



Zone 00

Intrapersonal Ecosystems & Systems for Self Care

Presented By: Miku Lenentine, Ph.D.
Northwest Permaculture Convergence 2019
Lost Valley Education Center, Dexter, OR



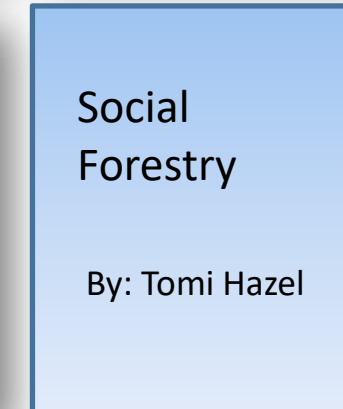
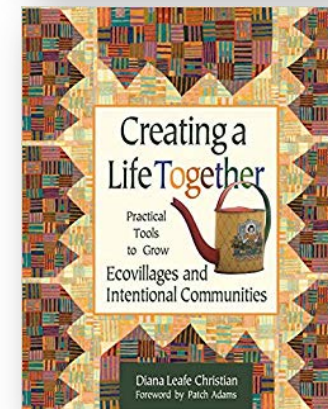
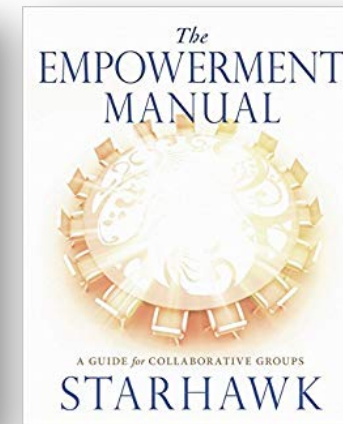
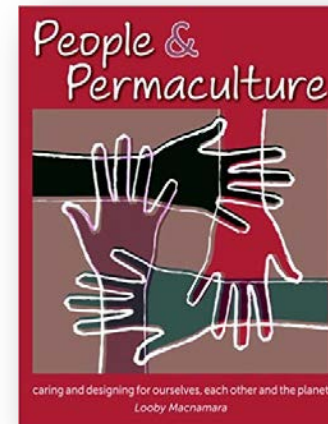
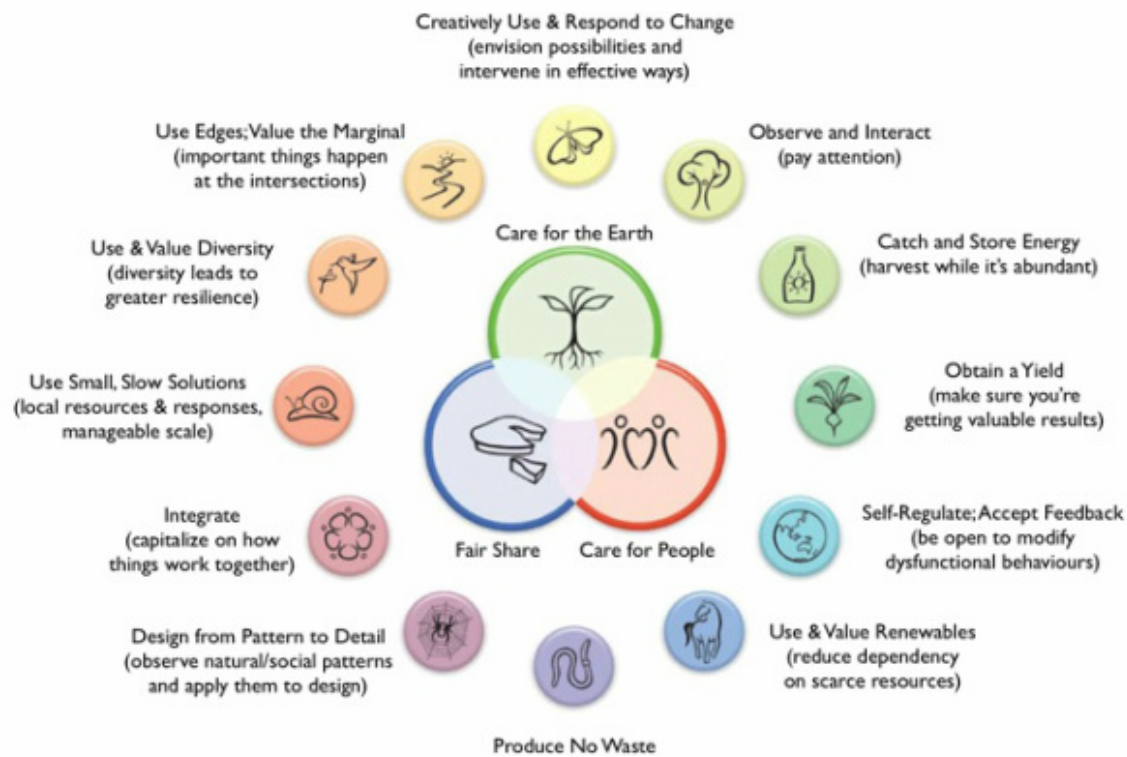
A little about me...



