



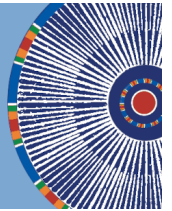
Constellation Burst

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June 2022

Environmental Resilience-building for a Climate Changed Future



Constellation Skyscape Vista

Perpetual Expansion and Re-configuration

Like our ever-expanding universe, the work of our constellation of projects becomes ever-more spacious by design. While the celestial bodies (*that's all of us in this metaphor :-)* stabilize at roughly the same number, the space-consciousness-awareness around us expands. Our project constellation is at an inflection point where our environmental resilience-building through plant medicine cultivation meets our years of collective self-transmutation work with direct application for demonstrable social change. The seminal, expressed mission of the constellation has always held that "perpetual internal self-transformation is the engine of *authentic* social change."

Community Supported Enlightenment (CSE) practitioners who have been doing this work together for three to four years have been invited to self-select into a new phase of engagement where we integrate CSE metacognitive and metacognitive processes into the development of: 1) self-observation protocols and, 2) "compassionate conversation" protocols. These procedures will prepare us for creating and holding the space for cross-cultural understanding in our deeply divided country.

Our "outpost" medicinal herb growsites which geographically straddle a divide between communities with *radically different* cultural perspectives will directly apply these protocols. Cultivation and use of medicinal herbs to address opioid addiction will serve as a common ground substrate that facilitates difficult cross-cultural conversations in distressed African American and Appalachian Mountain communities of central Pennsylvania.

Seasoned practitioners will therefore soon cease meeting in small practice groups. It's anticipated that this progression will take place before or by the end of 2022. They may choose to end CSE affiliation at that time or self-select into a new, eclectic specialty circle devoted specifically to preparing for and convening difficult cross-cultural conversations. Sociocracy immersion

will be folded into the new circle dynamic. (*Small practice group meetings will continue for all other CSE practitioners.*)

This work is grounded in the premise that social movements are effective *over the long haul* only to the degree that those who drive them are engaged in deliberate, ongoing, internal self-transmutation. Commitment to internal work mitigates against falling into the pothole of egoic constructs, keeps us deeply responsive to the need of the hour, all on the same page, speaking the same language of compassion as we communicate with each other and the people who we serve.

Newer CSE practitioners and Quaker growsite (f)Friends who are interested in participating in the new cross-cultural conversation circle are welcome to do so with orientation assistance from CSE Resource Persons Circle members.

Do you remember the first time you were captivated by the awesome burst of color and the intricate shifting designs in a kaleidoscope? We aspire to be both the kaleidoscope and the viewer; simultaneously witnessing to and abiding in the joy of incessant, responsive reconfiguration. Like the kaleidoscope the same configuration doesn't appear twice as our constellation evolves and with each pattern we refine the art of being love. Yet the true lesson lies in working with the awareness that the art manifested lasts only

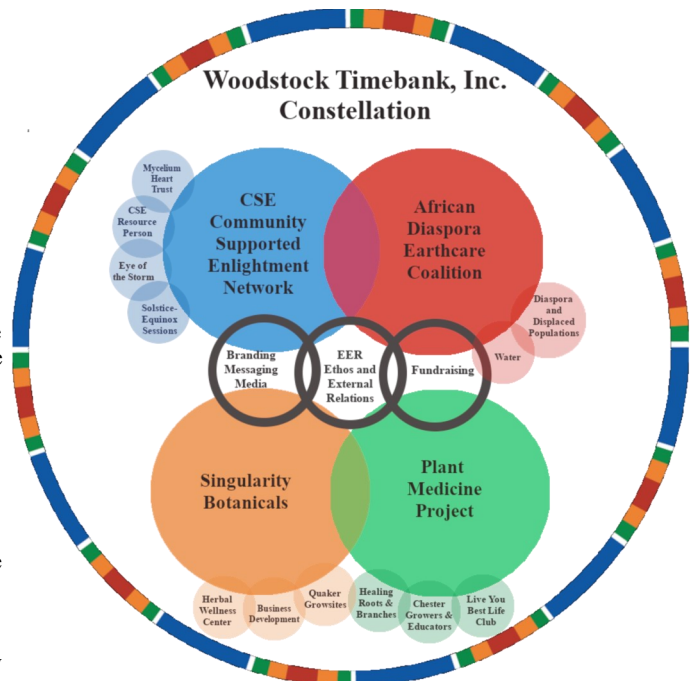
a moment before it's replaced by the next amazing image.

