

We experience the salvation in every seed, see the future in every planted tree, we taste the fullness with every fruit and guess the rebirth of new life in the decaying wood.

Matricultura© - life-giving path towards life-centred livelihood

Matricultura© is an area of research for step-out-step-in-pioneers

The step-out-pioneer recognizes the exponentially growing destruction of Mother Earth and the oppression of her creation as a consequence of the patriarchal-characterized world view and therefore she steps out deliberately. The step-out-pioneer says no to the chaos of war, economic and social injustice, atomic, genetically engineered and electromagnetic contamination, abuse and exploitation, logos-driven perception and ego-centred lifestyle.

The step-in-pioneer puts life in the centre of her work and her activities. She encourages vividness with heart and creativity, the joy and the health for all beings; she feels that she is part of the whole, part of Mother Earth. The step-in-pioneer walks the path towards life-centred livelihood focused on the origin, he creates powerful visions of a healthy Mother Earth and he assumes full responsibility for his actions. To become more uncompromising and more life loving there are changes to plan and to realize in all areas of life.

We all are in dependence with the existing systems that are based on a patriarchal world view. The successful step out is not to be forced overnight. The deeper we get involved with life and the more skilful we get of life-giving activity, the more sustainable we step out of consumerism, greed and exploitation. The step-out-pioneer knows that six thousand years of patriarchalisation of the human race leave their mark to the innermost mental, emotional and spiritual existence and to the base of cellular level, too. Vividness became divided, oppressed and buried. The step-in-pioneer liberates herself gradually from the patriarchal world view. She uses this new sense of liberty and spare time to build her Life-Biotope. The step-in-pioneer liberates gently the buried and frozen vividness in his nature. This gained freedom gives him ground, orientation, spontaneity, grace and the ability to empathic participation. In order to win back life, the step-in-pioneer works his outer as well as his inner world. The inner and the outer working levels fertilize each other mutually.

Tasks and goals of Matricultura©

Matricultura describes a life-giving path towards a life-centred livelihood: On the base of analysis and schematic illustrations Matricultura describes the way towards vividness, points out traps and possible dead ends, guides the view to essential core values and shows how the conscious step out of destruction and towards a steadily more and more life-affirming world can be practiced.

Matricultura plans and realises international commitments for Integral Environmental Healing: Matricultura plans and realises holistic Earth Healing initiatives and rituals, integrating the force of symbols, the wisdom of sky dancers and the knowledge of meteorological science that support the life-giving activation and healing of Mother Earth as origin and carrier of all life. For this work, Matricultura uses the term Integral Environmental Healing.

Matricultura accompanies initiatives, that put life in their centre: Matricultura accompanies and supports projects, Life-Biotopes, communities, initiatives and institutions that dare to get on the path towards life-centred livelihood. Aimed is a gentle, peaceful, integral, consensus-orientated and Mother Earth respecting counter development that puts vividness in the focus of all work forms and activities.

Matricultura advises on how to build Life-Biotopes: The patriarchal economic, finance and society systems are neither to be reformed nor to be controlled. Therefore step-in-pioneers should urgently start the construction of the most vivid and self-responsible Life-Biotopes. Within a Life-Biotope the ways towards vividness can be specifically tested and explored. The building of a Life-Biotope can be started at the most different places and under most different circumstances. E.g. in a city apartment of one single person, in a multiple family dwelling, in a community, on a farm, in a school, in a village, a city, on a market place... Life-Biotopes are the basic "objects of research" of Matricultura. Matricultura can advise and assist with the building of a Life-Biotope, can encourage the connection of the most different Life-Biotopes and can support the biodiversity among them.

