



gaia education

Design for Sustainability



Final Report SHE-EDE

April 26th – May 25th 2023

ORGANIZED BY BESTUP APS AT THE EC-OSTELLO MAGLIANO SABINA – ITALY

By Sabina Santovetti



gaia ede



Gaia Education
Ecovillage
Design Education
Programme



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SHE-EDE - Magliano Sabina



Course Overview

Course Overview (150-300 words):

Brief explanation of the background of the organisation, host site. Diversity of participants and facilitators. Main highlights, key success factors and other relevant information that would describe what happened during the EDE. This text will appear at Gaia Education's web site to describe your programme.

Organizer: BestUp - Bello Equo Sostenibile - Rete per la Promozione dell'Abitare Sostenibile APS -

<http://www.bestup.it/new/index.php>

Facilitatress: Sabina Santovetti

BestUp is a social nonprofit association that works since 2010 on the promotion of ecological and sustainable education. Sabina Santovetti, architect, facilitatress and certified trainer of Gaia Education is the presidentess of this association and currently is creating courses with Transition Town Movement, Schumacher College and the Work that Reconnects Network.

This She-EDE course, that she created, was hosted in the public Ecological Hostel designed in 2016 by her team with the best sustainable technical criteria.

<https://ostellomaglianosabina.it/en/>

The EcOstello is a place of sharing interconnection with the local community, where the activities are mainly centered on spreading ecological living and community building.



The She-Ede was a World Premiere program. A four weeks journey that had the objective to empower women, raise awareness and create future resilient communities inside the Ecovillage Design Education Model. Bringing together experience in ecovillage design, matriarchal societies, feminine wisdom, activism, community building and healing circles, a diversity of facilitatresses coming from Germany, Holland, Switzerland, Portugal and Italy created a new format of EDE – responding to the worldwide need of mutual female support and empowerment. It was a deep journey of feminine healing for the participantesses that came from many countries abroad, Portugal, Australia, Canada, Germany, Austria, Switzerland, Finland and Italy. Two women refugees from Afghanistan spent a few days with us with a scholarship and we greeted women from the local community to spent time with us in activities such as body work in the morning, dancing and community building workshops. We warmly welcomed two mothers with their children, a little girl and a little boy that were the highlight of our days together. It was a journey of intense research on personal self but also a moment where sisterhood could be deeply discovered among participantesses, creating everlasting bonds and deep understanding of matriarchal equalitarian/sustainable and peaceful past and existing cultures in the world. The Work that Reconnects Spiral Work was holding the weekly rhythms of our circular empowerment journey, *Gratitude, Honoring the pain for the world, Seeing with new/ancient eyes* and *Growing forth* became the guiding metaphor of the each week. Every Monday the women would spend time in Nature to strengthen their gratitude and then dive into the weekly theme of the Spiral work. It was about working in Bio-dynamic or Biological farms of this beautiful territory and experience circles of healing related to Mother Earth circles and Goddesses' wisdom. The eco-hostel became our home to live communally, cook and clean, dance, work, learn, weep and laugh, share in circles of deep listening our wisdoms and pains to each other and learn to be more resilient in these times of climatic crisis and deep adaptation. Our She-Community was a beautiful example for the community of Magliano Sabina that hosted us. It was a rich interconnection that hopefully will continue in the future She-EDEs' workshops.



Participants (50-150 words):

(Basic stats including numbers of participants, age range, gender ratio, countries, ethnicities and backgrounds)

The course hosted 16 participantesses, two children and two women refugees from Afghanistan. We hosted a woman from Sweden for a week that was studying Goddesses and women for her research work. The women that participated to the SHE-EDE came from Canada and Australia, from Germany, Austria, Finland, Switzerland, Portugal and Italy. They were all white women, well educated, activists, feminists, mothers and gender fluid in spirit. Wonderful souls, very interested in making a change in themselves and in the world. All aware of the patriarchal system they were living in, they were interested in creating better resilient communities. We were 6 facilitatresses holding the courses full time and 3 facilitatresses that came to visit for one day or one week. We invited also local community participants to share their experience of living in their communities and had an experienced chiropractic healer helping us with different pain issues of the participants as well as mothers that taught us how to make pasta or soap. We were guests of three biological farms held by 3 women farmers that shared with us their wisdoms and technicalities, their worries for climate change and their hopes to create awareness in their communities to create and sell good healthy locally grown food.

