

Idyllic Communities Project

Introducing an Innovative Approach To Improve the Quality of Life in Your Community

The Idyllic Communities Project is a project initiated by the Ananda Center for Life and Spirit, a spiritual community organization dedicated to healing our world. Its focus is on rebuilding the physical, mental, and emotional health of people through low-cost, no-cost methods, based purely on perennial knowledge and common sense. <http://RebuildHealth.com/icp>

Whatever we do to the least of our brothers and sisters, and to the creatures of the Earth, we do to God, and ultimately, to ourselves.

We are the ones who can create an idyllic community through knowledge, compassion, and action. We can't expect government or any organization to do it for us. We are the ones we have been waiting for.

Purpose

The purpose of the Idyllic Communities Project is to raise the quality of life in communities across America. It's based on the principle that when people are happy and joyful, they make good decisions and do not hurt people. They become more creative and supportive of positive life values. Conversely, when people are unhappy and miserable, they become cunning, vindictive, and make decisions that harm people. Quality of life suffers.

Goal

— To Make Your Life Easier and Happier and to Create An Idyllic Community for You to Live In —
 An idyllic community is not just beautiful houses, beautiful landscapes, and a great infrastructure. It's about people. People make or break communities. Think about the best and worst neighborhoods in the world. Watch the nightly news. The quality of life in every case is about how people manage their own inner life. It's the difference between saints and terrorists, positive contributors who create vibrant, solutions-oriented activities, and dropouts and criminals who contribute nothing to the well being of a community. It's about people and their ability to live intelligently and lovingly.

What We All Know

— Practically All The Problems In The World Are People Problems —
 You may have noticed that when people are happy and joyful, they make good decisions and contribute more to society. Society enjoys a higher quality of life based on their creativity, focus, and energy. Happiness is the basis of life-supporting behavior and creative ability. It's the basis of an idyllic community. Happiness is not a luxury, it is a necessity for any community.

Conversely, when people are unhappy and miserable, they make bad decisions that harm society. Unhappy people are often devious, insensitive, uncreative, and exhausted. They fight and complain. They commit all the crimes against humanity. Since their needs are not met, they are often selfish and demanding. They have little to contribute. They are negative precisely because they are miserable — their body, mind, and heart are in pain. Solving the problem of misery is not a luxury, it is a necessity for any society.

Practical Possibilities

Many people no longer believe that an ideal community is possible. The American Dream was based upon the idea that creativity and effective work would lead to a better life. The American Dream was our belief in utopia. That dream for many has turned into a nightmare of debt and disappointment. Education no longer guarantees a good job. Even for highly qualified workers, jobs are scarce. In 2014, the workforce participation rate was

only 63%, 37% of people are without work. 50% of 25 year olds cannot find a job, even with a college degree. A Gallup poll revealed that nearly 30% of adults under the age of 35 live with their parents.

Obviously, we need to re-imagine how to create idyllic communities that fulfill the needs of everyone. There are success stories and new innovations that can enable us to create a local paradise right where we live. Remember, it's not about money, it's about people. People make communities. People are what make everything happen. Happy, creative, enthusiastic people make idyllic communities. With new strategies, they can do it easier and faster. Our purpose is to provide and foster those strategies. This document and web page will be updated once a month, as needed, to provide more resources.

Present Reality

Statistics show that 80% of adults are on prescription drugs, 20% on psychiatric drugs, 9% on illicit drugs. These are astounding statistics. People are NOT healthy or happy. Rates of Cancer, Diabetes, and Heart Disease are epidemic. These diseases were virtually nonexistent a century ago. How can we create idyllic communities with such a disaster happening? Physical, mental, and emotional health are collapsing. The first step to creating an idyllic community is to understand and rectify the causes of this collapse, so we can have healthy, happy, creative people in our community. Everything depends upon people.

There are those who believe we have too many people. That is not true. We simply have too many people living a low quality of life. Physical, mental, and emotional functioning can be improved dramatically. Even IQ can be increased by 20-30 points or more. Human potential can be vastly increased.

Understanding Causes

Common experience tells us that pain and stress create misery and violence.

If you beat a dog every day, it will become vicious. If you continue beating, you will eventually get compliance, but at a price. Eventually, the dog will give up on life, succumb, and die. The same is true for humans. Today many people feel beaten up by life. They live under high stress, failed relationships, economic hardship, and physical and emotional pain. This often leads to frustration, violence, and crime. It can also lead to disease and suicide. Physical, mental, and emotional stress is the primary cause of illicit drug use, violence, and low-quality community life.

