




PDC Project Design

Dr. Sheree Mack, March 2024





“We need to be weapons of mass construction.
Weapons of mass love. It’s not enough just to
change the system. We need to change
ourselves.”



— Assata Shakur






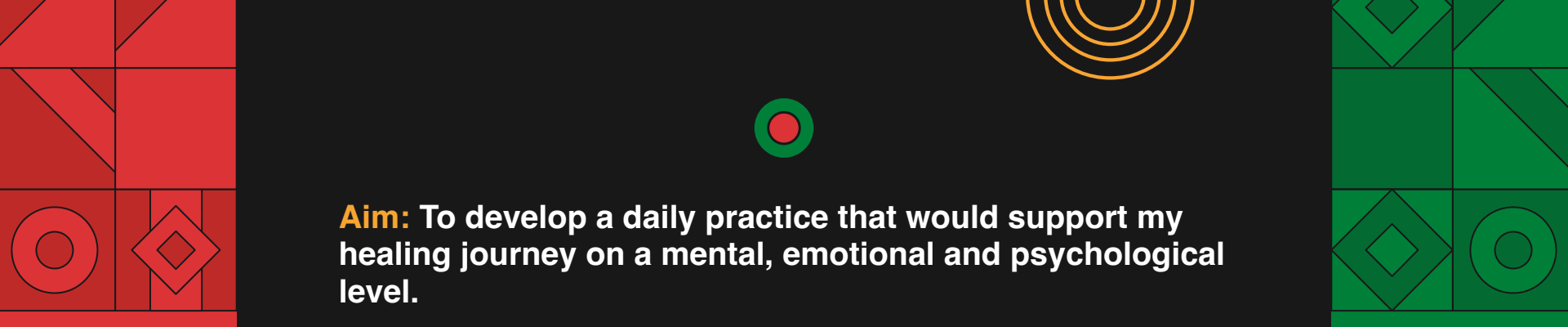
Define the brief: Inner Landscape/ Emotional Permaculture

Inspired by Heather Jo Flores, author of *Food Not Lawns, How to Turn Your Yard into a Garden and Your Neighbourhood into a Community*, I worked out how I could use this Permaculture Design Course to be of benefit for me now. RIGHT NOW. After taking time away from the course because of illness, in order to re-engage realistically through a stepped approach I needed to start at zone 0 or zone 00 again. Taking guidance from patterns within nature with the spiral, I realised I'll always be returning to zone 0 but I hope further, deeper into the spiral as with each revolution (good word to use here), I'll gain wisdom and further tools to support me in this process of becoming.



Note on images: all created through the app Lens and are AI generated images of myself therefore false, like the masks we wear in society, no?





Aim: To develop a daily practice that would support my healing journey on a mental, emotional and psychological level.

Client: Personal Project

Status: On going

Principles: A synthesis (thank you Heather Jo Flores)

Framework: GOBRADIME

Tools: Client interview, risk and aim analysis, mind mapping, wants and needs analysis.





01

The idea behind the whole design


Decolonise the mind, body and spirit

The idea behind the whole design







Decolonise the mind, body and spirit

What is my understanding of
Permaculture?

What is my understanding of emotional/
personal permaculture?



“Discover your deep inner-self and
from that place spread love in every
direction.”



—Amit Ray

A GOBRADIME framework

Throughout this PDC course over a number of months and for a number of reasons, I lost direction and purpose. I sort of got bogged down in the information and principles and applications that I started to feel negatively about the experience and just saw it as another thing on my to-do list. Fighting through with fatigue and pain didn't help the situation.

It was finding new and different voices and ideas that helped me to re-engage with the course and this is where GOBRADIME came into it as it gave me a more creative and clear way to formulate a design from the inside out using permaculture ethics and principles on my own terms.





to shut pack
vested
stop distraction
- hide phone.
separate -
DO NOT
pursue

[Management]
no excuses
Self-authority
keeping up the flow
Stages of preparation
do one cth day and
at least a page to work
on

Dec - March 24
journal as
evidence

[Implementation]
Do it.
Almost daily.
Turning up in the
moment with no
expectations

[Design]
ROBBIING FRAMEWORK
- HERE - DO IT

[Analysis]

I get in the way of my own healing or
there is the internalized belief of not
being worthy of healing. Not good
enough. Comes down to opinion of
self + lack of self-love self-
esteem etc. Spending time with
self first thing every day is
crucial - positively whisper
my prayer. Get me up for
the day because I'm challenging
in myself + cheering self
on. We've got this!

