

# 4<sup>TH</sup> INDO-GERMAN DIALOGUE ON GREEN URBAN PRACTICES

“Wellbeing and The Good Life -  
The human being in  
sustainability transformations”

Online Event

26<sup>th</sup> and 27<sup>th</sup> November; 3<sup>rd</sup> and 4<sup>th</sup> December 2020

REPORT

Organised by

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in collaboration with

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Zoom-Meeting

Aufzeichnung läuft ... Aufzeichnung stoppen

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## BACKGROUND

This event is the 4th iteration of the Indo-German Dialogue on Green Urban Practices series (IGD). The Indo-German Dialogue is conceived as a continuous series of an annual interaction of academics, civil society activists, government officials, policy makers, and the corporate sector where appropriate. Its key objective is to provide a platform of sharing and exchange of experiences of social urban innovative change in Germany/Europe and India in order to leverage action towards new transdisciplinary research and practice projects. We view this interaction as a cultural project to address the challenges of urbanization and sustainability from a broad perspective also including rural-urban linkages and relationships.

Overall objectives of the dialogue series:

- ❖ cross-cultural experience, knowledge transfer about mutual perspectives and fieldtrips/exposure visits
- ❖ this series of dialogues is underpinned by ongoing research of participants and the organisers (interviews, group discussions, mapping, participant observation at field trips, document & discourse analysis, citizen science elements for participation of practitioners in research process)
- ❖ research that comes out of the dialogue networking process and cumulates in collaborative proposals

Since 2017 three annual events have taken place with IGCS partnering with the Wuppertal Institute for the 1st IGD and funded by Heinrich Böll Foundation New Delhi, in Chennai under the title “Social Innovation and Change Agents towards Sustainable Lifestyles and Consumption”. Building on the previous event, the second IGD took place in Freiburg in 2018 with Freiburg University as partner on the cross-cutting theme “Education, Learning, Training and Awareness for Sustainable Development”, co-funded by the IGCS through the German Academic Exchange Service (DAAD) and the German Consulate General Chennai. Discussions during this meeting led to the third IGD in Pune in 2019 where IGCS partnered with Bharati Vidyapeet Institute for Environment Education and Research and the Centre for Environment Education under the leading topic “Co-creation of the Living Environment”, co-funded by German Centre for Innovation and Research New Delhi DWIH, German Consulate General

Mumbai and the IGCS (<https://cocreatesustainability.wordpress.com/>). The thematic focus of each IGD is discussed and identified by the delegates during each event.

## THEMATIC FOCUS

We currently live in the Anthropocene, the connotation for an era where humans have nearly totally permeated and shape everything on planet Earth (Hamilton et al. 2015, Slaughter 2012, Thomson and Newman 2016, Thomson and Newman 2018). And yet, in many approaches of sustainable development the focus is on socio-technical aspects of development and change. The human dimensions such as underpinning cultural values and worldviews, beliefs and personal inner capacities and skills are often neglected or even ignored in processes of sustainability transitions. It is more recent that this area has received increasing attention (Dhiman and Marques 2016, Gardner 2002, Hedlund-de Witt 2014, Horlings 2015, Ives and Kidwell 2019, Parodi and Tamm 2018, Ulluwishewa 2014, Wamsler et al. 2018). But it is these underpinning, invisible dimensions that do not only determine our perspectives, prejudices, judgements, decisions, and actions, they also hold a potential resource for more profound changes at the deeper levels of our inner resources to shift predominant mindsets (e.g. Jem Bendell’s concept of deep adaptation, 2018).

However, it is well established that transformational change and the uncertainties and insecurities of future climatic changes, environmental degradation and economic globalisation evoke emotional responses like fear, rejection and even anger (Fridays for Future movement, Extinction Rebellion, etc.) (e.g. Jost et al. 2018). Our personal, inner realm though, is intimately related to and interwoven with the collective (social) level as it determines how we interact with and relate to others, and the systems level of political and technical infrastructures. Out of this arise several questions such as ‘what are our personal inner resources, emotions, motivations and intentions? How do I personally relate to ‘sustainability’? What do I understand by a good life? How does this relate to the work I do?’

It is these complex, values based and ethically rooted questions that lead to an essential issue, namely” what do we perceive as ‘The Good Life’, and how do we define well-being in this context?” Presumably, there will



be differences in the Indian and German notions and experience of these ideas, but at the same time we expect that at a more generic level our ideas may as well coalesce around very similar ideals.

The **main objective** is to understand our personal, inner resources as human beings and in which way they do inform notions of ‘the good life’ and well-being in sustainability transformations. In this way, the IGD will also provide an alternative vision of urban development potentials especially against the background of the Covid-19 crisis.

**Consequently, some of the key questions that were addressed are:**

1. What are our underpinning principles, values, worldviews, beliefs, ethical-moral guidelines that inform the work we do?
2. What are our personal and collective inner resources, capacities and skills that we apply or intend to utilise in our activities?
3. What kind of methodical techniques and practices can be used to support personal and collective inner transformation?
4. How can these inner resources, etc. be honed, developed further and grow to leverage sustainable urban futures?
5. How can we perform awareness based social action research?

## APPROACH AND METHODS OF INTERACTION

The event attracted more than 80 registrations with eventually over 50 participants spread across all four days including a fluctuating core group between 15 to 25 people who participated throughout the event.

In the past, the format of the IGDs has been participatory and interactive, with the programme being co-designed, shaped and conducted by the delegates. We retained this approach for the digital event as well as far as possible by deploying an array of tested methods in online interaction. For example:

- a) Expert talks
- b) Digital field visits
- c) Group work
- d) Sharing and dialogues
- e) Exchange and practice of methods of inner work (this was the first time we also actually offered exposure to specific methods, approaches and practices)

The holding of the space was designed according to Art of Hosting (Dunford & Martin, 2018) and applied accordingly to the online situation. We tried to do it as real as possible and also organised the breaks in small groups, where we were eating and drinking together. We asked all to participate with camera and show their faces; in some cases it was not possible due to technical problems. Also, the culture of showing yourself is not established yet in our online communities and has to be practices further

In addition, as host of the event, Hochschule Bochum integrated the preparation, organisation and implementation in their ongoing teaching. Prof. Schweizer-Ries had a group of students in her MA & BSc. Sustainability Studies to carry out the tasks in collaboration with Dr. Christoph Woiwode. As in the past, this proved a beneficial model IGCS has pursued with the previous partners as well, since it leads to additional skills development and learning experience for students.

The digital field visits were implemented by way of videos that were pre-produced. The initial idea to do live field visits was abandoned as stable internet connectivity could not be guaranteed in the various locations.

Videos produced:

1. [University community garden and food farm in Bochum](#) (University of Applied Sciences Bochum)
2. [Community Supported Agriculture and the Good Life - Impressions from Freiburg](#) (Die Agronauten)
3. [Edible Routes - Homegrown Organic](#), New Delhi (Edible Routes)
4. [Personal Sustainability in Karlsruhe](#) (produced & funded by Karlsruhe Institute of Technology IT)
5. [Auroville - Conversations on Practices of Integral Transformation beyond Wellbeing and the Good Life](#) (Auroville Integral Sustainability Institute)
6. Rooftop gardening and Zero Waste Management in Pune (Centre for Environment Education)

## SUMMARY OF DAY 1 AND 2 (26. & 27.11.2020)

The most significant difference of this meeting was the way the entire workshop was designed to give space for reflective and mindful practices as a means to create a safe space for everyone to express themselves as best as possible at the deeper levels of their own self. This came with the intention to bring one's whole being into the process. In this spirit, each day began with a debriefing and check in.

### DAY 1 26.11.2020

After a check-in activity with all participants followed by small virtual café rooms to enable participants to meet each other informally, Christoph gave a brief overview and introduction to the IGD series and the topic. This was followed by Petra who explained the approach of this online IGD and outlined a Netiquette to facilitate amicable and smooth interaction and communication.

### INVITED KEYNOTE TALKS

**Two invited input keynote talks** provided a framing of the topic. Julia Buchebner (Univ. of Life Sciences and Natural Resources, Vienna) gave an insightful presentation about “Inner Pathways to Sustainability - Why personal and planetary transformation go hand in hand”. She focused on inner transformation, intrinsic values and sustainability by identifying three levels of change, i.e. short term action, systemic change, new mental models that go hand in hand. In this regard changing attributes would be required in terms of a) values: from more materialistic and extrinsic values towards post-materialistic and intrinsic values; b) emotions: from emotional incompetence towards emotional competence, and c) worldview: from an anthropocentric worldview towards a biocentric world view. She argued for ecological mindfulness as a key to personal and planetary transformation with regards to sustainable behaviour, for meditation may contribute to generating well-being and resilience, a notion of intrinsic values, pro-social behaviour, and human-nature connection (see Annex for slides).

In the second talk, Ashish Kothari, founder director of the environmental NGO Kalpavriksh in Pune and co-initiator of [Vikalp Sangam](#) (= Alternatives

Confluence) that presents alternative development stories, captured the audience's attention with his idea of “Ecoswaraj/Radical Ecological Democracy: Rainbow Pathways out of Global Crises”. He insisted that systemic alternatives - other ways of being, doing, dreaming - are available, and they include resistance to capitalism, state domination, patriarchy, human-centeredness etc. The approach of Radical Ecological Democracy essentially comprises five spheres to achieve just, sustainable and equitable societies. Ashish advocated a perspective of pre-/ and post-development worldviews, a multiplicity of small, local initiatives that would be part of an alternative pluriverse in a ‘Global Rainbow New Deal’. This ‘rainbow’ recovery is based on creating dignified livelihoods, protecting nature, ensuring justice for all, reviving solidarity. Several global and Indian networks have arisen from this work that enable, promote, and connect these local alternative initiatives and communities with practitioners, activists, and academics. (see Annex for slides)

### FIRST VIRTUAL FIELD TRIP - KARLSRUHE

It was then time for the first virtual field trip to Karlsruhe and a question and answer session with the hosts Oliver Parodi and his student team from KIT. They introduced the delegates to implementing personal sustainability in a transition town.



By tracing the core question ‘What is our personal role in sustainability?’, they investigated our personal behaviour, dealing with environmentally

harmful behavior and feelings. In this process, they acknowledge that perception has a significant impact on the world around us, especially with respect to various dimensions of connection to oneself, community, and nature. Thus personal sustainability is more than 'individual' sustainability, for besides such relational notions of connectivity it also considers inter- and intra-generational aspects of sustainability. Part of this approach and research is already published in an edited book entitled "Personal Sustainability: Exploring the far Side of Sustainable Development".

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### FOCUS THEME DISCUSSION

In a next programme item, a focus theme discussion was organised in a World Café style along three key questions to explore Indian and German perspectives on the topic. Participants were asked to discuss these questions on the basis of their own ongoing projects and against their own working environment to enable a more concrete discussion:

1. What are our underpinning principles, values, worldviews, beliefs, ethical-moral guidelines that inform the (research) work we do?
2. What are our personal and collective inner resources, capacities and skills that we apply or intend to utilise in our activities?
3. How do we use 1st, 2nd, 3rd person (research) perspectives to foster systemic change in the light of transformative action/research?