Social Permaculture Conceptual Framework

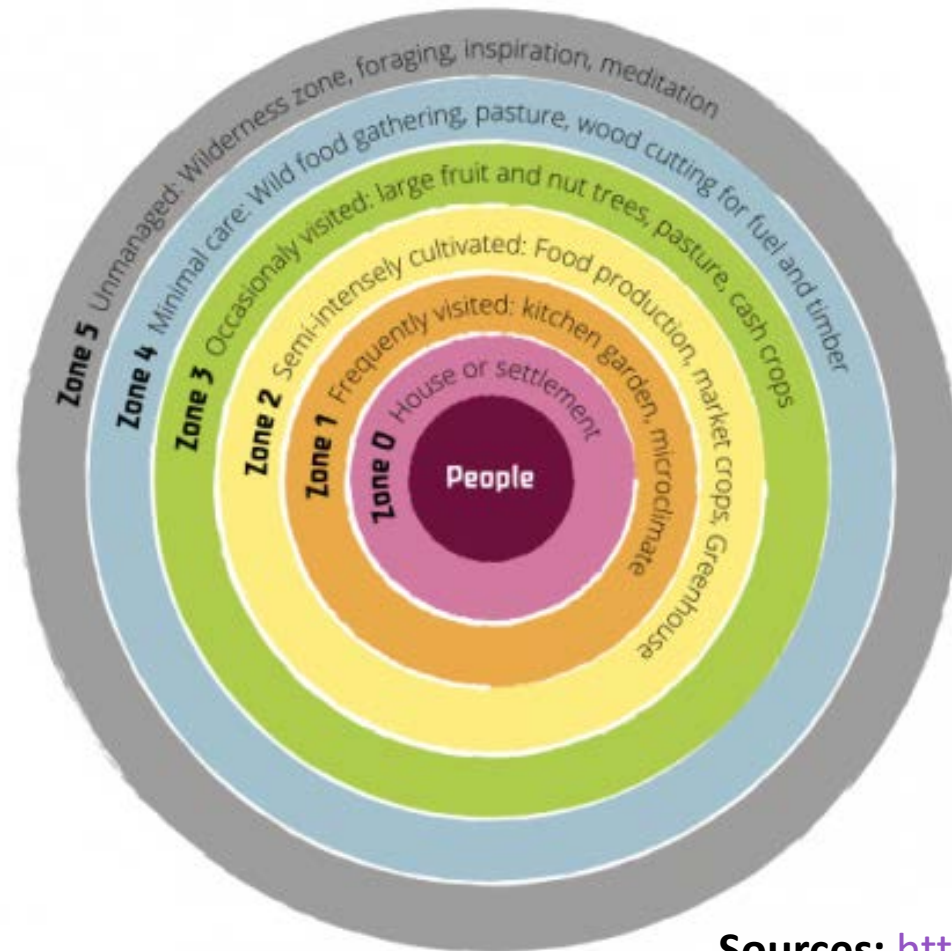
Biophysical:

Social:



Zone 00: The Intrapersonal Ecosystem

(“Classic Interpretation”)

