

The First Step toward the Training: "Healer of Mother Earth ©":

Permaculture Design Course in "Autarca, Center for Ecological Development ", model project: Applied Permaculture , Deep Ecology, holistic healing of the landscape and Matriarchal subsistence economy, Autonomous Academy, Tinizara, La Palma.

Dates flexible, call to arrange

72 hours, 13 days, each day consists of 5-6 hours. From 10am to 2pm and 7pm to 9pm.

Please arrive fifteen minutes before the start of classes, so everyone can settle well.

At 11:30 there will be a 15 minute break. Please bring snacks or refreshments to recharge.

During the hot hours of the afternoon you can stay at Autarca, and enjoy swimming in the pond, studying, reading in the shade, dreaming under the avocado trees. There is a small kitchen where you can prepare meals.

If you are coming from overseas, you are welcome to bring a tent and camp in our gardens and use the Autarca infrastructure, for an extra €5 per day.

Course fee: €21 per day. - Total: €270.

(We ask that the total be paid with reservation)

To obtain the certificate, your attendance is necessary. If you are absent for more than 4 hours you can not acquire the Certificate.

The course imparts knowledge of Bill Mollison, David Holmgren, Linda Woodrow, Jeff Nugent, Julia Boniface, Masanobu Fukuoka, Sepp Holzer, Margrit Kennedy, other pioneers of permaculture and other research fields, such as Wilhelm Reich and Heide Goettner- Abendroth ..

This course provides you with the ability to, at once, start with your own project, either on your own land or in urban areas or to participate in another project or in an eco-village. This course provides the base from which to find your own way to increase your responsibility towards nature and the generations to come. It is also a start point for working towards the Diploma in Permaculture or the Diploma of "Healer of Mother Earth ©".

From the outset we work in a small group (max. 8 people) so we can give individual attention. Each of the students brings plans of their land or from the place where they live and work, and works on their vision and learns to design with more and more confidence and self esteem. The final assignment will make it easier to start your project right away and to maintain it successfully.

The course requires that students do homework, watch movies, read books, and visit other eco projects, urban farms etc. During the process of "presenting your own project" you learn to analyze and criticize in a constructive manner.

Topics:

1: Responsibility: caring for Mother Earth, Caring for all living things and distributing resources in a fair manner.

Theory: Introduction to the Course and to the methods of work and design. Introduction to Permaculture: Two principles: Creating cycles and obtaining yield.

Practice: Working with levels, how to prepare the land: we plant a tree.

Motivation: Finding Your Vision: Deep Ecology ritual. Taking responsibility into your own hands, builds your courage, increasing courage builds self esteem and confidence in yourself and in a future of love and peace.

2: The Earth. The foundation of the Harvest.

Theory: Cycles. integrate more, segregate less: many hands make light work.

Practice: Preparing the worm farm. Understanding the Terra Preta and Pyrolysis compost toilet.

Motivation: Finding your vision: three essential questions. Felicitas Goodman

Meditation: Body posture "big bear".

3: The Edible Forest. The Basis of Sustainable yield.

Theory: Cycles, designing according to the laws of nature. "Can't see the wood for the trees", designing from patterns to details

Practice: Getting to know the pioneer plants and their role, observing their roots and layers. Recognizing the potential of the mulch, different materials and their appropriate applications.

Presentation of your own projects.

Motivation: Finding Your Vision: Meditation in Motion: to be completely integrated in the cycles of nature and what prevents you from integrating...

4: Where we encounter diversity, fertility rises. How edges and margins influence prosperity.

Theory: Creating space conducive to eco-abundance: design according to laws of nature. Learning about the "Matricultura holistic approach©" for analyzing projects.

Practice: Getting to know Mandala gardens, hill gardens, towers and lasagne (layered gardens), integrating animals, chickens, ducks, fish, etc.... and bees- healthy and strong all year round.

Watch the documentary: "Humus".

Motivation: Finding Your Vision: Bio-energetic exercises with the theme of the three essential questions.

5: Catch and store energy. Carpe Diem, seize the elements: appropriate techniques.