While it was hard to distinguish 'Indian' and 'German' perspectives, the revolving exchange on these questions yielded rich results which are summarised here in keywords:

- one world (whole earth community)
- humankind needs to remember its roots (reclaim ancient wisdom)
- we believe in peace and harmony (social beings)
- high developed countries have the ethical responsibility to support others (ethical + empathetic guidelines)
- we are all equally worthy
- stand together as a community for a transition into a sustainable world
- emotional competence, worldview, empathy, connection

Three interconnected areas of resources, capacities, and skills were identified.

#### Resources:

- Realign yourself for personal resilience, intuition (e.g. intuitive farming), raise awareness in oneself
- Cope with the unknown: action confidence to enter the new
- One difference that was recognised is that 'inner resources' are considered 'inherently there' by Indian participants, while in Germany it seems 'rationalised'
- Hope, important to get out of one's head, away from too much rationalism that is usually part of 'Western' way of thinking

#### Capacities:

- Emotional intelligence
- Mindfulness through empathy and vice versa, also to raise awareness in others
- Call upon human ingenuity rather than the market only

#### Skills:

- Know how to look for inner support, e.g. online yoga during the pandemic
- Taking time to experience things

Day 1 closed with an amazing [musical presentation on youtube by Peter Volz \("Die Agronauten"\) who recited a Hindi song.](#)



The day started with a check-in activity for people to meet in small café break out rooms for informal talks. After this, a recap of day 1 was presented (see slide below), followed by a collective reflection activity. To enable the community to see and sense itself during this activity, the following questions were posed using mentimeter.com:

1. What is your take-away from yesterday?

- participatory systems thinking approaches
- dialog is transforming
- reclaim ancient wisdom
- inner ecology work needs to happen along with outer ecology work
- relevance of personal sustainability
- inner transition as key to sustainability (closely linked to culture)
- readjust perspective
- East and West encounter of two cultures

2. What was your most enjoyable moment?

- group discussions in breakout rooms
- reunion of the IGD community
- presentations
- reinforce connection between the participants

3. What was your main insight?

- relevance of inner transition in terms of (personal) sustainability
- connection between inner and outer ecology (harmony)

## VIRTUAL FIELD VISITS: BOCHUM AND PUNE

Two virtual field visits were next in the programme, the first one took the participants to Bochum, the second to Pune.

Bochum Video 1: Prof. Dr. Schweizer-Ries introduced the HS Bochum (Bochum University of Applied Sciences) with the community garden "BOase" and the RoofTop Farm "OnTop". Johannes from Hof Bergmann and Ronja from the University for Applied Sciences talked about their work and experiences at the garden project at the University with the students and on the Farm with Students and Residents around the city. The projects emphasize on permaculture and carbon segregation (to return carbon back to the soil for plant growth) as well as community building and reconnecting to nature. At Hof Bergmann they also distribute the seeds from their garden to maintain the quality of the plants. Johannes was asked the first world cafe questions from day 1. What are our underpinning principles, values, worldviews, beliefs, ethical-moral guidelines that inform the (research) work we do? To which he responded "We are one world. Humankind has forgotten that it is part of nature and does not realize the impact of its destructive behavior. We need to find solutions for our problems and need to act now." At the Rooftop Farm, Kabilan gives a brief overview of the garden and talks about the relevance of rooftop farming in an increasingly urban area to regulate temperature naturally.

In Pune, the visits brought the delegates to a similar context of rooftop and terrace gardening, covering topics of organic waste composting, protecting the quality of soil

Break-out room:

- Community garden: each garden emphasizes these aspects differently

Social process

Knowledge in planting etc.

Food/Harvest

- Sometimes conflicts arise, eg.:
  - o Who owns the place
  - o Who's going to do the work
  - o How to distribute the harvest
  - o Who is responsible
  - o Vandalism, freeriders
  - o Language barriers
- Urban gardening might not be as productive as a farm, but its more about sharing knowledge, getting in communities & also connecting to nature
- Every school should have a school garden
- In Pune: By the end of the year, you can see the change in the children (lost fear of worms, play in mud, enjoy the sun, ...)
- SDG 18: Inner transition (new goal)

and soil conversation. Break out rooms provided an opportunity to share and discuss more in detail various aspects with the producers of the videos (see graph).

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#### METHOD SAMPLE: INTRODUCTION AND EXEMPLARY PRACTICE OF A SPECIFIC METHOD OF INNER WORK

One important idea of the approach of this event was to expose delegates to and experiment with lesser known methods, tools, techniques of inner work as an integral part of personal practices of experience and reflective group processes.

SOCIAL PRESENCING THEATRE, an embodiment technique that has become part of the Theory U process (Annex 6), was facilitated by Anne Schwarze, Agnieszka Rzewuska-Paca, Viviana Galdames and Rita Venturini. “In Social Presencing Theater, the word theater is used in connection to its root meaning - a place where something significant becomes visible, or where a community of people can see a shared experience” (see Annex 6). This technique is a sequence of combined individual reflective activity and movements in pairs which in this case was carried out in break out rooms, and closes with a sort of meditation. Participants respond in very different ways to such activities. But comments afterwards provided insights into an approach that enables people to reflect and connect, even in a virtual space. For this meeting, the activity was particularly used to set the mood for a trustful atmosphere.

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#### VIRTUAL FIELD TRIPS: FREIBURG AND NEW DELHI

Two virtual field trips were on the programme. Peter Volz from “Die Agronauten” took the delegates to several projects about community supported agriculture in and around Freiburg. This exposure demonstrated the commitment and enthusiasm people bring to the cause, and gave insights into the concept of community solidarity that links food producers (mostly small farms) with consumers in the region.

In New Delhi, Edible Routes presented their work in this ever buzzing megapolis about the benefits of urban food gardening. As the founder Kapil Mandawewala explains, “the act of gardening brings about an overall sense of wellbeing in our lives”. Their core mission is to enable people grow their

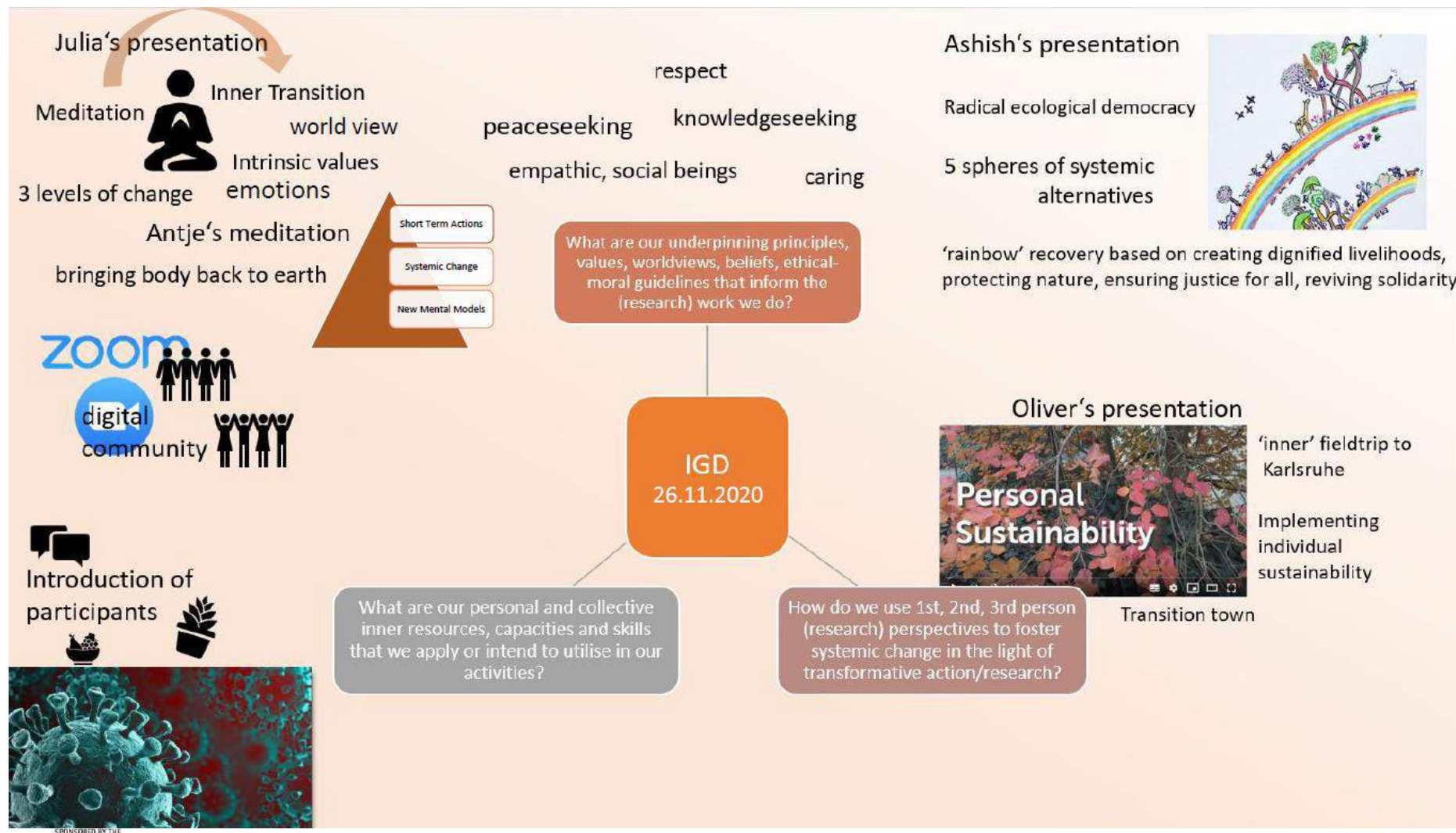
own organic food by supporting people with the entire infrastructure from land to the plants and know-how.

Both these field trips resulted in vivid discussions about challenges of implementation such as finding the right plot of land, how such models could be scaled

to reach out to more people, and what it means for future urban and periurban development. Urban gardening might not be as productive as a farm, but its more about sharing knowledge, getting in communities and also connecting to nature. Every school should have a school garden. It also became clear that each garden emphasizes various aspects like the social process, knowledge in planting, food/harvest differently:

A guided meditation and reflection concluded the day.







## FIGURES: RECAP SUMMARY OF DAYS 1 and 2 (Czernitzki and Schnepfer)

### opening: collective reflection activity

*Mentimeter*



### Learnings + Main Insight:

- reclaim ancient wisdom
- inner ecology work needs to happen along with outer ecology work
- relevance of personal sustainability
- inner transition as key to sustainability (closely linked to culture)

Virtual  
Field Visit:  
Bochum +  
Pune

### Community garden projects:

- Boase
- OnTop (rooftop farm)
- Hof Bergmann



What kind of methodical techniques and practices can be used to support personal and collective inner transformation, and what kind of data are we "producing"?

- social process
- knowledge in planting
- food/ harvest

IGD  
27.11.2020

Guided  
Meditation



- preparation for collective guided meditation
- lead-in of the meditation techniques
- creating space for inner transition within each other
- letting go of mental and emotional ballast
- setting the mood for a trustful atmosphere

*After: Do i feel different now? Did the meditation work give me new energy?*

Virtual  
Field Visit:  
Delhi +  
Freiburg

### Community garden projects:

- Luzernenhof Farm
- Michels Kleinsthof



solidarity agriculture principles

- working with lots of different people who buy the harvest in advance
- helping the farmer with his planning and yield security

## SUMMARY DAY 3 AND 4 (3. & 4.12.2020)

### DAY 3 3.12.2020

After a week long pause between the first two days this day began with a brief check-in in small café rooms to allow for reflection on the first two days: What is important to me? What do I want to do in the next days? What is present within myself and in relation to our IGD community? In the subsequent plenary visualised recap was conducted of the previous two days to help everyone come back into the intentions and purpose of this event (see figures on previous pages).