Course rhythms (50-150 words):

A description of the times of daily activities, sessions, free time, social time, interaction with hosts, rest; how many hours in lectures & practical sessions, etc.

The day would start with the home group in charge of breakfast to cook and prepare food for everyone down in the kitchen and refectory. The 8.00 o'clock to 8.30 breakfast time would be closed by the 9.00 o'clock morning circle where the activities of the day would be announced and special needs spoken out. Time for the morning meditation, songs, poems and special readings would close this circle and the body work activities would start in the garden or in special dedicated spaces where Qi-Gong practices would be given. The Municipality of Magliano Sabina gifted us of all their public spaces such as gym, elderly homes, municipality centers. We were allowed to use them at our wish.



Qi-gog would happen every day from 9:30 to 10:15. The main morning session of the day would be from 10:30 am to 1:00 pm where the different dimensions of the Gaia Education program would be given by different facilitatresses as in the program submitted for the Gaia Education Certification. Lunch and break would be from 1:00 pm to 3:30 pm. Lunch everyday would be prepared by our great vegan chef Barbara or by the cooking school of Magliano, that had agreed to gift us of this cooking session twice a week. The afternoon sessions of Gaia education's dimensions would start at 3:30 pm and end at 6:00 pm with a 15 minutes break in between. At 6:00 pm there would be always time for home groups to get together and spend time either in the garden or at the village. It would always be co-created by each single group. At 7:00 pm it would be time for dinner and the home group in charge for the cooking usually would use this time of home group to prepare dinner. Cooking was all vegan with the possibility to have also some vegetarian menu. Evening activities were held from 8:30 to 10:00 pm but would not happen every day. They were moments of leisure such as films, dances, celebrations and circles but also free nights. The curriculum was divided equally in practical and lecture sessions. During the main sessions there would always be the time to create practical exercises, sharing circles, games and artistic activities so that it would not be so much theory but a fair mix of practice and theory.

Highlights & challenges of each dimension

Social Dimension (150-250 words)

What happened in this dimension? What were the highlights? What subjects were covered? 1-2 participant quotes from the Gaia Education Evaluations or other sources. A sentence on each core faculty/facilitator.

"Never doubt that a small group of committed citizens can change the world; indeed, it is the only thing that ever has" Margaret Mead

"She-EDE is about togetherness. Do not forget that *she* means always *we*". Sabina Santovetti

"What I truly learned in this She-EDE is the power and importance of naming what is (eg existing tensions, deep topics that are touched, etc) and to acknowledge what is present and support a moving further/to something different". Annabelle Schapals

"The social dimension application in the community of women. Being with women is the strength of this course" Participant

"On our Living Community (accommodation, food, facilities) it was All excellent". Participant



The highlights of this dimension were the Sociocracy and Leadership Empowerment tools that were put in practice throughout the entire month by the group and by each home group. Consent was used in decision making and decision making and Feminine Embodied Leadership & Personal Empowerment were put into practice daily with many exercises related to rituals, making art, singing and dancing techniques, to create community building. A series of events brought to the village were experiments of activism and networking using the art of invitation. Living in the question as a daily decision self-tool was taught and the whole system of working together in community was the way the tools of community building were put into practice in the daily living. Facilitation was shared in each group and skills of check-in/check-out, timekeeping, consent decision making and active listening were practiced daily in group circles and in small groups.

Include 2-3 pictures. [See Folder Social Dimension](#)

Economic Dimension (150-250 words)

What happened in this dimension? What were the highlights? What topics were covered? what practical activities were performed? 2-3 participant quotes from the Gaia Education Evaluations or other sources. A sentence on each core faculty/facilitator. Any other information that you consider relevant.