[Resources]

How: Water. Agar
for meditation. Gym.
veg. Nature. Painter.
Journal. Stages of
Colour. Bed. Light. And more
Air. Body. Music.
Family. Friends + community



**PDC
design
project**

PTSD - trauma
Anecdotes

**Personal
Permaculture**
- inner
landscape

LISTENING

Evaluation

nature
imaging

Studio Practice
Journal

all the time
colours ongoing
variety feeding into
the process

[Goal]

healing journey
emotion + mental psychological
health + wellbeing supported
+ nurtured through visual
daily journal practice

[Observations]

a sensitive soul, idea I can help
everyone + only I can. Take things to
heart carry heavy burdens. Need to
hide, hibernate, rest, slow down.
HEAL

[Boundaries]

Leaky. WSC be all for everybody.
Other people's agency becomes
mine. A people pleaser + chosen
Need to fortify borders +
communicate them clearly.
My task to protect them.
Stay in bed some each morning.
+ First thing to come to
beats. No phone.
No distraction with
Remedy

THE GOBRADIME FRAMEWORK IN ACTION



GOAL (not SMART)

To heal through a daily practice of visual journaling to support my emotional and psychological health. To check in with self daily.

ETHIC: PEOPLE CARE



BOUNDARIES

Choose, find, change, negotiate, and establish your boundaries, both visible and invisible. For example: not going on my phone first thing to check messages but to go to the corner of my room first and create.

ETHIC: PEOPLE CARE

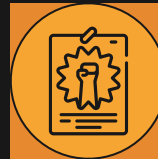


OBSERVATION

Working with the goal, I asked myself the questions:

- * where do I want to place myself in this world?
- * What lies am I telling myself?
- * What is standing between me and my healing journey?

ETHIC: PEOPLE CARE



RESOURCES

Tapping into waste here and turning it into a yield. So many paints, and papers and nature images and scraps and journals going to waste. Start to use them and also share them with others as I know won't use them all myself.

ETHIC: EARTH/SHARE CARE



Where do I want to place myself in the world?

Date:



I'm not doing it for anyone else other than myself.
I'm at the edge. I'm doing it for me.
Because it makes me feel good. I'm being a self
because there is no one to make me feel good, to feel
loved. And this is where I want to be the whole

Observations- questioning wants and aims

I'm not doing it for anyone else other than myself.
I'm at the edge. I'm doing it for me.
Because it makes me feel good. I'm being a self
because there is no one to make me feel good, to feel
loved. And this is where I want to be the whole

THE GOBRADIME FRAMEWORK IN ACTION



ANALYSIS

Balance, risk analysis included. I've been getting in my own way of my own healing journey because of feelings of being worthless and not deserving of healing.

ETHIC: FAIR SHARE



IMPLEMENTATION

Doing it - journal images. No expectations just getting into a flow. Doing it on the day and prepping for the next day,

ETHIC: ALL THREE



DESIGN

Above mind map is the design, the thought processes as well as the plan of action.

ETHIC: ALL THREE




MANAGEMENT

Monitoring progress and energy levels through a Studio Practice Journal. Recognising excuses and fears. Switching mind off helps. Travel pack created so when away from home still on it.



Harvesting



FEAR IS A NATURAL REACTION TO
MOVING CLOSER TO THE TRUTH AND THIS
FEAR CAN BE SOMETHING POSITIVE
INSTEAD OF A NEGATIVE.
-PEMA CHÖDRÖN

freedom to write



Portrait of a child



I wish to
go back
and live it
all again
but this
time with
feelings.



Portrait of a child

SPOTLIGHT

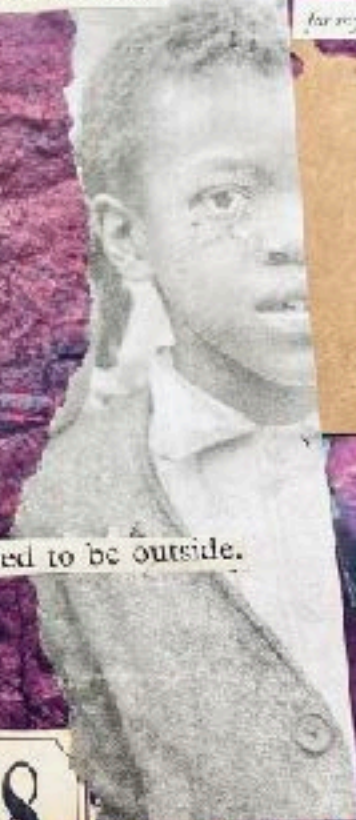


MURPHY
ROSSITEIS
CLIFTON SPRINGS
JOSEPH E. HOUSE



Just tell me who you told.

For my own good.



I wanted to be outside.