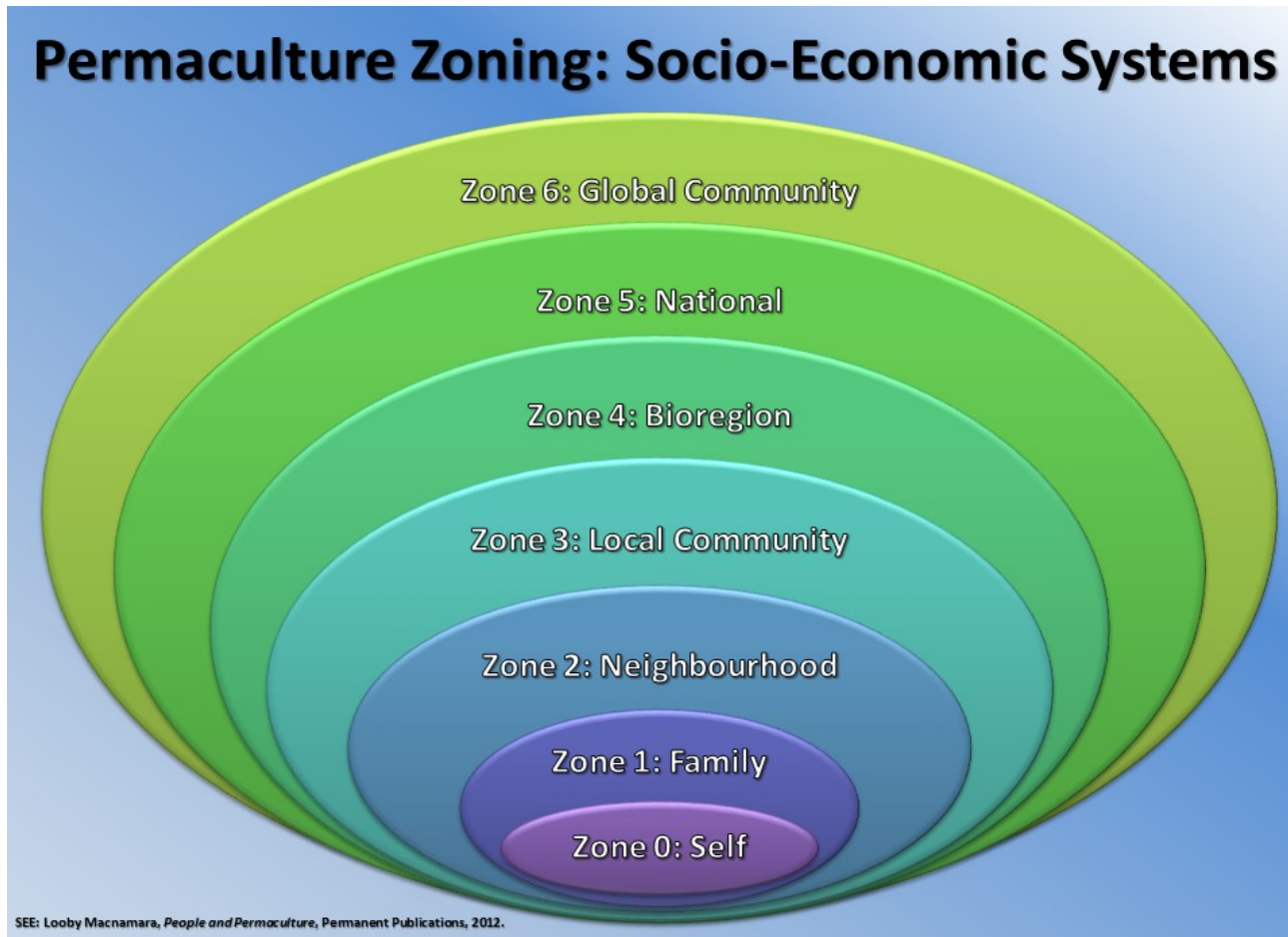


Sources: <https://permaculturevisions.com/design-theory-zones/>
<https://permaculturenews.org/2017/09/05/permaculture-design-5-steps/>



Zone 00: The Intrapersonal Ecosystem

(*“Social Permaculture Interpretation”*)