“The idea of a free gift economy has become important in the movement for alternative economics, however the connection with women and especially with mothers has not been widely understood”.
The Maternal Roots of the Gift Economy, edited and author by Genevieve Vaughan

“In everything we do we should keep in our heart to behave as a good mother” Sabina Santovetti

“It was super great. I feel good here and I think this is a perfect place for the amount of people we are. Also the food was never thrown away and always put into another meal magically”. Participant



The course was built within the principle of the gift economy, regenerative economy and maternal gift economy. The participants were asked to choose freely the amount of money they could invest to participate to the She-EDE and prices were indicated but not imposed. The policy of the course that BestUp adopted was to accept everyone despite the economic possibilities. It was the first course ever and we couldn't really give scholarships but the energy of the universe moved towards us and we were able to fulfill everyone's wish. Budget transparency was offered to the facilitatresses and to the participantesses, and circles of sharing were organized so that the entire women community knew expenses and business plan of the She-EDE. Patriarchy and capitalism as oppressive forms of economic patterns were compared to more advanced systems such as Doughnut Economy, Regenerative Economy and Maternal Gift Economy systems. De-growth and Reuse principles as an economy of care to the planet and to ourselves were used in our everyday life. Our small women community had special attention to food, to water consumption, to reusing as much as we could as a recurrent system of living. In practice we created circles in which we shared our budgets and the facilitatresses' group shared at the end of the course a sisterhood circle where the remaining money of the business plan was divided equally without distinction. This process was part of the economic experiment that the Association BestUp and her president decided to practice in the She-EDE. Our community believes it to be part of the shift in consciousness that needs to be created to embody a more egalitarian maternal society using money equally.

Include 2-3 pictures. [See Folder Economic Dimension](#)

Ecological Dimension (150-250 words)

What happened in this dimension? What were the highlights? What topics were covered? what practical activities were performed? 2-3 participant quotes from the Gaia Education Evaluations or other sources. A sentence on each core faculty/facilitator. Any other information that you consider relevant.

“Building your own house is like building your own self”. Barbara Narici, Womud Founder and associate in Bestup

“Mother earth is abundant and full of gifts. Clay has been since the origins of our species the Queen material to build homes and utensils”. Sabina Santovetti

“I want to work in the socio-ecological transformation area somehow and also would like to maybe work/live in an Ecovillage. So that's why I considered it as useful to be part of this course”. Participant



Ecology, Sacredness of Mother Earth and Nature connection were the highlights of this course. Women in the course of history have been taking care of all the ecological systems related to living. Food and construction are ancient women's crafts. Agriculture and taking care of the Earth has been the founding principle of the Nature We walked in nature and visited the farms owned by beautiful women that have been honoring the sustainable cycles of agriculture in contrast to the *business as usual* capitalist agricultural practices that are common in these areas. We gave importance to local food and biodynamics nutrient cycles. We learned to make soap, grow food, clean with natural products and eat biological and local respecting Mother Nature cycles and eating only KMO seasonal earth produce.

Whole-system design approach in order to live more sustainably was integrated in our living habits. Green building and retrofitting were shown as an example of distinct sustainable design while living in the ec-Ostello which is an example of self-sufficient sustainable architecture. The Community and the Mayor of the town came to give us a talk on all the steps that this town, in the course of fifteen years times, has done to become a Transition Town in the Network. By implementing energy with solar, photovoltaic and building a hydroelectric plant that gives free green energy to 1/3 of the population. Creating electric stations for cars, bringing public lighting to zero consumption and using only solar photovoltaic energy in public buildings. By recycling and abolishing plastic in the whole territory and creating continually educational projects to teach the population new strategies for a green living this Municipality has won many Sustainable prizes. Nature and Urban regeneration in Magliano Sabina are one and this town is a good example of good ecological design that the participants of the course embodied in their everyday life. We also had the occasion to host a beautiful day of earthwork using clay and discovering how to use this precious material as a construction material practicing with our hands, earthworks with clay. These spaces are learning models for those that want to rebuild and rejuvenate towns. We were lucky to experience the simplicity and quality of a Transition Town for a month while participating to the She-EDE.

Include 2-3 pictures. [See Folder Ecological Dimension](#)

Worldview Dimension (150-250 words)

What happened in this dimension? What were the highlights? What topics were covered? what practical activities were performed? 2-3 participant quotes from the Gaia Education Evaluations or other sources. A sentence on each core faculty/facilitator. Any other information that you consider relevant.

