

GAIA report

EDE Switzerland

2022



Many years ago, three witches came together in a castle in a far away land. They were cooking and brewing for a long time, throwing in all sorts of spices and ingredients, and finally invited people from all over the world for a magic journey. This journey was dedicated to the transformation of the culture we are living in and was named „EDE“.

Now, seven years after the first gathering, again 45 people from 12 different countries came together to research, learn and celebrate the creation of a transformative culture.

Despite the challenging global Covid regulations, they all made their way to Schloss Glarisegg that has hosted the Swiss EDE ever since it has come to life. In addition to the regular schedule, which contains methods such as Sociocracy 3.0, Dragon Dreaming, Permaculture, The way of Council, Forum and many more, we dedicated a good amount of time to witness, process and integrate the individual and collective challenges that Covid has brought up in the last two years and also in this course.

About...

...Schloss Glarisegg

is an intentional community located at the Lake Constance that was founded in 2003. It is nestled between forest and beach and includes a permaculture garden, a seminar center and a free school, as well as a campsite and a guest house. 33 adults and 20 children are currently forming the community, creating a place of encounter, awareness and consciousness. For this they are using methods like Forum, Possibility Management and Community Building after Scott Peck for internal process and development.



The "School house" and the "Cultural Center"

...The Team

The organizers:

Sonja-Vera Schmitt

is one of the founders of Schloss Glarisegg Community and has nurtured its growth for the past 19 years. Most recently she has added Regenerative Entrepreneur to her long list of vocations. Keeping the community running despite many economic challenges has required her creativity and ability to be a village weaver in a much larger empowerment



game. While her training as a voice and speech therapist, her love of music and dance and her commitment to encounter processes were easily applied in the community social life, she had to face the details of long -term planning and construction finance involving larger sums of money.

She remains vitally engaged through Vipassana meditation and a genuine love of helping people. She first brought the EDE to Schloss Glarisegg in 2016 and remains a passionate organizer and trainer.

Jashana Kippert

has lived a wild and adventuresome life under the heading of “What doesn’t kill you makes you stronger” Jashana has always an intense desire to figure out how humans could live in harmony with the natural world. To this end she got degrees in Anthropology and Environmental Science which lead to a Masters in Social Ecology.

Having identified Indigenous Wisdom as a base she could not help but to try and stop the war in Guatemala that



killed 200,000 native people in the 80’s. Having failed that mission she began exploring intentional communities, eventually moving to the Findhorn Community in Northern Scotland and then traveling for them teaching workshops throughout South America for 2 years. Returning to the US, she immersed herself in the ‘Spiritual Supermarket’ studying every offer from Holotropic

Breathwork with Stan Grof, Meditation, Yoga, Skydancing Tantra, 5 Rhythms, Deep Ecology, Contact Dance and sitting with Adyashanti. Preparing for the world to collapse she helped found a reforestation community in Hawaii.

The assistants:

Kaleii



Taking part of the 2019's EDE opened to me so much doors
within myself and widen my field of possibilities,

I now feel honored and joyful to serve others taking part of this magical journey.

I'm fascinated by community dynamics, collective intelligence and everything that contributes to
the growing and spreading of this truly transformative culture.

I believe that the ability to dream and work together is the answer to a lot of the challenges
humanity is facing today.

Annabelle



Creating and holding space for growth, transformation,
and exploration seems to be the most valuable contribution I can make in this world.
Passionate about alternative education, interpersonal communication, and holistic health,

I practice and teach yoga, sing, cook, organize and teach.

I continue being amazed by the abundance and magic
that is collectively created and experienced when there is space.

Space for connection, honesty, and curiosity.

When each individual is invited to share what is alive inside of them.

Let's create these spaces and give us humans
the chance to explore what is possible.

Pauline



My deep wish is to support a culture that is willing to create and live
a transformation on all levels.

The world is dear to me, and my way of
supporting transformation happens mainly in
working on the emotional and connection-level and through music.

