

# Growing Upward Spirals



## *Greetings from the rainforest!*

Excitedly connecting today to share updates on our progress growing Upward Spirals.

Since our last update we have spent several thousand hours refining and expanding the programs and services we're developing to support Costa Rica's leaders of regenerative projects.

Our core goal is the same as when we started, though the last few years of growing our social benefit programs has refined our focus, and we're now seeing an emergent synergy across our projects.

Whether designing and planning as a think tank, working with consulting clients, or producing transformational events, all our projects are aligned on one simple clear vision.

We want to live in a world where sustainable models have been spread around the world, supporting everyone devoted to living a regenerative lifestyle, and all are empowered to help others do the same. The vision for a sustainable and regenerative future is so similar among those who share it, it feels more worthwhile to focus energy exploring *how* we're going to create this culture and society that is environmentally harmonious, socially equitable, with thriving and connected lives of sufficiency for everyone.



Upward Spirals' mission expresses how we believe we can most effectively come to live in the *regenerative* world our heart's know is possible. "We're building tools, templates, guides, business plans, and social benefit programs for leaders of regenerative projects, to help us all accelerate the co-creation of a regenerative society."

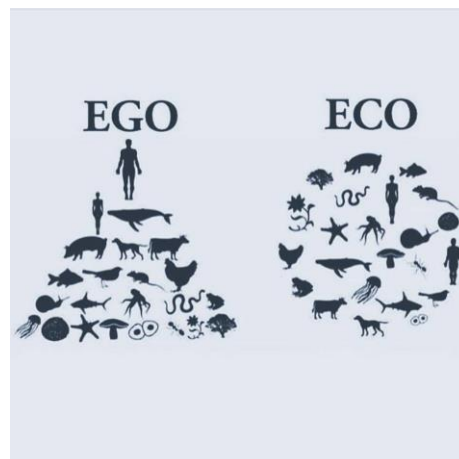
Sometimes we refer to this as our Catalyst Mission, our solution for how to systematically empower the world's most impactful organizations with the models, guides, programs and plans they need to develop regenerative local economies. Our early phases are focused on creating a regenerative community economy in Southern Costa Rica, as a self-replicating model, to expand exponentially to thousands of global organizations to support and accelerate their regional transition.

By providing social enterprises, wellness and education centers, intentional communities, organic food producers and distributors, environmental educators, community organizers, and permaculture and conservation projects, with:

