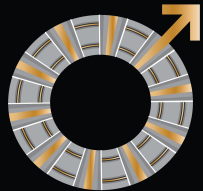


Whole Systems Project Constellation



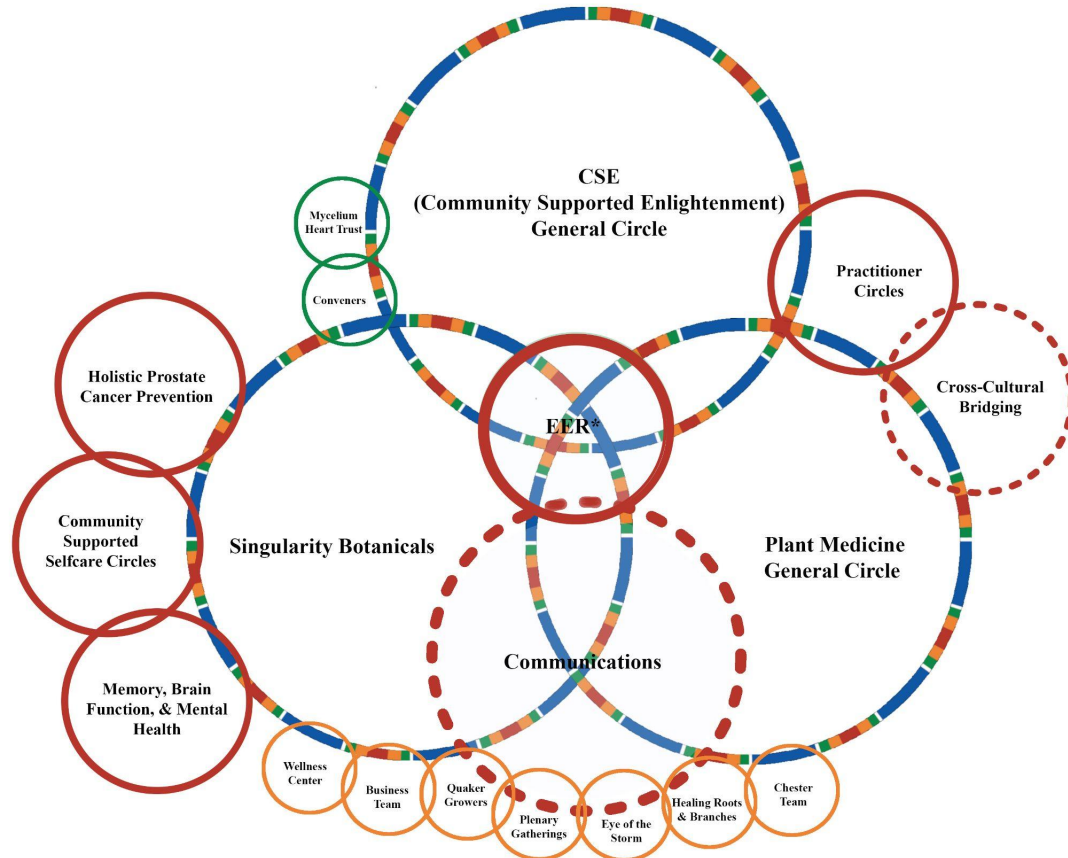
Singularity Botanicals



Project Constellation - 2025 Reunion



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*Ethos and External Relations