Pamela Boyce Simms, Founding Convener

Being Love Herbal Wellness Center

A joyous opening reception for the Being Love Herbal Wellness Center on May 20th in Upland, Pennsylvania inaugurated a new, expanded phase of African Diaspora Coalition work. Friends who've become our Chester family over the years, plant medicine fans, and holistic health enthusiasts enjoyed an evening of fellowship and a delicious vegan meal prepared by Atiya Ola's Spirit First Foods of Philadelphia. The Wellness Center, serving

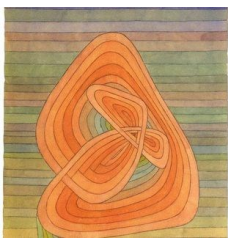
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Reframing the “F” Word for the Work Ahead

Community Supported Enlightenment, “CSE-informed” sociocracy, reframes the notion of “feedback” as we prepare ourselves for the challenging cross-cultural conversations ahead. The word feedback itself has become so supercharged and baggage-laden that it strikes fear in the hearts of many. Anticipating, or needing to offer feedback, a means of assessing performance, more often than not invokes intense anxiety.



Our applied organizing philosophy is grounded in biomimicry: the imitation of the systems, strategies and elements found in nature to solve human problems and human design challenges.

Feedback is the lifeblood of the organic, closed loop living systems upon which we model our project constellation. So onward we go into the breach.

Just as anxiety can be transmuted into excitement, giving and receiving feedback can be transmuted into a possibility for expansion as we approach the crosscultural work that lies ahead. In order to make that happen we need to pluck up our courage and take an openhearted look at how feedback has become such a dreaded “F” word.

Once we are more fully aware of the origins and underpinnings of our extreme discomfort in giving and receiving feedback, we can remove blockages and hone a feedback skills-set.

Feedback, or “shared reflections” reframed, can compassionately focus sunshine on murky, neglected, internal spaces that impede individual and organizational growth. We can give ourselves permission to cease running from, shutting down, or reacting defensively to feedback in service to our collective growth.

Feedback, For Better and For Worse

Ruth Bryan

As a person who is terrified of feedback, I find it surprising, exciting, and daunting to be writing about feedback.

Why is getting feedback terrifying?

The need for feedback implies that there are mistakes made. For me, there is an underlying belief that making a mistake is not acceptable. Making a mistake can result in a terrible fate, being cast out by the group, which may be a fate worth than death.

Why is giving feedback terrifying?

The other side of the fear of making a mistake and being cast out is the idea that it is not okay to offer criticism in the form of feedback. If we criticize someone else, then they might suffer. In addition, the folks who are criticized may not like the one offering criticism, and again, there is the fear of being cast out.

These fears represent a kind of egocentric all or nothing thinking. Putting the fears aside, it is clear that feedback is a necessary part of learning. Our plants give us feedback when they wilt or turn yellow. They are saying that something is wrong, and we have to figure out what the problem is and fix it. We don't blame the plants!

P E R S P E C T I V E

What else?

Feedback, whether positive or negative, changes the person who receives it. A person may ignore their own sense of the world in favor of belief in the feedback they have received. For example, an artist may be unwilling to change their style, even though they want to, if they have received positive feedback in the past, which they don't want to risk losing. Researchers have found that telling a student that they solved a problem because they are smart makes the student unwilling to try to solve more difficult problems, because they risk being labeled “not smart” if they fail to solve the problem. And negative feedback can also have a chilling effect. When I receive negative feedback, I fear that I will be unable to fix the problem, and I feel hopeless and helpless.

On the other hand, what is good about feedback?