"If you educate a child, you will have an educated man. If you educate a girl, you will have a woman, a family and an educated society". Rita Levi Montalcini



“The central purpose of the Work that Reconnects is to help people uncover and experience their innate connections with each other and with the systemic, self-healing powers of the web of life, so that they may be enlivened and motivated to play their part in creating a sustainable civilization”.
Johanna Macy

“The strengths of this program were, the She aspect and the Lived experience of facilitators and guest facilitators”. Participant

“The revolutionary thing, that there are just women together for 1 month. I mean, when is this possible, ever?“. Participant

“Matriarchal societies were the highlight of this dimension” Participant

“Strengths I experienced in this course was the feminist perspective, the focus on matriarchies and the creation of a space without men”. Participant

“We need to bring back in the educational systems the knowledge, repressed by Patriarchy, of the history of existing and ancient Matriarchal Societies, and compare them with the ecological principles that are brought forward by the ecovillage global network. Matriarchal egalitarianism, consensus governance, maternal gift economy, peace and spirituality are the teachings of these indigenous societies that we need to bring forward as a shift in consciousness in the world and a recognition that the Maternal values are supporting a new vision of the history of human kind. Women and motherhood will lead the future”. Sabina Santovetti

“The course was in my opinion very successful in reaching its learning objectives, the participants gained a clear understanding as well as a practical experience of the 4 dimensions and the tools and theory within each dimension. I deducted 5% because of the density of the course, which makes it a challenge for participants to take in everything that is offered during each session”. Tara Van Den Berg

“Another milestone for me was the She-Gong presentation we held at the town square of Magliano Sabina, which was a sort of performance with the whole group. We decided it would be a way of reaching out to the community of the town and give thanks to their hospitality. Afterwards I realized how powerful it was for the women to go out and show themselves outside the ‘bubble’ of the course. It was not just to show themselves, but to stand for something together. It also supported building a stronger connection with the local community, which can support the work that is being done in the EDE”. Tara Van Den Berg



The cultural dimension of the She-EDE was rich of interesting crossing paths pollinating new seeds for women to take with them in their life journey. Patriarchal values were embodied in a deep journey of honoring our pain for what we have lived deeply as women in 6000 years of violent history in sessions of Truth Mandala work, circles of healing, Red Tents Ceremonials, Nature walks and a deep journeying in Matriarchal Societies' history of existing cultures as of ancient ones. This knowledge created a rich humus for women to discuss, share and heal within their souls. Sisterhood, Motherhood and Cronehood became evident between all the participantesses. Help to the mothers and their children was part of their healing journey. Asking themselves how can they be together and *One*, in this dispersive dividing patriarchal culture. It created bonds between them and between all of us. Spirituality and Goddesses' acknowledgement enabled everyone to discover their particular unicity as the archetypes of the deities they discovered in themselves. Ceremonies acknowledging the sacrality of Nature and Seasonal and yearly cycles, the elements were reconnecting their womanhood to Mother earth. This deep investigation in a women community was healing and hopeful. Community interconnection through dancing and singing practices reinforced the She-Ede soul and self of the participants. Standing as one together in a performance offered to the Magliano Sabina Community or singing in front of the Church while the Mother Mary Village Procession was happening, were ways to confirm She-EDE womanhood and sisterhood to the local community.

The ecological personal journey was the occasion to discover in Nature walks the planetary journey that the Earth embodies. We lived in the many healthy moments in Nature and in the garden, in the farms we visited and worked in and in the community life in the Hostel.

Include 2-3 pictures. See Folder Worldview Dimension

Design Dimension (150-200 words)

What happened in this dimension? What were the highlights? What topics were covered? what practical activities were performed? 2-3 participant quotes from the Gaia Education Evaluations or other sources. A sentence on each core faculty/facilitator. Any other information that you consider relevant.