The fundamental problem is that we have never been taught how to take care of ourselves physically, mentally, and emotionally. We don't have the knowledge to care for our children or ourselves. We don't know how to heal the stresses of life. Plus, we don't recognize the deception and false promises of advertisers, marketers, and the media. We are led to purchase unhealthy foods, questionable products, and pursue unfulfilling relationships. Lack of knowledge is the fundamental cause for skyrocketing disease, mental illness, emotional burnout, and uninspired community life.

Success Stories You've Never Heard About

All of the problems we face today have been solved. There have been great success stories. Yet, these successes go unpublicized. These success stories deal with the harshest and worst cases. If they can work in these environments, they can work anywhere. Let's look at three such stories.

Case #1 - The Dramatic Impact of Healthy Nutrition

The Appleton, Wisconsin Experience

This case involves a high school with incorrigible and often violent students. The students were rude, obnoxious, and ill mannered. Central Alternative High School in Appleton, WI had so many problems with discipline and weapons that a police officer was recruited to be on staff. The halls were filled with altercations, dangers, and weapons. The teachers were fearful and very little classroom learning was happening. The

school was out of control. The dropout rate was 90%. In this context, the educators were struggling for a solution.

A local natural, organic food company underwrote a 5 year study to explore the value that natural foods could have. The results were astonishing. The first step was to remove all junk food and soda machines. Then, over one weekend, the diet was changed to a completely whole, natural, organic foods menu. For breakfast, fresh organic juices and whole grain natural bagels and other whole natural organic foods were provided. The lunch menu included all natural foods with a large fresh salad and fresh fruit bar.

It took only a few weeks to notice the difference. Almost immediately, the violence stopped, altercations dropped, vandalism dropped, the attendance rate went up, students could actually concentrate and focus in class and learn their school assignments. The school overall began to come under control. Within several weeks, the results were clear. By the end of the year, the dropout rate, previously 90%, dropped to 0%. Not only did the dropout rate go to zero, but expulsions, drugs, weapons, and suicides all dropped to zero. Within a year, the results were so impressive, the school board made the decision to convert ALL schools in the district to a diet of whole, natural, organic foods.

Wherever there is violence, anger, depression, inability to focus, or any other destructive emotions or lack of mental clarity, the first step should be to remove all devitalized junk foods, remove all synthetic food additives, and a shift to an all natural, organic diet. These steps managed to accomplish in a few weeks what could never be accomplished by punishment, discipline, or enforcement. Although food costs increased, other costs dropped. The district ended up saving \$5,000,000 from their operational budget over two years.

Summary:

Location: Central Alternative High School, Appleton, WI

Intervention: Whole, natural, organic foods

Result: Dropouts, expulsions, drugs, violence, altercations, weapons, suicides – all reduced to zero

Resources:

Video: <https://www.youtube.com/watch?v=LgabV3Ktgww>

Web site: <http://www.feingold.org/PF/wisconsin1.html>

Book Reference: "Extraordinary Healthcare" - Sri Ananda Sarvasri

Why It Worked

Research into the connections between diet and mental and emotional health revealed that, in the vast majority of cases, minor minerals, trace minerals, and rare earth mineral deficiencies were the underlying cause. Minor, trace, and rare earth minerals are elemental minerals that occur in the human body in very low concentrations. We don't need much, but if we don't have them, it causes a major catastrophe. Iodine is a classic minor mineral example. Iron is another.

Minor minerals compose less than 1% of the body. Trace minerals and Rare Earth minerals act as catalysts and represent only 0.1% of the required mineral need. Minor minerals include Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Selenium, Silicon, Vanadium, and Zinc. Trace minerals are the elements Ba, Be, Co, Cr, Cu, Ga, La, Li, Mn, Mo, Ni, Pb, Rb, Se, Sr, V, Y, and Zr. Rare earth minerals include, the cerium metals (lanthanum, cerium, praseodymium, neodymium, illinium, samarium), the terbium metals (europium, gadolinium, terbium), and the yttrium metals (dysprosium, holmium, erbium, thulium, yttrium, ytterbium, lutecium). The Platinum group (the noble metals) also have biological value and are known to concentrate in brain tissue. The noble metals include Gold, Silver, Vanadium, Platinum, Palladium, Iridium, Osmium, Rhodium, and Ruthenium.