Sources: Looby Macnamara, *People and Permaculture*

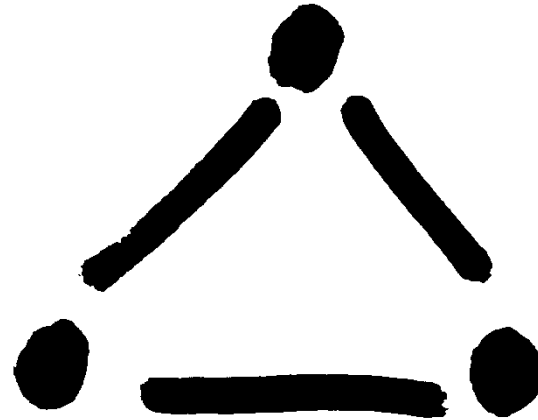


Systems, Social Systems, Intrapersonal & Interpersonal

1) Defining a System

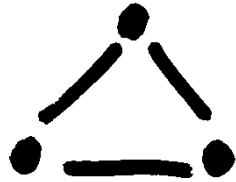
2) Interpersonal

3) Intrapersonal

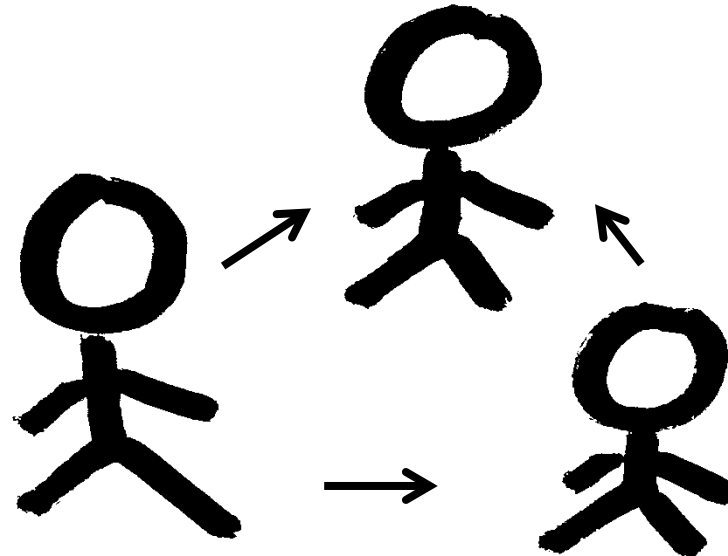


Systems, Social Systems, Intrapersonal & Interpersonal

1) System



2) Interpersonal