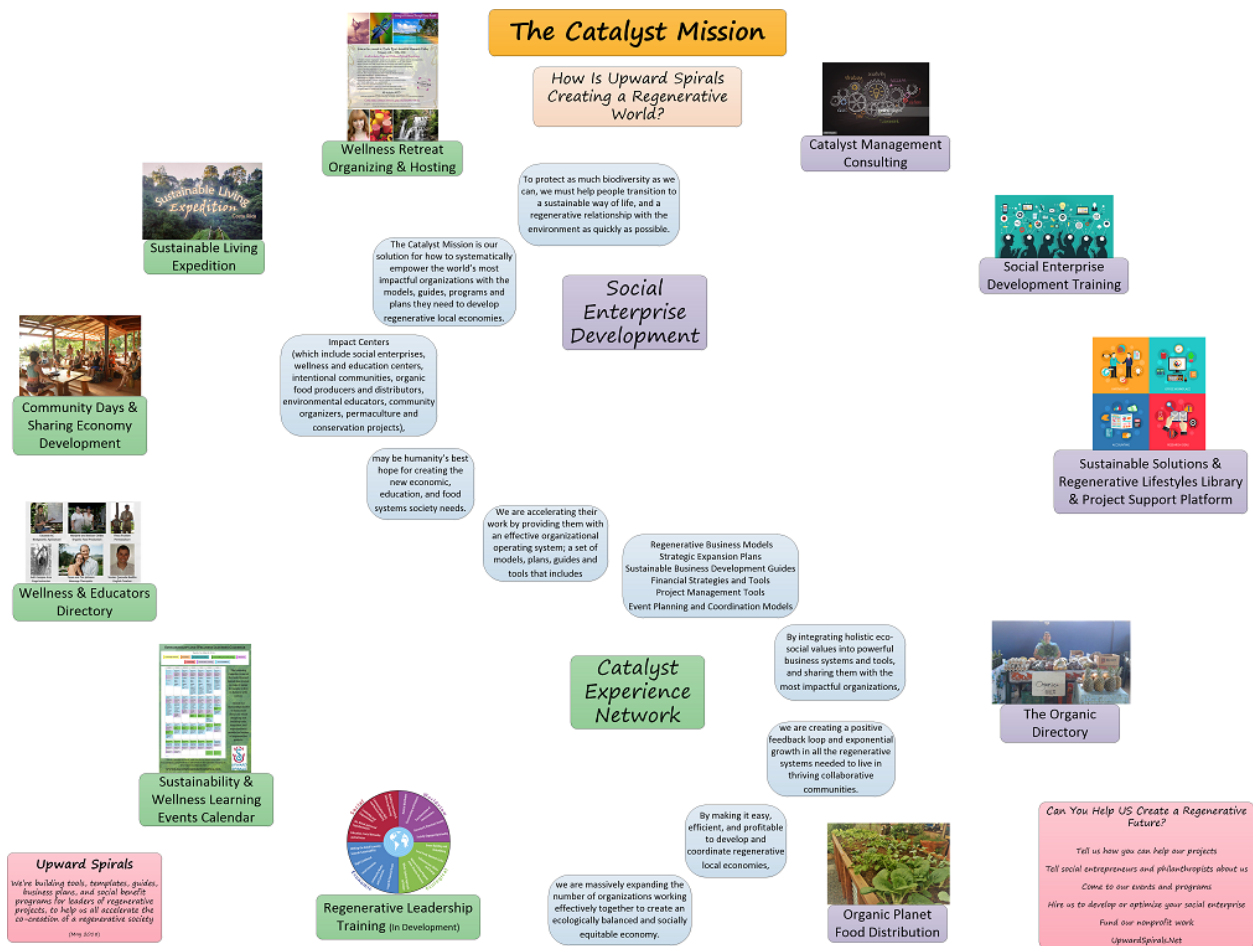
- Regenerative Business Models
- Strategic Expansion Plans
- Social Enterprise Development Guides
- Financial Strategies and Tools
- Project Management Tools
- Event Planning and Coordination Models,

we are catalyzing the most impactful organizations' ability to quickly create the new economic, education, and food systems society needs.

By making it easy, efficient, and profitable to develop and coordinate regenerative local economies, we are massively expanding the number of organizations working effectively together to create an ecologically balanced and socially equitable economy.



In the four years since we started empowering Costa Rica's sustainability and regenerative leaders, here's our progress so far: (descriptions below)



[Click the picture for a larger size pdf](#)

<http://upwardspirals.net/wp-content/uploads/2018/05/Upward-Spirals-Catalyst-Mission-and-Programs-May-2018-pdf.pdf>

**Catalyst Consulting:** ([UpwardSpirals.Net/catalyst-consulting/](http://UpwardSpirals.Net/catalyst-consulting/))

Upward Spirals helps social entrepreneurs, event producers, organic farmers, educators, permaculturalists, and community groups achieve their goals through management coaching and strategic planning. We optimize business models, write business plans, develop financial and organizational development plans, coach social entrepreneurship skills, and produce guides to develop programs and events.

**The Sustainable Living Expedition:** (<http://www.sustainablelivingexpedition.com/>)

A transformational educational adventure around Costa Rica touring sustainable solutions and learning from regenerative lifestyle experts how they're creating thriving local communities.

**The Learning Calendar:** (<http://www.learningcalendarcostarica.com/>)

A free wellness and sustainability events calendar that 142 organizers around Costa Rica use to promote their workshops, classes, retreats, expeditions and much more.

**The Organic Directory:** (<http://www.organicdirectorycostarica.com/>)

Information on over 200 farms, stores, restaurants and ferias around Costa Rica where one can find organic products and organizations supporting organic agriculture.