"It was good to be able to create our own projects". Participant

"Team work and leadership learning by doing, practicing community tools were the highlights of the Design Dimension". Participant



“The project time and presentation are a very important part of the course that I enjoyed a lot to see how participants took it up. For me it was the turning point of participants really stepping up for their ideals and (even though it is challenging in short time) actively working on them with others”.
Tara Van Den Berg

“A big milestone for me were the presentations of the project dreams and the collective honoring of these dreams that lead up to the project group time. Then, of course the presentations of the project groups felt like an important and truly empowering step”. Laura Schneiter

The Design Dimension used the Dragon Dreaming tools to organize the projects in groups, discover the personal talents and strengths of each participant and organize the projects in three groups of three to eight women. The groups formed organically and worked with smoothness and no major conflict arose while developing the design. Issues were supported by comprehension and sisterhood using active listening tools. The project was all about Matriarchal activities. It was very clear that the contribution of matriarchal societies history molded the desire to create projects of motherhood and sisterhood. Very interesting the project on experiencing the Matriarchal, which was a deep questioning and healing community performances with a slow pace mode and a spiritual essence in intent that created rituals, declarations of intents (manifesto) and healing performances. The matriarchal kindergarden project was about creating a mother culture for very young children, a new matriarchal experience of education. The moon nest was about bringing the She-Ede out of the course’s hub, into the future and in other Communities. A way to expand the teachings of the course into the outer world.

Include 2-3 pictures. See Folder Design Dimension

Design Studio Case Studies

Brief description of the case studies developed during the programme if applicable.

Three groups were formed to work on the Design Project after having attended to the Design Dimension workshop and decided and gathered around a group project.

Project 1 Experiencing Matriarchal Societies

VIDEO : <https://youtu.be/BXQT3aLK1tg>

SHE-EDE Project Report for Certification in the Gaia Education Program of Ecovillage Design Education



May 20, 2023 Magliano Sabina

Participants:

- Eva Bengert, Germany, Sociologist
- Emma Bishop, Canada, Writer/content creator
- Ladina Demarmels, Switzerland, Psychology Student MSc
- Miriam Möhwald, Switzerland, social worker
- Silja Brüggemann, Germany, Art Student
- Stephanie Wyss, Switzerland, Campaigner
- Niina Ollanketo, Finland, interpreter

Common vision:

Expressing Contemporary Matriarchy to the world (as a She-EDE project)

Theoretical frameworks used:

- Matriarchal societies' wheel
- Gaia education's sustainability wheel
- Dragon Dreaming
- The Work that Reconnects Spiral

Process:

In our group, we started with the topic of contemporary matriarchy and how to create it or bring it into the world. When we met as a group, we decided that we would have a few different rotating roles that could be switched from meeting to meeting. We had a facilitator, timekeeper, someone to document the results of the tools we used, someone to document our meta-level process and these varied depending on what people wanted to take responsibility for.

It was important to us that we were living the creation of the project in an already "matriarchal" way. This means that we already embody our vision during our work together. To support us in our process we used different social tools.

Conclusion:



What do we take from our project? Our main conclusion is that when everyone can contribute in her unique ways to the whole, when everyone feels safe and can express her feelings and intuition, then we can create contemporary matriarchal spaces and communities. We experienced that agreeing on common values and using social tools have been supporting us in the process to create and hold this space. Creative expression is a meaningful way to consider the new ways of togetherness with which we can live and bring matriarchy into every moment and space in our life.

Project 2 Matriarchal Kindergarden

Video: <https://youtu.be/GqMzJXP1tgo>

SHE-EDE Project Report for Certification in the Gaia Education Program of Ecovillage design Education

May 20, 2023 Magliano Sabina

Participants:

Noemi Altobelli

CoFSA's Community Manager

Lena Seyfried

Student in the Bachelor degree

"humans and the environment"

Cathy Smith

Yoga teacher for kids

Title: Matriarchal Kindergarden: an example of a Regenerative Center for Transformative, Holistic Education

Brief/Common Vision:

An early growing center where the concepts of Mother-Nature, community spirit, personal growth and respect for the innate wisdom of the infant govern our entire approach;

where child-directed play, parental and community participation, art, music, health and joy are at our center

Mission:



Our mission is to demonstrate that “islands of sanity” are possible in this world. The Matriarchal Kindergarten is one of those “islands”, where childhood and parenthood is supported in an open and constructive way, while advocating for a regenerative culture.

