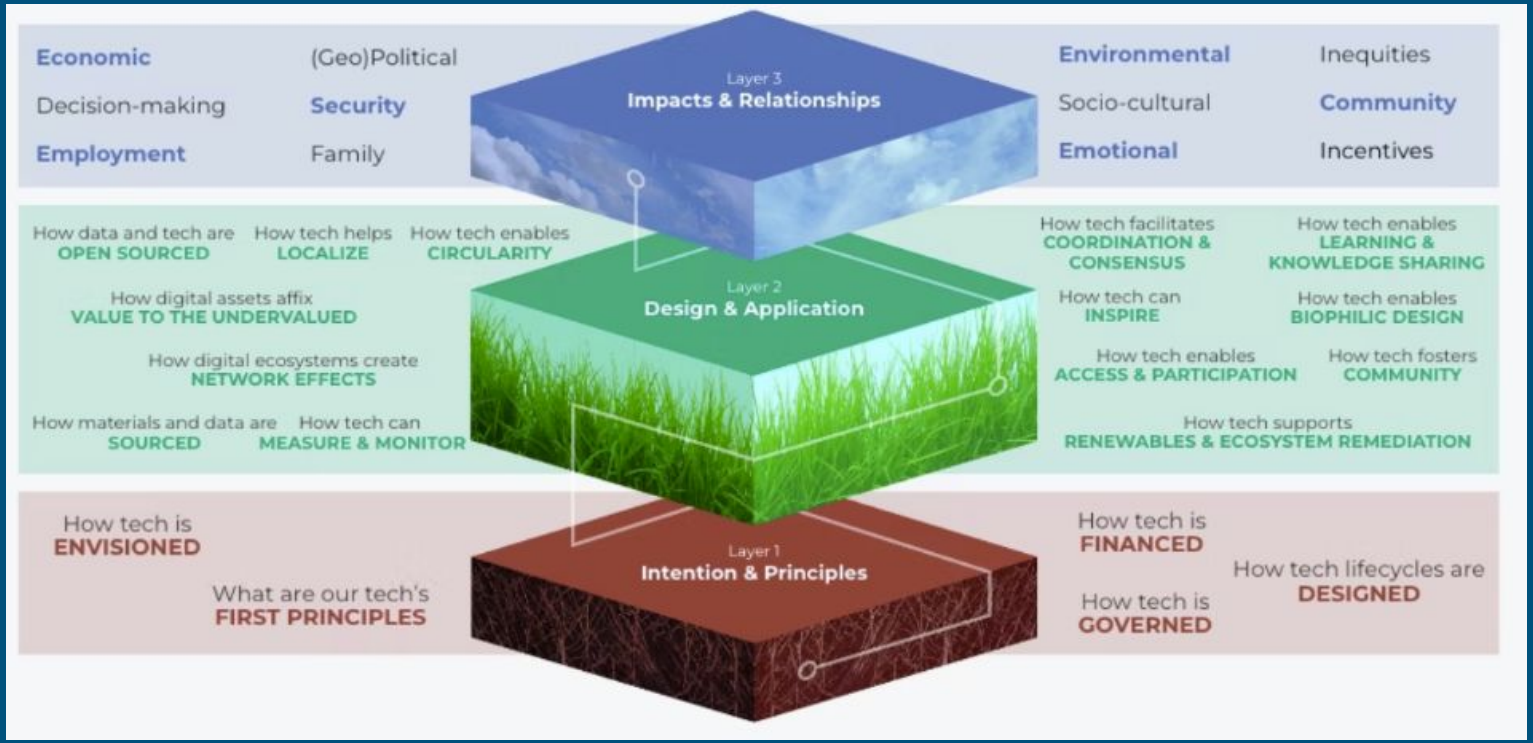
The Regenerative Tech Stack

- ➔ The Regenerative Tech Stack is a framework for **regenerative tech design**, to help us envision how humanity can consider the ecologies of technology.
- ➔ A regenerative approach to technology calls on us to **see the tech stack nested within the many complex systems** in which all tech is embedded.
- ➔ Imagine digital platforms that **support bioregional community resilience, accelerate circular and local economies**, and distribute the value and digital rights across billions of users.