### FOCUS THEME DISCUSSION

A focus theme discussion along key questions to explore Indian and German perspectives was next on the agenda.

Participants explored two questions:

1. How can our inner resources be honed, developed further and grow to leverage wellbeing and the good life for sustainable urban futures?
2. How can our inner resources be honed, grow and developed further to deepen our understanding of fundamental changes in mindsets and actions?

In this case, the harvesting was organised in a cascading manner increasing the group size in several, gradual steps from sharing in 1. pairs, 2. Groups of 6-8 people, and 3. Plenary.

Responses to these questions:

### From the Groups:

- ✓ Connect with people
- ✓ Connect with yourself (e.g. by going out into nature)
- ✓ appreciate other people's work
- ✓ feeling of togetherness/groups help to strengthening one's motivation
- ✓ time-Management
- ✓ self-management and self-awareness
- ✓ taking responsibility
- ✓ safe and healthy food is basic thing which influences our minds > everything else will be improved
- ✓ traditional healers who will give you food items > makes you more sustainable
- ✓ walk and talk > at home we don't talk because we are busy > away from gadget
- ✓ personal development: within our own selves reflect and then teach it to communities; e.g. start home gardens
- ✓ how to get from knowledge to action > much easier in a group than on your own (e.g. doing yoga) > having a peer group who motivate
- ✓ only create inner resources when we are fine with ourselves, find ways to be fine with ourselves, e.g. in the garden
- ✓ appreciate things (not only things, ideas etc.) > since we are so busy we forget to appreciate people and their work around us > motivation is lacking > appreciating people
- ✓ smile at people, because that is healthy
- ✓ to make things sustainable we need to connect between things
- ✓ becoming more spiritual gets you more sustainable in some ways > link between spirituality and sustainability > the more we are connecting

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### From the Plenary:

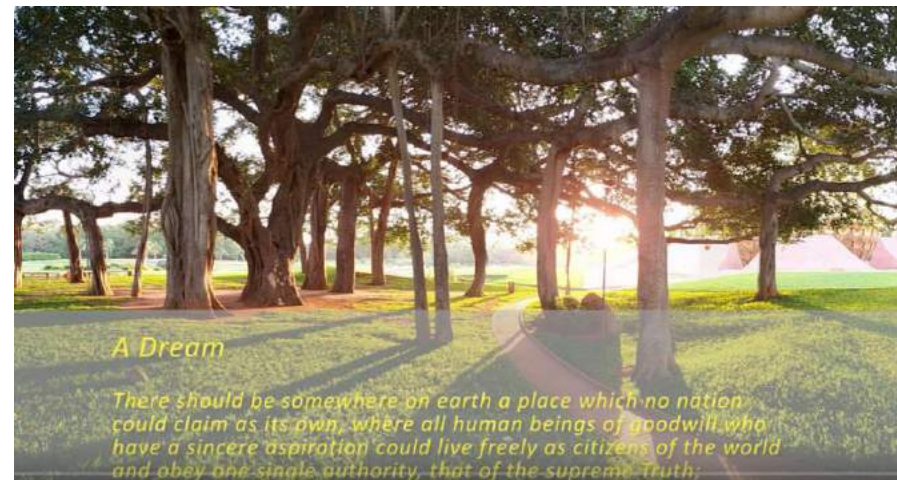
- ✓ Through games --> step out of intellectual approach to change; brings out the child in adults (creativity, novel ideas, curiosity, out-of-box thinking)
- ✓ Learning and unlearning
- ✓ Intuition can be learned, but often we are not trained in this; education?
- ✓ appreciating each other and doing things together
- ✓ why are people behaving sustainably or not? E.g. going by cycle in Münster > you really feel that you WANT to do it in this city, because everyone is doing it
- ✓ group drive, feeling of togetherness
- ✓ how to shift from a mindset to action?
- ✓ how to visualize empathy? How to get into dialogue? How can we understand and trigger our inner resources?
- ✓ reflect on inner strengths and assets and bring them out, and apply them directly in the dialogue with others > use them more actively to transfer them to others
- ✓ bring in emotional aspects to big topics > e.g. in game situations people bring in their inner child (less intellectual) to approach the big topics > how to bring in our inner child? (fresh eyes and new view)
- ✓ framing effect: using language to create different narratives and stories to live by > shifting the attributes that we connotate stories with
- ✓ Turning existing stories like 'capitalism' into new stories; creating new narratives of the future? Eco-linguistics to generate novel visions, shifting attributes that connotate stories
- ✓ how can we bring nature back to the cities? > urban gardening etc.

### VIRTUAL FIELD VISIT - AUROVILLE

The next virtual field visit was to Auroville. A 30 mins. long video enabled the delegates to meet more than ten Aurovillians and listen to their

experiences and notions of wellbeing and the good life in the township. They touched upon a wide range of topics related to personal and collective inner transformation, the built development, the underlying ideals and principles informing and inspiring the action of many Aurovillians, their outreach and how these various aspects connect to the concept of sustainability.

The film was then discussed in small break out groups and a subsequent plenary session. The film made it obvious that one objective of Auroville and live there is to overcome the compartments/silos and move towards integrality of being and existence. Auroville is conceptualised as a place with an open outcome. Food may be seen as a means to gain sustainable and spiritual behaviour. Some participants argued that nowadays fear is often the driver for action (need to get a degree, in children, etc.) while Auroville offers an opportunity for open end living where one can do what one feels like doing in a self-explorative and discovering manner. This raised the question: how do we transfer the experience of Auroville to our work? How to shift from a mindset to action?



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## 'TEASE AND SNOOP' SESSION

A so called "Tease and Snoop" session was offered in an open space format to provide delegates with an option to present their work or any method, technique or tool to learn from each other.

Ulrike Zeshan, who has developed many games and recently published a book on this, presented and engaged the participants in another serious game called "Work-Play Conversion Game" (see Annex).

Kavitha Ramakrishna from The Magic Bean in Chennai updated the audience on the kind of work they do in the area of organic food gardening in the city. They have several school projects where they support the gardens and engage kids in the art of food growing and even cooking. Kavitha stressed the need for kids to know where food comes from and to watch it grow so that they can be interested in food and a healthy lifestyle.

This discussion then moved seamlessly into the final part of the day, a collective feedback and reflection on the event so far. Following comments were collected:

- ❖ spirituality without sustainability (and other way round) is not possible
- ❖ we need to look at ourselves so that we can connect with community and this will lead to transformation
- ❖ relevance for inner transformation: even in scientific discussions
- ❖ realization about fear and emotion: how fear is included with one's own behaviour
- ❖ appreciation of people and people's ideas
- ❖ should be normal to talk about these topics
- ❖ it's important to have people to talk about inner transformation > listening might lead to an opening up
- ❖ connection to inner self is very important > role as an individual person
- ❖ think of the bigger question, because for our group it is 'normal' to talk about this topic, but not in a bigger group

DAY 4

4.12.2020

A Check-in activity facilitated the arrival through informal chats in small café rooms. A set of questions guided the reflection on the last conference day: what is important to me? What do I want to take home? What is still missing? This was then complemented by a brief recap of day 3 in the plenary (see Fig. below).

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## IDENTIFYING A TOPIC FOR THE 5<sup>TH</sup> IGD

This day also had on the agenda the recurring item of planning the next IGD. During the 3<sup>rd</sup> IGD in Pune in 2019, Renuka and Raj from Ka Restaurant/Venkson/f5Green.org in Chennai had proposed to host the next IGD in India at their new farm and evolving academy for non-industrial agriculture in Tiruvannamalai south of Chennai. During this session Renuka Karuppian briefed the delegates about the location and their activities.

Summary of Renuka's brief:

Have given the name "Excellence of rain" to the knowledge center with the intention of avoiding any discrimination, whoever has relevant knowledge to offer is welcome to share and exchange. All basic elements represented in the location and activities, water, earth, space, fire (most important). It is a place where all kinds of sustainable activities happen, like water or waste management. Especially water management is important, because it is a dry area; they aim to develop and convert the whole district towards non-industrial agriculture. It is a challenge because manpower for farming is decreasing. Many move out of farming and start taking other, low-paid jobs, e.g. in restaurants. Their work wants to provide a future perspective in the agricultural sector to bring those people back into farming through a balanced ecosystem by using no pesticides. One target group are school-drop outs in rural areas, who can run their own companies and become "agripreneurs". For these activities they also connect to others who do similar work, e.g. they also get knowledge from Auroville (they have been in touch with Lalit, among others) and the IGD provides useful connections as well (e.g. Peter Volz from Die Agronauten).

Renuka also mentioned that it is a spiritual place as well where the mind becomes calm, and that is reflected in the work they are doing. Water, earth, space, fire, soil represent the five basic elements. Our bodies are made of same elements showing that everything is interrelated. Once one starts with agriculture, one is connecting with all these five elements, and automatically the inner aspects develop too.

It has been hard work to have connected with local people there as you need to do a lot of field work; at first, people were afraid. But then they saw the benefits, for the centre provides opportunities such as pledging money to enable a harvest through which farmers can then pay back the money; the centre has a pharmacy, tractors, etc.; even low-cost accommodation. They are trying to create a fair price market to break the cycle of cheap prices for food. There are some income generating activities such as two organic shops and restaurants; photography, projects like publishing of books, pencils making, etc.; the surplus money is transferred to fund and support other projects. They also created a grassroot-level bank (similar to Grameen Bank). The work apparently demonstrates a strong linking of ecology with local economy.