**Community Days:** (<http://www.diamantecenter.com/community-days>)

A free community gift economy event creating a regenerative local economy through workshops, activities and networking.

**The Regenerative Library:** (<http://www.upwardspirals.net/regenerative-library/>)

One of the world's largest free libraries of resources and tools for sustainable solutions and regenerative lifestyles.

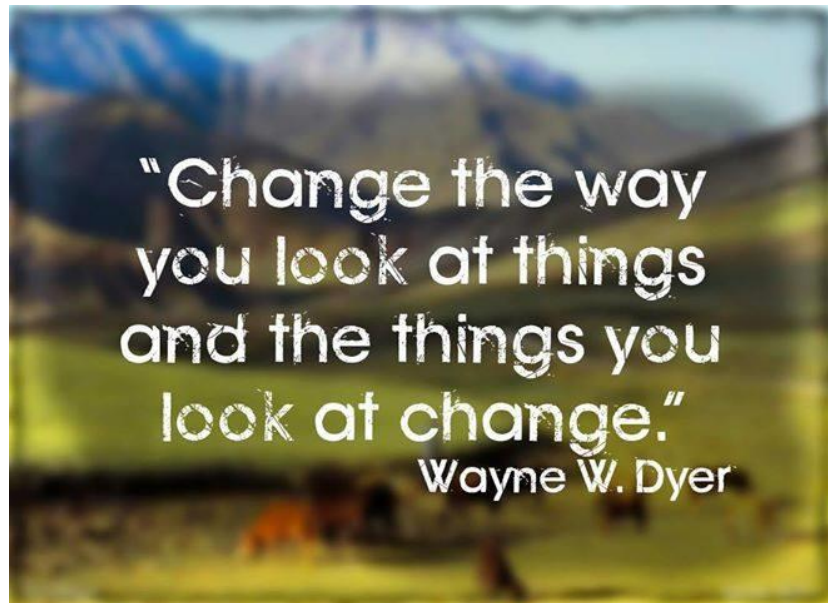
**Catalyst Experience Network:** ([UpwardSpirals.Net/catalyst-experience-network](http://UpwardSpirals.Net/catalyst-experience-network))

*(Formerly the Diamante Solution Center)*

Costa Rica's most innovative and impactful, regenerative lifestyle centers, educational events and wellness retreats. Together a social benefit organization producing transformational experiences to catalyze an ecologically harmonious world.



## The metamorphosis of the Diamante Solution Center into the Catalyst Experience Network



We are excited to announce the latest evolution of the events Upward Spirals produces in Costa Rica!

For our first couple years coordinating wellness and sustainability training events, we produced them primarily at the Home Farm (its original name), a place we called the Diamante Solution Center. The 'Solution' part referred to our vision for how a center can produce transformational community and educational experiences, in a way that transitions the local economy to a more regenerative model, through connecting and supporting the local wellness provider and environmental education community.

During our time running Diamante Solution Center programs at the Home Farm we received a lot of gratitude and feedback from organizers around Costa Rica. Many have appreciated our dedication to empowering and educating about regenerative lifestyles, and our commitment to integrating our triple bottom line values into every facet of our work. This has led to a fantastic growth in our opportunities to work with and support some deeply inspiring social entrepreneurs and impact centers.

For the last 2.5 years we have been so grateful to Dave Ayotte for sharing the Home Farm with Upward Spirals, at no cost to us, so we could run the Diamante Solution Center programs there. Thanks to his generosity we were able to in turn share his gift with 878 guests from the local community and travelers from around the world seeking transformational experiences and inspiration to create sustainable communities.

During our 28 months, producing a similar number of events, we had the great pleasure to work with over 100 of Costa Rica's most inspiring educators, wellness experts, and community builders. We shared a lot of love, learned deep lessons from and about each other, and sparked in the hearts of a few hundred cultural creatives perhaps just a little hope that a regenerative future is possible.