Linus Pauling, Ph.D., winner of 2 Nobel prizes said, "You can trace every sickness, every disease, and every ailment, to a mineral deficiency." Experiments with animals showed that trace mineral supplementation actually doubled the lifespan! Veterinarians always recommend a specially formulated salt lick for animals to keep them healthy. An ancient ayurvedic mineral supplement, exuded from high Himalayan rock formations, known as Shilajit, is claimed to cure all diseases when used in the proper concentration. It is a complete mineral supplement, though quite expensive.

Veterinarians know how to keep animals healthy, very cheaply. They can't afford bypass surgery for cows! Through extensive research, they learned how to supply all the needs of the animal. They provide salt licks for minerals as well as balanced, complete nutrition. As a result, there is only one birth defect in 500,000 animals. By contrast, human food is created by companies focused on maximum profit. They pride themselves on sales of foods with little nutritive value and highly addictive properties, which they refer to in the industry as "craveability." Krispy Kreme is said to have the highest craveability rating in the food industry. There are many such examples. As a result of the focus on profits and addiction instead of nutrition, humans have one birth defect in every 33 births - a horrible statistic. Increased disease rates correlate precisely with the loss of minerals. Perhaps it is the food producers and processed/packaged food purveyors who should be in jail.

It turns out that the same fundamental nutritional causes of many diseases and birth defects are also the primary cause of mental and emotional problems that lead to crime and untold suffering in our communities.

Minerals do not occur uniformly in the Earth's crust. There are special places of longevity known as "blue zones" that are high in minerals. People live long, healthy, peaceful lives in the "blue zones".

The typical American diet no longer supplies adequate mineral nutrition. Agricultural practices have mined or destroyed the mineral content of the soils. Today it would take 26 conventionally grown apples to equal the iron content of one apple from 1950. Trace minerals levels are even worse. Organic foods grown on mineral rich soils contain more of the minerals we need for physical, mental, and emotional health. That's why when the diet in the school was switched to an organic diet, all the problems with violence and lack of concentration ceased. It's a simple formula: Complete full-spectrum mineral diet = healthy body, mind, and emotions.

One interesting fact is that ocean water contains all the minerals that the human body needs in the correct ratios. Sea salt is a concentrated supplement that has been valued around the world for thousands of years. If it is not leached by rain, it has the complete mineral content of ocean water. Typical table salt today contains only sodium chloride and is virtually useless for human nutrition. One simple and cheap solution to mineral nutrition is to replace demineralized table salt with un-leached sea salt (such as natural Celtic Salt). Mineral salts in ionic form, such as sea salt, and minerals in organic form (derived from plants) are both utilized by the human body, but minerals from plants have some advantage in absorption and utilization. Organic agriculture creates bioavailable minerals that vastly improve health — physically, mentally, and emotionally. Every community should know where to get organic foods that have been grown on mineral rich soil, or launch projects to create local, sustainable, organic agriculture and gardens to provide them. This may be our best solution to reverse crime and unrest in society. All prisons could immediately adopt a high-mineral organic diet to reverse repeat offenses.

The End of Violence?

The change to a healthier, organic, natural diet must include more fresh foods. Fresh foods like fruits and green salads contain high quantities of nutrition that are completely destroyed by heat and pasteurization, such as vitamin C and enzymes. This also accounts for the mental and emotional health recovery of the students. Research confirms that the violence and fanaticism we see around the world is largely due to nutritional deficiencies. Could terrorism be cured by mineral supplementation? This is a unique opportunity to understand the human psyche and how nutrition affects mental and emotional stability. One thing is certain, the research is

conclusive. Mental and emotional aberrations are caused by mineral deficiencies and can be cured with mineral supplementation. Certainly there are other factors at play such as social conditioning, stress, and abusive environments. But healthy mental and emotional states cannot be attained without complete mineral nutrition. They cannot be created by discipline and enforcement. Nutrition is the first place to start. Perhaps we could empty the prisons and reduce crime, violence, and suffering throughout the world through this knowledge. The mineral link to normal brain chemistry and mental health is profound.

Reference Books:

“Extraordinary Healthcare” - Sri Ananda Sarvasri

“Rare Earths: Forbidden Cures” - Ma Lan, M.D., MS, and Joel D. Wallach, B.S., DVM, N.D.