I create and hold spaces where being human
can be explored in all its aspects, where deep connection can happen
and where individual and collective wounds can be seen and healed.

Let us together be alive and on fire!

Tara



Hi, I'm Tara. I am a movement enthusiast and martial arts trainer currently living in a gong fu school in Berlin.

My main research is how movement practice can empower people to connect to themselves, others and the world around us and in this way contribute to a more natural and transforming way of life.

For the EDE I will bring the question with me:

How can moving, playfulness and creativity contribute to building strong and resilient communities?'

Jo



Ever since my childhood, I feel the pain of an open heart growing up on a planet taken hostage by a destructive civilization.

My attempts to face reality have brought me from activism to journalism,
from weltanschauung literature to nomadic lightness,
from permaculture to communities, from body work to hand analysis,
from a broken to a loving heart, from deserts to jungles – always longing for
regenerating our way of interacting with life.

I have participated in the EDE in 2020 and am happy to now contribute
to this learning experience for others.

Arne



Looking into my year 2021, I feel nourished by a lot of intense
and lovely group experiences, especially from the authenticity
and open hearted way to be with each other that I experienced during these seminars.

The EDE was one of those experiences and I see it
as an experimental field for living in community and transformative culture.
Now I want to support you and encourage you to use this field of experimentation
to test how it is to live in community
and to live authenticity by trial and error.

Buket



I am an edge-pusher curious to discover what is beyond the walls.

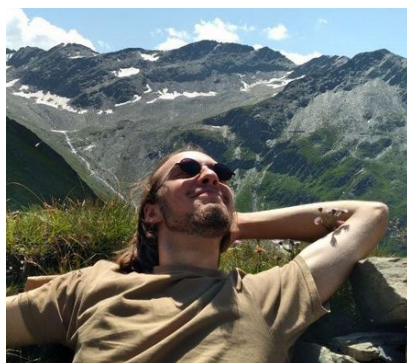
I create spaces for connection, love and collaboration.

My dream is to create a new culture by weaving 3 threads I am passionate about:

the wisdom of nature, the innocence of the beginner's mind
and the creativity of theater.

I believe that life is interconnected and by bridging the essence of all disciplines
we can create powerful transformation.

Manuel



Last year this beautiful place between the forest and the lake introduced me to the spirit of community. I have worked and lived in Glarisegg as a volunteer and got to know Sonja-Vera, who invited me to the EDE course of 2021. It was an amazing experience for me to build a tribe with people from different corners of the world, who did not know each other before.

I learned a lot about the world, myself and everything in between

Nature is dear to me and I want to live on this planet in a sustainable, regenerative and true way.



Wrapping it up - Our last team meeting

The contributors:

Due to our hygiene-concept around Covid and the enormous flexibility it asked from the team regarding the schedule, it was a little more challenging to schedule fixed sessions with contributors from outside. However, we managed to invite a few contributors that enriched our course with their expertise.

Our contributors for this year were:

Karin Jana Beck and Matthias Gerber from Stimmvolk (Indigenous Singing),
Mara Heer (Biodanza),
Anne Lohmann (Transparent Communication),
Teodora Radulescu (Dragon Dreaming, Empowered Fundraising),
Katharina Wiesner (Intimacy Negotiation, Economy of the Common Good),
Sonia Koller (Forum),
Claudio Berreta (Food Waste),
Franca Fux (Forum)
Roos Derks (Permaculture Design and Sociocracy) and
Petra Heid (Ethical Chocolate Factory).

About the course

The EDE in Glarisegg is a five week long journey. In the last years, the course itself ended after four weeks and then gave another week for the so called „growing together days“. In this week, all EDE alumni are invited to join the current group, welcome them to the EDE network and have a whole week of open space, celebrating and just meeting each other. This year however, due to the Covid situation, the growing together days did not take place, so that we had the possibility to stretch the program a bit and be more flexible with the planned curriculum.