Groopman, Jessica, The Regenerative Technology Project White Paper, The Regenerative Tech Stack: A New Model for Design, p 37

The Regenerative Tech Stack

Tech today focuses primarily on Layer 2, often **undervaluing, overlooking, or altogether "externalizing" Layers 1 and 3.**



Groopman, Jessica, The Regenerative Technology Project White Paper, The Regenerative Tech Stack: A New Model for Design, p 37

What might be possible if Bioregionalism became a movement to foster Belonging without Othering?

Powell, John A. and Menendian, Stephen, *Belonging without Othering, How We Save Ourselves and the World*

Bioregionalism is...

- ➔ A social movement which seeks to **recover a sense of place and a sense of community** by revitalizing ecologically sustainable and culturally diverse societies in the context of their local geographical areas, or “bioregions.”
- ➔ A comprehensive way of defining and understanding the place where we live, with the **aim to live in that place sustainably and respectfully.**
- ➔ **Centered on the human experience.** This is an important perspective, particularly as we seek to uphold and expand the rights of Indigenous peoples worldwide.

** Excerpts from Karl Burkart, Co-founder and Deputy Director, One Earth, What is a Bioregion based on the work of Allen Van Newkirk, Richard Evanoff, Raymond Dasmann, Gary Snyder, Peter Berg and others.*

Bioregionalism could become

- ➔ A new model for **funding philanthropy**.
- ➔ A global movement to foster grassroots, **locally circular transformations of the human economy**, to become planet positive and life affirming, in service to all life.
- ➔ A global movement to co-create localized programming to **provide communities belonging without othering** for human and non-human life.
- ➔ An alliance for the commons, growing the collective spiritual capacity required, to imagine a new way of living AND **co-create a regenerative principled human economy** supported by (not dominated by) technology.
- ➔ Alternative to GDP that **creates transformation pathways from the double bind that is finance and monetary policy.**

Join the Commons Bioregional Alliance

Learn, Connect, Serve & Find Purpose with Passion

Grow Food, Wisdom & Compassion with Your Neighbors

Grow Your Spiritual Capacity to Imagine a New Way Forward

Emergency Preparedness with Increased Circularity for Food & H2O

Offers & Needs Bioregional Markets

Wealth is measured in generosity **(service actions)**

Community Building AND Land Conservation

Create & Receive Bioregional ABUNDANCE

Enjoy Novel Flows of Traditional and New Capital

Actions Based: Participatory tracking with Bioregional Redemption

A Unified & Decentralized Mycelial Network akin to an Octopus

The Commons Bioregional Alliance (CBA)

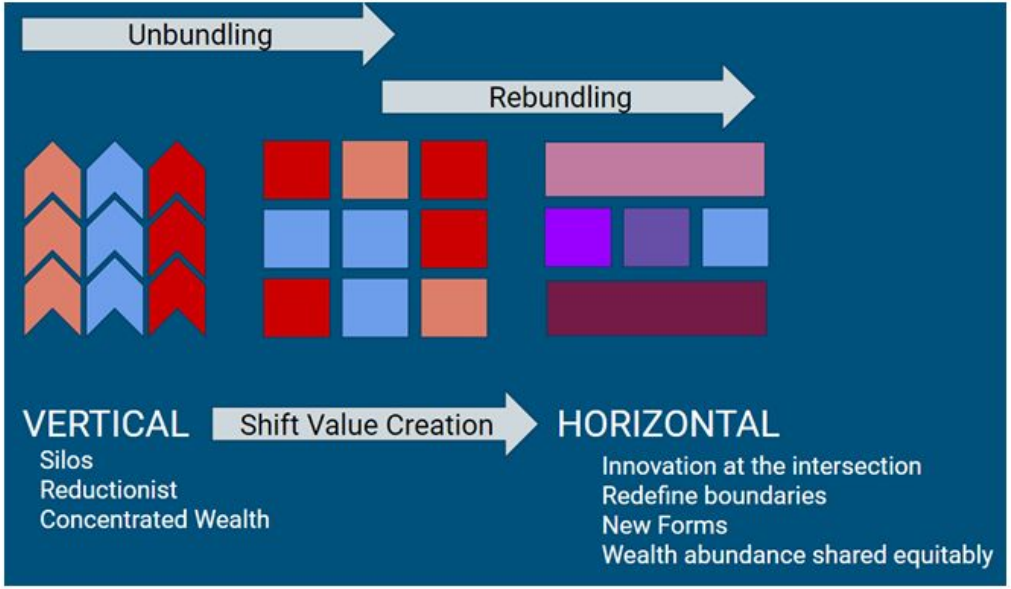


Figure 3: Unbundling and Rebundling the Human Economy[8].