Even though the results with this high school are dramatic and took place in only weeks and months, it does not represent the totality of what can be accomplished. Even more can be done by combining methods. Dramatic healing can happen in only days. For example:

Case #2 - Stress Reduction in the Tihar Jail, India

The Tihar jail in India has over 10,000 inmates. When Kiran Bedi took over the management of the prisons, she searched for a way to reduce the violence in the prisons and restore normal mental and emotional health to the prisoners. She understood that prisoners landed in prison due to their mental and emotional state which led to their crimes of violence, theft, and anti-social behavior. Any compassionate judge, lawyer, or administrator can recognize that “there but for the grace of God go I.” If any of us had been raised in similar circumstances, including beatings and dietary deficiencies, we could have well ended up in their circumstance.

As Inspector-General of Prisons, Kiran Bedi, accomplished an extraordinary transformation in the Tihar prison in only 10 days through a sattvik (pure) vegetarian diet and an extensive program of vipassana or awareness meditation, sometimes referred to as mindfulness meditation. She searched for and found a solution to prison violence. It was so successful, the jail wardens and inmates ended up hugging each other with tears of compassion, gratitude, and joy in their eyes. Her solution took only 10 days.

The program included a healthy diet, rich in minerals, as with the Appleton high school. Sea salt used to be the most prevalent salt in India, although western commercialism is destroying the diet of India, just as it is here in the West. Also, due to the poverty in India, many children grow up with dietary deficiencies.

In the Yoga tradition, it is well recognized that past harsh experiences in life are accumulated. We call it emotional baggage. This emotional baggage must be healed in order to make progress in human mental and emotional health. The meditation she introduced, a simple awareness meditation, was one method to release this emotional baggage, although there are hundreds of such techniques.

A movie was made, documenting the process entitled, “Doing Time, Doing Vipassana”. The knowledge now exists to completely transform our society and the world around us. It appears to be entirely possible to virtually empty all of our hospitals and prisons by healing the people through such techniques.

Summary:

Location: Tihar Jail, India

Intervention: Whole, pure vegetarian foods, simple breath meditation, mindfulness meditation

Result: Violence reduced to near zero, wardens and inmates made peace with each other

Resources:

Documentaries:

“Doing Time, Doing Vipassana” <https://www.youtube.com/watch?v=WkxSyv5R1sg>

60 Minutes News Story: Segment with Anderson Cooper

Case #3 - Psychological Intervention, Prison for the Criminally Insane:

Experience: Hawaii State Hospital, Prison for the Criminally Insane, Dr. Hew Len

This example comes from an ancient Hawaiian healing practice known as Ho'oponopono. It's derived from more ancient knowledge from the East. The principles are universal and have been used since time immemorial. It's based upon:

- 1) Acknowledgment of responsibility
- 2) Recompense
- 3) Forgiveness as a way to heal ourselves and others
- 4) Gratitude and Compassion

True story. A clinical psychologist, Dr. Hew Len, took a position at an asylum for the criminally insane. It was a hellish institution. Inmates were utterly insane and aggressive. Some were straightjacketed. The staff was overwhelmed, depressed, defeated, and ineffectual. Other psychologists had given up and quit the position, regarding it as hopeless.

It is claimed by many teachers that we create the reality we experience. Whether true or not, taking responsibility for it and acting on it still works. The psychologist chose to take responsibility for the situation as his own creation and applied the four parts of Ho'oponopono.

First Part: "I'm Sorry." If you create something that you don't want, then surely you can be sorry for that creation and then do something to make recompense. Here, the psychologist realized that he had created this criminally insane asylum, this hellhole, and took responsibility for this undesirable creation. To make recompense, the psychologist simply reviewed the records of the inmates daily. He saw only a name, the history of the inmate, and perhaps a photograph. He never clinically met them or interacted with any of them. He only sat in his office and said within himself, while feeling the pain of the inmate he was reviewing: "I'm sorry." He was genuinely sorry for creating it. Whatever pain he could feel in them he could sense in himself. Of course, this required self healing. So he set about healing himself and his creation.

Second Part: "Please Forgive Me." If you have done something undesirable, then it makes sense to ask for forgiveness. You want to set things right. Asking for, receiving, and offering forgiveness is a powerful process for healing. Mentally, the psychologist simply asked for forgiveness and truly forgave himself for his creation. Asking for forgiveness is addressed to that oneness which connects him to the inmate. According to the philosophy, asking, receiving, and offering forgiveness – all of it – comes from the one consciousness that pervades all that exists. Call it God, or whatever you will.