Abstract:

Since achieving sustainable development is inconceivable without educational processes, kindergartens play an important role in being living examples for a socio-ecological transformation when it comes to early childhood development. In this project, we tried to focus on the development of a framework for a matriarchal kindergarten as an example of a Regenerative Centre for a transformative, holistic education.

Project 3 Moon Nest

Video: <https://youtu.be/Dd0RgeYu0Jk>

SHE-EDE Project Report for Certification in the Gaia Education Program of Ecovillage design Education

May 20, 2023 Magliano Sabina

Participants:

Ronja Schüssler

Physiotherapist, Planetary Health Educator, Cycle & Embodiment Mentor for women, Lover of Life

Sofia Martins

by embodying my internal and external Moon cyclicity I bring to my hands, to my dance with my body, to my creation the expression of Nature within me.

Felidayax

As a medicine musician, ceremonial space keeper and ritual birthing doula I follow my call to guide people into deep self-healing, remembering of their radiance and connection to the divine source.

Alexandra Evans,

I work as a somatic Embodiment, Yoga and Dance teacher to empower women on their individual way of Liberation.

Johanna



I am a passionate traveler, spending many years in the Middle-East learning about the culture and tradition there. Nowadays I take care for my son and research about living in communities.

Title: SHE-Ede MoonNest

Brief/Common Vision: Empowered Women, Empowered World!

A global Network to support women in multiple areas of life to nourish projects and share resources. The offering of a matriarchal nest to integrate a feminine lifestyle in nowadays life.

Mission: To empower Women of all ages to create a Ne(s)twork, that will support individual and collective projects.

Our goals:

- * develop a roadmap for our Ne(s)twork
- * integrate more matriarchal Culture into our modern society.
- * evolve as women and mothers to find balance and stability in life.
- * sharing cyclic awareness and honoring the cycle of nature, women and the moon.
- * supportive structure for projects
- * empower an independent income.

Abstract:

Life is calling us. Our hearts are calling us. Our wombs are calling us. Mother Nature is calling us. The Great Turning is calling us. And we are answering the calls from deep within.

For navigating in a messy world and to dream/create/explore/take action for an ancient future, community is key. We all need a warm, nourishing and safe nest. A space where we can rest, regenerate, celebrate, pray and support each other. There cannot be enough spaces where sisters come together.

The SHE-Ede MoonNest is a global Network to support women in multiple areas of life to nourish projects and share resources.



The MoonNest Gathering contains Ritual work, Embodiment, Dance, Sharing and Medicinemusic as well a supportive Ne(s)twork to nourish individual projects of fempreneurs in the project spotlight. We offer twice a month on full moon and new moon Zoom calls, where women can gather together, also offline with their sisters and friends, while attending the Zoom call. Let's create modern matriarchal nests in nowadays life.

Lessons Learned (50-300 words)

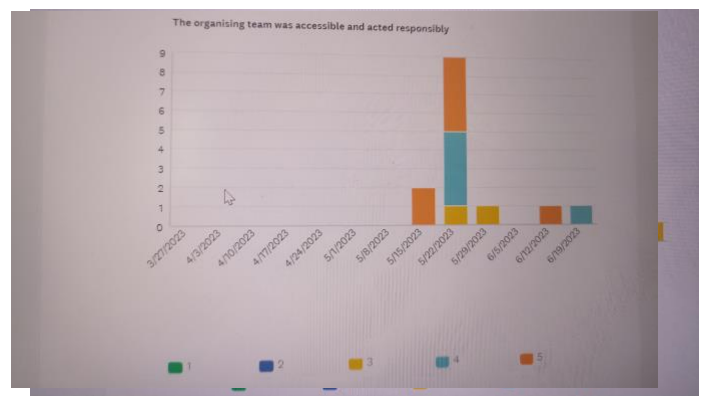
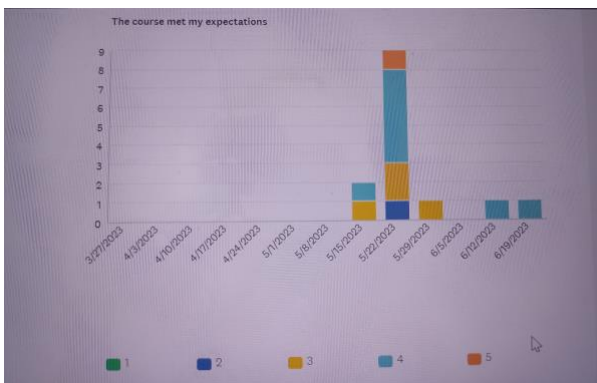
What could help future EDE's from your experience? What were your biggest learnings? If a re-certified EDE, also list & respond to lessons learnt from your previous EDE.