Feedback allows the outside world in, allows communication, coordination, cooperation, learning. It is absolutely necessary for a team effort to succeed. Feed-

back is embedded in sociocracy practice. It is “baked in” to the practice of the circles. As such, it is, hopefully, not taken personally, but is seen as the natural process for the group to find the way forward, in the same way as a flock of birds determines their flight path.

The bottom line:

As long as we are able to put our egos and fears aside, and trust our belonging in the greater community of the world, we can offer and receive feedback in a loving attentive manner, and soar like members of a flock of murmuring birds.

Being Love Herbal Wellness Center

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Chester Pennsylvania and vicinity, offers a comprehensive menu of holistic health services which frame the plant medicine project; all provided by seasoned practitioners of color. (See below.) Several healthcare practitioners informed guests about their healing modalities during the reception, and were interviewed by Jean Pierre Brice, Radio Host and Founder of CMPRadio.net, "The Voice of Chester."

✿ [Take the video tour of the Being Love Herbal Wellness Center.](#)

✿ [Enjoy the opening reception photo album.](#)

✿ Wellness Spaces & Services ✿

- Massage
- Foot Reflexology and iridology
- Reiki
- Red and Near-infrared Light Therapy Lounge
- Herbal Products Distribution
- Herbal Remedy Production Classes & Consultations
- "Tea & Read" Cafe
- Aqua Detox Treatments
- EVERY-body Qigong, Yoga, & Gentle Life-stretching Classes
- Women's Health Services



Window Into Constellation Circles

Community Supported Enlightenment (CSE) Circle Activity

CSE Practitioner Reflections

Introduction

Those of us who've worked together in CSE practice groups for the past three to four years have most recently participated in a collective "Hidden City Simulation" which integrated all of the neurolinguistic and consciousness expanding practices we've learned. The collective simulation engaged us with fire, air, water, and earth self-awareness enhancing "challenges." Now as monthly practice group sessions for seasoned CSE participants are morphing into an emergent circle which applies our practices to social justice concerns for those interested, practitioners offer their reflections on the simulation challenges and years of work together.



Water Challenge, Third Prong Of The Trident Pathways

This picture arose at the third prong of the water challenge. The instructions were to travel with our existential fears and resourceful beings to a deep water pool, a circular moat around a raised platform with a playpen on it. We were to see ourselves in the playpen with age appropriate toys. For me, the path across the moat was guarded by a troll-like creature. In the picture, the figure at the lower left of the picture is a resourceful being, who hasn't made it across the bridge, and who is a witness to what is happening. Another resourceful being (or a fear? or myself? or my mother?) is down below the bridge, trying to get up, but afraid of the raging current. Myself as a toddler is safely in the playpen, happy with blocks and a toy dolphin. The troll is underneath the bridge,

guarding a secret sacred room. There is a lot of energy, a lot of effort, a lot of separation, and a lot of tension. Only the resourceful, watching being and the baby are calm.

Ruth Bryan



Stretching Boundaries

As a filmmaker and visual-storyteller, I quickly found the visualizations we practiced in the CSE delighted my imagination. Like the tastiest snack, my brain was ready to snatch them up. And many of the workspaces I was introduced to stuck with me, taking on a depth of their own. I looked forward to the next installment of the Hidden City simulation each month (better than the best choose your own adventure novel, because this one can rewrite your neurocircuitry). Over the past few years, the insights I've gained from participating in the CSE have been profound, stretching my boundaries and opening my heart and mind. Many of those insights have come from my fellow practitioners, to whom I am so grateful for everything they've shared about themselves and their journeys. And of course, I have unending gratitude to Pamela for making all this happen. One of my proudest moments was at the beginning of the pandemic when everyone was learning to use Zoom for the first time, but I was already a Zoom-pro from all the CSE meetings ;)

Nikki Dodd



CSE Air Challenge Reflection

70

I stepped up to the platform
said goodbye to corporeal
unmarried my mind and
reached up to into empty space

71

Entered ethereal tunnel
looking for those
never embodied

thought forms

72

Do you want
to come with
do I
is anyone
not possibly
with their
selves

73

And if not
why is not
that illusion

Laynie Browne

Artists Solstice/ Equinox Sessions

The Artist's Solstice Session has been a great way for CSE practitioners to meet and share the fruits of their creative energy surrounding their practices for the quarter. Participants have shared visual art projects, videos, essays, music, poetry and movement that has come to them in response to the earth and water challenges. This month, the summer solstice falls right in the midst of the air challenge, which has likely allowed for creative juices to flow in unique ways.