Matricultura© bases on analysis, integration and practical implementation

Matricultura analyses Life-Biotopes, society, economic and cultural systems with respect to their holism and therefore their vividness. Matricultura's analytical model works with visual language: Schemes, that illustrate the systems to be analyzed in their complexity and at the same time show them clearly displayed. On the basis of these schemes insufficiently developed potentials, powerfully integrated and also overloaded areas of life can be examined. The insights of the analysis will be fathomed out at the realization. **Matricultura integrates** research, knowledge areas and fields of application, that aim the life-giving activation and healing of Mother Earth as origin and carrier of all life. In Matricultura, the term Mother Earth includes implicitly the qualities - earth, water, air, fire and energy of life in all its forms that were created from them and are continuously created anew. **Matricultura attaches particular importance to the practical implementation** of the gained insights. The most exact possible feedback to analysis and integration is always anew looked for and applied in real life.

Matricultura© core values

Matricultura includes: Compassion, the skill to feel for yourself, the knowledge to think for yourself, the wisdom to act respectfully, the openness to participate with relish, the will to reclaim and uphold the inherent infinite social, emotional and spiritual intelligence

Elements: The balancing order of the five elements: earth, water, air, fire and life energy is to be honoured, nurtured and preserved.

Cosmic order: The natural order of the cosmic forces of rhythms of the moon, the cycle of the sun, the movements of air and water and the vibrations of the earth are observed in everyday life, accepted, honoured and integrated.

All decisions concerning the five elements need to be taken accordingly to the principle of consensus. Each of the five elements gets an own voice for this purpose.

Equality: Every being is of the same value. In a balancing order, in cooperation and tolerance, every living being can satisfy her and his needs for love, protection, appreciation, nourishment, health, culture and autonomous sexuality.

Fertilizing each other mutually instead of competition: Every human being has access to all knowledge. There is no competition. People are support and sources of inspiration to each other. They work in groups. Different cognition methods and different grounds of experience complete each other and enrich everyone involved.

Protection: Children should, even if the erotic relation of the parents brakes up, keep all attachment figures. Handicapped and elderly people are fully integrated, appreciated and honoured in everyday life.

Meaning, fulfilment and appreciation: Every woman, every man can do a fulfilling and meaningful work for the whole. Also every woman and every man takes part in planting, seeding, harvesting and providing food and working in the upkeep of life: Tidying, cleaning, nourishing, caring, serving. Each hour of work has the same value. Step-in-pioneers get abundantly appreciation from their kind and from the activated nature. They don't look for appreciation in the patriarchal-characterized systems.

Handling of aggression and personal profoundness: People attack the life-tasks, not an enemy. Every woman and every man trains and deepens continuously the inherent infinite social, emotional and spiritual intelligence. She and he deepens compassion, tolerance, love for oneself and love for the others, culture of communication, the exchange with humans, animals, plants and stones, and practises in the techniques of Integral Environmental Healing, too. Every woman, every man assumes responsibility for personal fears, anger, hatred, envy, contempt. It doesn't count to dispose of a problem by projecting one's feelings and emotions on others. Holistic therapies help the regaining of a human coexistence with each other.

Art and cult: Art grows out of everyday life and integrates into daily life. Every being should be allowed to unfold artistically and to take pleasure in the artistic working of the others.

Economy: In a subsistent economy the exchange of goods and services is carried out by making gifts, exchanging, and by heartily and vivid market life: "Everyone buys, everyone sells!" or with real barter money, this means without interest but with a hoarding fee.

Role models, inspiration and signposts: People guide themselves by the positive. They nourish themselves with reports about people, who with their courage, their creative potential, their desire to participate, their proficiency and their radiance have achieved big changes towards life. Like e.g. Wangari Maathai, Vandava Shiva, Rigoberta Menchú. The people also know about nations, that live in Matriarchies, these are peaceful, holistic social systems. They take these as inspiration and role models. E.g. the women and men from Juchitán, Mexico.

People guide themselves by positive pictures. They create again and again, with desire, joy, beauty and virtuosity permeated visions of a vivid world.

Matricultura nurtures itself from the basic research in various areas of expertise and searches deliberately the contact and cooperation with researchers and practitioners of all life-orientated areas.