The structure:

The course has a consistent rhythm for six days of the week. So from monday to saturday, the daily structure looks as follows:

8:00 Breakfast

8:30 Team Meeting

9:00 Morning Circle

9:30 Morning Session

12:00 Homegroup time

13:00 Lunch break

15:30 Afternoon session

18:30 Dinner

20:00 Evening Session

On sundays, there are only two meals, brunch and dinner, and the option to either take the day off or take part in the open space where the participants can offer workshops themselves.

Team Meeting:

The team, which consists of the two witches Sonja-Vera and Jashana and eight assistants, meets every day before the morning circle for half an hour. This is the moment to look at the day, see which arrangements still need to be made, what announcements want to be heard by the whole course, and who will be the day-director to lead the group through the day. In these 30 minutes, we have a team check-in and discuss logistics and urgent issues.

As things went with Covid, we decided at some point to prolong our morning meeting to 45 minutes and meet additionally every other day in the long lunch break to discuss urgent issues and

take decisions. These meetings did not only serve the running of the course, but also enabled the team to work closely together, take care of each other and strengthen our vessel as space holders.

Morning Circle:

The morning circle is the first moment to gather all together and greet the day. It follows a clear structure which has beautifully served for a smooth and soft common rhythm already in the previous years.

Every morning begins with a song, followed by some minutes of silence. If someone wants to share some words of wisdom (in the form of poetry, a letter, a song, a spontaneous enlightenment), this is the moment to share them with the group. This is followed by a round of names and welcomes/good-byes in case a new person has arrived or someone is about to leave.

The morning circle ends with a collective stretch and some shaking, and then transforms into the daily round of important announcements, hosted by the day-director which is always a person from the team.

The sessions:

Most of the days are composed of three different sessions. The first two sessions in the morning and in the afternoon are mostly non-optional and highly recommended as they contain most of the topics that create the four dimensions of the GAIA curriculum.

As the schedule is very rich and full, some of the evening sessions are optional for those who still have energy. They are often connected to lighter topics and things such as dancing or watching a movie.

The team is aware that the abundance of the schedule can easily lead to an overwhelm in an emotional as well as an energetic way. This is why we consciously invite the participants to regularly check-in with themselves, look at their energy level and to skip some of the less crucial sessions if needed.

Homegroup time:

The concept of home groups became a part of the EDE in the past summer, when it was still named „working groups“. These groups are partly formed to take on tasks of the collective responsibilities that go along with the course, namely cleaning and cooking. In order to also bring some transformative energy into these kinds of tasks, our schedule contains one hour per day for the home groups to meet and do their jobs together. Over the years there has been a constant research on how to deal with these „duties“ that are necessary for the infrastructure of the course in a way that makes them feel less like work and more like a beautiful contribution to the common good.

Every group has some days with duties and some without, so that they can use the free days for internal group time. We invited the groups to use this time for sharings in order to create a safe container for all participants in a smaller peer-group. Along with this, the home group time can also be used to practice new tools such as sociocracy or looping.

Our special setting this year:

Dancing with Covid

After having had to skip the EDE for one winter, the witches were more than ever enthusiastic to make the winter EDE happen again. The whole team spent many hours in the preparation time to look at possible ways to host the course in a way that makes it as safe as possible in terms of health and Covid.

The team invited the participants beforehand for a zoom-meeting to inform them about our health concept and ask for their agreements on certain precautions that we found important and supportive.

Our health concept:

In preparation for the course, we asked every participant to minimize their social contacts in the seven days before arrival so as to minimize the risk of infection with Covid. We also asked them to bring a negative PCR test upon arrival.

For the first five days of the course, the participants stayed mostly in their home groups, sitting together during the sessions, sharing rooms and eating together. Outside of their home groups, everyone was asked to wear masks in order to prevent possible spreading of the virus in case someone was infected. In addition to this, we did a round of quick tests every second day.

We took all these measurements to create a space as safe as possible in order to be able to run the course normally from the fifth day on.

