

The Future of Conscious Communities

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Imagine a world where...

- Solved the loneliness epidemic
- No longer suffer from anxiety and depression
- Flexible, adaptive laws adjust to each situations unique circumstances
- Sentencing aims to rehabilitate, not punish
- Live in intergenerational arcologies
- Nature and architecture intertwine
- Technology is seamlessly integrated and life-enhancing
- Each person owns their data
- Universal basic income implemented
- Regularly spend time with people and in groups
- Ecological impact of daily decisions is considered individually
- Success based on happiness and wellbeing, not just GDP



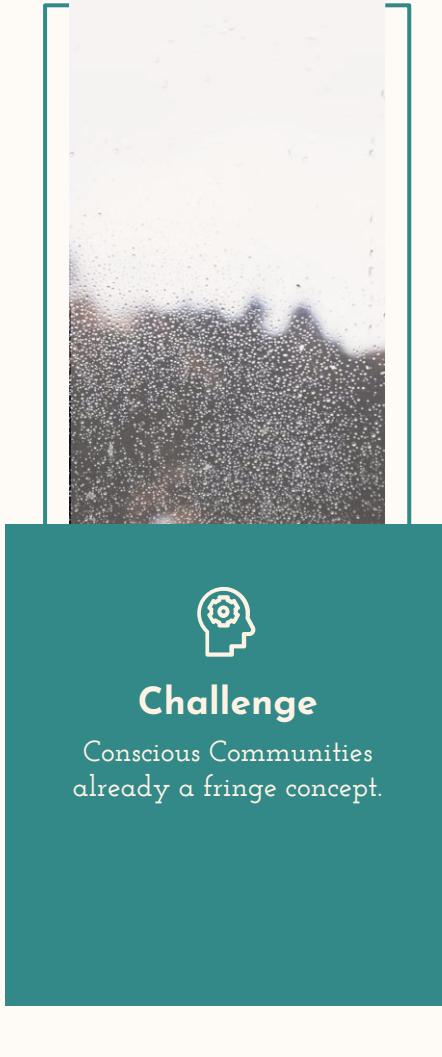
Context

Class project for graduate course at University of Houston.



Challenge

Conscious Communities already a fringe concept.



Definition

What makes a community conscious?



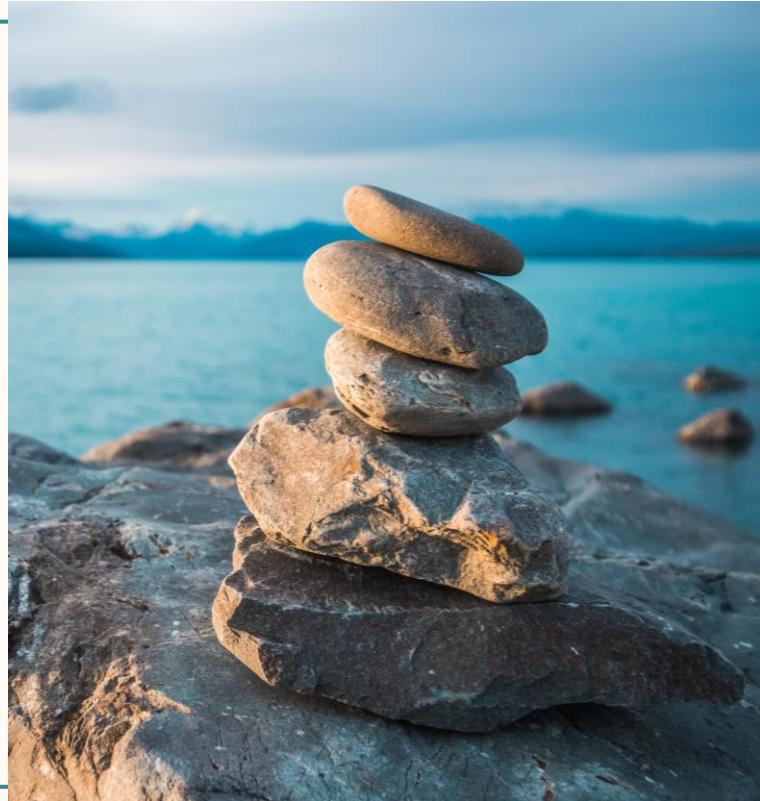
What makes a community conscious?