Matricultura integrates “pearls” from very different areas of research and movements:

research of Matriarchy¹,

holistic therapy forms²,

research of vividness and the Integral Environmental Healing³,

philosophy that asks to feel with others and think for yourself⁴,

alternative economic science⁵,

refinement of sexuality⁶,

work for peace⁷,

Biodynamic Farming, Permaculture and the knowledge about seeds⁸,

life-integrated rituals and the magic of life force⁹,

the ability to exchange with living beings and to recognize their needs¹⁰,

the knowledge of powerful reading and using of symbols¹¹,

passionate and uncompromising political participation¹²,

the understanding of mythology and art¹³

Principle of consensus, passionate participation: Matricultura distances itself from any dogmatisation and tabooing. To reach a consensus in a group, everyone must have the possibility to voice her or his contradiction against a possible decision. Decisions are taken without dissenting vote.

Matricultura assists the regaining of the buried vividness and wants to reclaim and uphold the inherent infinite social, emotional and spiritual intelligence

Children are deeply connected with vividness. After a "gentle" birth *life* is unblocked and flows freely. The life of children is about experiencing life in the inside as well as expressing it in the outside. Needs and feelings, hunger, thirst, impulse for motion, tiredness, love, joy, desire, anger and aggression, are freely announced and spontaneously lived. Provided that the children can live this up, they are cooperative, spontaneous, tolerant, honest and intuitively familiar with vividness. Unfortunately attachment figures, school, education, society and media educate children and adolescents towards functions that they should take over according to the patriarchal-characterized world view. In this process vividness in the human being is oppressed, buried or even fissioned. ***The oppressed vividness does not disappear, but shows itself in adults as guilt, pain of the soul, shame, lust to kill, hatred, coldness, speeding, destructiveness, desire for the negative, masochism, sadism and fears. These shares are hidden behind socially adapted masks.*** Masks show as inapproachability, fake amiability, detachment, rationalisation, trivialization, whitewashing, fake concernment, perfection, suffering, fake modesty, lordliness, holiness or pride. The adult identifies more and more with

¹ Heide Göttner-Abendroth, Marija Gimbutas, Doris Wolf, Christa Mulak, Carola Meier-Seetaler, Gerda Weiler, Claudia Werlhof

² W. Reich, A. Lowen, J. u. E. Pierrakos, Hedy Geimer-Lorusso, Kym Wylde, E. Bach, S. Hahnemann,

³ Bernd Senf, Wilhelm Reich, Viktor Schauberg, Jean Liedloff, Frédéric Leboyer

⁴ Hannah Arendt, Annegret Stopczyk, Luisa Muraro, Virginia Woolf

⁵ Bernd Senf, Margrit Kennedy, Genevieve Vaughan, Muhammad Yunus, Veronika Bennholdt-Thomsen

⁶ Diana Richardson, Mayonah Roza Bliss, Michaela Riedl, Kym Wylde

⁷ Sabine Lichtenfels, Tich Nhat Hanh, Aun San Suu Kyi,

⁸ Maria Thun, Bill Mollison, Julia Boniface, Vandava Shiva, Masanobu Fukuoka

⁹ Luisa Francia, Starhawk, Heide Göttner-Abendroth

¹⁰ Dagny und Imre Kerner

¹¹ Marija Gimbutas, Deer Tribe Metis Medicine Society

¹² Arundhati Roy, Alice Schwarzer, Las Arpilleras, Zainab Ahmad, die Bananenfrauen, Erika Wisselink

¹³ Heide Göttner-Abendroth, Clarissa Pinkola Estés, Niki St.Phalle, Gertrud Grunow, Margarete Schütte-Lihotzki

his or her mask. The identification with the mask is attended by emotional and bodily **armouring**. Because of this armour, the human being loses contact with his or her inner guidance, to his or her inner **Mother Earth**. *That is how we become victims of a bottomless disorientation and fissioning-off*. In the social organism of humanity dominate as a consequence of the multiple oppression of vividness fissioning-off forces such as destruction of the environment, abuse, dictatorship, rape, racism, profit greed, grave illnesses, manipulation, rivalry, war, irresponsibility, passivity, inner emptiness, attitude of being the victim, feeling of impotence, depression and addictions of all kinds. The wheel of destruction and self-destruction runs faster and faster.

