

# *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?

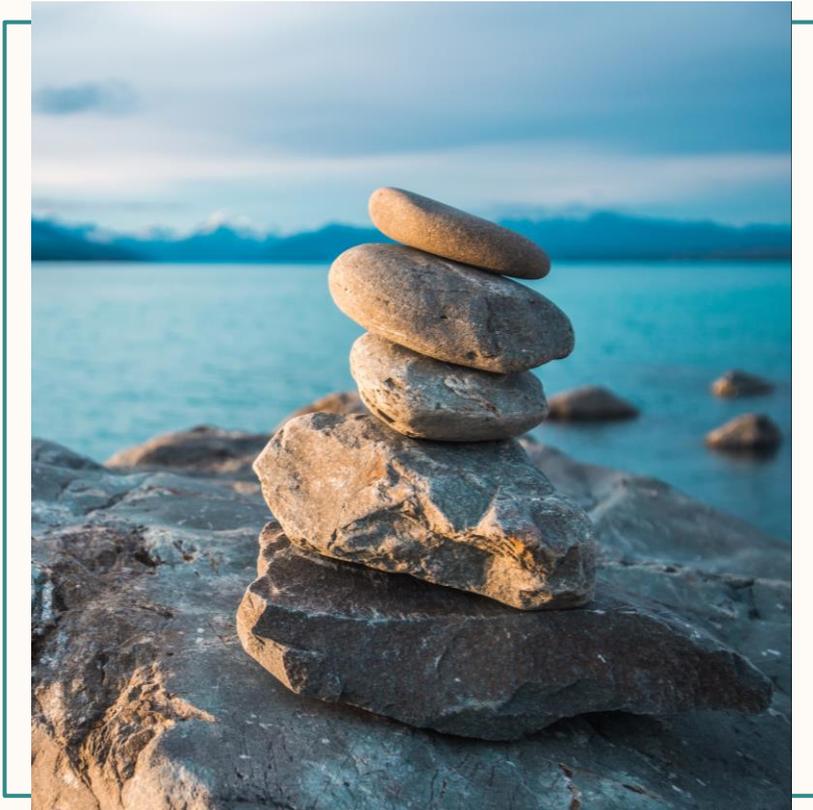
## What makes a community conscious?

### 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

Scanning  
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## 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 sharing<sup>1</sup> 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

<sup>1</sup> 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.”*

## Scanning & Research

CNN travel DESTINATIONS FOOD & DRINK

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.

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

*“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.”*

**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.



## New Equilibrium

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

## Collapse

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

## Transformation

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

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**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

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

Re-design organization from the ground up.

Thanks

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# Thank you!

Questions?

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