Third Part: "Thank You." If you ask for, or offer forgiveness with others, a "thank you" is warranted, since you no longer have to bear the burden of your mistake, or else you release others of the burden. In either case, there is an opportunity for both of you to grow, and so you offer your "thank you." Still, if you have created an undesirable situation, you should do whatever is in your power to make recompense in a practical way. The psychiatrist then mentally thanked the divine oneness for the opportunity to set things right, to make recompense.

Fourth Part: "I Love You." Compassion, love, is the most powerful healing force. Love means genuinely caring about the welfare of others and yourself. It is not only a sentiment, it's a powerful radiating force. You have the opportunity to love all aspects of this creation, because at a very deep level, they are really aspects of your own self. We do not live in isolation. At a subtle level, we are all connected, all one. When you love others, you are loving yourself. The psychologist mentally affirmed this truth and sent out a sincere wave of love from the

heart. These four parts of Ho'oponopono can be used in any order. They can be used to heal yourself and the world around you.

Practical Results:

What happened from Dr. Len doing this work was unbelievable, really astounding. Little by little everyone improved. Even the staff completely changed. Over the course of four years, all of the inmates, except two, were healed and released from the institution. In the end, the institution was closed with the last two inmates relocated. This all took place because one person took responsibility and set about healing himself and his environment. Whether you look at it as healing yourself to heal others, or healing others to heal yourself, it is the same thing, because we are all interconnected at the level of the oneness of consciousness.

One important thing to note is that this is something each of us can do when we are affected by the tragedies around us. Whether you are looking at the victims or the perpetrators, you can take responsibility and practice this methodology with all of them. It is a way to clear the misperceptions and energies that cause undesirable conditions. You may not have political or economic power to bring about changes, but even without such resources, you have love that you can radiate into any situation.

I'm sorry, please forgive me, thank you, I love you.

This Hawaiian system is one way of taking responsibility, but there are many other ways. First you take responsibility for yourself and do your inner work. Then take responsibility for conditions in the outer world around you, which is a reflection of yourself. Essentially, that means working with people – helping people.

If you want the world to be a better place, then take responsibility whenever and wherever you can. We are all responsible for our leaders' greed, ineptitude, irresponsibility, and lack of care. We are responsible for corporate greed and abuse. We are responsible for the environment, for all the pollution and nuclear radiation. We are all responsible for the wars and starvation. We are responsible for everything.

It should be noted that the psychologist did not do this work alone. He taught others at the institution about the process and they used it as well. This reinforces the idea that when more people take responsibility, more powerful effects can be created. It should also be noted that it could have been accomplished much faster. I mention this method by name because it became an Internet sensation. Yet, if other elements of the Extraordinary Healthcare system had been used, perhaps the prison ward could've been emptied in weeks or months instead of years. If you just use one good method such as Ho'oponopono and then live on hamburgers, donuts, and junk food, ignoring other important realities, you won't accomplish nearly as much, nor as quickly. Everything matters.

Summary

Location: Hawaii State Hospital, Prison for the Criminally Insane

Intervention: Ancient Hawaiian Method Ho' Oponopono

Result: Prison emptied and closed within 4 years

Resources: Book: "Extraordinary Healthcare" - Sri Ananda Sarvasri

These three cases, these success stories, are based on just 3 methodologies for creating a better community. There are literally hundreds of methods. Many of them are detailed in the book "Extraordinary Healthcare." The key element in all of these efforts is taking responsibility. Various methods were used to bring about transformations in mental and emotional health, some were more effective and faster than others. The more methods you can include, the more rapid the results will be. Combined methods create combined power.

A New Focus on Idyllic Communities

Communities, even whole countries, no longer want to measure success on economic measures alone, such as GNP. Economics is a shallow measure of the health and well being of people. New indexes are being developed to measure more important aspects of community. So called “happiness indexes” have been developed and are beginning to be used in countries around the world. We can use such indexes as a measure of success.

The goal of the Idyllic Communities Project is to educate people in how to bring more happiness and joy into their lives and thereby reduce the misery. This will have far reaching consequences on the reduction of illicit drugs, crime, and violent, negative behavior. We will also have happy community members to share life with.

Happiness Indexes generally have four components:

- 1) Sustainable Development
- 2) Cultural Values
- 3) Natural Environment
- 4) Good Governance.