Matricultura expects from a "therapy" that it brings people back in touch with their inner vividness, with the own inner guidance. Inner freedom comes into being through the process of the step by step and gentle releasing of the armours on all levels of human existence. This releasing of the armours is the foundation to the **reclaim and uphold the inherent infinite social, emotional and spiritual intelligence, to the regaining of the vividness and the spontaneity**. This process of releasing, well the "therapy", the deepening of the inherent infinite social, emotional and spiritual intelligence and health is taking all lifelong for each human being: In the natural belonging to the cosmic rhythms and the cosmic order, **not** in dependence of a "therapist", a "master" or a theory!

This process leads to the point, **where every person can and also wants to take over the full responsibility of his or her feelings** and needs in consideration and compassion with the whole, with all other living beings. **It is a creative process full of relish that leads to the experience of in-credible freedom and to the experience of unashamed self-responsibility.**

Matricultura© distances itself from patriarchal fission-patterns:

In the name of Matricultura neither "business consultancy" nor "environment consultancy" to increase profit is possible. A clean and environmentally compatible exploitation of Mother Earth is as impossible as "humane" torture or "fair" war.

Matricultura distances itself from any kind of violence. In every situation there are pacifistic and respectful solutions.

Matricultura distances itself from any kind of fissioning.

Fissioning of the earth: Exploitation of petroleum, natural gas, ores and uranium, application of artificial fertilizer and chemicals in agriculture, nuclear fission (nuclear power, particle accelerator)

Fissioning of the water: H²-energy, fissioning of cells (manipulation of cells), canalisation of rivers

Fissioning of the fire: Destruction of the integrity of food, fissioning of genes (genetic manipulation, nanotechnology) fissioning of money into medium of exchange and medium of speculation

Fissioning of the air: Fissioning of oxygen at the surface of the earth and fissioning of ozone (ozonolysis) in the stratosphere through harmful gases and ultra short wave (mobile phone etc.)

Fissioning of the energy of life: Fissioning of the energy of life in vivid and in over-active and poisonous life energy through radioactivity and microwaves. Also future technologies that work with space-Energy or nanotechnology should be examined regarding eventual fission-products.

Social fissioning: such as castes, classes, amongst them also the self-appointed "priest casts" from so-called initiated and secret societies, prophecies, fortune teller, conspiracy theories.

Psychological fissioning: rational reasoning of injustice, exploitation, rivalry, oppression, violence, prostitution, slavery, forcing staff (police, military, private guard executive, debt enforcement department, etc.)

With Matricultura there shall be no earning of fission money (euro, dollar, pound, etc.)!

Fission money requires exponential growth of wealth and debt because of the dynamic of the compound interest. Thus in society fission is created in wealthy and indebted, in propertied and dispossessed, in workers with wage and workers without wage, in nature to exploit and nature to protect. Matricultura recognizes fission-money as the main motor of the exponential growing destruction-machinery of the patriarchal world economy. Fission-money has brought the people in deep inner and outer dependency – today life turns around fission-money. Matricultura demands, that life turns around life again.

Matricultura implicates a holistic world view. There is neither hierarchy nor a picture of a linear evolution, there are no rulers but: All of us are empowered beings.

Matricultura advises to dare now to start building a life-biotope. "I can't" means in the language of Matricultura "I fear the consequences". "I have to" means "I don't want to".

Practical implementation of Matricultura© - Life-giving path towards life-centred livelihood

Autarca Tinizara is a Life-Biotope and a **Centre for Ecological Development**. Autarca is a place of the practical implementation of the research results on life-giving path towards life-centred livelihood. Autarca is located in the north-west of La Palma, one of the Canary Islands, on a piece of land of approx. 10'000 m², nestled in a small village, at the boarder of a nature reserve.