Also, we were very aware that it was a lot to ask from the participants to agree on these rules. As we did not want to put them on in the form of a top-down decision, it was very important for us to inform all of them personally and ask for their agreement to support these measurements. After five days of no one showing symptoms and not a single positive quick test, we celebrated the step of taking down the masks and starting to run the course without any further precautions.

It was a nice dream to be in a safe, Covid-free place for five weeks....

And then...

On day eleven, all of a sudden one of the participants showed symptoms and had a positive quick test.

Our emergency-plan was to get back to the setting of the first five days in case Covid showed up in the group. This means: Home groups, masks, regular testing. However, it became clear very quickly that going back to the initial setting, that had felt acceptable for a certain number of days, did not feel right anymore. The groups had mingled, relationships had been growing. A feeling of shared responsibility and more equal power-dynamics had risen, so that it didn't feel right anymore for the team to take a top-down decision on how to handle the emergency situation.

Looking back now, I as the author see a lot of beauty and healing in the process that followed and went on for the three remaining weeks of the course.

In the following I will not give a detailed chronological report of our process. Instead, I will try to transport a feeling for how we went through this journey and how it felt to be in this situation, dealing with a lot of trauma and stress that has collectively risen and been stored up in the course of the past two years since Covid became part of our life.

First came a general shock, followed by fast emergency-decisions in order to maintain a feeling of structure and security.

A lot of frustration showed up. We had tried so hard to avoid this situation, and yet it had come. Sadness, grieving for what is not possible, for what gets lost in the course. Fear, separation, anger. The unknown. What would happen if we let go of safety measurements. How to consider everyone in the decisions. How to take care of those who are most affected or most afraid? What does safety mean? Will we again put health-safety before psychological and emotional safety? How can we witness and process the trauma-patterns of separation, isolation, loneliness and the loss of control?

How can we act responsibly without leaving anyone behind? What does freedom mean for the individual and the collective? How can we find a common ground when all our individual stories and experiences with this virus are so different, when some want to be as safe as possible while others want to liberate themselves from all the measurements that had been put on them, on us, throughout the last two years?

It quickly became visible that there were very different strong opinions. Even in our team, we were dealing with a lot of tension and disagreement on how to handle the situation. These were challenging days, emotionally as well as physically. The team met in every break for a couple of days, trying to navigate in this situation while at the same time keeping the course running. And often the question: How does this work? We tried to slow down the speed, to calm down the feeling of emergency. We opened spaces for process, spaces to give room to the feelings that are

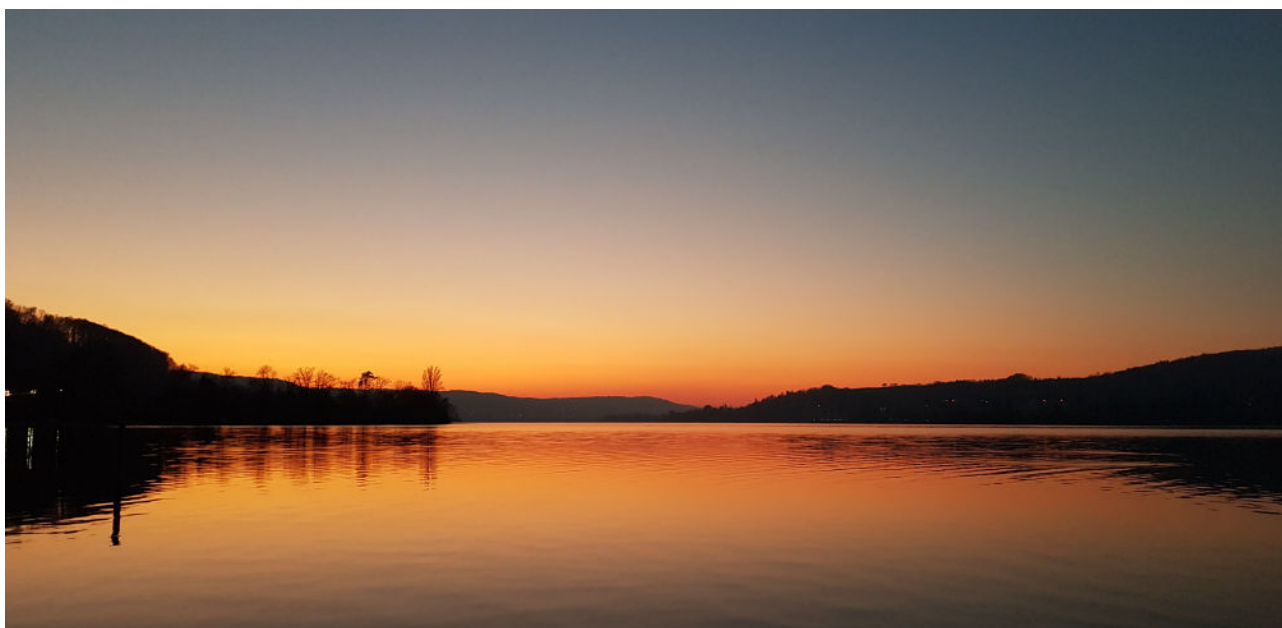
connected to Covid and did not get a voice in so many of us. It was deeply touching to see each other in the grief, the pain, the anger, the fear of the unknown.