- ➔ Transformation pathway to a new modern dream, based on sufficiency and abundance rather than efficiency and scarcity.
- ➔ Maximizes value creation via unbundling industrial era boundaries and systems AND rebundling them to create novel systems, with new forms, boundaries and abundant value creation shared equitably. [1]

[1] Adapted from Choudary, Sangeet Paul, *The Fast Future Blur*, Chapter 1, The Fast Future Arsenal,. Adapted from Figure 1.1, pg 5, the Illustrative diagram of the shift from vertical to horizontal value creation through unbundling and rebundling.

CBA could become a new governance model based on:

Planet

Place

Belonging

Abundance

Equity

Sufficiency

Bioregional realms*

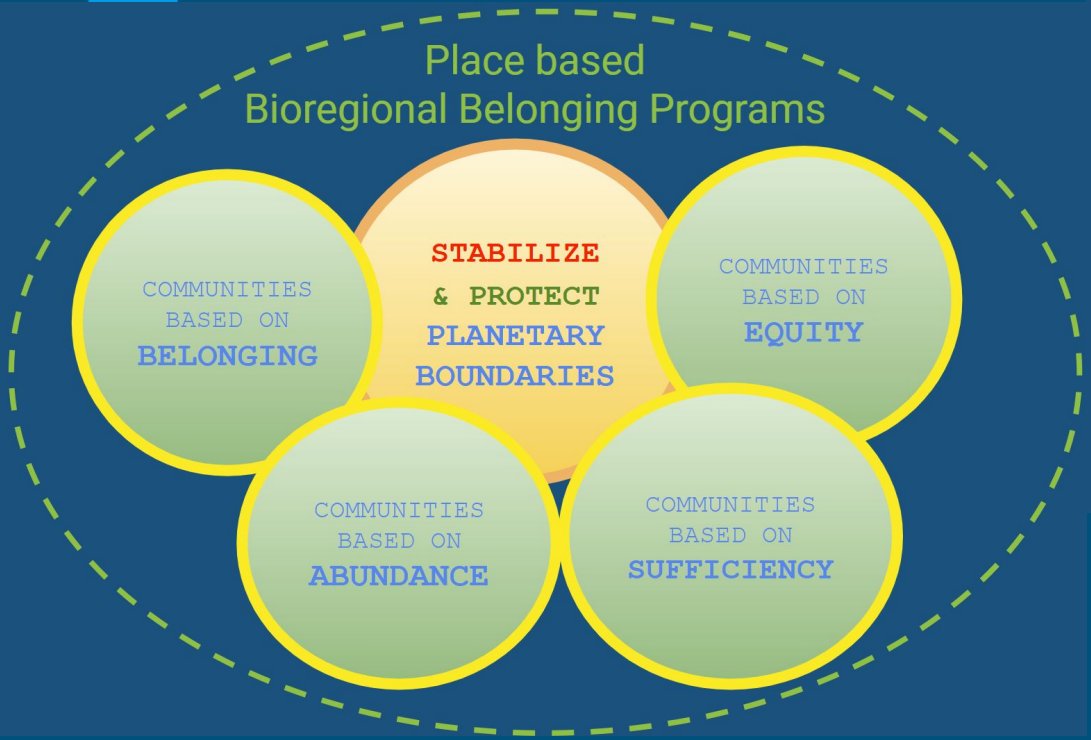
Population (*not victors of the last world war*)