2025 Project Constellation Circles

EER: Ethos & External Relations

Plant Medicine Related Circles

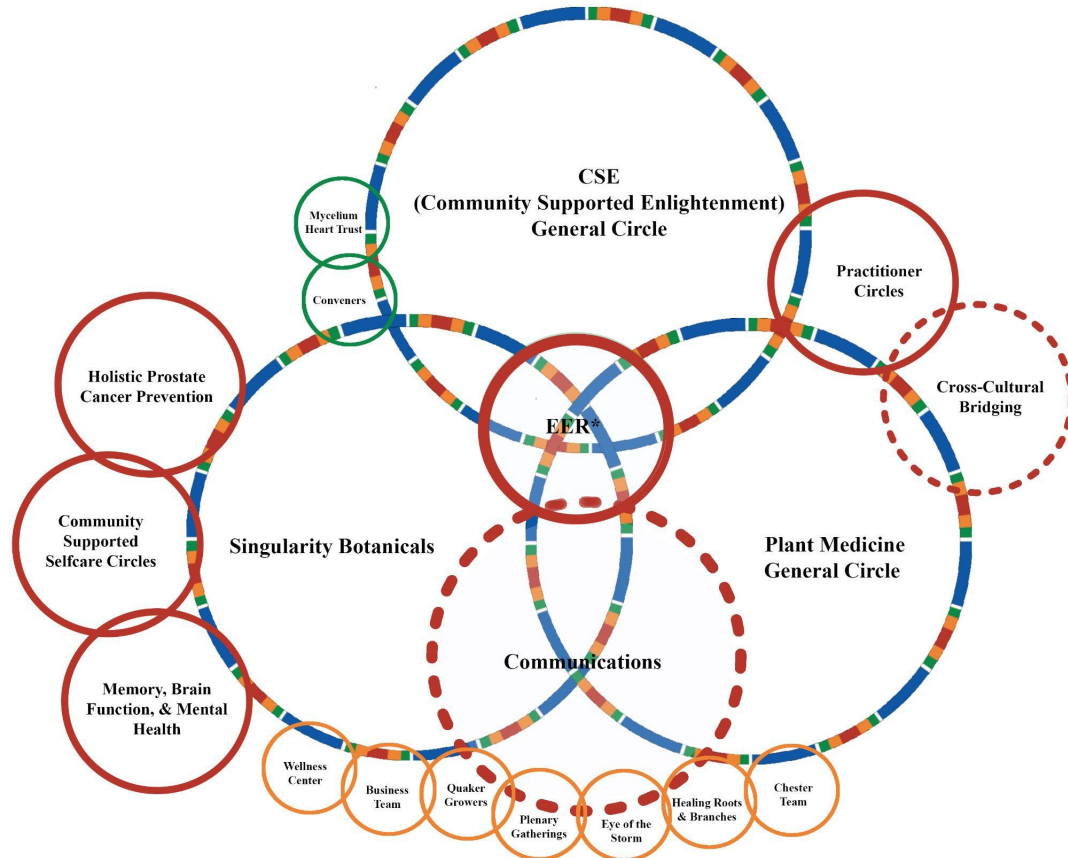
- ★ Medicinal Herb Growers
- ★ **Singularity Botanicals:** Production & Education

Community Supported Enlightenment (**CSE**) Circles

- ★ Conveners
- ★ **Practitioner Circles**
 - Practice
 - Alpha
- ★ **Community Gatherings**
 - Hidden City - Earth Challenges
 - Mycelium Heart Trust
 - Constellation Reunions & Sociocracy Workshops



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*Ethos and External Relations



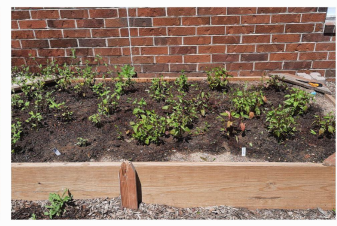
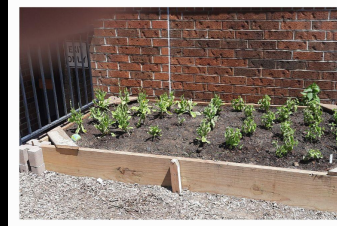
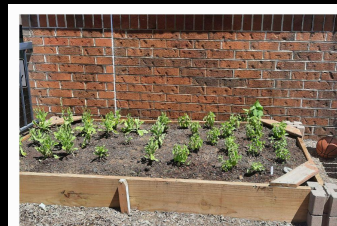
EER - Ethos & External Relations Circle



2025 Singularity Botanicals Plant Medicine Network

Medicinal Herb Growsites

1. Ahimsa Vegan Village, Julian, PA
2. Chester Friends Meeting, Chester, PA
3. Harrisburg Friends Meeting, Harrisburg, PA
4. Karme Choling, Barnet, VT
5. Media Friends Meeting and School, Media, PA
6. Old Chatham Friends Meeting, Old Chatham, NY
7. Parable of the Sower Workers Cooperative, Vallejo, CA
8. Pflugerville/Austin, Texas, Austin Friends Meeting affiliated, TX
9. Rustic Ridge Farm & Moshannon Valley YMCA, Philipsburg, PA
10. State College Friends Meeting, State College, PA
11. Three Leaf Farmden, Port Royal, PA
12. VT Herbalists & Farmers Medicinal Herb Project, VT
13. Yardley Friends Meeting, Yardley, PA
14. Wildcraft Harvest & Growsite, Cheyney, PA (20 acres)
15. Wildcraft Harvest Site, Taylor Memorial Arboretum, Widener University, Wallingford, PA