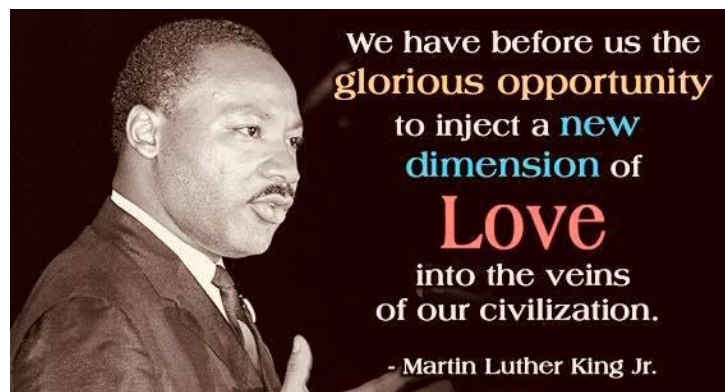
We learned that creating a better world starts with a commitment to self-reflection and personal development. We cannot create a peaceful world if we do not have peace inside. We cannot create a collaborative global community if we do not love ourselves and treat everyone around us like family. And if people in our lives don't respond to peaceful insistence that we treat each other and all life with deep respect, we can choose better. The future of life on earth appears to depend on us waking up, and treating each other and every moment as an opportunity to create more love in the world.



## Spiraling Up

One reason we chose the name Upward Spirals is our commitment to evolve our impact into its greatest societal benefit. As our first social enterprise transformed from ideas on a page into our daily opportunity to express our love for life, we learned that for us the Diamante Solution Center is a lifestyle; a grateful and honoring way to be in the world. A way to know ourselves as our ecosystem, which we embedded into events and programs to seed that possibility into the world.

And while the Home Farm was the one perfect place to begin this adventure, we are now thrilled to leave the nest and bring Upward Spirals' programs and models to the most innovative regenerative lifestyle, education, and event centers around Costa Rica. This means lots more growth and impact, and will allow us to maintain our commitment to focus our support on the centers and organizers we believe are leading the transition to a regenerative future; those organizations that fully embody triple bottom line and regenerative values in all their relationships.

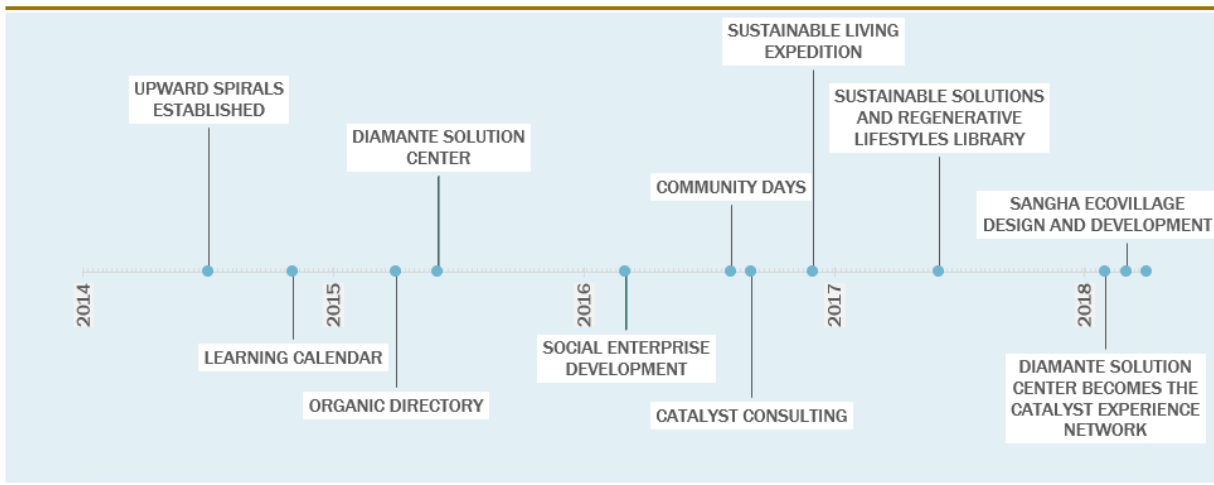


To these world changing organizations we'll bring not only transformational experiences, but also organizational management strategies, business and collaboration models, and event production tools, to catalyze their leadership in creating a regenerative society.