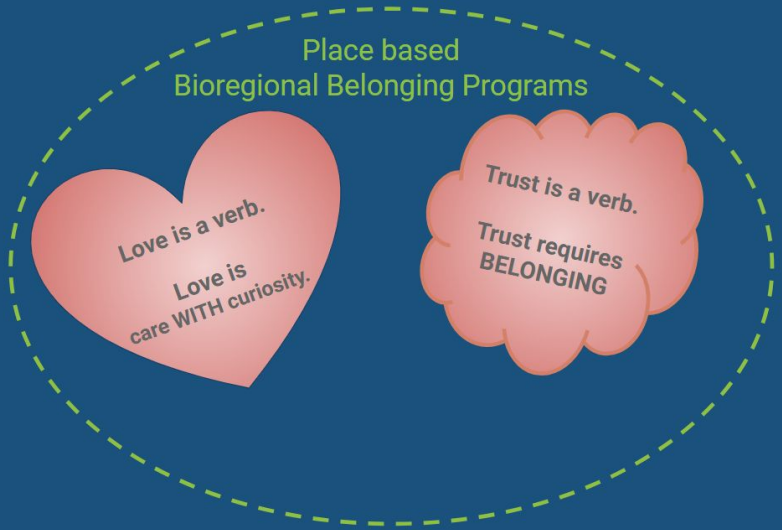
Diversity groups (*via intentional frameworks)*

Equitable valuations of life (*human and non-human*)

*Realm: the broadest biogeographic division of Earth's land surface, based on distributional patterns of terrestrial organisms (i.e. continent-scale), One Earth, What is a Bioregion by Karl Burkart

CBA creates transformation incubation containers





CBA supported regenerative tech could

Help humans to return to first principles: **Humans ARE Nature!** Imagine human civilizations structurally aligned to:

- ➔ Care for planet via codifying planetary boundaries
- ➔ Care for civilizations via codifying regenerative principles of Belonging, Abundance, Equity and Sufficiency
  - ◆ What does it mean to “work” on creating Abundance or Belonging?

Codifying Planetary Boundaries



Boundaries provide foundational understanding & remove abstractions.

Boundaries are relevant forever, protected after stabilized.

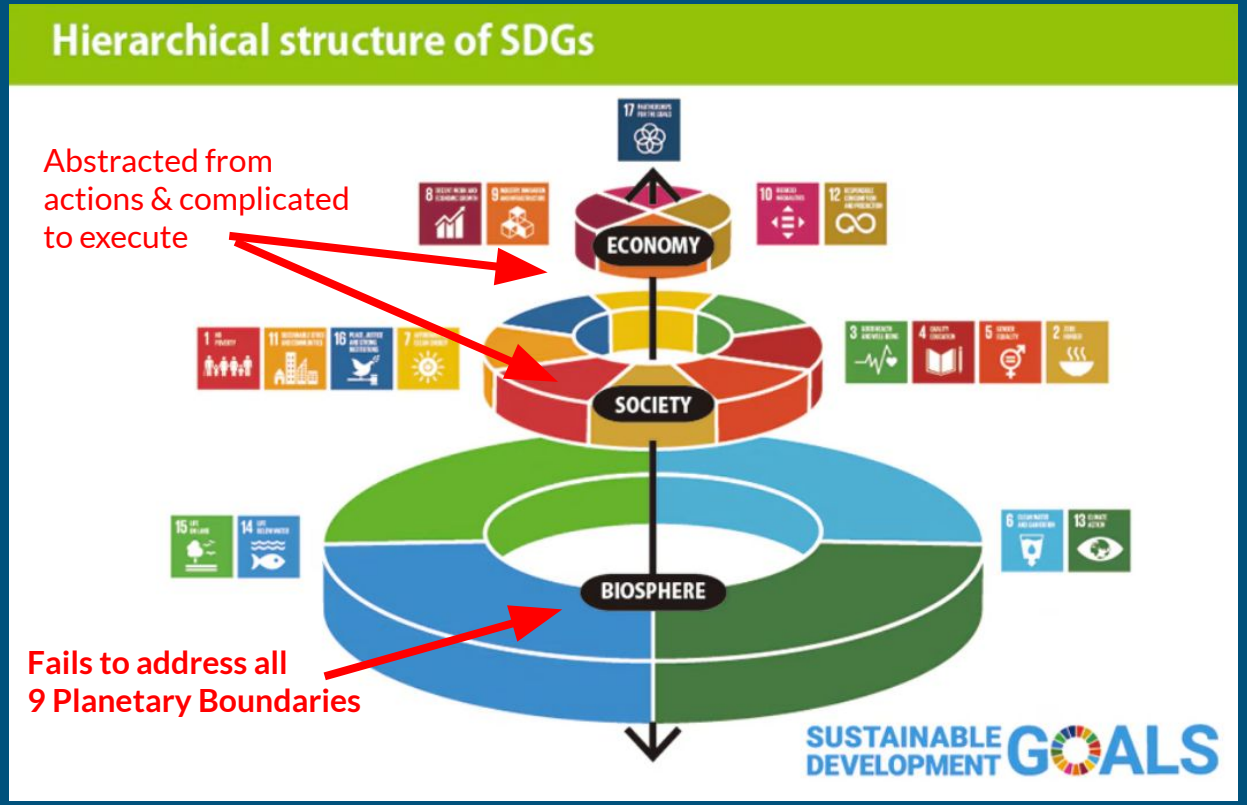
Build a framework upon boundaries to foster comprehension, action and the **change required for responsible consumption & production.**