Media Friends Meeting and School, Media, PA

Medicinal Herb Growsites



State College Friends Meeting, State College PA



Rustic Ridge Farm, West Decatur PA



Media Friends Meeting, Media, PA



Harrisburg Friends Meeting, Harrisburg PA



Three Leaf Farmden, Port Royal PA

2024 - 2025 **Herbal Education** & Distribution

Rural Central & Urban Eastern Pennsylvania

- ★ Senior Center Herbal Wellness Workshops, Chester PA
- ★ Senior Residential Community Herbal Wellness Workshops, Philipsburg PA
- ★ Prostate Cancer Survivors Workshops, @ Herbal Wellness Center, Chester PA
- ★ Elder Wise Women Memory, Brain Function & Mental Health, PA
- ★ Philipsburg Community Herbalist Workshops Series
- ★ CenClear Early Head Start Herbal Wellness Workshop Series
 - Dubois
 - Clearfield
 - Philipsburg
 - Coalport
 - Houtzdale



Senior Culinary Herb-tasting & Wellbeing Workshop



Senior Herbal Wellness Workshops



Elder Wise Women

Memory, Brain Function, & Mental Health



Elder Wise Women

Memory, Brain Function, & Mental Health



Elder Wise Women Project

Goals:

- Acknowledge, celebrate, and learn from the life experiences of Chester and Delaware County vicinity residents 90 yrs and older.
- Holistically enhance elder-women memory, brain function, and mental health.
- Community-build in support of comprehensive Elder Wise Women psychological and emotional wellbeing.

Community-building

Convene ongoing gatherings: Coffees, Teas, Luncheons, Group Activities: Grandparents Day, Older Americans Month, National Centenarian's Day. Annual Women's History Month Tribute Program

LEGACY PROJECTS

- Interviews for a Life Stories & Experiences Publication
- Animated photo albums (*flipbooks*)
- Audio Recordings
- Video Stories

Elder Wise Women

Memory, Brain Function, & Mental Health



Philipsburg Community Herbalist Workshops



Philipsburg Community Herbalist Workshops



CenClear Herbal Wellness Workshops



CenClear Herbal Wellness Workshops



Cenclear Herbal Wellness Workshops



CenClear Herbal Wellness Workshops



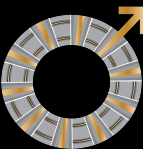
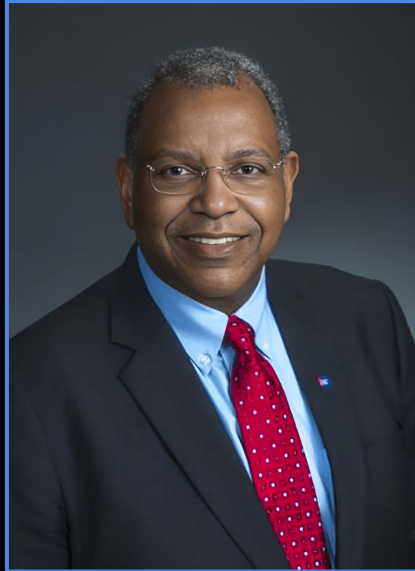
Prostate Cancer Survivor Workshop Conversations

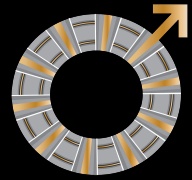


Men's Holistic Health Series

Quarterly Informational Webinars

Dr. Otis Brawley - *How We Do Harm: A Doctor Breaks Ranks About Being Sick in America*

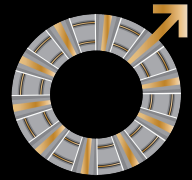




ACTION PLAN

AIMS: Agency... Voice... Robust, Healthy Thriving

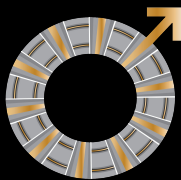
1. Establish **Men's Health-Sovereignty Groups** as communication hubs in each network **where healthcare needs, the latest research, and support information is discussed.**
2. Discuss and document what men require in order to get their healthcare needs met and thrive, especially when it comes to prostate cancer.
3. Create a **Men's Health-Sovereignty Field Guide** as a cross-network, cross-sector participatory collaboration.