They often recognize eight contributors to happiness:

- 1) Physical, mental and emotional (spiritual) health
- 2) Time-balance
- 3) Social and community vitality
- 4) Cultural vitality
- 5) Education
- 6) Living standards
- 7) Good governance
- 8) Ecological vitality

First on the list is Physical, Mental, Emotional Health, since that is the basis of all the rest. The case studies above showcased the possibilities. As time progresses, we will incorporate the other 7 contributors to happiness into this document. Obviously, we will not be doing all this ourselves. We will rely on the community of communities. We want your feedback so that we can share it with others. Let's look at how this could work.

Methodologies for Creating Idyllic Communities

The primary method is to break big problems into small, tiny problems. You can't fix a whole country from the top down very easily, or inexpensively. This approach doesn't rely on government, large organizations, or any huge master planning. You don't need to join any group, pay dues, or put up any money. It relies on people, not money. It is local. Realize that everything in society is created by people. Food, houses, basic goods and services all happen because people are doing them. They are even the ones who create the materials.

The method is to get people doing what they care about most and love to do. People are the creators and the workforce. For example, suppose the community has a problem with hunger, not enough to eat. If this problem persists, crime rates will soar as people try to get money to buy food.

Understand something important – food does not come from stores. It comes from the people who grow food. If we want food, we can create it with people. Let's take a small community, 1000 people. If each person in the community volunteered 3 hours per week, let's say Sunday afternoon between 3-6 PM, that would be 3000 man-hours per week. Do you realize how many gardens could be created and planted with such a workforce every week? There would be such an abundance of food you would have to sell off the surplus to neighboring communities. Or maybe create a local free-food restaurant for the needy. Many hands make light work.

Of course, 1000 people would be too many people to manage easily. We would be better off to break the group into the smallest possible divisions of maybe 10-20 people. The number of people who can sit comfortably in

one room at a library, community center, or even someone's home. They sit together and decide what they want to have in their tiny neighborhood to help create an idyllic neighborhood of 10-20 houses, right where they live. They decide when to meet and when to work to create what they want, such as gardens. They can split into workgroups of 3-6 people so solve specific problems. Small workgroups are the best way to get things done. Big groups become chaotic quickly. The ideal size for workgroups is 3-6 people in most cases. Even huge corporations have found they must break up any big project into small workgroups.

Elders and Wise Ones

In every community, there are people with vast experience of life who are generally the elders and wisest people in the community. These people can be given leadership roles in this group of 10-20. You will want at least 3 elders to help guide the group. The group may already exist as a neighborhood association. Their focus could be expanded to create a more ideal neighborhood using local people as a resource. The whole system is based upon sharing our time, talent, and if we can, our resources, such as a corner of our property.

The first project may not be food, but as suggested, physical, mental, and emotional health. Perhaps the group meets once a week to read and study together how to bring a new level of health to the community. A lot of information can be shared in 3 hours/week. Read from a resource book. Bring and share recipes, herbs, seeds, whatever people want and need. Becoming friends and sharing is the whole process.

We already do most things in small groups of 3-6 people. Book clubs where people meet to read, study, and discuss books, Meetups, open source software projects, almost all projects ultimately depend on a small group to lead it and make things happen. This is no different.

How to Get Started

- 1) Make a small flyer that you can put on doorknobs around your neighborhood. 10-20 houses.
- 2) Invite everyone to come learn about the Idyllic Communities Project
Put the web page on the flyer so that everyone can read about it before hand.
- 3) Set a time, date, and location to meet within 1-2 weeks, Sunday afternoon is often good.

Meet together and begin making friends and building a community.

- 1) Start with introductions and let everyone express their vision of an Idyllic Community.
- 2) Take notes to record ideas, also, write ideas on a big white board or flip pad so everyone can see.
- 3) Collect a list of names and emails so you can keep in touch.
- 4) Set a meeting time every week to keep the momentum going.
- 5) Start with healing body, mind, and emotions. Working with people is easier when they're not stressed.

Everything you want can come from this group. Friendships, security, people's skills, and knowledge. A community of positive, happy people is where life happens. Watch movies together, read books together, grow gardens, make greenhouses, store food in case of emergencies, help each other. Create home businesses. You name it. Everything comes from people. Connect to other groups for bigger projects. Keep it simple and focused. Come back to this web page and get updates.

All the best,

Sri Ananda Sarvasri