The Meta Crisis Demands a New Framework

Bioregional Belonging Programs (BPP) provide a **NEW WAY FORWARD.**

BBP build muscle memory, grow spiritual capacity and rely on actions, not words.

BBP leverage Regenerative Tech to track, analyze and provide feedback with transformation pathways. (*As opposed to a $28.36 trillion ESG industry to protect multinational profits.*)



Belonging *without Othering*

UN SDG Supported by BELONGING

Economy:



Society:



















Equity *without Inequity*

UN SDG Supported by EQUITY

Economy:



Biosphere:



Society:

















Abundance *without Scarcity*

UN SDG Supported by ABUNDANCE

Economy:







Biosphere:



Society:















Sufficiency *without efficiency*

UN SDG Supported by SUFFICIENCY

Economy:







Society:













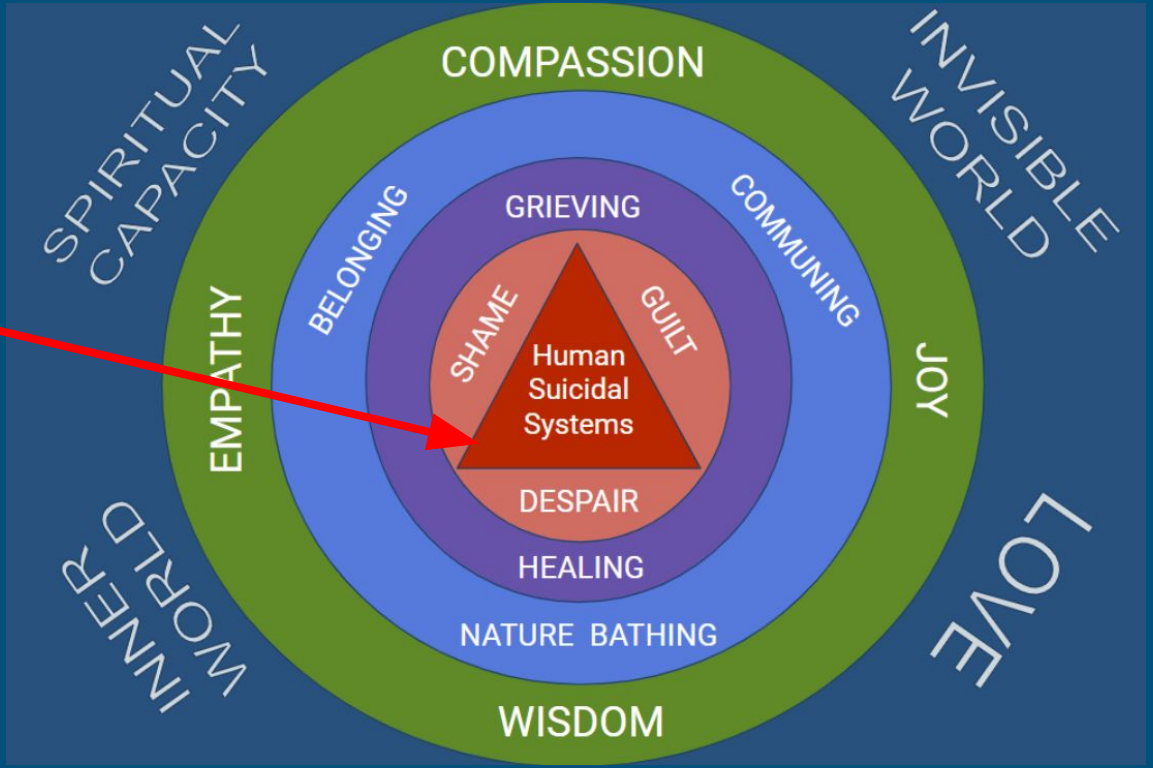


Biosphere:



Bioregional Belonging Programs Build Bridges

Humans are disconnected, isolated, lost and exhibiting alarming suicidal decisions.



What might be possible if we return to village life, **growing food, wisdom & compassion with our neighbors** while increasing emergency preparedness?

GARDENING GROWS SPIRITUAL CAPACITY

Nature based antidepressant

Grow compassion



AI Overview

Gardening can make people feel good for many reasons, including:

- **Mood-boosting bacteria**: The soil bacteria Mycobacterium vaccae triggers the release of serotonin, a chemical that improves mood and acts as a natural antidepressant.
- **Stress relief**: Gardening is a mindful practice that can help reduce stress levels and improve mental clarity. The exercise involved in gardening also increases serotonin and dopamine levels, while lowering cortisol, the hormone that causes stress.