Describe your EDE in terms of the know-how and learning obtained, the stories and inspiration that happen to the participants and the organizers during the EDE or a good summary of a project or activity carried out during the program. Take into consideration that this will be circulated among the Gaia Education's community, so they wish to learn, get inspired and be empowered by your program and your participant's experiences. (200 - 400 words). Include 1 or 2 pictures.

EDEs dedicated solely to *Women* have proven to be very important. This is what I realized this year by putting together this course in Magliano Sabina only for women of all ages and social background. There was no doubt that all the participants were aware that the space we had created just for women, just for healing, just for self-awareness, just to learn to work together in sisterhood was a precious, experiential and experimental space and they wanted more. Matriarchal and patriarchal investigations were a very rich cultural starting point and the Work that Reconnects Wheel created the rhythms of the healing journey. It was a great combination to organize a laboratory for women with such premises that, together with the Gaia Education Wheel and Community building tools created an enthusiastic women community with deep ecological values. It was not always roses and flowers but it was real and honest and every one of us tried to be as real and true as it was possible to be. Consciousness and true SHE-Spirit blessed our healing journey. The highlight of the course were the children that spent time together with their mothers and with us. It was essential that they were with us. They taught us patience, understanding, care, love, peace, joy and mostly what it means community care. We hope to create more of this with many mothers and children. Womanhood and children are One as much as She means We and creates a different vision of the world. It is the Great Turning of Womanhood.

Key trends from the Gaia Education Survey Monkey evaluations, using words and charts if possible.

In general the course had positive feedback in the range of 3 to 5 points which was very satisfying for a first course ever. The design and project work scored a little bit lower and needs to be attentively reworked especially organizing it not all at the end of the course on the last week, but probably spreading it out the entire month time lapse. The facilitatresses were praised and the dimensions that had more success were worldview and social. The ecological sphere needs to be strengthened but it is always a question of time and if some aspects are taken care of satisfyingly then unfortunately others have to be left out or looked at superficially. The economic aspect was well cherished by all the participants especially the aspect of transparent budgeting. In general 70% of the women would advise this course to other women. We can also work in the future She-EDE for a better cohesion of the team of facilitatresses.



Summary of projects/activities participants intend to engage in, inspired by their attendance in the course (50 - 150 words):



All the participants left with future projects in mind. The idea to spread She-EDE, bringing awareness of women empowerment and matriarchal societies' diffusion and patriarchal bias and oppression comprehension was shared by all of them. Some of them left already wanting to build an ecovillage in their country and Sofia had already found the land and she was ready to create a thriving ecological community and creating Ede courses. Others were ready to come back to Italy and helping in future She-Edes. There was for many the idea to work on ceremonial women practices like yoni ceremonials. Others were organizing camps to empower women and more were ready to continue their journey of acquiring wisdom and knowledge of ecological and spiritual practices. They all left and were on the road to awareness. It was such an honor to be near and with all these beautiful women.

Participant Quotes

Send 3-4 participant quotes from the Gaia Education Evaluations or other sources, please include names and photos (send the photos as separate .jpeg files and properly captioned/named) – please make sure that the people in the photos have given their permission to be included.

1. Stephanie Wyss (photo in the folder Participants' quotes)

Dear sisters, this morning I really felt how I miss you and this women circles. My womb misses you, my femality wants to be nourished again in these fields. Tomorrow I return home again and I feel mixed, going back to this society, my parents house stresses me too. I want to stay myself without shields, masks to protect me. These four weeks with you strengthened this sensitive me a lot and I feel you in my back. Really happy to hopefully be in the next moon nest with you.