48

delicate




THE GOBRADIME FRAMEWORK IN ACTION



EVALUATION

- * The evaluation of the project has been on going and is constantly being fed into the implementation and management of the project.
- * Keeping a *Studio Practice Journal* running alongside the practice is also a great way to keep evaluating and reflecting on the process and practice without thinking of the end product.
- * The practice has been if I turn up in the corner of my bedroom ready then it's a success.
- * What is produced is immaterial.
- * What has been produced in interesting in evaluating the healing journey through the themes, images, text, colours that have been surfacing through the process.
- * From analysing throughout the process and at the end of each session, I can see that nature is playing a part in the healing journey. It's like an anchor.
- * Listening to my ancestors, my mother in particular and her relationship with nature
- * And these focuses are nothing new. I know I've been spiralling around them for years and will probably continue to do so.
- * What is different now is my attitude towards this spiralling. Not seeing it being as broken, or obsessing but more so part of the journey of becoming whole.





“Rushing will not make you heal any faster. Slow down and pace yourself.”

—Alex Elle



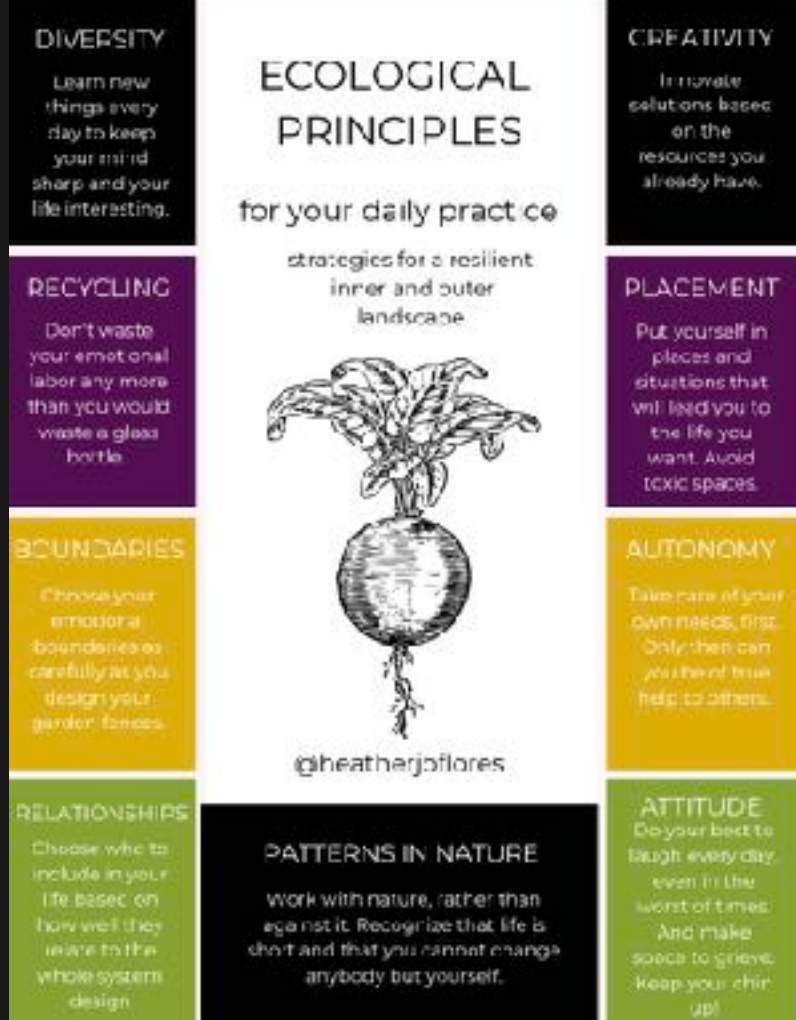
Northern

And
back
with
Mum AM
road lead
away from you
at least
Loped when I lops
But as I get older
I realize all
road lead
to you.
Again
Again

What
is it
you set
to tell me?
I am listening
I am here to
receive you
meaningful. I will
not let you go
this time. I will not
disturb you this
time. I am here.
For you, for me
for so and
all who
were after
so.

Light



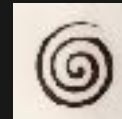








Permaculture Principles

As synthesised by Heather Jo Flores in her book.

This made is easier for me to get my head around the principles and then apply them within my design.

For example: working with the patterns of nature, the spiral





“There’s only one corner of the
universe you can be certain of
improving, and that’s you own self.”

—Aldous Huxley



RESOURCES/ SUPPORT

- Heather Jo Flores, Eco Design Hive
- *People & Permaculture: Caring & Designing for Ourselves, Each Other & The Planet* - Looby Macnamara
- Black Feminist Theory and Practice
- *Permaculture - Principles and Pathways Beyond Sustainability* - David Holmgren
- A variety of other permaculture blogs and websites for 'other' ways
- *Permaculture Women's Guild* - The International Hub for Women in Permaculture



THANKS!

DO YOU HAVE ANY QUESTIONS?

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livingwildstudios.com

earthsealove.com

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