This briefing was followed by brainstorming in two break out groups. The results of the groups are listed below, followed by a synthesis of the topics and themes that may be selected for the 5<sup>th</sup> IGD

#### Group 1 - key discussion points:

- Linking ecology and economy, many levels
- Agropreneurs/ food as an overarching theme (economy, ecology, spiritual importance of places)
- With food we are connected to nature (e.g. videos Auroville: Krishna, Solitude Farm; Edible Routes)
- food is a good topic for discussing this integrating factor
- A holistic approach to nature and body
- Project draw down (reversing climate change): an initiative, a network of scientists, what are the big factors of carbon emission reductions, potentials of emissions savings: who are the main players? Rice cultivation, air conditioning, food waste, (Ulrike)

- Capturing indigenous knowledge systems for sustainability: example - in the Himalayas, hill people (Vinay)
- Local food production; traditional healers, use local food items, medical use, is used to heal ailments -

#### Group 2 - key discussion points:

- Different worldviews in India and then again across India and Germany: what are these? Could explore to bring sustainability to live
- there are so many assumptions about sustainability > question our world views and still want the world to change > there has to be some disruptions if we want to change
- Speciality of Renuka's Place and connection with Auroville
- talk about the world views
- a great place to do this
- connect locality to the worldviews, values, what kind of transitions are needed? This IGD is about inner transition, how do we do the outer? Regeneration of urban places
- how can we fundamentally question how things work
- people are too selfish and not including other species > interspecies justice > How do we do it? > requires all kinds of perspectives
- justice as an example for worldviews: intrinsic value? Crucial not only for humans but also other beings and for changing the world
- Radical ecological democracy: good example to combine inner and outer dimensions together
- main players: rice cultivation, food waste etc.
- what is locally relevant: indigenous knowledge systems for sustainability
- Narratives that we have about sustainability, how can we rethink them? > story telling
- Utopia
- Where do we see the future change and how do we see this happening
- creating the narrative of the future

### Theme for the 5<sup>th</sup> Indo-German Dialogue in India

Synthesis of the harvesting in the plenary:

to condense the mentioned possible topics for the next IGD and created some Headlines

- The worldviews behind our sustainability approaches
- “It’s all about food”
- Our visions and (utopian) narratives
- Bringing inner and outer sustainability together (e.g. radical ecological democracy)

Working title: “Locality matters”: Embedding sustainable transformation in local (cultural, social, ecological, economic) contexts - Through local narratives, (food) stories, utopias/visions (dream mapping)

### A DIFFERENT KIND OF INTUITIVE ROLE PLAY: 4D MAPPING

This is an exciting interactive method to explore an existing system from an intuitive level of embodiment. Like the previous activity on day one, it is part of the Presencing Theatre methods of the Theory U approach. This practice is particularly useful to understand dynamics, interconnections, and to bring about potential options how to act and address a specific challenge. (for detailed description see Annexe 5)

Based on previous IGD activities and the ongoing preparation of an action research project, the IGD organisers and the facilitators of this exercise

came up with the following challenge during the preparation for this activity:

*How can we co-create a multi-stakeholder platform to develop a functionally integrated, sustainable urban- regional agro-food system, for example in an Indian and German city?*

This method is in itself an action research approach to address one of the IGD envisaged research topics. Purpose and intentions of this technique are to make the existing system visible and to unravel its underpinning dynamics. Participants were able to step into several roles to embody some of the key stakeholders in urban-regional food systems.

No preparation is required from participants or the audience. No one has to be an expert in any topic. This is an entirely intuitive process evolving out of the present moment and dynamic interaction.

A minimum of 15 participants is required to implement this activity

Roles have been identified based on the challenge. The so called ‘case giver’ (Christoph), in the audience but not actively participating, explains in the beginning the challenge and the roles that are identified (3-4 mins), followed by questions and clarifications by the other participants.

1. **Earth:** representing the ecological divide; as ‘Gaia’ sustaining life (or, if destroyed as taking life? Earth is subjugated to exploit resources)
2. **Producers:** representing multinational companies as food producers in conventional, industrial agriculture
3. **Municipality:** representing administration of the local government
4. **Consumers:** representing people/households with some power to make specific choices (e.g. for alternative products)
5. **Civil society organisations/NGOs:** lobbying for alternative options, opening of windows of opportunity, awareness generation for sustainable production and consumption of food
6. **Coordinator of regional agro-food platform:** enables, facilitates and mediates

7. **Action researchers:** understanding and analysing, conceptualising and theorising, questioning cause and effect, new methodologies, novel solutions and approaches
8. **Marginalised population/people/organisations** (who are these in the system? Small scale farmers/cooperatives)
9. **The highest possible future potential (Hi-Po)** (what do we want to achieve with this agro-food system? A regionally integrated sustainable, fair, just food system; food sovereignty/security)

**The audience** takes on the role as witness: they witness and observe a collective happening; afterwards they describe and reflect on what happened during the process.

An overview of the results of the 4D Mapping including a brief description of sculptures 1 and 2 as well as the perceived shift between the two is displayed in the table further below.

In the end, after the sculptures and the movements were completed, the facilitators asked two questions to role players as well as observers. This was followed by observations of the case giver and lastly, what new insights were gained. The responses provide valuable insights:



- ❖ I observed a lot of hands moving. Openness of giving and taking.
- ❖ Moving from S1 to S2 - All were facing the camera.
- ❖ They seemed to be more receptive towards each other.
- ❖ We Need to relate
- ❖ More awareness leads to understandable solutions which ultimately benefits each other.
- ❖ I noticed how important it is that stakeholders pay attention to each other.
- ❖ The municipalities may be happy to be involved
- ❖ The shift came when all opened up the mind heart and will.

- ❖ The importance for each and every stakeholder to take a "look around" and an openness to be willing to take a look to the left and right.
- ❖ I noticed how important it is that stakeholders pay attention to each other.
- ❖ Everyone has a different view of the videos - the difference in the upper line. Layering - the upper line (1-2-3) was more connected and open. The second (3-4-5). The lowest - Rita.
- ❖ All movements. Very little movements of all. Then getting bigger. Hard to say how did it start.
- ❖ I had a feeling that Earth was starting slightly earlier and making more rapid movements.
- ❖ I have seen how important it is to work together and pay attention to each other.
- ❖ Initially there were clear outsiders like municipality and consumers; NGOs seemed quite indifferent
- ❖ At the beginning Hi-Po was shaking - like churning for sth new, it needs movement.
- ❖ At the beginning there were clear outsiders. I noticed municipality comes into picture. Consumers were pushing away - disconnect. And then they also came forward.
- ❖ Municipality: I was not feeling recognized at the beginning. Then I became interested in what happens there. I felt a bit lonely and I wanted to be part of the game. I wanted to be involved.
- ❖ There was a moment of excitement - later I could connect with my whole body. Important - open all levels with the people (mind - heart - will).
- ❖ When Hi-Po started moving it attracted the Municipality.
- ❖ Municipality: the big producers need to be involved somehow.



### How did your sense of Space, Time, Self, and Other shift over time?

- ❖ I felt more like a community later. Facing the others and moving together. Feeling like one body.
- ❖ I felt more disconnected after a while. Hands all the time together - this is too much connection (NGOs).
- ❖ Producer - a connecting entity Earth - consumers. Between the 4 of us quite connecting

### Case giver reflections

- ❖ It's about bringing a diversity of stakeholder
- ❖ Who is part? Who is taking part? Who is related?
- ❖ I felt Earth is embracing.
- ❖ There is a point where everyone needs to change by growing up (Earth treating all as children).
- ❖ Many others had welcoming or giving positions
- ❖ Multinationals are still giving food. (Producers: sorry I had forgotten about the multinationals ><) => the big producers don't see themselves as the problem. This also needs to be included.
- ❖ NGOs seemed indifferent + challenge to be in between. Often connecting different stakeholders.
- ❖ Open and positive thinking.
- ❖ And then those who are not part of the dialogue can be involved.

### What new insights?

- ❖ Pay attention to this part. How to actually connect the Hi-Po to these stakeholders. This did not really come out. How to identify the Hi-Po with different players.
- ❖ Hi-Potential: - my movement came from something external. I was moved. There was a lot of energy there. How to make visible that there is this energy. It wants to emerge.
- ❖ In the agro-food system, and when considering systemic change, do not exclude even the multinational (food) corporations; they are part of the system.

In the aftermath of the IGD, an additional analysis of this activity was conducted by two students (Alina Prahla and Celina Stremkus) of Prof. Dr. Schweizer-Ries. As part of their course work for their undergraduate programme in sustainability studies, they wrote a paper (in German) on "Eine Erprobung des 'Social Presencing Theatre': Analyse des 4-D-Mappings zum Themenschwerpunkt 'Foodsystems' im Rahmen des 4. Indo-German-Dialogs" (Testing the 'Social Presencing Theatre': An analysis of the 4D-Mapping on the theme of 'Foodsystems' during the 4th Indo-German Dialogue). We intend to make this paper available on the IGD website and hopefully provide a brief summary in English as well.

## Recap on the 3rd day of the IGD:



### Q&A with Lalit and Chris Woiwod to Auroville

- How to shift from a mindset to action?
- Overcome the compartments and integrate Auroville as a place with open outcome
- fear as the driver for action > „open end living“ > do what you feel like doing
- How do we transfer the experience of Auroville in our work?

### 4 Open Space:



- Deborah: Urban Gardening Project
- Kavitha Ramakrishna: school project: kids need to know where food comes from and need to watch it grow so that they can be interested in food and healthy lifestyle
- Gabriela Garces: motivation in voluntary work by project leaders

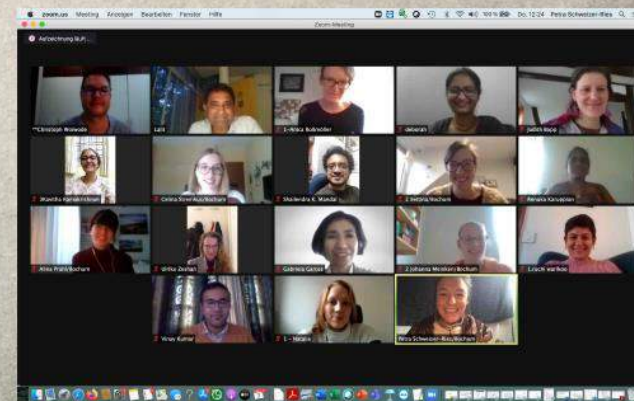
### 1 Discussion:

How can our inner resources be honed, grow and developed further to **leverage wellbeing and the good life for sustainable urban futures?**

- Connect with people
- Connect with yourself (e.g. by going out into nature)
- we need to look at ourselves so that we can connect with community and this will lead to transformation
- appreciate other people's work
- feeling of togetherness/groups help to strengthening one's motivation

How can our inner resources be honed, grow and developed further to **deepen our understanding of fundamental changes in mindsets and actions?**

- Through games  
→ step out of intellectual approach to change; brings out the child
- Learning and unlearning
- Turning existing stories into new stories
- Food as a means to gain sustainable and spiritual behaviour



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## recap on the 4th day of the IGD:

1



Arrival in small café rooms

2

Open Space:

- Talking with Renuka about the knowledge center
- Talking about healthy food with Lalit
- Playing a game with Ulrike



3

Brainstorm:



- Thinking about ideas for next IGD (e.g. maybe at Renuka's place?)
- Last IGD about outer transition; this IGD about inner transition; maybe next IGD about connecting the inner and the outer

4

4D mapping with Antje Schwarze



- How does the IGD community develop further?
- How can we co-create a multi-stakeholder platform to develop a functionally integrated, sustainable urban-regional agro-food system, e.g. in an Indian and German city?