- **Compassion**: Gardening can make people more compassionate, which can strengthen relationships and help build new ones.
- **Creativity**: Gardening can encourage creativity and a sense of rhythm and flow.
- **Connection with nature**: Getting outdoors and connecting with nature can calm nerves and boost mood.
- **Healthy eating**: Gardening can promote healthy eating choices.
- **Exercise**: Gardening provides exercise and promotes blood flow.
- **Vitamins**: Gardening provides the body with good vitamins from the outdoors.

Gardening can be done in a community setting, which can help combat loneliness.

“Othering” is our deepest root

HAVES

META CRISIS

DESENSITIZED HUMANITY

DOPAMINE ADDICTION

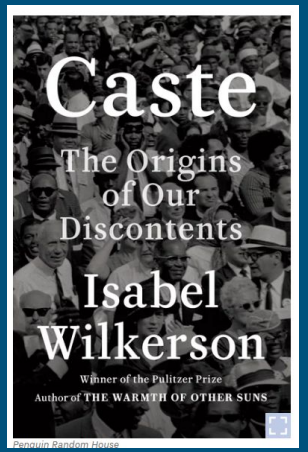
BRAINWASHING

ABSTRACTION

DISCONNECTION

OTHERING

HAVE NOTS



DEEP ROOTS

By Tracey Rogers Brandt

CASTE IS

Discrimination.
The suppression of opportunity.
The deregulator of equity.
The squashing of self esteem.
The reducer of options.
The eliminator of creative freedom.
The destruction of possibility.
The cultural cross those without power bare in their daily lives.
The obliterator of hope.

CASTE FAILS

To appreciate my resiliency.
To value my caregiving.
To see my essence.
To consider my potential.
To appreciate my contributions.
To honor my perseverance.
To support my family.
To enable my ability to thrive.

CASTE HAS

Destroyed my career.
Beaten and bruised my reputation.
Eliminated my income.
Stolen precious moments with my children.
Ruined my ability to sleep.
Restricted my ability to experience joy.
Broken my optimistic spirit.
Rendered me invisible.

CASTE COULD

Provide opportunity for reflection.
Be recognized as slavery.
Induce painful inquiry.
Become unconscionable.
Unravel.
Open pathways for healing.
Meet its death.
Allow its destruction to midwife our unification.