Theory: how to make the best of your own energy, renewable energy and choose the appropriate techniques. The clear word against exponential growth and the "high-tech revolution."

Practice: learning about the solar cookers, the dehydrator, the pyrolysis cooker, a biogas plants and other bioclimatic systems.

Motivation: Finding Your Vision: Introduction to "Dragon Dreaming". Presentation of your own projects.

6: Catch and store energy: Fair money, Non-violent money, Matriarchal "money".

Theory: Structural violence in the patriarchal economic system, pacifism in the Matriarchal economy (Bennholdt-Thomsen Veronika), the interdependence among all people in a healthy society (Heide Goettner-Abendroth). Bartering and gift economy (Genevieve Vaughan).

Practice: giving each other a gift of our own creation.

Watch the documentary: "Juchitan, a matriarchal city".

Presentation of your own projects: What is your yield to bring to a regional market? (A product, not a service!)

Meditation: I am abundance, I have abundance, I live in abundance.

7: Catch and store energy: Bio-Construction. Using and applying renewable resources. Creating spaces which are healthy, pleasant and comfortable. Getting to know the construction culture.

Theory: Bio-Construction and its uses, the selection of appropriate materials, bioclimatic construction.

Practice: a tour of the Autarca house.

Presentation of your own projects.

Motivation: Finding Your Vision: Meditation: I do not produce rubbish.

Watch the documentary: "Learning from Ladakh"

8: Cycles. Water is flowing, clear and free, it gives vitality and distributes vital energy. How to redistribute water to the earth. The half and whole water cycles, following Schauberger and Mollison. Healing of the landscape I.

Theory: Water, its life, its vigor. The Water and the land, the partnership that supports harvests for generations to come.

Practice: Learning about the purification of wastewater. Understanding retention tanks and concrete construction, modeling with clay.

Motivation: Finding Your Vision: Presentation of your own projects and the analysis models.

Breathing with the theme: I am the earth, the creating mother, giving and maintaining life.

9: Cycles. Water flowing, clear and free, the air raises the vital energy, as you work the sky. Healing of the landscape II.

Theory: The water and the sky, partnership that supports harvests for generations to come. Acupuncture of the sky.

Practice: Learning about Acupuncture of the sky, in accordance with the investigation of W. Reich.

Motivation: Finding Your Vision: breathing with the theme, I am water, flowing and liberating.

10: Cycles. Water flowing, minerals flowing: Healing of the landscape III.

Theory: Preparing the land: swales, hills, ponds, sun traps etc.

Practice: learning about erosion and how we can prevent it. Learning about the edible forest as a sustainable ecosystem.

Watch the documentary: "The Vision of Wangari Maathai"

Motivation: Finding Your Vision: Bioenergetics with the theme: I have roots, I am a pioneer.

11: Observe and intervene.

Theory: What do I do if my forest is dying? What if there are pests? What if there is no soil? Learning about the methodology of dynamic biological preparations and understanding scientific research on them.

Practice: Looking for medicinal herbs, defining their qualities, producing a dynamic biological slurry.

Motivation: Finding Your Vision: Presentation of your own projects, the biggest challenge, the most obvious potential.

Watch the documentary: "For the next 7 Generations"

12: Using self-regulation and accepting feedback. What grows you need, what doesn't you don't.

Theory: Thinking of 7 future generations, practicing in your regional environment, honouring the entire planet. The importance of biodiversity, eco-abundance and how we can invite them into our own projects from the first drawing of the design.

Practice and Motivation: Creating personal affirmations (promises) on self-responsibility. Presenting our own affirmations, movement meditations.

Watch the documentary: "Good Food, Bad Food"

13: From design to yield.

Theory, Practice and Motivation: Presentation of your own projects. Feedback and appreciation of the final assignments. Celebration and Certification.

"Healer of Mother Earth©": a two-year training, initiated by Barbara Graf and Erich Graf, Creators of Matricultura© and Founders of "Autarca", Tinizara, La Palma, and Co-Founders of "reforest@" Canary Islands. For more information see: www.matricultura.org, post graduate studies of Matricultura©.