One of the interesting things about the Artist's Solstice Session is the structure. Each participant is given two minutes to share their art, and all participants are then asked to sit in silence in order to allow the content to impact them in whatever way they see fit. While silence is not necessarily the usual response to sharing something near to one's heart, the purpose here is to reflect on the

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piece without judgement or input. It is simply a moment of reflection, so that the impact of the art can be felt and interpreted however it comes.

While virtual, I find that the energy that builds during each presentation, and during the silent reflection, is felt by all. During this time the golden thread that connects us thrums with power, and I leave the session with a full heart.

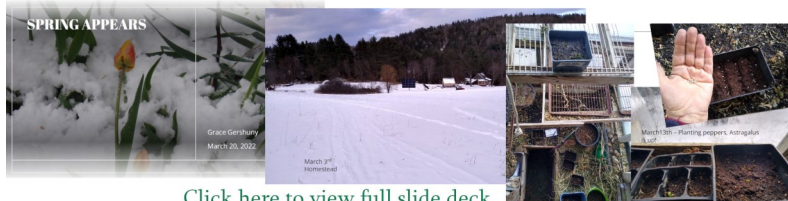
Two of the artistic expressions from past artists sessions are offered below.

Kai Qualls

[Waking up](#) (Video link) Nikki Dodd

[Spring Appears](#) (Click image to open file) Grace Gershuny

These slides show some of the herbs I have been growing and propagating for Singularity Botanicals. In early spring I skied through the field where many medicinal plants grow wild. Later Sara and I walk through the awakening apple orchard and check the nettle patch. When I walk this path my thoughts go to practicing and daydream streaming as the world awakens from winter's slumber.



[Click here to view full slide deck.](#)



Into the Breach: New Frontiers for the EER and CSE Resource Persons Circles

EER (Ethos and External Relations) and CSE Resource Persons (CSERP) Circle members will soon collaborate as a tag team using CSE practices to engage, “on the ground” with polarization in our country. American socio-political polarization is worse at this moment than during the height of the civil war era, and blankets the US in a fear-driven, democracy-suffocating cloud.

Separation is an Illusion

Community Supported Enlightenment (CSE) practices are grounded in physics breakthroughs which shed light on the unified field of reality in which we exist and of which we are part. The radical recontextualization of the nature of reality in physics over the last 50 years has made us aware that separation at all levels is a completely artificial construct. We are all pervaded with the infinite energy of a field; a matrix of infinite potential. Every atom of creation, including 7.8 billion people, is simply a continuous, dynamic modification of the same unified field. We are all one organism.

Most people don't tap into this awareness because the sense of separation and limitation is so completely woven into the fabric of our societal enculturation.

Further, our senses are designed to detect only contrast in the field, i.e. to focus exclusively on the bandwidth of the third dimension for our survival first and foremost. The contrast we see appears as separation. So our nervous systems tune out the broader reality and the unified field recedes into the invisible background. We can however, integrate our nervous systems to unfold our potential and apprehend the more expansive reality.

CSE co-partners' awareness of our intrinsic oneness at the level of consciousness is the backdrop for work with communities which are fully submerged and identified with egoic constructs (the social roles that we play).

This summer EER and CSERP members will lay the foundation for convening cross-cultural conversations and create opportunities in Central Pennsylvania to develop unity-consciousness in polarized communities.

We'll prepare ourselves for this work using our CSE toolkit in a circle dedicated to cross-cultural understanding so as to bring to bear an expanded awareness of ourselves which can help us and others override fear.