The CBA could…

Reconnect humans to our biology, spirituality, humanity, love, trust and intuition and enable us to…

- ➔ Let go of reductionism and become systems thinking practitioners
- ➔ Let go of notions of being in control of nature and become a loving (*care with curiosity*) trusting participant of the universe

BIOREGIONAL BELONGING PROGRAMS

PILLARS

Abundance ***not scarcity***

Equity ***not inequity***

Belonging ***not othering***

Sufficiency ***not efficiency***

- ➔ Ecological community building
- ➔ Agroecology
- ➔ Bioregional governance with AI enabled infrastructure
- ➔ Increased circularity of local food & water supplies
- ➔ Novel flows for resources and capitals via a NEW decentralized & unified model

BIOREGIONAL BELONGING PROGRAMS

- ➔ Provide hope
- ➔ Grow the spiritual capacity required to imagine a new way forward
- ➔ Reconnect neighbors
- ➔ Reconnect humans to our nature
- ➔ Removes contexts allowing Othering

- ➔ Provides information & learning
- ➔ Enhances & builds skills
- ➔ Provides operational support
- ➔ Removes barriers
- ➔ Provides incentives and impact loops
- ➔ Provides pathways to design a new model and a new way of living

REVIVE YOUR VILLAGE!

- ➔ Edible front yard gardens to grow food, wisdom and compassion together
- ➔ Community Supported Agriculture (CSA) with Veggie Rx programming
- ➔ Pocket forests to hold water and bring more (design and grow the biotic pump)
- ➔ Nature based wellness care
- ➔ Urban planning with community ecology principles
- ➔ Offers & Needs Markets to remove barriers for job seekers
- ➔ Land back initiatives & incentives
- ➔ Reuse containers for food and beverages w/ container level QR code tracking

It is time to focus on the working classes

Working class humans do not need a for profit Spirit Tech AI App to become “happy.” We need to live at our intersection of:

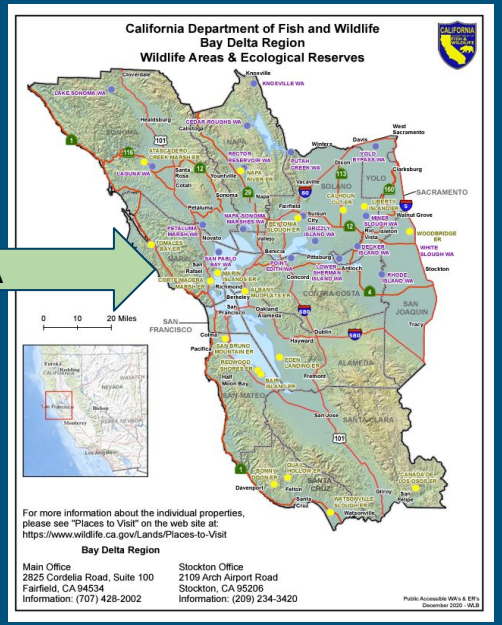
- ➔ Passion
- ➔ Purpose
- ➔ Service
- ➔ Consciousness

And so do you! :)

With our hands in the soil, growing, harvesting and savoring food with our neighbors, we can co-create a new way forward in support of at least seven future generations.

BAY DELTA BIOREGION (CDFW REGION #3)





COUNTIES

1. Alameda
2. Contra Costa
3. Marin
4. Napa
5. Sacramento (west I-5)
6. San Mateo
7. Santa Clara
8. Santa Cruz
9. San Francisco
10. San Joaquin (west I-5)
11. Solano
12. Sonoma
13. Yolo (south of I-80)

How do we begin our journey?

The Bay Delta Bioregion, with thirteen counties that encompass the hallowed ground of digital technology's birthplace, provides an incredible opportunity.

- ➔ Leverage Bay Delta Bioregion wealth for capital, resource and talent
- ➔ Trial and incubate tech and programs
- ➔ Begin in Richmond California where enormous ecological community building is underway via the TCC $35 million grant managed by Richmond Rising and often led by Urban Tilth, in a community of ~115K with 32 miles of shoreline largely monopolized by the Port and Chevron AND also battling the toxic and lethal CSS Montezuma Hills Project.

Thank you!

I have more to share and seek co-creators and collaborators. You can reach me at tracey@circularpatterns.com or 415-298-8816.