3) Intrapersonal

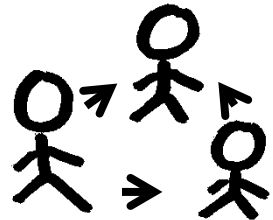


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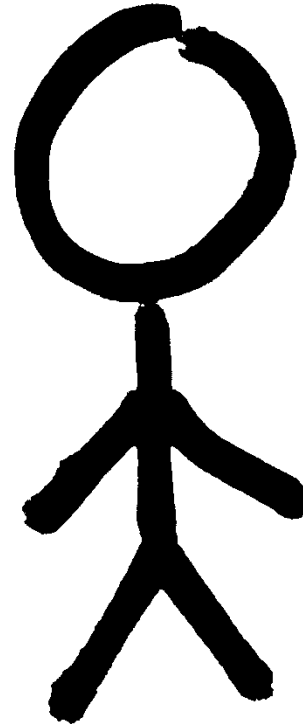
1) System



2) Interpersonal



3) Intrapersonal



Systems for Self Care

- Basic Self Care Practices
- Introduction to Ayurveda
- Others?

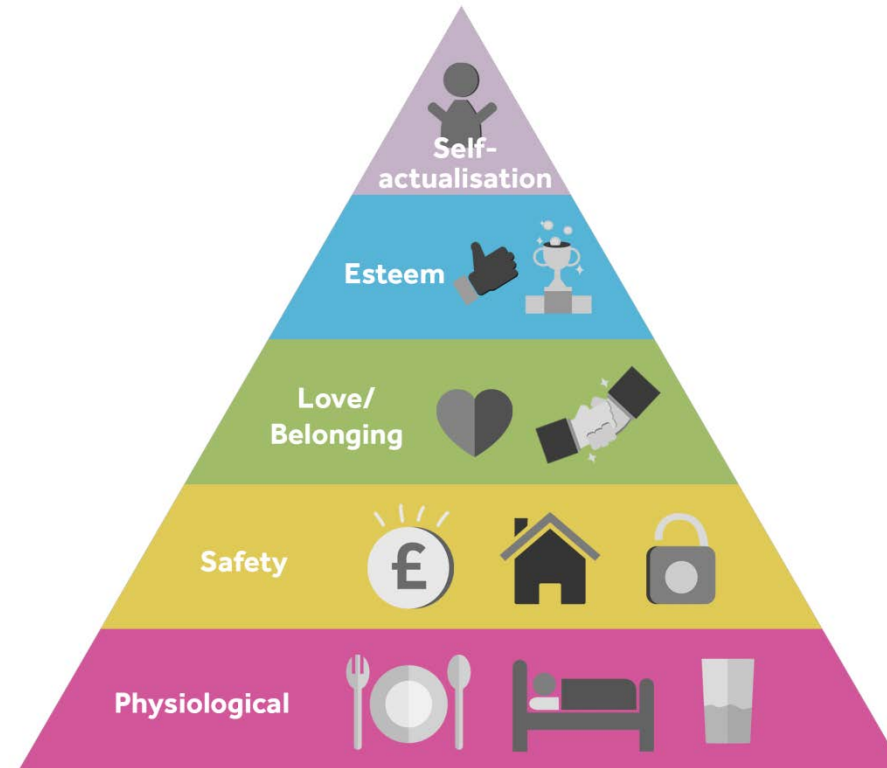
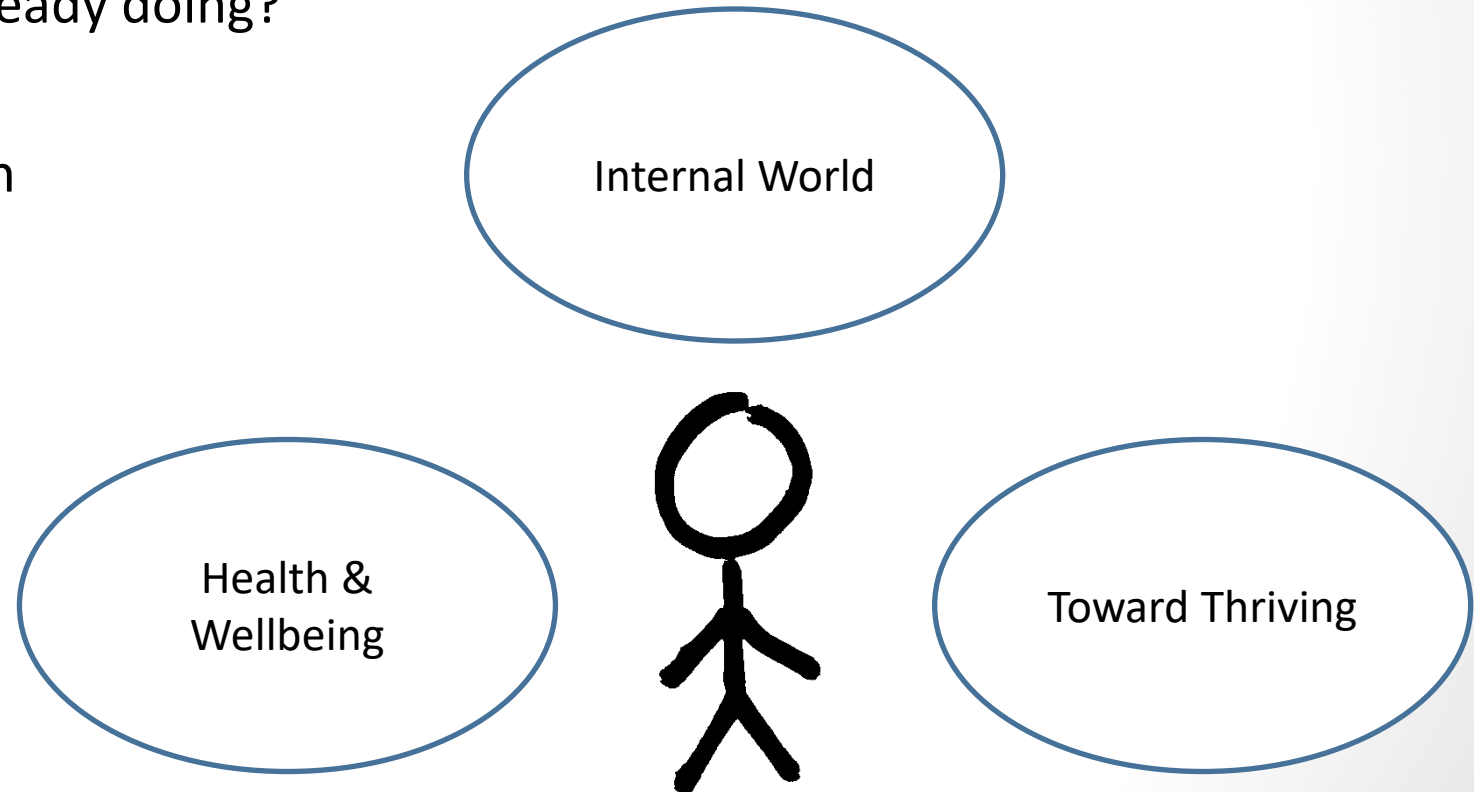