We began to take decisions together with the whole group, using sociocracy. Challenging, but also very empowering. People stepped up whose voices had hardly been heard before. People took the courage to speak, to confront, to disagree and to object to proposals. At the same time, the group became a container for compassion, for mutual respect and for listening. After some days, the decision was taken to abolish the common obligation to wear a mask. People were asked to put on the masks in certain places such as the kitchen and the dining hall. Outside of this, everyone was invited to take responsibility for themselves and to see what they need to feel safe. It felt like a small revolution.

But still, isolation and separation were part of our daily life. After one week we opened the process again with a fishbowl and a forum and went into another collective decision making. Now the decision was taken to stop the measurement of forced isolation, but rather to include people who are sick more into the group and give them self-responsibility to take distance if it feels necessary. With this we went along until the end of the course. Surprisingly, the numbers of infections did not rise exponentially as we had expected and feared. Instead, despite the missing strict measurements, the numbers went down quickly and stayed low until the end of the course.

It was very visible that this process cost many of us a lot of energy. The team as well as the participants were challenged enormously, asked for patience again and again, and invited to really feel and see each other even in strong disagreements.

For sure, not everything went well in this process. We were aware of its complexity and explosiveness. And yet, I want to acknowledge the beauty of humanity that showed itself in many moments, and the great effort everyone invested to do the best they could, which we surely did.



The Four Dimensions of Sustainability

In the multifaceted sessions of the course, we aim at covering what we call the four dimensions of sustainability that are regarded as essential in creating new ways of being and acting.

Worldview

First of all, being in the Community of Glarisegg is in itself a beautiful invitation to get a different view on how to live and be. The way this place is being built, managed and filled with life gives direct beautiful examples of local and sustainable economy, co-housing, spiritual approaches and holistic education. The participants get the chance to meet several members of the community for questions and personal impressions.

Other than that, the course puts a strong emphasis on resilience and regeneration when facing the world's state. Looking at Sacred Activism and the Work that Reconnects, beautiful examples have been given as to how a holistic and compassionate way of activism can be created with the aim of preventing burn-out and overwhelm.

The knowledge about trauma and its impact on conflict and collective as well as personal growth has become a central part of the curriculum, also regarding the great interest and curiosity from the participants. Working with the nervous-system, learning ways of embodied awareness and communication and developing a mutual understanding of how trauma-patterns can influence us as individuals and in groups appears to become a more and more important field of education when it comes to social and systemic change.

Social

The course included many sessions with a focus on personal development, communication and group process. Many tools were introduced that support a healthy and peaceful way of living in community.