2. Ladina Moana Demarmels (photo in the folder Participants' quotes)

"I dont know if you had this enlightenment or deep understanding as i did after sabinas presentation (i only had it now in this course) making me finally understand that all these traits in this poem we are told to believe in patriarchy to keep us small!! What the medicine WOMAN tells us is to see our worth again, reclaim it!! we've been talked down for our whole life little by little but it was always there like a cloud that cumulated over us, we can all feel this layer of shame and guilt and worthless... when i realised that in the talk i thought "fuck!! my whole life is a lie, and i believed it" this medicine woman prayer is what empowerment looks like is what reclaiming sounds like and stop believing we are not worthy!! if we truly believe it we can get free of the chains of the patriarchy that indoctrinated us!! i'm sooo fed up. thank you for sharing this with us, as you can see it's really emotional for me and i'm happy i finally understood and thankful that i'm sharing this journey with you all. So happy for the strong and smart teacheresses here!!"



"I just share everything i learnt in the She ede with everyone i meet, it feels really good cause it seems people are really interested about what's going on but need some awakening, like i did! i'm glad i'm enthusiastic about the truth and justice. Share what you learnt with people, the world can use your voice!!"

3. Niina Ollanketo (photo in the folder Participants' quotes)

And I really want to share a lot about the things I've learned with other people, but I am still finding it hard to put it into words, it was all so big! 🌱

I really feel how we digged together in the earth, setting seeds and cleaning a lot. Now I feel strongly our network roots touching and holding each other, supporting our growing in this world. Beautiful and so grateful to feel you all in my back to go forth.

4. Marlene Felicia Sucitta (photo and video in the folder Participants' quotes)

Artistic name Felidaya ~ Medicine Music

Felidaya, empowered by the course was inspired to write this song for the She-EDE

"NEW SONG - STRONG WOMAN during living 4 weeks with women only at the SHE-EDE, I was inspired again, Strong Woman" - Felidaya

Kapo I // Am E // C G Am E

I am a strong strong strong strong woman

Wild as the fire and light as the air

I am a strong strong strong strong woman

Soft as the water and deep as the earth

And I am grow grow grow grow growing forth

Honouring the pain, surrender to what is

And I am go go go go going forth

Seing with new eyes, gratitude and love

...I have a strong daughter....

...I have a strong mother...

...I had a strong grandmother...

...I have strong sisters....



...We are strong women...

LOVE IT, PLAY IT, SHARE IT

https://soundcloud.com/felidaya/strong-woman?si=d61cacc0ed06413293f2555b0ac05caf&utm_source=clipboard&utm_medium=text&utm_campaign=social_sharing

Participants' answer in the Survey:

1. In one phrase, what has been the highlight for you in each Dimension?

Ecological: The hostel

Economic: Finding more ideas in financial income

Social: Growing together

Worldview: How to integrate Matriarchal Culture

2. In one phrase, what has been the highlight for you in each Dimension?

Ecological: Visiting different farms

Economic: Learning about sharing economy

Social: Qigong, Celebration evenings & Goddess archetypes

Worldview: Learning about matriarchal society

Design: Learning about designing for the presentations

3. In one phrase, what has been the highlight for you in each Dimension?

Ecological: I learnt a lot about bees :)

Economic: I loved how transparent they were with the whole course costs

Social: I felt I had a death here to relive again!!

Worldview: I finally understood how patriarchy capitalism racism etc are connected

Design: We learnt to work on a project together in a matriarchal way!! so good

4. In one phrase, what has been the highlight for you in each Dimension?



Ecological: Using EMO for cleaning and eating mostly vegan.

Economic: Transparency about the costs and the financial situation in the course

Social: All the community tools and the community living

Worldview: Matriarchy vs. Patriarchy and honoring our pain in the mandala

Design: Creating an ecovillage (example Glarisegg)

5. In one phrase, what has been the highlight for you in each Dimension?

Ecological: Days in nature were wonderful.

Economic: Regenerative economics.

Social: Deep dive into the matriarchal societies was inspiring.

Worldview: Qi-gong as a consciousness practice was amazing.

Design: Dragon dreaming methodology.