Image Source: <https://www.futurelearn.com/courses/supporting-learning-secondary/0/steps/58629>



Systems for Self Care

- Basic Self Care Practices
- Introduction to Ayurveda
- Others? What are you already doing?
- Looby's Conceptualization



Menu of Options

1. 5 Koshas and Cultivating the Observer
2. Four Sacred Selves and the Inventory Tool
3. Doshic Type
4. Designing for Thriving and Creating Your Personal Practice

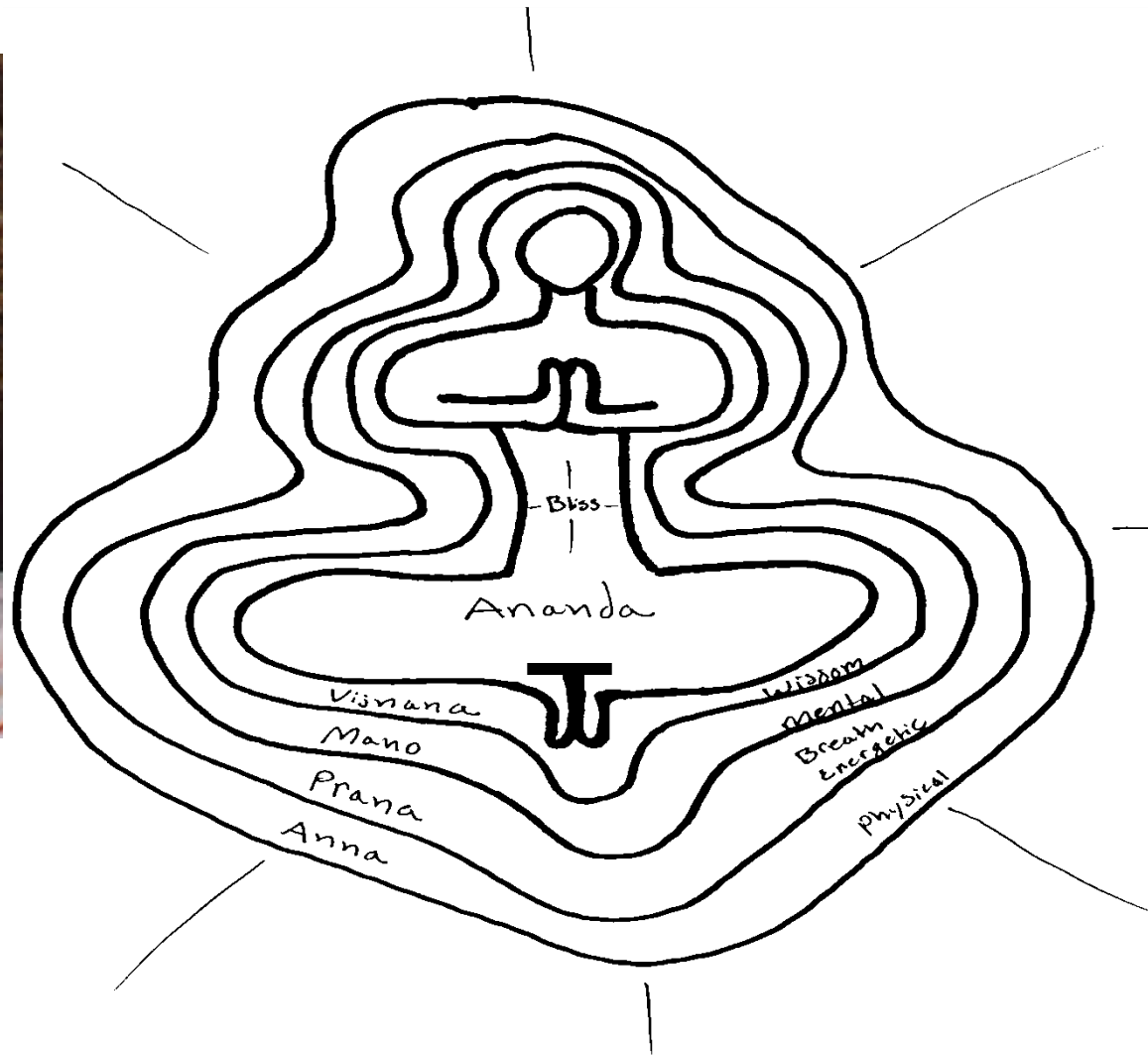
16 Personalities Quiz

Personal Niche Analysis (ask Jillian about that one!)

Gottman Emotional Command System



Cultivating the Observer





5 Koshas Observation





Personal Design for Zone 00:

Write one thing to help improve the cultivation the Observer



The Four “Sacred” Selves

(Loving All of Ourselves, Being Open and Undefended with Ourselves & Others)

“Wounded Self”	“Shadow Self”	“Healing Self”	“Vibrant Self”
<i>What we did to survive</i>	<i>Adaptations or Coping Mechanisms</i>	<i>The Choice Space</i>	<i>Living from Consciously Integrated “higher” Self</i>
<u>5 BIG EMOTIONS</u>	<u>Main Styles (Often Mixed)</u>	<u>5 BIG EMOTIONS</u>	<u>5 BIG EMOTIONS</u>
Despair	*** Preoccupied Attacker	Calm <i>(parasympathetic nervous system state)</i>	Childlike Wonder
Terror	*** Disassociative Avoidant	Adult Curiosity <i>(about self and parts of self as well as world)</i>	Joyfulness
Overwhelm	*** Preoccupied Avoidant	Lighter Less Serious / Humorous → <i>Moving toward Silly?</i>	Playfulness
Loneliness	*** Sneak Attack & Avoidant	Next Most Positive Story	Felt Sense of Truth (Knowingness)
Shame	- Dominance / Submission	Connection with Felt Sense of Truth <i>(knowingness/self-worth / self-love)</i>	Love



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4 Sacred Selves Inventory





Personal Design for Zone 00:

Write down your top two areas to focus your inventory on





Chair Yoga Break
(Ergonomic Phone Use Mini Demo)






Doshic Type Test



Introduction to Ayurveda


KAPHA

Earth & Water

A graphic for the Kapha element on an orange background. It features a blue oval containing a small green plant growing in dark soil, with a blue oval above it showing water ripples. A blue box at the bottom contains the text 'Earth & Water'.


PITTA

Fire & Water

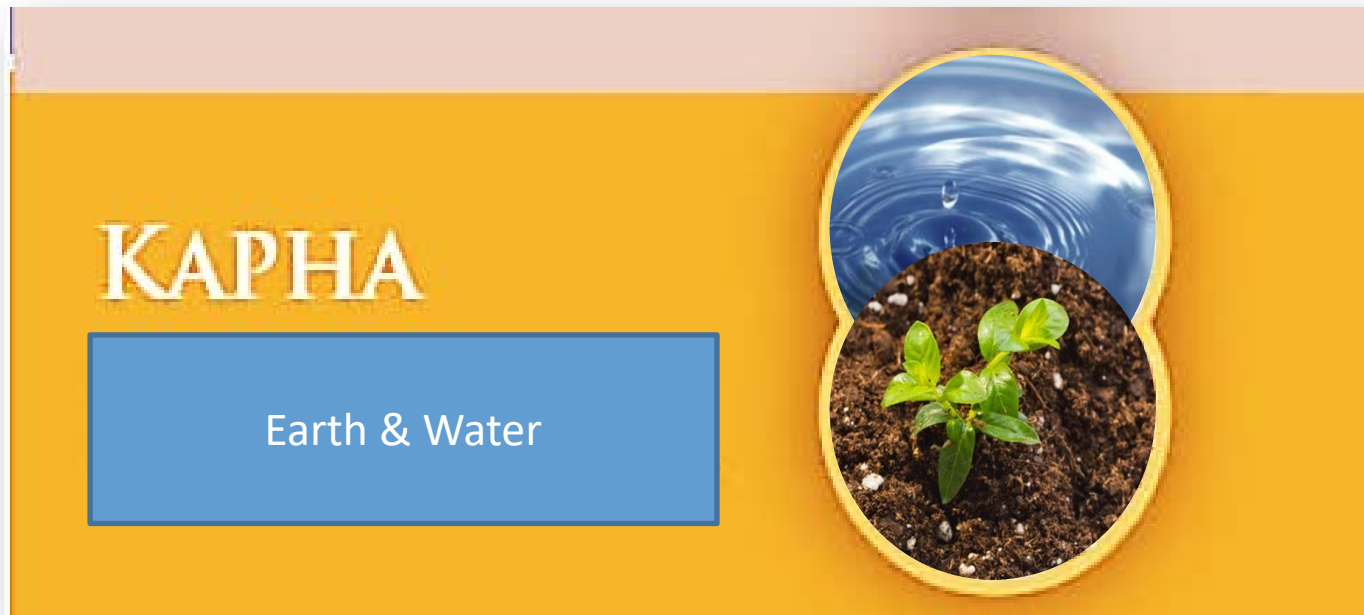
A graphic for the Pitta element on a purple background. It features a blue oval containing a bright orange and yellow flame, with a blue oval below it showing water ripples. A blue box at the bottom contains the text 'Fire & Water'.