These two circles will develop:

1. Baseline orientation processes which include the CSE pillar practices (see below) for newer practitioners and non-CSE friends who will participate in the emergent Cross-cultural Communications Circle. The practice orientation baselines are:
 - Existential fears: 1) Death related fears, 2) Threats and fear of death of the ego/personality structure
 - Egoic Constructs
 - Inner child work
 - Intergenerational Patterning
 - Belief Systems
 - Cognitive Distortions & Biases
2. Purpose-specific, preparatory self-observation practices,
3. Purpose-specific "compassionate conversation" protocols.

2022 Spring-Summer Plant Medicine Report



We're excited that three medicinal herb growers' circles have formed around a Plant Medicine *General Circle*; a forum where delegates from specialty circles formulate systems that serve all growsites and share herb cultivation best practices. Delegates at a recent General Circle meeting made collective decisions on signage that will be used across all growsites and discussed 2022 harvest synchronization.

2022 Plant medicine-related specialty circles are:

1. Healing Roots and Branches - medicinal herb growsites from various states, all of whom are also Community Supported Enlightenment (CSE) practitioners,
2. Chester Herb Growers and Educators -Eastern Pennsylvania hub growers and herbal products distribution team,
3. Quaker Friends Herb Growsites.

2022 Medicinal Herb Growsites

- Chester Friends Meeting, Chester, PA
- Chester Senior Center, Chester, PA
- Harrisburg Friends Meeting, Harrisburg, PA
- Heathcote Community, Freeland, MD
- Karme Choling, Barnet, VT
- Media Providence Friends Meeting and School, Media, PA
- Old Chatham Friends Meeting, Old Chatham, NY
- Shiloh Baptist Church, Chester, PA
- State College Friends Meeting, State College, PA
- Three Leaf Farmden, Port Royal, PA
- Yardley Friends Meeting, Yardley, PA



Provisional Suppliers

- Pflugerville/Austin, Texas - Austin Friends Meeting affiliated
- Libertyville/Toledo, Ohio - Broadmeads Friends Meeting affiliated
- Saugerties, New York - The Underground Center

Partners

- Wildcraft Harvest Site - Cheyney, Pennsylvania (20 acres)
- Wildcraft Harvest Site - Taylor Memorial Arboretum, Widener University (30 acres)
- Swarthmore College - Interns and Herb Education Workshops

2022 Medicinal Herb Cultivation List

Chester Senior Center, Chester, PA:

Plant List: Catnip, Lemon Balm, Motherwort, Sage, Skullcap, Spearmint, Valerian

Garden Type: Four, 4' x 8' raised beds



Media Providence Friends Meeting Herb Garden

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Heathcote Community, Freeland, MD:

Plant List: Turmeric

Garden Type: Raised beds

Karme Choling, Barnet, VT:

Plant List: Ashwagandha, Astragalus, Dandelion, Echinacea, Licorice, Nettles, Rhodiola, and Valerian.

Garden Type: In-ground garden plot

Shiloh Baptist Church, Chester, PA:

Plant List: Nettles, Periwinkle, Peppermint, Sage, Lemon Balm, Motherwort

Garden Type: Five 4' x 8' raised beds

Three Leaf Farmden, Port Royal, PA:

Plant List: Ashwagandha, and Echinacea

Garden Type: 9' x 7' in-ground garden plot

The Underground Center, Saugerties, NY

Plant List: Echinacea

Garden Type: In-ground garden plot

Wildcraft Harvest Site - Cheyney, PA

Plant List: Catnip, Mountain Mint, Holy Basil, Bitter Melon.

Garden Type: One 4' x 8' raised bed, an in-ground garden plot, 20 acres of meadows and wooded land

Wildcraft Harvest Site - Taylor Memorial Arboretum, Wallingford, PA

Plant List: Gingko, Goldenrod, Ground Ivy.

Garden Type: 30-acre arboretum

Quaker Friends Herb Growsites

Chester Friends Meeting, PA

Plant List: Arnica, Bitter Melon, Catnip, Chamomile, Cayenne Pepper, Elecampane, Fennel, Gotu Kola, Grindelia, Holy Basil, Lemon Balm, Milky Oats, Motherwort, Mullein, Nettles, Oregano, Rosemary, Skullcap and Valerian.

