

# Welcome to the Living by Design workshops...

## I imagine that you are someone who:

- Is really concerned about the health of the planet and the state of the world
- Really cares about the well-being of your loved ones, your community and yourself
- Wants to live more meaningfully and make the world more beautiful (maybe you know how you want to do this or maybe you're not clear about this yet)



## Are you interested in living with passion and meaning? You might appreciate:

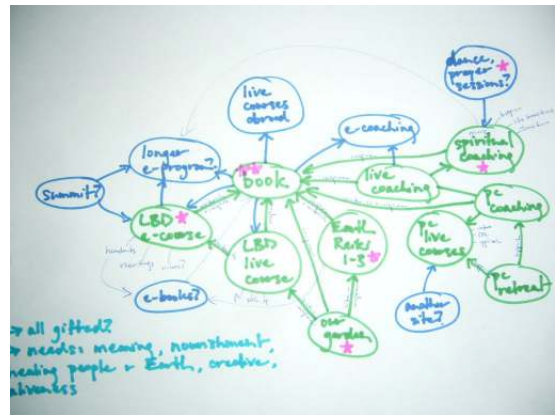
- Connecting with your life passion and learning to follow it
- Considering the finiteness of our lives and choosing the legacy you want to leave
- Cultivating presence with “what is”
- Expressing gratitude for what you have today
- Looking at the state of the world and honouring what it brings up in you
- Following your feelings to connect with what is meaningful to you
- Sharing support with like-minded people
- Clarifying what your best life looks like
- Nourishing the seed of your intentions
- Learning from Nonviolent Communication, nature connection, EFT/tapping, aikido, Reiki, hospice work, and Joanna Macy
- ***Being: The Inner Landscape – workshop on Saturday, April 5, 9am to 6pm, in Perth, ON***



## Are you interested in (re)designing your life with intention? You might appreciate:

- Making decisions about your life (family, community, home, food, energy, livelihood, creative endeavours and more) to align with what really matters to you
- Creating change in your lifestyle (small or large) to be more sustainable, life-enriching and abundant
- Feeding your vision of the life you want to live
- Clarifying the needs you want to meet
- Noticing the resources available to you
- Considering where you currently invest your energy and time
- Redesigning where you invest your energy and time to be more intentional and effective

- Considering potential crises and back-up plans for more resilience
- Making a plan for action
- Learning from permaculture design, nature and Nonviolent Communication
- ***Design: Your Life and The Outer Landscape – workshop on Saturday, April 26, 9am to 6pm, in Perth, ON***



### What are these workshops like?

- Many people find my workshops to be engaging, fun and meaningful.
- There is usually a mix of learning, discussion, exercises, reflection, sharing, writing, drawing, movement, connecting with ourselves, other people and nature.
- The groups are usually between 5 to 15 people and personal.

### My Gift to You, A Gift Economy



It's important to me that our exchange be mutually enriching and that we value each other. I also want my work to be accessible and flexible to people's financial situations. Over the years, we have explored different ways to do this, through bartering, work exchange, sliding scale and donations.

Gift-giving is new to me in some ways and in other ways it's very familiar. I naturally do favours for close friends or family, knowing and trusting that I'll receive from them down the road. In some relationships, I've noticed that this kind of giving actually creates a spiral of generosity where both sides become more enriched by the exchange.

*For example, I once asked a farmer friend to trade some squash for some potatoes. She brought me the squash and I gave her the potatoes. However, she said, "Your potatoes are worth more than the squash. Here have some onions too." I said, "Wow, that's really generous of you. Here, let me give you some tomatoes." Our initial exchange created a mini cascade of gifts – seeds and other vegetables – that has continued. We exchanged more than we would have had it been a simple, one-time cash transaction. It became an exchange of goodwill and with each round, our goodwill and generosity spiralled upwards and we both benefited. What goes around can come around again and again.*

This is the kind of society I want to live in: one that is based on generosity and life-enhancing value. Gift economies already exist and are built on trust, reciprocity and meaningful relationships.

In a society where many of us are used to worrying about money, I find it a stretch to trust that I could make a living and be well-sustained in a gift economy. I think we are conditioned to

believe that people respond only out of self-interest. So we may fear that if we give a lot away, we'll receive nothing in return and will deplete ourselves. However, I've seen in people and want to believe more in people's generosity than selfishness. And the magic is that once someone gives, it makes it easier to also give – and thus we start the spiral of generosity.

You may be thinking “how naive” (I think this sometimes too) or “she must be financially independent” (I'm not actually) or “she's crazy” (I could very well be). I was quite surprised to learn that some businesses are actually making a living this way and that this is/was normal in some cultures. Knowing this opens my mind and heart to new possibilities.

The inspiration for these workshops/courses (and the book that they are becoming) come from a source much bigger than me. And I believe that the need for these courses (and the book) are much bigger than me too. I'm being asked to give something bigger than I can imagine and to receive something bigger than I can imagine. So here's my experiment...

**If you are excited and inspired by these workshops, I invite you to register for them (please see the registration form). I offer them as an intentional gift to you and to our world.**

**I ask you to receive this gift intentionally. Please notice what it nourishes in you and what value it brings to your life.**

**If you would enjoy giving a gift out of gratitude or celebration, and/or to contribute to my livelihood and my work in the world, I would be very delighted to receive your gift.** Your gift may be in the form of money, trade (please ask about what I could use), referrals, or “paying it forward” to someone else.

Finally, please note that the space for these workshops in Perth is limited to the size of our physical space. However, I do plan to launch them as an online program later this year with the same gift offering, so I trust you will have the opportunity to receive this gift sooner or later ;)

With gratitude and excitement,  
***Bonita***

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