This included Sociocracy 3.0, which was our tool for governance processes. It was commonly used in team meetings, for working tasks in the home group setting and most importantly during a time, when opinions, feelings and convictions clashed, when the organizers wanted an inclusive decision and everyone was personally involved. Groups of our size are known to attract chaos, and we did learn from many situations, but thanks to a comprehensible and immersive introduction by Roos and clear facilitation by Annabelle this years tribe has flourished regarding sociocratic skills. Approaches especially for process work were Community building by Scott Peck, The map of the four feelings and Anger work of Possibility Management, The Loop of understanding, Transparent

communication after Thomas Hübl and many more. We often used a fishbowl setting and Forum for processes in the whole group.

Ecological

As this is a course for Ecovillage Design, the ecological side of it is a very important one. It all starts with the infrastructure of the different components of the course.

All the food for the EDE, which is usually vegan, comes either from the ecological cooperative Biopartner or from local bio- farms. Many people went dumpster diving and added some nice, non-vegan specialties to our otherwise very seasonal menu. We discussed food-waste and sustainable ways of production of goods from other parts of the world, such as chocolate.

Jashana gave a wonderful talk and presentation of her experiences of setting up a food forest and ecovillage in Hawaii and protests against Monsanto and other companies that lead to exploitation and poverty.

By looking at Permaculture, the participants also got introduced to a tool for more sustainable gardening, farming and being in and with nature as a human being that is part of the eco-system.

Economical

For the economical aspect of sustainability, the role of money was looked at closely. Next to looking at the global economy system, the growing gap between ultra rich and very poor people, food waste and the power of huge companies, there was also a session to explore the very personal relationship to money and its meaning in our culture. The sessions on the Economy of the Common

Good and Empowered Fundraising offered beautiful new approaches to change the capitalist perspective on growth, success and materialism.

Also here, Covid provided an extra challenge with the amount of waste and resources being used up to provide a decent level of health-safety. The usage of so many quick-tests and the FFP2-masks produced a lot of waste, which caused some discourse about the moral and ecological aspect of the Covid measurements.

Project Groups:

Also in this year, we dedicated almost a whole week to the work in project groups. We gave them time to find each other with their sparks and passions, to dive in their processes and come out of this time with a beautiful presentation.

All in all, we had seven projects coming up:

The healing dot



Irina, Timo, Tobi, Elena, Elide

We spend our life to accomplish goals and match to some definition that we carefully choose in order to fit into society. The majority of us steps into a world made of tags and categories and we somehow have to find our place on a road that someone else created for us. But what if we can be the pioneers of our own journey? What if we can lead the way to new unexplored lands, where creativity and joy are the pursuit?

This project aims to consider the Body, Spirit and Nature, as main pillars of anawakening process in which adults can reconnect with their Inner Child energy. That pure and untouched space of awareness, where our unique gift of expression is fully accessible. Exactly like a plant, our seed grows from the womb to the outer world. During the growth process there are several needs for a plant to grow, so we as humans have needs and desires. When the latter are unexpressed or unmet we end up by building a reality that stands from a vision of lack rather than contentment. “The Healing Dot” wants to reverse this dynamic, starting to connect with our inner call by bringing clarity on our passions so that we can explore and get to know the universe that lies within us with

gratitude, to finally accomplish our mission to bring a transformative culture. This transition starts by embracing change with an open vision, joyfully surrendering to the end of a process so that we can make space for the new and awakened “Us” to come.

Processwork on creating a gathering of regenerative living in Poland



Sina, Rodan, Magda, Timon

A center for regenerative living with the vision of deep exploration and radical transformation of human lifestyle towards a regenerative culture.

“It is a living experiment, our desire to participate in evolution in times of social and climate change.” The connection of human, community and ecosystem.

The main idea is to organize a gathering of three weeks with one central week. A contribution to the land, inviting people to stay and be part of the building up of the land from the beginning, open spaces, tents, outdoor kitchen, compost toilets, exploring transformative culture and rituals, love, creating something beautiful. Timeframes with certain invitation to build up, to contribute to the land, for free flow, for social/transformative culture. What does transformative culture mean for us? What kind of culture do we want to create? How can we embody this? A home, a feeling of belonging, food forest, a community, a place that is full of life, brought back to life. . .