The **Centre for Ecological Development** creates, expands and refines constantly the core values of Matricultura according to the results of the research in real life.

The **Centre for Ecological Development** is searching the contact with other scientists and lets results from their actual research flow into Matricultura.

The **Centre for Ecological Development** is information platform and learning space for step-out-step-in-pioneers.

The **Centre for Ecological Development** plans and realises international commitments within the framework of Integral Environmental Healing:

Autarca Tinizara was founded on the 1. of June 2007 and is led by Barbara Elisabeth Graf and Erich Alfried Graf.

Barbara Elisabeth Graf, born at Beltane first of May 1968, grew up at the Lake Constance. Swiss Federal Diploma in pedagogy, University of applied sciences St. Gallen and Master in architecture ETH Swiss Federal Institute of Technology Zurich.

Dipl. Permaculture Design Consultant SARI Australia Institut

Active years of learning and teaching: with children in the public education system, commitment as an ecofeminist and in ecojustice movements such as in Labour Unions with the following particular concerns: Liberty for women, justice and consciousness of history. Public relations for Amnesty International, commitment for single prisoners. Active learning-work: to discover and profound the inherent infinite social, emotional and spiritual intelligence through: Analytical bodywork therapy, breathing school, Yoni massage, pottery and herbology. Accomplishments as an architect: in the development of analytical models for the architecture for refugees and victims of disasters and the development of economically and ecologically sustainable conversion models for buildings of the industry, the back-formation of cities in eastern Germany and the reviving of peripheral regions in Switzerland. Structure and space-giving work for Autarca. Accomplishments as a Integral Environment healer and reforestation strategist, sister of the spinners, the weavers, the tree singers and sky dancers.

Erich Alfried Graf, born on the 19th of October 1965, grown up close by St. Gallen, Switzerland. Master in Electrical Engineering ETH Swiss Federal Institute of Technology Zurich and Master in CORE Ecopsychology, Perth and Berlin

Dipl. Permaculture Design Consultant SARI Australia Institut

Active learning and teaching years: in the software industry as a system analyst and with technologies to generate renewable energy. Commitment for pacifism and politically justified refusal of the Swiss military service, profound understanding of the patriarchal financial world. Active learning work: to discover and profound the inherent infinite social, emotional and spiritual intelligence through: ecopsychology such as integral analytical bodywork therapy, breathing school, chant, dance and drumming. Accomplishments as CORE ecopsychology therapist with people and as an integral environment healer, as holistic tree caretaker, strategist for reforestation and a brother of the bees, goats, chickens and earthworms.

Common travel and learning years: in communities around the Mother Earth-globe, in organic farming and with Permaculture. Commitment with Brigadas por la Paz and CONAI in Mexico. Public relations work for the peace and the right of self-determination of the indigenous population. Public relations work for a Switzerland without army. Common experiences for the deepening of the inherent infinite social, emotional and spiritual intelligence of our love-companionship through Rebirthing, Bioenergetics, dancing, music and Tantra.

Common visions of forested and with life, joy and biodiversity sparkling Canary Islands and the revival of the Sahara.