Garden Type: 30' x 60' in-ground garden plot

Growsite Inspiration: The amazingly resilient people of Chester inspire us.

Harrisburg Friends Meeting, PA

Plant List: Dandelion and Nettles

Garden Type: Two 4' x 8' raised beds

Growsite Inspiration: Intended meeting connection with the surrounding African American community.

Media Providence Friends Meeting and School, PA

Plant List:

Garden Type: Four, 4' x 8' raised beds

Growsite Inspiration: Assisting the people of Chester and providing eighth grade students a purposeful project that impacts their community.

Old Chatham Friends Meeting, NY

Plant list: Ashwagandha, Echinacea, Elecampane, Nettles, Dandelion, and Licorice

Garden Type: Four, 4' x 8' raised beds

Growsite Inspiration: Friends took 2 months to consider and develop the herb garden idea. Teamwork was involved in getting the grow site up and running. One person got the boards for the raised beds, another sourced the compost, and two others procured the seeds. Gardeners prepared the ground by smothering the elephant grass with cardboard. The raised beds are constructed on top of the cardboard. They are determining how to deer-proof the site.

State College Friends Meeting, PA

Plant list: Ashwagandha, Burdock, Elecampane, and Echinacea

Garden Type: In-ground garden plot

Growsite Inspiration: The project grew out of a desire of the people in the meeting's climate justice working group to do something tangible to make a difference. In addition, it's an educational and outreach opportunity. The gardening team of four has wildcraft harvesting burdock on the border between the meetinghouse lawn and the woods. They sourced Echinacea plants from a local farmer, and Ashwagandha seeds from the nearby Friends school.

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Yardley Friends Meeting, PA

Plant list: Ashwagandha, Elecampane and Echinacea

Garden Type: Three, 3' by 6' raised beds with space for one more bed.

Growsite Inspiration: The medicinal herb garden represents a connection with the larger Yardley community to the Friends meeting. The project has been written up in the local paper. People in the meeting like the idea that they're growing herbal medicine to help others. The overall goal is connecting communities to build resilience in the face of climate change; the Yardley meeting hopes to connect with the nearby distressed communities of Morrisville and Trenton.

Austin Friends Meeting Affiliate, TX

Plant list: Ashwagandha

Garden Type: Raised beds

Growsite Inspiration: The timing for planting and harvesting in Austin is very different from that of the Northeast, and is not stable. They plant earlier and earlier, as the hot weather arrives earlier. They started Ashwagandha, their most successful crop, in a greenhouse and moved it outside in April. They are experimenting with intercropping Ashwagandha with oregano and onions.

Broadmeads Friends Meeting Affiliate, OH

Plant list: Burdock, Comfrey, Elecampane, and Valerian

Garden Type: In-ground garden plot

Growsite Inspiration: Former CSE practitioners want to remain connected to the network through assisting with plant medicine supply.

Online Plant Medicine Workshops

During the 2022 pre-growing season (winter and early spring), medicinal growers gathered for workshops about the herbs that we cultivate. Videos from workshops are available for reference and orientation for use in the onboarding of additional growsites in the future.

Online Workshop Series: Herbs That We Grow - [Available at This Link](#)

- **Respiratory System Support:** Elecampane, Mullein, Grindelia, Ground Ivy:
- **Adaptogens & Constitutional Support:** Ashwagandha, Holy Basil, Nettles, Rhodiola
- **Detoxification:** Burdock, Dandelion, Red Clover, Echinacea:
- **Nervines #1 - Mental Clarity, Memory:** Ginkgo, Milky Oats, Rosemary, Periwinkle
- **Nervines #2 - Mood Enhancement:** Gotu Kola, Lemon Balm, Skullcap, Linden
- **Nervines #3 - Relaxation & Sleep:** California Poppy, Passionflower, Valerian:



Nettles, Elecampane, and Valerian in the Karne Choling Growsite Garden, Barnet, VT