„It’s about “how” we do things. . . and “why”.”

Intimacy



Fiona, Kat, Amneh, Jan Margen, Joana, Sebastian & Sebastian

The question that sparked our group to form was “What is intimacy?” and “How to guide kids in that question?”. From the first meeting it was already evident that most members of our group have a deeply personal interest to invest time in researching this question. We decided to not focus on how to guide kids in this question as we felt that it first needs us to explore this topic further ourselves before being able to convey anything to youngsters. Instead, we decided to make a conscious effort to take the inner child with us on the journey.

Ylijoki – Community & farm life in Finland



Ronja, Antonia, Ragui, Frieder, Tobias, and Constantin.

There is an unused farm in Finland, owned by Ronja's family on which to build a community farm.

Mission: The community skills camp & midsummer celebration

We dream of a summer on this land. There will be human planting, sprouting, blooming, and harvesting. In the first phase, the planting, our group will meet online (starting after the EDE) and preferably in reality in Finland (somewhen in May 2022) to prepare the next phases.

The 3-weeks community skills camp, the sprouting, will take place in June (1st to 22nd June 2022) with around 5-15 people. On a very practical level, it is about construction and infrastructure (fixing the floor, building another compost toilet, an outdoor kitchen...), doing the first preparations for permaculture gardening. But, moreover, its foundation is built on intentional community life on a farm within a fixed time period. We want to offer the possibility to experience transformative ways of living, with a social culture and healing spaces.

The camp will find a closing with a midsummer celebration. There will be workshops, open spaces, sauna, dancing. It will function as an invitation to community live, as a first glance into what we want to create.

Future perspective :

We dream of building a real community in Ylijoki, using the experiences of the summer 2022 as prototype taking first steps into the vision of how it can be. In the future, we can always iterate the 4-steps process of planting, sprouting, blooming, and harvesting again and again.

We want to invite people from the EDE as well as from Finland and nearby areas. This summer can be seen as transition phase to a long-term perspective of building an intentional community farm on this land.