And so the Diamante Solution Center spirals up, to become the Catalyst Experience Network! *"Costa Rica's most innovative and impactful, regenerative lifestyle centers, educational events and wellness retreats. Together a social benefit organization producing transformational experiences to catalyze an ecologically harmonious world."* (<http://www.upwardspirals.net/catalyst-experience-network/>)



## Creating a Regenerative World



But wait, there's more! Look for the much anticipated next Community Days at Finca Amrta, coming up in early July! Thanks to Suzanne's amazing generosity in sharing her beautiful space, we can organize this free educational community event, this time much closer to so many of you who have been wanting to connect and share.

And while we gratefully flow into our future, we want also to celebrate some of our highlights from this last year.

### Reciting regenerative reasoning

Since our last update we've had many opportunities to share regenerative perspectives, including our first presentation in Spanish at the Cocoperma Permaculture conference in Cartago.

*Some of the presentations we've shared:*

- What Makes Food Sustainable?
- Sustainable Building: Priorities and tradeoffs in materials and methods selection
- Community Living: Values and Agreements
- Regenerative Business: Creating Upward Spirals of Personal, Community, and Ecological Regeneration

- From Sustainable to Regenerative: Choosing and Designing the Best Possible Future
- Soluciones Organizadas por las Comunidades (Solutions Organized by Communities)

And a few more we're polishing to present later this year;

- "Sustain What? Personal Sustainability, Isn't",
- "How to Create a Regenerative Local Economy", and
- "Why Cryptocurrencies Distract from Creating True Local Economic Prosperity".

### **Catalyzing conscious creators**

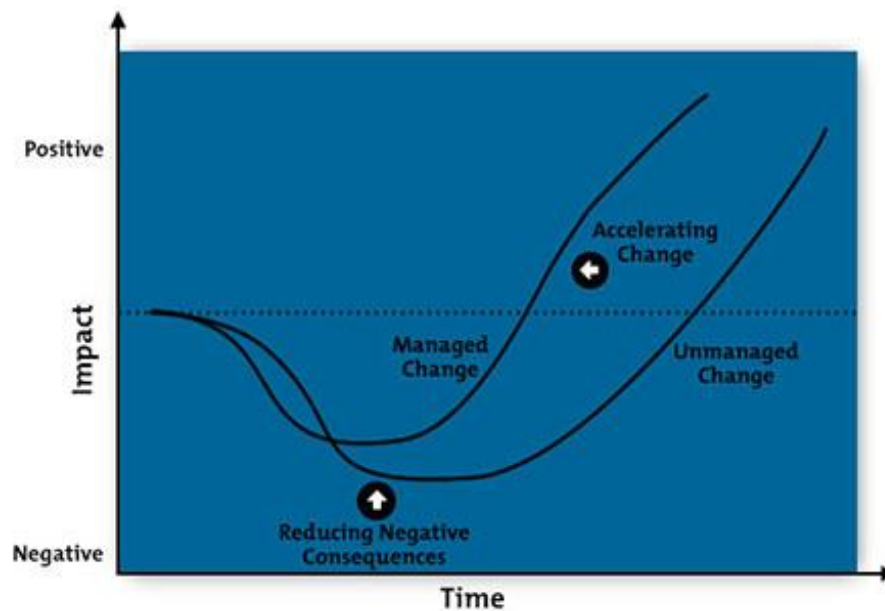
We have had the pleasure of working with some of the world's most innovative social enterprises and organizers; coaching executives, community groups, and educators on how to create financially, socially, and environmentally sustainable organizations.

Producing sustainable events for the Smithsonian has been a great catalyst for our goal to bring regenerative lifestyle education into mainstream institutions. And when Veritas University asked us to create a customized experience for their students, we celebrated great progress towards our goal of sharing the Sustainable Living Expedition with educators everywhere.