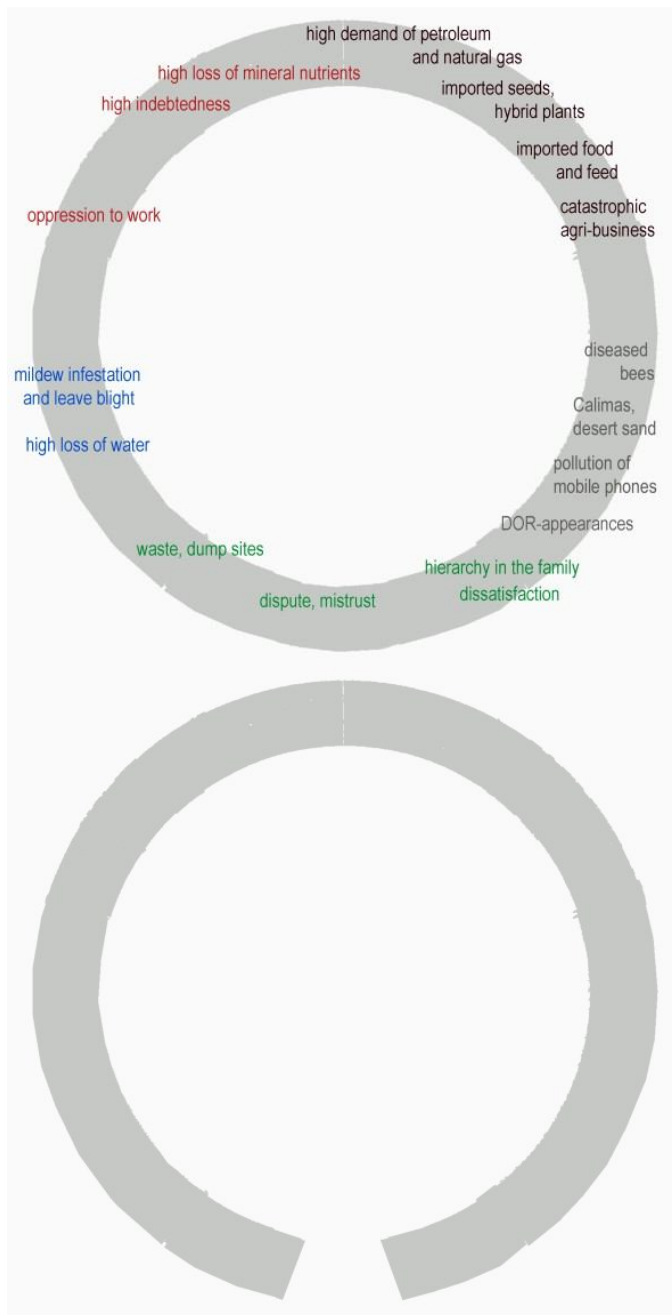
Common activities: Integration of matriarchal awareness in the life- love- and work-companionship. Initiation of Matricultura. Construction of a real interpretation of Matricultura in the project Autarca. Initiation of the Centre for Ecological Development in the project Autarca. As parents of two children we sing together for the trees, laugh for the stones and spiders, dance for birds and stars, act in the rhythm of the moon, howl with the wolves, cook with the fire of the sun, heal with herbs, mourn with the dolphins, hit old mattresses, breath with blossoms, circle in the rhythm of the year, celebrate for the love, honour the foremothers,

sisters and brothers, stir in the kettle of tolerance, bellow with the lions, take part in the life of the neighbour, play with water and marbles, bless the earth with every step, smoke the air for the goddess, bake the bread with the fire of wood, let the water circle, plant eatable woods, create and connect living-spaces, collect seeds, interchange, invite, drive with the oil of sunflowers, knead compost, release and dance freely with the round dance of the clouds, are happy about the sounds of the frogs and the owls, thank Mother Earth.

We experience the salvation in every seed, see the future in every planted tree, we taste the fullness with every fruit and guess the rebirth of new life in the decaying wood.

The visual language of Matricultura©

Matricultura's analytical model works with visual language: Schemes, that illustrate the systems to be analysed in their complexity and at the same time show them clearly displayed. On the basis of these schemes insufficiently developed potentials, powerfully integrated and also overloaded areas of life can be examined.