Spreading the EDE

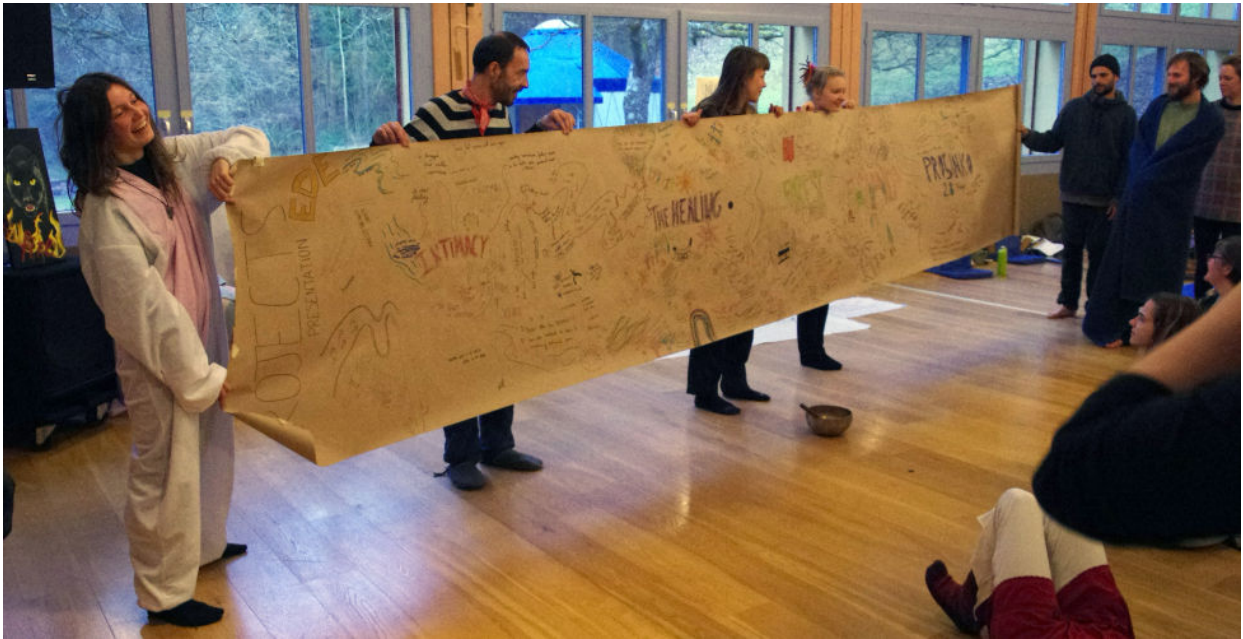


Cornelia, Jan, Laura, Matteo, Sabina, Shana, and Soetkin

This project aims to distill and spread out the four weeks of EDE practices, circles, sociocracy's governance facilitation and many other tools coming at meta level from the collective wisdom of many ecological human realities that have sprung in the western world in the last hundred years. Starting from the ecological and activists' realities, these tools were transmitted in this course by a team of incredible facilitatresses - Jashana and Sonja-Vera, ten incredible assistant facilitators and many guests that, with love and care, distilled in all of us, as individuals and as a group, this wisdom of creative transformative cultures that will hopefully bring awareness in shifting the long-lasting toxic paradigm we live in. From an Industrial Growth Society story living in the Great Unraveling of the planet, into a Sustainable Revolution. What activist, Buddhist, Systems thinker, Joanna Macy and many other elders of the Spiritual Ecological movement named the Great Turning. This Project, Spreading EDE, comes from within the will of seven creative participants to continue to widen circles of awareness and bring more and more EDE tools of awareness into the world.

Through this infusion of love, care, healing and conscious mindfulness we intend to continue this journey together and spread seeds of transformation in more and more places on this planet. Together we can!

Co-Learning Community



Debbie, Anca, Lary, Eva, Miguel, Alicia, Melina, Jordan

Debbie proposed creating an online-community where members share their learning process around a regenerative culture and help each other, ideally including somekind of income for mutual support.

It also included the proposal from Miguel to explore a stewardship on the issue of collective consciousness. This was felt as one possible subject to be explored by the eco-learning community.

Acknowledging that the diversity and number of our group is a valuable resource and at the same time a big challenge, we are shaken to work on the project itself. Sharing in one on one sessions outside of our project group time about emotions and tensions. Sensing into oneself what do I need, what do I want and what is the best for the group, as well as the project.

What wants to emerge? Using our different talents to create a safe container for ourselves and the group taking into account everyone's needs, is the next step to a regenerative culture.

Our intention is to establish a conscious and intentional group field for co-learning within and throughout regenerative culture. What is regenerative culture and what can I do to sprout it?

The first swiss food forest



Hannah, Pablo, Paula, Cristina, Jeanne, Nils

We dived into a journey thinking about the first forest farm in Switzerland. Nils brought the spark for this project, as his brother has an organic farm in Switzerland and is looking for people to build a community there.

The questions that came up and lead us through this project time was “How to transform a family farm into a forest farm community?” The goal was also to look at it in a way that the people are really part of the ecosystem and not outside of it. We defined a vision that would be crucial to us and thought about several details and different patterns. We looked at the project from the view of succession and defined three steps on a time scale. It seems important to be aware of and design what steps in the project need to be addressed at which moment. We looked at the four dimensions of sustainability as described in the EDE curriculum: economical, ecological, social and cultural(worldview).

Looking forward to...

After all the effort our team put in to realize an EDE despite the very difficult restrictions around Covid, it was beautiful to see it happening and be part of it. To see that, after almost two years of doing most things online, the real, in-person connection between us was so important and nourished essential parts in many of us. And to see that a group with a real engagement and commitment can be very powerful and have a strong impact.

The EDE-family is growing and becoming an ever more supportive and nourishing network throughout the whole world.

So we are very much looking forward to seeing the EDE 2023 happening (the dates are already out!!)