VATA

Air & Ether

A graphic for the Vata element on a green background. It features a blue oval containing a bright blue and white nebula or starburst, with a blue oval above it showing a clear blue sky. A blue box at the bottom contains the text 'Air & Ether'.

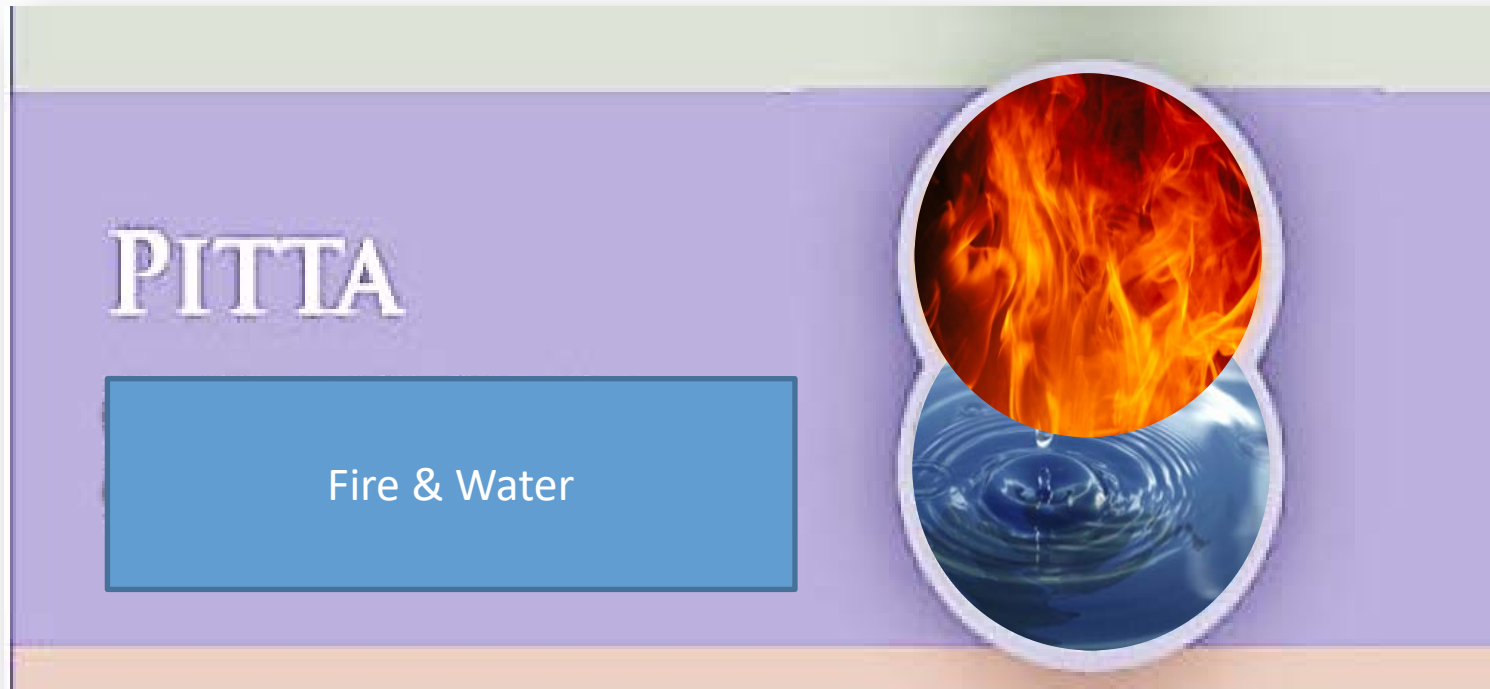
Kapha Balancing Self Care



- Get moving! Find a way to break a sweat
- Breathe deeply- incorporate breathing activities to increase metabolism and stimulate brain activity.
- Follow a kapha-balancing diet. Avoid refined sugar, alcohol, and heavy foods.
- Try dry brushing in the morning
- Focus on what brings you happiness. Take time for just you.