5

Resümée

- digital meeting as a great opportunity to connect; but most of the participants enjoyed personal meeting a little better
- So everyone is looking forward to the next IGD in person
- Enjoyed meeting with people who are feeling the same in terms of sustainability



## Results of the 4D Mapping activity

**Question: How can we co-create a multi-stakeholder platform to develop a functionally integrated, sustainable urban-regional agro-food system, e.g. in an Indian and German city?**

SCULPTURE 1	SCULPTURE 2 / END	THE BIGGEST SHIFT S1 - S2
1. Earth: <i>I am Mother Earth. I give you all you need.</i>	S2: <i>We need a jump in consciousness</i> E: <i>It's time for you to act</i>	<i>Time for reflection brings new insights</i>
2. Producers: <i>I connect to the Earth and give you food.</i>	S2: <i>I feel the same. I feel stable.</i> E: <i>I connect the Elements with the Humans</i>	<i>I know who I am giving to.</i>
3. Municipality: <i>I don't see anything.</i>	S2: <i>I'm open to what will happen</i> E: <i>I'm happy that I finally got involved</i>	<i>I became interested in what happens there. (consumers + highest future possibility)</i>
4. Consumers: <i>I don't see a relation</i>	S2: <i>I feel more connected</i> E: <i>I perceive a responsibility</i>	<i>I shifted the focus of my attention - more on the others (highest future possibility)</i>
5. Civil society organizations/NGOs: <i>We want to connect</i>	S2: <i>I think too much commitment could be harmful</i> E: <i>I understand that I need to learn more about different roles</i>	<i>Changed in the hands - cold - one hand holding the other</i>
6. Coordinator of the regional agro-food platform: <i>I bring all together</i>	S2: <i>I can see and feel you all</i> E: <i>I'm very thankful to be part of the team</i>	<i>When the hands opened - I could open up more and got excited. Moving - as getting in touch happened.</i>
7. Action researchers	Vacancy	vacancy
8. Marginalized	vacancy	vacancy
9. The highest future possibility: <i>I don't know where to put myself yet.</i>	S2: <i>I see resonance and further away</i> E: <i>I see more options and a lot of willingness</i>	<i>I was moved by the cold. It got very cold all of a sudden. I was shaking and in it I found some openness. It was looking at the rest of the field. There is enough potential, there is enough willingness. The cold became less of an issue.</i>

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## FEEDBACK FROM THE CLOSING OF THE EVENT

- Digital meeting as a great opportunity to connect, even though most of the participants would have enjoyed a personal meeting better.
- Enjoyed meeting with people who are feeling the same in terms of sustainability.
- Everyone is looking forward to the next IGD in person.

*“Thanks for a wonderful conference, it is always nice to participate and explore a new perspective, a new ideology, a new concept. It was really enlightening.” (delegate from India)*

*“It was indeed a memorable virtual journey of four days exploring well being and sustainability transformations. Though, it was my first IGD and the perspective it put forward for future action was amazing.” (delegate from India)*

*“I’m so grateful to have been part of this group where we could explore the connections between our work, our world and ourselves. I really thank you for making this happen and for all the energy that this must have involved, also prior to the workshop itself.” (delegate from Germany)*

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Government of India





## TO CLOSE

We also received a rather unusual feedback in the form of a beautiful poem which is a reflection on the discussions, field trip videos and activities shared during this event. We believe that this is a wonderful expression resonating with the different approach of facilitating this IGD and its core theme.

What do we do about  
the global monoculture  
of carbon copies  
times 1  
times 10  
times 10 billion  
and counting  
the mounting  
objective of the human  
condition.

When what we need are  
bio-rhymes of diverse chimes  
each verse a line  
each line a word  
each word a thread  
a criss-cross assemblage  
catching the rain drops  
of life-sustaining  
being well-in-the-world.

Through learning we become  
through transforming we  
engage  
maintain through change  
collect the rays  
from linked hands woven in  
an open-palmed landscape  
to life-line grooves of  
roots shooting downwards  
as atoms dance between  
our inner and outer worlds.

This is where  
a grammar of emotions  
and potent notions flow  
from the river's source  
as minded-bodies course  
towards a tapestry of  
seamless seas  
they breathe as one  
exhaling stars  
that light the path  
to connections far and wide  
as now it's time to act  
as a grain of sand  
a terrain of trees  
which soon become  
10 billion seeds of  
hopes and dreams  
that together  
we can really reach.

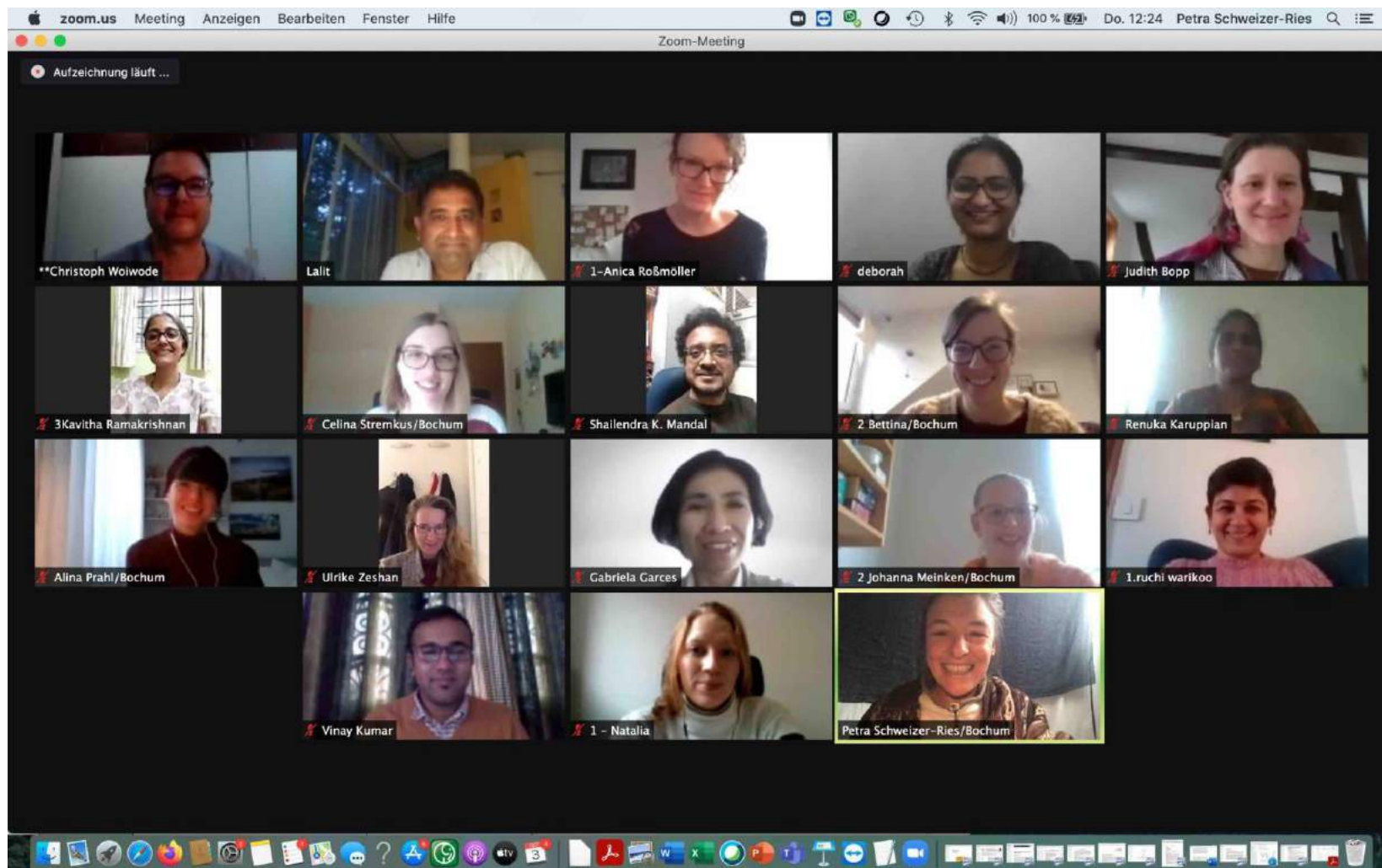
*By Natalia Holmes  
Dec 2020*

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## ANNEXE

1. PROGRAMME
2. FLYER
3. LIST OF PARTICIPANTS
4. SLIDES OF INPUT TALKS
5. DESCRIPTION OF PRESENCING THEATRE & 4D MAPPING
6. STORYBOARD FOR VIDEO PRODUCTIONS
7. WORK PLAY CONVERSION GAME (ULRIKE)

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## 4th Indo-German Dialogue on Green Urban Practices:

### Well-being and the Good Life - The human being in sustainability transformations

#### Program

Time: 8:30-14 hrs CET/ 13-18.30 hrs IST

Dear delegates

We have built in some time slots with options for contributions from your side. Please check the details below. These time slots are open spaces where parallel sessions may be offered.

Please indicate your interest here by signing up in this list:

[https://docs.google.com/spreadsheets/d/1WWZbT6zM4k\\_Ku0w14uYfa-9PSFNJhLuOLpWR4zxNido/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1WWZbT6zM4k_Ku0w14uYfa-9PSFNJhLuOLpWR4zxNido/edit?usp=sharing)

**Day 3, Thursday 3rd Dec: Open Spaces 12:00 - 12:30 ECT/16:30 - 17:00 IST; and 13:30 ECT/18:00 IST**

**Day 4, Friday 4th Dec: Open Space 10:30 -11:30 ECT/14:50 - 15:50 IST**

If you want to take over the moderation of one of the plenary/harvesting sessions please get in touch with Petra or Christoph directly.

Many thanks and see you soon!

**Breaks offer various modes of taking time off, or interaction (all of these are optional):**

1. **Total break** (I am tired and need my offline time :-)
2. **Chit-chat break** for informal talk and exchange (coffee breaks, snack time)
3. **Active break** offering an activity (energizer, preparation for activities, getting to know a technique)

**Day 1: 26 November 2020**



Time (CET/IST)	Activity
8:30 - 9:00/ 13:00 - 13:30	Arrival & Welcome check-in activity with all participants followed by small virtual café rooms
9:00 - 9:20/ 13:30 - 13:50	<ol style="list-style-type: none"> <li>1. Introduction to IGD series (Christoph)</li> <li>2. Setting the scene (approach to this digital IGD) Petra</li> </ol>
9:20 - 10:20/ 13:50 - 14:50	Thematic introduction to 4th IGD: Input talks <ol style="list-style-type: none"> <li>1. Julia Buchebener: focus on inner transformation and sustainability</li> <li>2. Ashish Kothari, Kalpavriksh, Pune: Radical Ecological Democracy</li> </ol>
30 mins break	Activity: collective method of reflection to prepare for session focus (getting to know each other and catching up with friends)  <i>Get a snack and tea/coffee/refreshment</i>
10:50 - 11:30/ 15:20 - 16:00	Virtual field trip to Karlsruhe and Q&A with the hosts (Oliver Parodi, KIT and team)
11:30 - 13:00/ 16:00 - 17:30	Focus theme discussion along key questions to explore Indian and German perspectives: <ol style="list-style-type: none"> <li>1. What are our underpinning principles, values, worldviews, beliefs, ethical-moral guidelines that inform the (research) work we do?</li> <li>2. What are our personal and collective inner resources, capacities and skills that we apply or intend to utilise in our activities?</li> <li>3. How do we use 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> person (research) perspectives to foster systemic change in the light of transformative action/research?</li> </ol>
15 mins break	<b>chit chat break</b>
13:15 - 13:45 17:45 - 18:15	Plenary: collective harvesting of results of the three key questions
13:45/18:15 End	Closing: Celebrating the IGD community