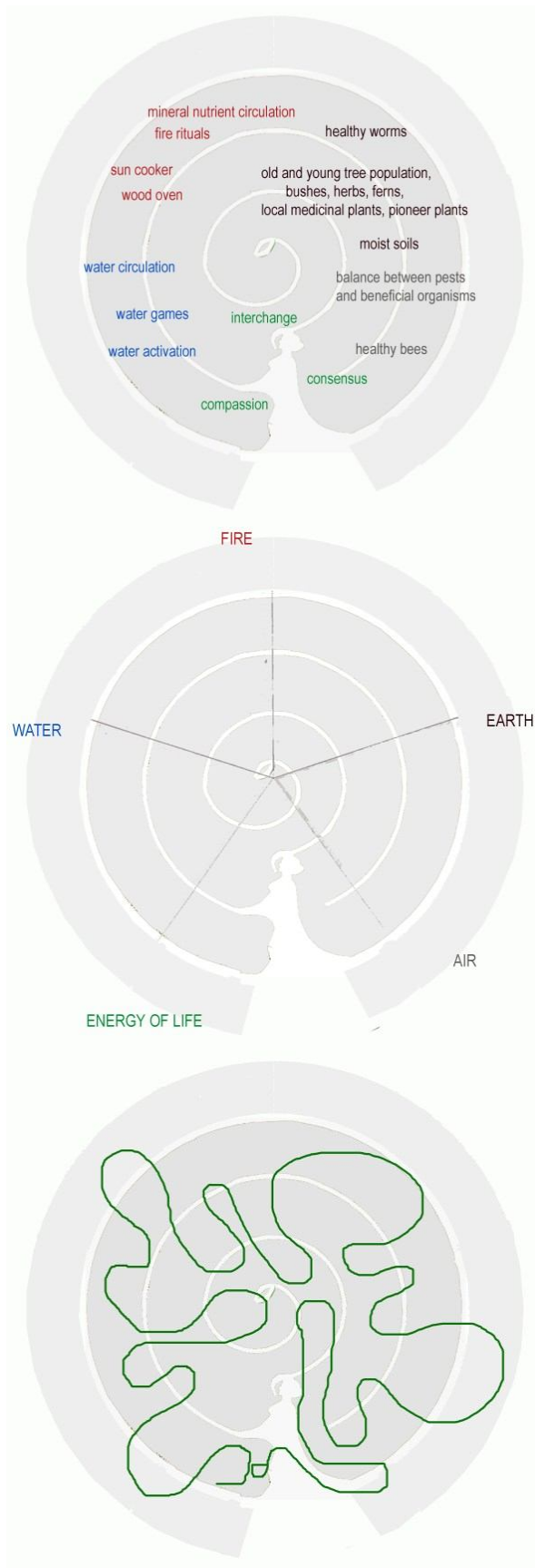


Wheel of the patriarchal-characterized world view:

Drifting, incited by the wheel of destruction, latch the people, runs and rotates with it. Who falls off it will be wildly and arbitrarily wheeled around, pushed to the fringe and shaken. The creation of Mother Earth is collapsing because of it. The element fire dominates. The elements earth, water and air are exploited and contaminated; the element energy of life is multiply fissioned.

Decision to build a Life-Biotope:

Step-out-step-in-pioneers break open the wheel of the patriarchal-characterized world view. The more people dare to make this break, the bumpier it must speed - it is slowed down.



Matricultura: life-giving path towards life-centred livelihood:

The core values of Matricultura are on the path towards vividness. The more we focus on this way, the weaker shall become the wheel of destruction.

The five elements:

The life-giving path towards life-centred livelihood is structured into the five elements earth, water, fire, air and energy of life and is illustrated. Each element is related to a segment. This is a way to detect how each element is integrated into the Life-Biotope and how the connections and circulations between the elements are converted.

The snake of metamorphosis and health:

The snake of metamorphosis and health touches the core values of Matricultura that are strongly integrated in the system to be analysed. The more manifold the movement patterns are, the deeper the anchoring of the Life-Biotope in Matricultura. At the beginning of the construction of a Life-Biotope the line of the snake will still have to touch some points of the wheel of destruction, the healthier the Life-Biotope is, the further away is the snake from the wheel and snakes with relish on the surface of a healthier Mother Earth.