A Variety of Definitions Exist:

- Creating places of heightened awareness and expansion
- Sense of meaning and purpose
- Reflective of the values and cultures of members
- Responsive to the needs of members
- Encourage and support the growth, happiness, and wellbeing of its members
- Operate in an environmentally sound and sustainable way
- Foster effective community leadership / stewardship
- Plan ahead and make investments in community building
- Environmentally sound and sustainable

A Working Definition

Communities that aim to create a mutually supportive environment for the growth and development of its members in an environmentally sustainable way.



Tree photo created by whatwolf.

The Client

Conscious community builder who wants to:

Understand needs of their customers
Develop robust long term strategy
Identify unique positioning

Key Question

How can we best support our members' and prospective members' individual journeys?

Scanning & Research



Interview 1

[Windward is] focusing on Death with Dignity.

The idea is that people can come to Windward to die, get turned into compost and sent back home to feed their vegetable garden.

- Walt Patrick, Co-Founder of Windward, Washington

Life sharing¹ aspect is critical. Yes, have a mission of helping mentally ill, disabled, homeless people but it's not about trying to raise \$1M to start a non-profit. Instead of creating an institution with paid staff, you're actually living with them.

- Dr. Betsy Morris, Planning for Sustainable Communities, California



Interview 2

¹ Life-sharing is a concept originally developed by the Camphill movement.

"Co-housing as a way of living, where the residents are actively taking part in the development of their own shared housing environment, is growing rapidly internationally."

CNN travel

DESTINATIONS FOOD & DRINK N

Norway island wants to be world's first time-free zone

INSTEAD OF GENERATIONAL CONFLICT, LET'S HAVE INTERGENERATIONAL PARTNERSHIP

A coalition between generations could just be the missing piece of infrastructure that our social movements need.

"The future of healing will be in collective healing spaces - in collective containers. We need to heal our core and then do more collective parts. There is individual, generational and collective parts."

Scanning & Research

"Instead of different nation states, the world's turning into one big emerging city with a large, vast, global hinterland."

Modern mindfulness meditation has lost its beating communal heart



Digital Slow Down

Mindfulness by slowing down and creating space to savor

Family of Choice

People seeking connection, community, and sharing

Search for Meaning

Seeking connection, meaning, rituals

Key Drivers of Change



"Alt-"

Bucking of social norms to deliberately design life

Ecological Thinking

Consider impacts of individual actions / decisions

Hyper Relevance

Expectation of products and services customized in real-time; adaptive

- Conscious communities as centers of excellence - hubs of experimentation
- Expansion over contraction
- "Slow" as a way of life
 - Tech seamlessly integrated
- Global network of intergenerational communities
- Flexible, responsive laws
- Hybrid capitalist-socialist system
 - Incentivize sustainable practices
- Group based practices and rituals
 - Consciousness expansion
- Individual data ownership
- Ecological practices foundational to all decisions

Transformation Scenario: Our Shared Story

Networks of diverse communities create a world that is expansive, inclusive, diverse, and intentional.

Glocal living systems.

Our Shared Story



- Isolation and loneliness at all time high
- Co-living arrangements dorm like
- "Escape" industry thriving
- Every product hyper-personalized at the expense of privacy
- Get enlightened quick scams
- Proliferation of "eco-conscious" products
- Alt lifestyles = emissions heavy
- Shared everything = responsible for nothing
- Minimalism: there's a monthly subscription box for that

Baseline Scenario: Delusion & Disillusion

The counterculture has become subsumed within the status quo.

All of the escape routes are just trick doors leading people back into the game.

Baseline

Increasing discontent with broken systems but no way out of the maze.



Collapse

Constant connectivity, increased disconnection and isolation. Lack of agency and autonomy.

New Equilibrium

Desire to take care of the environment but still prioritize personal comfort and convenience.

Transformation

Network of global, diverse communities. Personal responsibility, ecology thinking.

1

How do we help our customers navigate new relational structures?

Develop programming and practice groups focused on relational intelligence.

Implications and Recommendations For the Transformation Scenario

2

How can we play an active role in helping society shift to a perspective of abundance?

Re-design organization from the ground up.

Thank you!

Questions?

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