**Day 2: 27 November 2020**

Time (CET/IST)	Activity
8:30 - 8:45/ 13:00 - 13:15	Check-in: Arrival in small café rooms for informal small talks and chit-chat
8:45 - 9:05/ 13:15 - 13:35	Recap day 1 and opening: collective reflection activity
<b>5 mins break</b>	
9:10 - 10:10/ 13:40 - 14:25	Virtual field visits followed by discussion with hosts: Bochum(15 Min) and Pune (15 Min., t.b.c.)
<b>5 mins break</b>	
10:15 - 11:45/ 14:45 - 16:15	Social Presencing Theatre (Antje Schwarze) Method sample: introduction and exemplary practice of a specific method of inner work
<b>15 mins break</b>	
12:00 - 13:00/ 16:30 - 17:30	Virtual field visits followed by discussion with hosts: Delhi (15 Min) and Freiburg (15 Min)
<b>10 mins break</b>	
13:10 - 13:40/ 17:40 - 18:10	Plenary: collective harvesting of results
<b>approx. 20 mins</b>	Closing: guided meditation

**Day 3: Thursday 3 December 2020**

Time (CET/IST)	Activity
8:30 - 8:50/ 13:00 - 13:20	Check-in: Arrival in small café rooms
8:50 - 9:30/ 13:20 - 14:00	Recap day 2 and opening: collective reflection activity

<b>5 mins break</b>	
<b>9:35 - 10:30/ 14:05 - 15:00</b>	<p>Focus theme discussion along key questions to explore Indian and German perspectives:</p> <p>1. How can our inner resources be honed, grow and developed further to leverage wellbeing and the good life for sustainable urban futures? How can our inner resources be honed, grow and developed further to deepen our understanding of fundamental changes in mindsets and actions?</p>
<b>15 mins break</b>	
<b>10:45 -12:00/ 15:15 - 16:30</b>	Virtual field visits: Auroville video followed by discussion and Q&A with hosts
<b>12:00 - 12:45 16:30 - 17:15</b>	<p>Tease and Snoop Open Space (parallel sessions) Methods sample: introducing and exemplary practice of a specific method of inner work</p>
<b>45 mins break</b>	
<b>13:30 - 14:00/ 18:00 - 18:30</b>	Collective feedback and reflection on method learned/experienced
<b>14:00/18:30 approx. 30 mins</b>	Closing: Meditation/reflection (Open Space, parallel sessions)

**Day 4: Friday 4 December 2020**

Time (CET/IST)	Activity
<b>8:30 - 8:50/ 13:00 - 13:20</b>	Check-in: Arrival in small café rooms
<b>8:50 - 9:30/ 13:20 - 14:00</b>	Recap day 3 and opening: collective reflection activity
<b>10 mins break</b>	
<b>9:40 - 10:30/ 14:10 - 15:00</b>	The next IGD: ideas on topics and location (pick up proposal by Venkson/f5green Chennai from 3 <sup>rd</sup> IGD)
<b>10:30 -11:30/ 15:00 – 16:00</b>	Open Space

	Other activities of IGD community, e.g. status of action research proposal Meet anyone you like to talk to, offers/wishes to collaborate with each other
<b>11:30 12:30 / 16:00 – 17:00</b> <b>60 mins break</b>	(optional activity, break or continuation of Open Space for whoever wants to)
<b>12:30 – 13:30 / 17:00 – 18:00</b>	4D Mapping (2hrs) (Antje Schwarze,  Learnings and reflection activity reconnecting with our natural environment followed by 'How does the IGD community develop further?'
<b>10 mins break</b>	
<b>approx. 60 mins</b> <b>13:40 -14:40 / 18:10 – 19:10</b>	Closing of the event: feedback - open, informal exchange, learnings and take away from the event  (a closing meditation or other technique)



# 4th Indo-German Dialogue on Green Urban Practices Well-being & the Good Life – The Human Being in Sustainability Transformations

26 & 27 Nov + 3 & 4 Dec 2020  
Online event

This event is the 4th iteration of the Indo-German Dialogue on Green Urban Practices series (IGD).

It is conceived as a continuous series of an annual interaction of academics, civil society activists, government officials, policy makers, and the corporate sector where appropriate. Its key objective is to provide a platform of sharing and exchange of experiences of social urban innovative change in Germany/Europe and India in order to leverage action towards new transdisciplinary research and practice projects.



## Some key questions that will be addressed:

1. What are our underpinning principles, values, worldviews, beliefs, ethical-moral guidelines that inform the work we do?
2. What are our personal and collective inner resources, capacities and skills that we apply or intend to utilise in our activities?
3. What kind of methodical techniques and practices can be used to support personal and collective inner transformation?
4. How can these inner resources, etc. be honed, grow and developed further to leverage sustainable urban futures?
5. How can we perform awareness based social action research?

## Approach and Methods of Interaction:

In the past, the format of the IGDs has been participatory and interactive, with the programme being co-designed and conducted by the delegates. We will retain this approach for the digital event as well as far as possible by deploying an array of tested methods in online interaction. For example:

- a) Expert talks
- b) Digital field visits
- c) Group work
- d) Sharing and discussions
- e) Exchange and practice of methods of inner work

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## 4th Indo-German Dialogue on Green Urban Practices:

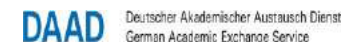
### Well-being and the Good Life - The human being in sustainability transformations

#### List of delegates

ONLINE EVENT ON 26. + 27. November and 3. + 4. December 2020

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# Inner Pathways to Sustainability

Why personal and planetary transformation go hand in hand

**Julia Buchebner**

University of Natural Resources and Life Sciences, Vienna

[www.globalchange.at](http://www.globalchange.at)

[www.lia-blog.at](http://www.lia-blog.at)



## Let's start with a quote

*"I used to think the top environmental problems were biodiversity loss, ecosystem collapse and climate change. I thought with 30 years of good science we could address those problems. But I was wrong. The top environmental problems are selfishness, greed and apathy... And to deal with these we need a spiritual and cultural transformation - and we scientists don't know how to do that."*

*James Gustave Speth (2015)*

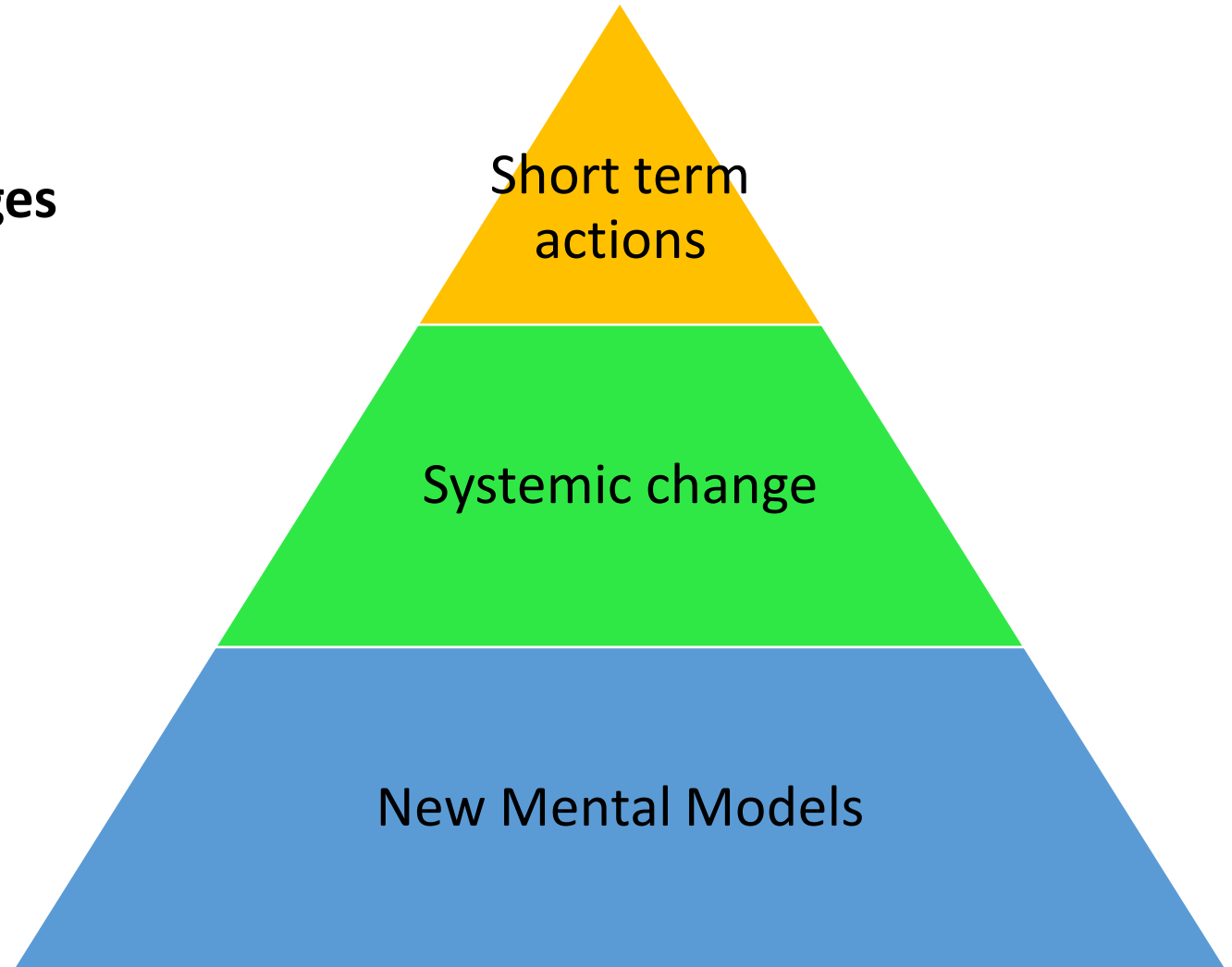
# 3 levels of change

*Joanna Macy, 2011; WWF, 2016;*

**Fight symptoms & avoid new damages**

**Create alternative structures and systems**

**Deep shift in our consciousness, values, beliefs, worldviews, etc.**





# Inner Pathways to Sustainability

## Values

Materialistic &  
extrinsic values



Post-materialistic  
& intrinsic values

## Emotions

Emotional  
incompetence



Emotional  
competence

## Worldview

Anthropocentric  
worldview



Biocentric  
worldview



# Ecological Mindfulness as a key to personal and planetary transformation




*Ericson et al., 2014; Wamsler, 2017; Fischer et al., 2017; Ives et al., 2020; etc.*

**Thank you for your  
attention!**





The background of the slide is a photograph of a sunset or sunrise over a body of water. The sky is a deep orange and yellow, with a large, dark silhouette of a bird in flight in the center. In the distance, a small boat with a person inside is visible on the water. The foreground shows dark, silhouetted vegetation and a rocky shoreline.

# Ecoswaraj / Radical Ecological Democracy:

Rainbow Pathways out of Global Crises

Ashish Kothari

Kalpavriksh / Vikalp Sangam /  
Global Tapestry of Alternatives



A photograph of a large group of people, mostly men, holding hands in a long line that stretches across a wide river. They are standing in the shallow water, with their reflections visible. The background shows a sunset or sunrise with a bright sun low on the horizon, casting a golden glow over the scene. The sky is filled with soft, white clouds. The overall mood is peaceful and communal.

