

COMING INTO REGENERATIVE RELATIONSHIPS

We move from a state of dissociation and separation into a more intimate and healthy relationship with ourselves and our environment. Swipe to read what that could look like for our relationship with ourselves, others and nature.



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COMING INTO REGENERATIVE RELATIONSHIP WITH OURSELVES

We cultivate self-awareness and practices that help us to grow the connection to our bodies, feelings, our needs and dreams, to respect our boundaries, to make choices based on our core values, be proud of our unique paths and move towards a life that slowly but steadily spirals into more authenticity and fulfilment.



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COMING INTO REGENERATIVE RELATIONSHIP WITH OTHERS

We cultivate self-awareness to create more inner space to allow deeper listening, more egoless reactions, more compassion for and understanding of the other. This empowers us to understand the others' unique perspectives free from our possible prior expectations of them. Meeting, hearing and seeing the "other" exactly where they are, being present with what is really said can transform conflicts into meaningful learnings through which all involved have the chance to grow.



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COMING INTO REGENERATIVE RELATIONSHIP WITH NATURE

We reflect on our relationship with our Earth: what do we take from her, what do we give back? How can we close the loops and become more reciprocal with her? We become aware of her rhythm, her seasons, circularity and immense abundance.

When we become more and more open for and present of our interconnectedness, similarities and relationship with her, we slowly adapt our behaviour because by taking care of her, we take care of ourselves and all existence.



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WE BELIEVE THAT MOVING INTO
REGENERATIVE RELATIONSHIPS
IS CRUCIAL TO BRINGING BACK
HUMANITY
AND
THRIVING ECOSYSTEMS
INTO OUR WORLD.



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