Another highlight was working with the Envision Festival, helping them magnify their environmental and community leadership. Through working with the festival directors, assessing where the event sets standards in regenerative design, and conducting a financial review, we produced reports their executive team can use to improve the event's financial, environmental, and social sustainability.

An exciting consulting highlight was starting to design and develop the Sangha ecovillage, integrating ideas for a conscious living community with regenerative organizational models. In addition to the great joy of working on a project with holistic and ecologically honoring values, we are also very excited for how we can leverage the impact of the models we create for Sangha, by sharing them with other social benefit organizations and communities.

Thank you so much to the organizations who have invited us to create your visions together, it is an honor to magnify your leadership!



### **Selected supportive salutations**

While getting some great feedback on our projects can feel good, mostly we celebrate it as affirmations we're on the right path, and feel grateful for being able to contribute our skills and passions to create a better world.

*About our event planning and production team:*

"I recently hosted a retreat with the Diamante Center and I was blown away with the love, support, teamwork and ease of the entire process. My whole team felt 100% supported. I'm so happy to work with a center who has integrity in everything they do; from the local organic food they source, to their relationships w/the farmers and the community at large. Every detail was perfect. Thank you DC team for helping our retreat go so smoothly! Everyone had a blast! Eternally grateful!"

*About our management consulting and organizational development program:*

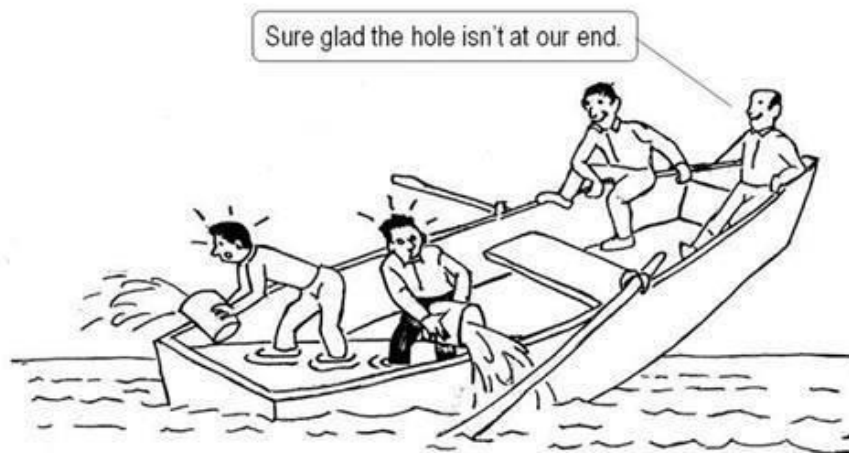
“This is to express to you how much we value your work, as well as you, as a conscious person and those talented individuals who make up your team. In the short time we’ve known each other; you’ve become an important asset to Sangha. We believe that we are being well guided by the best professional in Costa Rica.” – Gino Salotti

*About the Sustainable Living Expedition:*

“I came to learn more about organic farming and sustainable building practices. To see how a community could be laid out and designed. I left with more love for myself, the earth, fellow humans and all the creatures, trees, plants and animals of the world. I made a life-long bond that is priceless. Learning community and feeling its love.” – Derrick Mulcahy

*Yet you can’t please everybody 😊*

“Bill Mollison, the father of Permaculture, stated ‘work and pollution are both faulty design symptoms’, so it is clear that the folks at the Diamante Solution Center have a faulty design, because they seem to be working fairly hard.”



If you've read this far, thank you for your support, your hopefulness, and whatever you are personally doing to choose well as we enter the most vital moments in human history.

*If you believe our projects make the world a better place, here are some ways you could catalyze Upward Spirals' ability to provide regenerative leaders the resources they need:*

Come to our events and programs  
Tell social entrepreneurs and philanthropists about us  
Hire us to develop or optimize your social enterprise  
Fund our nonprofit work  
Tell us how you can help our projects

It is through our collective contributions that we're creating the future we want, one choice at a time.

With Love and Fierce Peacefulness,  
Upward Spirals & The Catalyst Experience Network