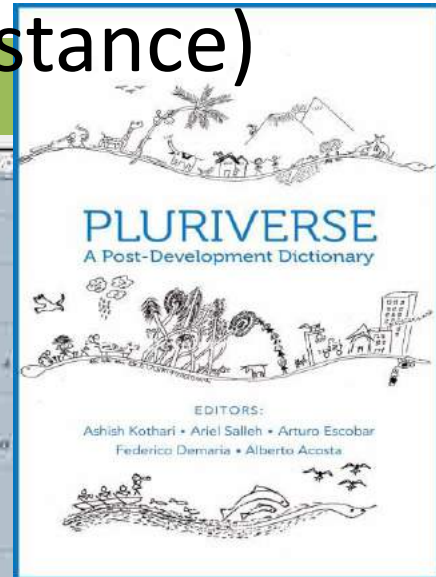
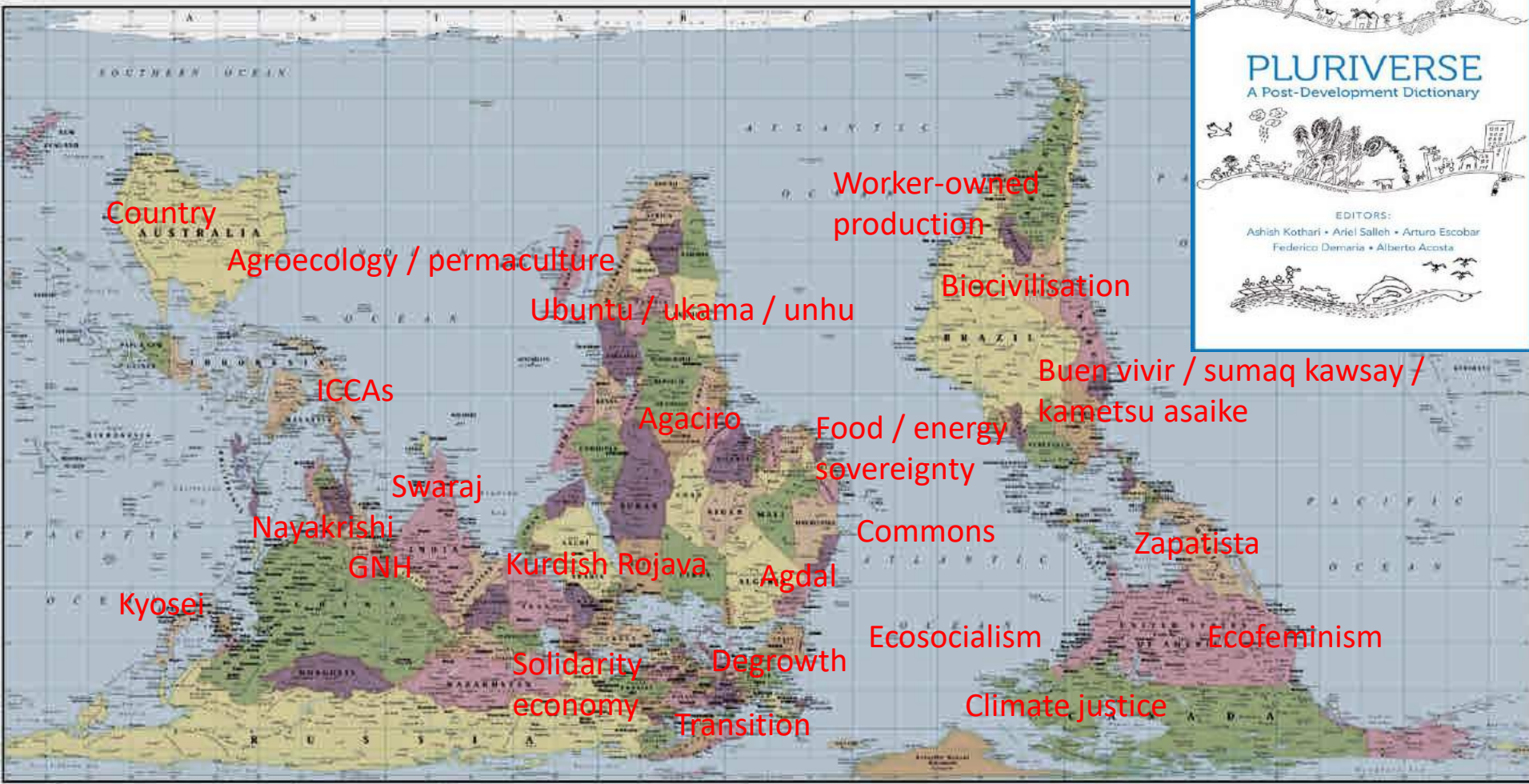
Systemic alternatives include  
resistance ...

(to capitalism, state domination, patriarchy,  
human-centredness, etc)

... other ways of being, knowing, doing,  
dreaming

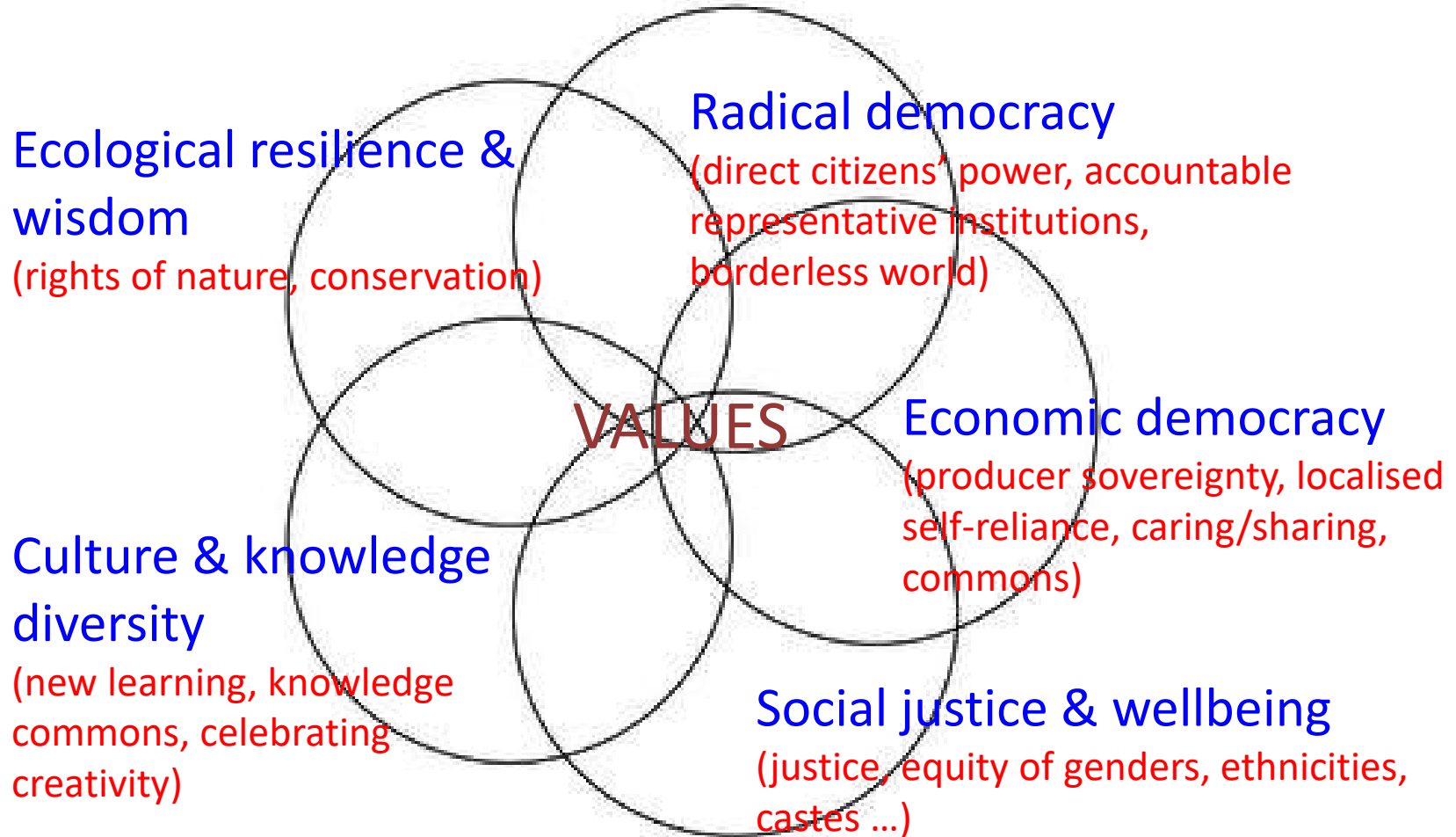


# Constructive alternatives across the world (arising from / complementing resistance)



# Towards a just, sustainable, equitable society

5 interconnected, integrated spheres



# Values & principles of transformative alternatives ....

- Diversity and pluralism (of ideas, knowledge, ecologies, economies, ideologies, politics, cultures...)
- Self-reliance for basic needs (*swavalamban*)
- Self-governance / autonomy (*swashasan* / *swaraj*)
- Cooperation, collectivity, solidarity, commons
- Rights with responsibilities of meaningful participation
- Dignity & creativity of labour (*shram*)
- Qualitative pursuit of happiness
- Equity / justice / inclusion (*sarvodaya*)
- Simplicity / sufficiency / enoughness (*aparigraha*)
- Rights of nature / respect for all life forms
- Non-violence, peace, harmony (*ahimsa*)
- Subsidiarity & ecoregionalism

Worldviews that celebrate life





# *Eco-swaraj / Prakritik swaraj:* Radical ecological democracy

(**Radical** = going to the roots)

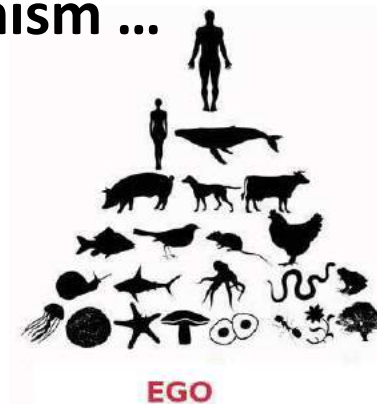
- achieving **human well-being**, through:
  - empowering all citizens & communities to participate in **decision-making**
  - ensuring socio-economic **equity & justice**
  - respecting the **limits of the earth**

**Community** (at various levels) as *basic unit of organisation*, not state or private corporation; integrating **individual & collective, material and ethical/spiritual**

# Pre/Post-development worldviews from elsewhere

## ... a pluriverse

- **Indigenous peoples'** territorial struggles and notions of well-being
  - *buen vivir: sumak kawsay (Andes), suma qamana (Bolivia), kume mongen (Chile), kamatse asaike (Peru)*
  - *ubuntu (S. Africa), umuntu (Uganda), ukama (Zimbabwe), eti uwem (W. Africa)*
  - *kyosei (Japan), sentipensar, minobattsiiwiin (native American),*
- **Roots & radical re-interpretations of major religions**
- **Degrowth, Commons, Solidarity economy, Biocivilisation, Ecosocialism, Ecofeminism ...**



# Going beyond a 'green new deal':

## Towards a Global Rainbow New Deal, revolutions of multiple hues



Double rainbow, by Ashish Kothari



# Vikalp Sangams (Alternatives Confluences): practical collaborations, bottom-up visioning





# Global Tapestry of Alternatives

A group of people, mostly men, are standing in a river, holding hands in a line that stretches across the frame. They are positioned in the shallow water, with their reflections visible on the surface. The background shows a sunset or sunrise over a body of water, with a line of trees on the far shore. The sky is filled with soft, white clouds, and the sun is a bright, glowing orb on the left side of the image. The overall mood is peaceful and hopeful.