ACTION PLAN

Next Steps

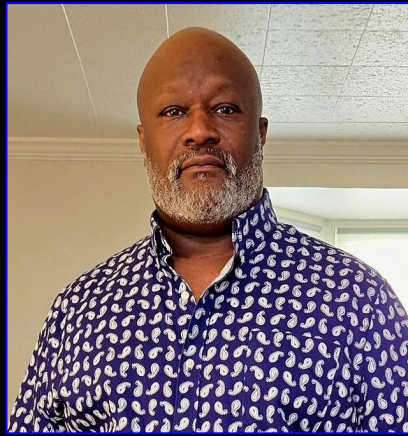
1. Respond to outreach from the **Core Group Member for your specific network** who will establish an ongoing communication channel for this project.
2. Spread the word in your network. Dive in and participate.
3. Help organize a Men's Health-Sovereignty Group; a communications hub in your network.
4. Stay tuned for information about future webinars.



Men's Holistic Health Series

Complementary Integrative Medicine Team

- ★ **Ajowa Ifateyo, MBA:** Licensed Integrative Nutritionist, Health & Nutrition Coach
- ★ **Pedro Mejia, CHt:** Certified Hypnotherapist
- ★ **Pamela Boyce Simms, NLPMP:** Clinical Herbalist
- ★ **Charlene Woodruff, LMT:** Licensed Massage Therapist
- ★ **Kai Qualls, LPC, CCATP:** Mental Health Counselor, Integrative Medicine
- ★ **William Laury:** Eastern Traditional Healing Arts, Acupressure, Qigong



Complementary Integrative Medicine (CIM) Team



Guiding Principle: Biomimicry

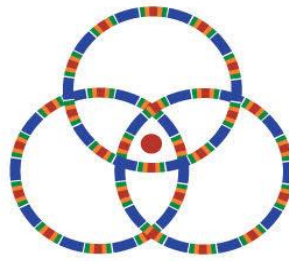
- **Biomimicry** is the imitation of the systems, strategies and elements found in nature to solve human problems and human design challenges. *(Janine Benyus)*
- **We model communication with our internal guidance systems, our networks, and movements after the organic wisdom of nature's living systems.**
- We need look no further than to nature, of which we are part, for answers to many of the problems that humanity has created.
- **We are now prepared to turn with awe and reverence to the natural world to observe and learn about what harmonious, service-filled living looks like at its best.**
- We focus on patterns in nature with intentionality in order to *learn* from the best.

Mycelium Organizing

Intentional...Persistent... Methodical... Deeply Interconnected...Powerful...Stealth

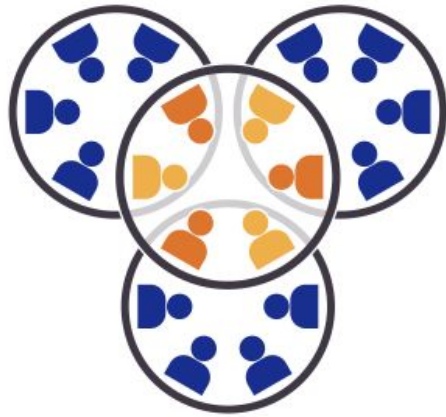


BIOMIMICRY GUIDES US

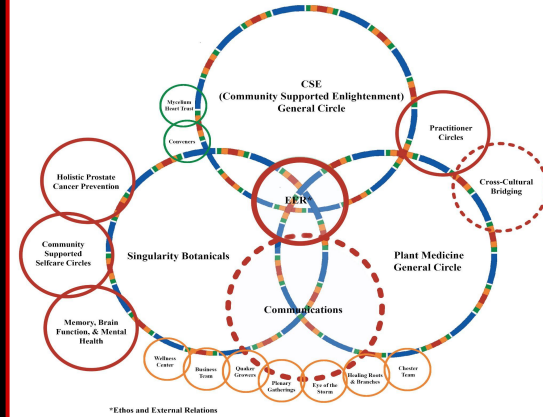


Sociocratic Aspirations

Distributed Authority Autonomy within Interconnectivity



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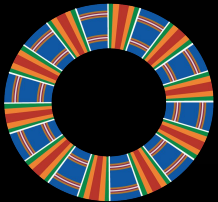
Project Constellation - 2025 Reunion



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