A Community-Based Resilience Framework

Readying ourselves and our communities for economic, energy and ecological crises

:: Know Ourselves

• assess and build our community's self-sufficiency, resilience and mobility
• discover what we collectively already know, have, can do and can't do
• learn what we need and don’t need to live full, joyful lives
• learn how other cultures have coped with crisis and collapse
• source locally | build collective community capacity
• rehearse crisis response in our community

:: Heal

• self-assess our physical and emotional health
• empathize / reconnect / give / forgive / ask for help
• learn new ways to heal and help others heal
• appreciate nature, and our true nature | insist on joy in spite of everything
• love unreservedly, even those we don’t like

:: Love

• know our personal capacities, limitations, blind spots, wants and needs
• know what brings us joy, fearfulness, anger and sorrow
• learn and practice self-awareness
• discover where we belong and what we’re meant to do

:: Liberate

• strive to realize the illusion of self, ego, control, separateness & time
• self-assess and increase personal independence from centralized systems
• need less | learn continuously | facilitate and mentor others
• help liberate others by modeling equanimity, presence, generosity, gratitude, curiosity, creativity, adaptability & appreciation
• engage with the fearful and with deniers

:: Rethink

• learn how our complex world really works
• find people who share our passions and purpose
• rethink how, where and with whom we live and make a living
• instead of a job, find and fill real local needs
• shift to the sharing/gift economy

:: Shift

• engage with the fearful and with deniers
• learn how our complex world really works
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• rethink how, where and with whom we live and make a living
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:: Prepare Collectively

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