Confluences of resistance and alternatives  
across the world

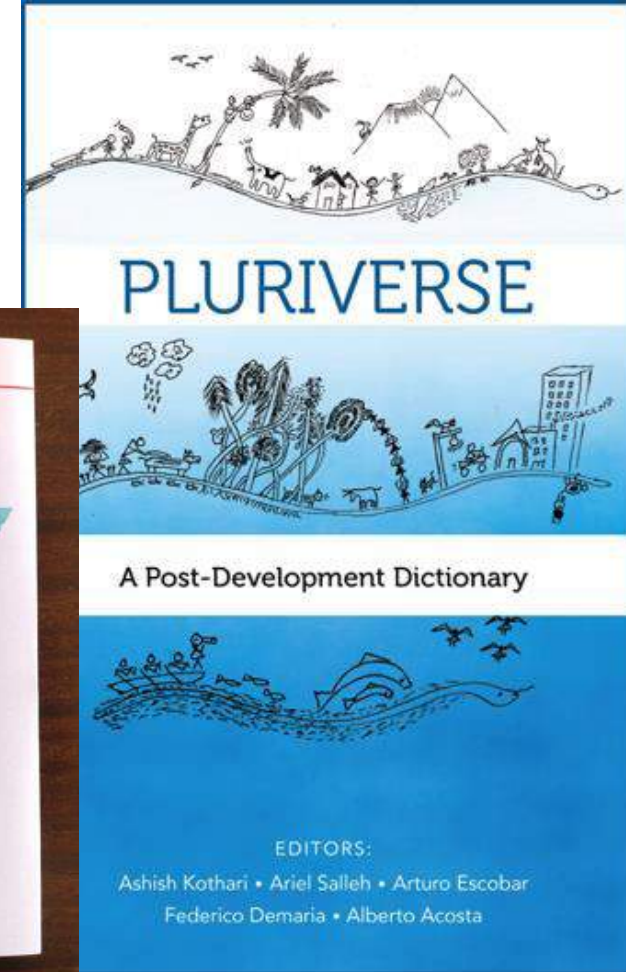
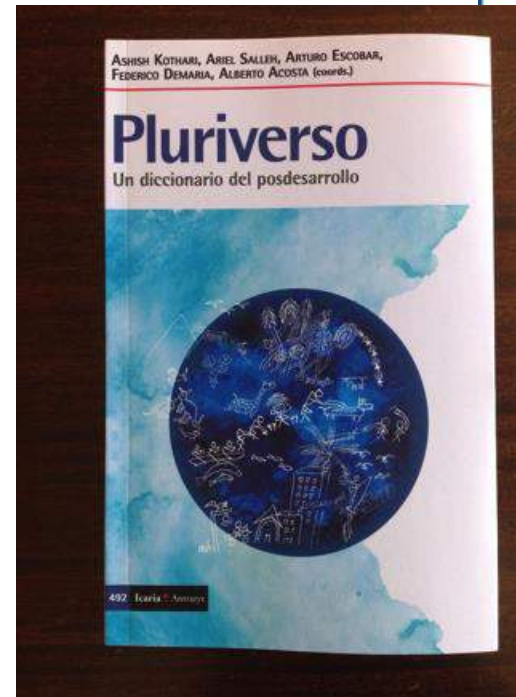
Sharing/exchanges/collaborations

Collective visioning of a just world ... and how  
to get there!

<https://globaltapestryofalternatives.org>



Radical alternative practices &  
worldviews across world  
120 authors, >100 essays



Alternative visioning for India: political,  
social, cultural, economic, ecological

# PeDAGoG

- Post-Development Academic-Activist Global Group
- An offshoot of Global Tapestry of Alternatives
- Sharing, collaboration, joint courses, visioning of alternative learning and pedagogies
- ~ 70-80 academics/activists around the world

To participate ...

Ashish Kothari, [chikikothari@gmail.com](mailto:chikikothari@gmail.com)

*RED:*

[www.radicalecologicaldemocracy.org](http://www.radicalecologicaldemocracy.org)

*GTA:*

[www.globaltapestryofalternatives.org](http://www.globaltapestryofalternatives.org)

Please let me know if you want to be on India and/or global lists!



# SOCIAL PRESENCING THEATER: 4-D MAPPING

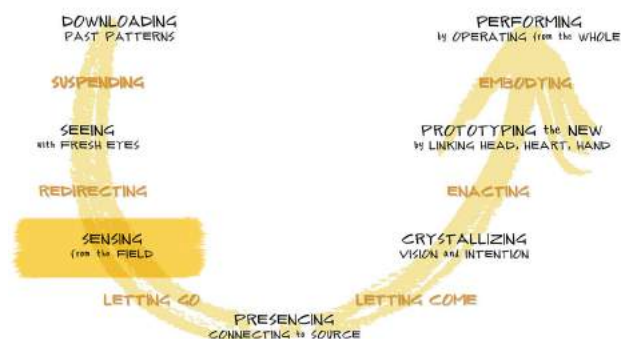


## Overview

In Social Presencing Theater, the word theater is used in connection to its root meaning – a place where something significant becomes visible, or where a community of people can see a shared experience. 4D mapping makes visible the current reality in a social system, such as a school system, health care system, or government.

## Purpose

We use 4D Mapping with groups who are looking to gain new insights about their own system, and with clients who have a case they want to explore using this method.



## PRINCIPLES

- 4D mapping explores how the highest aspiration in a system might come forward. We assume there is an underlying wisdom – in spite of the diverse values or goals of stakeholders in a system – that could come to the surface and be visible as we move from Sculpture 1 to 2.
- Participants apply mindfulness of body and awareness of the surrounding space. 4D mapping is not about acting out pre-conceived ideas or concepts we have about a system.
- 4D mapping is about surfacing and noticing what shifts in a system might be significant in going from a current reality to an emerging future reality.
- Movement is based on what is actually emerging, not based on manipulation or what we think something should be.

## Process

### Roles & Space

- There are two basic types of roles in 4D mapping: players and space-holders. There is also a facilitator and a scribe (the scribe writes down the sentences that people speak from their shapes).
- Those who hold the space typically sit in a circle, and players embody roles in the center of the circle.
- There are typically 10-12 players, and everyone else remains in their seats in a circle (once the movement from Sculpture 1 to 2 begins, space holders can move around the periphery of the circle).
- 4D mapping is a co-created event that depends on the quality of everyone's attention; so both types of roles are equally important.
- The roles in the system should be pre-determined. Whether you are working with a group looking to gain new insights about their own system, or with a client, determine the roles together with the group or client prior to beginning 4D mapping.

- **Important:** Always include roles that represent the 3 divides: the earth/environment, marginalized groups or individuals, and the highest future possibility of the system.
- Write the name of each role on a card. Use labels with tape on the back to help everyone remember the roles. It's helpful to be specific with roles. See the U.Lab 4D mapping Part 3 video for examples.
- Decide the order in which the facilitator will call out the roles. We find it helpful to begin with the more powerful roles in the system.

### Co-Initiating

- If working with a client, invite them to describe their case to the group, just as they would in the case clinic method, so everyone can sense into the current reality. This should take ten minutes or less.
- Pause for a moment, and practice mindfulness of body. Connect to the feeling of the body, especially the back of the body.
- The facilitator may remind everyone: When we step into the space, we let go of concepts of how it should be, or how it should transform – we don't know the answers. We step into an open space with an open mind, and we embody our element of the system. We make a shape with our body that we feel expresses some quality of the role we're playing.

### Co-Sensing

- Facilitator says the name of the role and holds up the first card, with a pre-determined role written on it.
- One-by-one, a person from the circle will stand up and volunteer to embody that role. The only guideline here is *not* to choose the role you actually play in your daily life.
- The player takes the card with the name of the role and affixes it to his/her shirt so it is visible to others.
- That player finds a place in the room and a shape that embodies the experience of that role in the system. Each player comes in, finds a place in relationship to the center, the edge, and the other players. *They may find it helpful to ask themselves, "am I bigger, smaller, in the center, to the side; do I feel powerful, weak and vulnerable?" Whatever it is, they embody it in the space so that others can see it.* Remember not to act, but to empathize, identify with the role, and embody it.

- Once in the shape, the player says one sentence *from the experience of that shape, in the first person "I" voice*. The scribe writes these down.
- Then, the facilitator calls the next role, and the process is repeated until all roles have been embodied.
- Once all players have entered the space, the facilitator invites anyone who feels they need to adjust their place, level, or direction in the space to make it more accurately embody the current reality to do so.
- The space-holders in the circle are very important because they hold the space without judgment.
- Once everyone has found a place and shape, that is Sculpture 1. Sculpture 1 represents a feeling of the current reality of the system.

### Presencing

- The players let go of any idea of the outcome and stay with the stillness for a few moments.
- Somewhere in this sculpture, movement will arise.

### Crystallizing

- Then the sculpture begins to move and continues moving, until the social body comes to a stop in Sculpture 2. This whole process could take about five minutes.
- From Sculpture 2, each player says the name of their role and one sentence about their experience. The scribe can record what is said.
- The facilitator can invite people from the circle to also offer one sentence

**Generative Dialogue**

- As a whole group, reflect on what you experienced. Describe your Sculpture 1 to Sculpture 2 journey. Emphasize real data. What did you notice, see, or do? The following reflection questions have proved to be helpful:
  - Where did movement begin in Sculpture 1?
  - When did the Sculpture shift? Where did the process of transformation originate?
  - What did you notice about how your attention evolved over time?
  - How did your sense of Space, Time, Self, and Other shift over time?
  - If the journey from Sculpture 1 to 2 were a film, what would you call it? Give it a title or name.
- You might also reflect on the following questions:
  - What was your experience as a “player” or as a holder of the space? What surprised you?
  - What are the key differences between Sculpture 1 (current reality) and Sculpture 2 (emerging reality)? What are the top three features that changed?
  - What next steps will you take as a result of this experience?

**Step out of roles**

- Before ending 4D mapping, invite everyone to step out of his or her roles. We've found it helpful if everyone briefly says (to themselves) that they appreciate the opportunity to embody this particular role, and that they will take the lessons to be learned and leave all else behind.

### WORK-PLAY conversion game

How to convert a work task into a creative output or activity? Randomly select a task and randomly pair it with a creative output-activity by rolling a dice.

Discuss what this will look like, with respect to your own work or in general. For example, how can an annual report be done in the form of a feature film? This game can be played in pairs or in a group.

WORK	PLAY
Project proposal / bid	Exhibition <ul style="list-style-type: none"><li>- Material</li><li>- Virtual</li></ul>
Research article	Treasure hunt
Stakeholder meeting	Board game
Community consultation	Feature film
Proof of Concept	Artwork <ul style="list-style-type: none"><li>- Individual</li><li>- Collective / participatory</li></ul>
Feasibility study	Theatre play <ul style="list-style-type: none"><li>- Presentational</li><li>- Participatory</li></ul>
Annual report	Novel / creative writing
Impact / risk assessment	Prospectumentary
Root cause analysis	Simulation <ul style="list-style-type: none"><li>- Flow diagram</li><li>- 3D modelling</li><li>- Computer animation</li></ul>