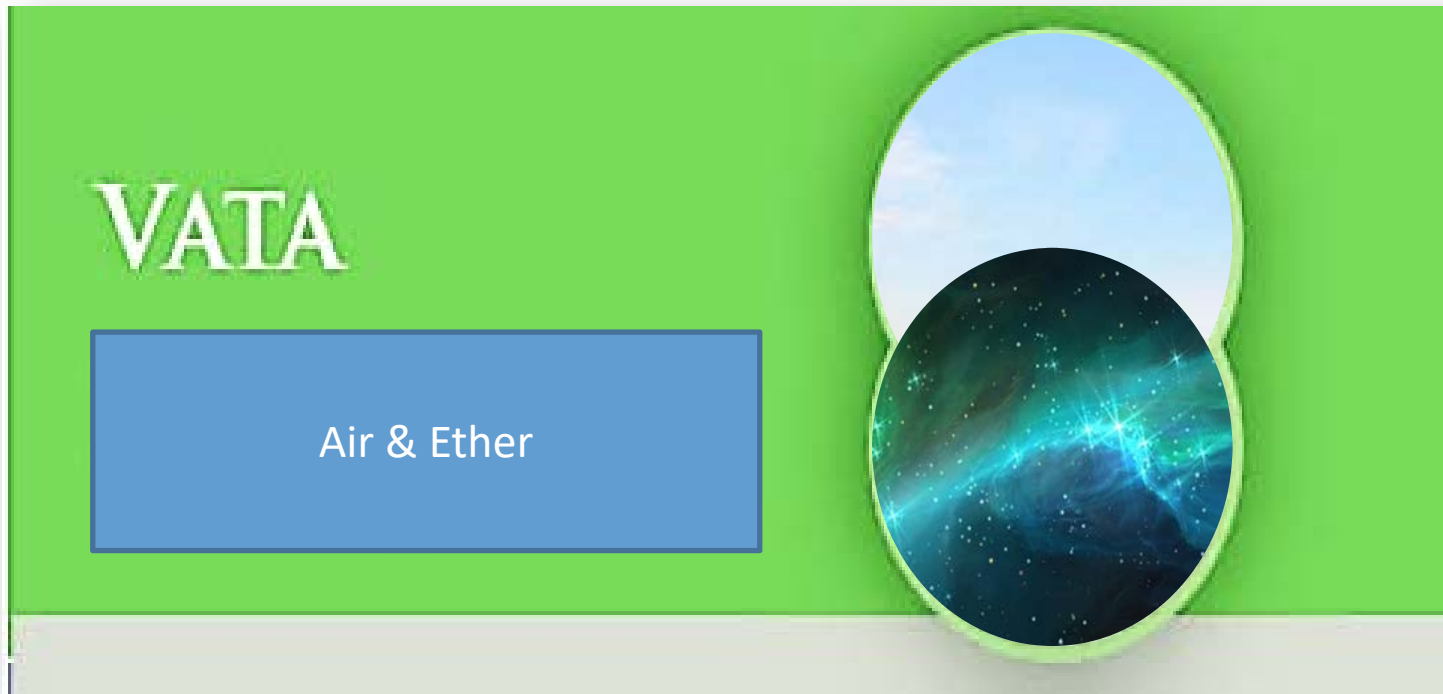
Pitta Balancing Self Care



- Take time to rest and focus on saying no. Do not over book yourself.
- Eat a pitta- balancing diet. Stay away from spicy foods and caffeine
- Surround yourself with nature.
- Listen to gentle music
- Begin a calming mindfulness practice (Calm Ap)
- Everything in moderation. This is a practice. What is one thing you can let go of? Or cut back on?



Vata Balancing Self Care



- Good to sleep early! AND get extra sleep
- Start your day with oil (lavender or clary sage.)
- Follow a vata-balancing diet with consistent meal times
- Keep warm, drink warm fluids, wear layers, spice your foods with ginger





Personal Design for Zone 00:

Write down one Ayurveda practice specific for your dosha





Share your designs!
(pair up and share)





Personal Practice (Ritual for Connection)





Personal Design for Zone 00:

Write down one idea for connecting with yourself as a habit





Share your designs!
(pair up and share)







Kelsey Wyman

10-Week Online Course **Social Permaculture** *for Regenerative Relationships* February 2020



Dr. Miku Lenentine

Designing for visible & invisible structures supporting more harmonious interactions within ourselves, each other, our homes, friends, family, business partners and with all beings!



Discover More Details at: www.wildlyvibrant.org

Intrapersonal permaculture :: compassionate communication :: dynamic governance :: the way of council :: social justice & conflict transformation :: community building :: project management



Thank you!

Questions, Reflections, Stories?

