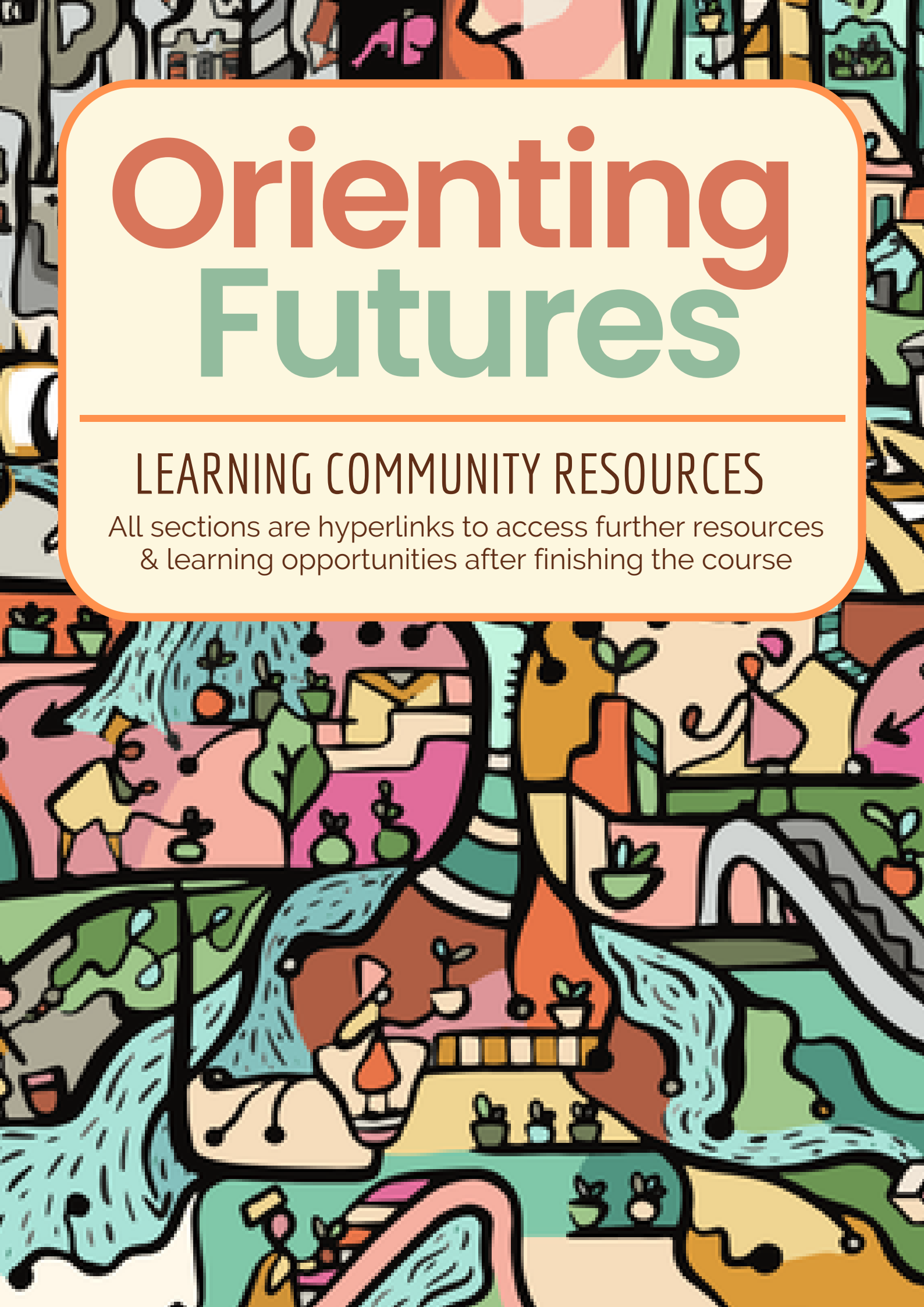




Orienting Futures

LEARNING COMMUNITY RESOURCES

All sections are hyperlinks to access further resources & learning opportunities after finishing the course

Session 1



Low Spoon



1: Reflective Meditation 2-40mins | Do

Find a place to sit in nature, go for a walk or lay down. Play the album linked above and reflect on the queer regeneration occurring in nature around you. Invite this process into your body and breathe in a new intention of transformation.

The album plays for 40 minutes so feel free to listen for as little or long as feels right. If anything comes up, please make a note and if you feel comfortable, please share at our next class.

2: What is permaculture? 4mins | Watch

3: Permaculture Ethics 10mins | Read

Medium Spoon



4: What does an ecological civilisation look like? 15mins | Read

5: What is Queer Ecology? 10mins | Read

6: What queerness can teach us about the climate movement 37mins | Listen

High Spoon



7: Upstream Podcast - Everyday Utopia and Radical Imagination with Kristen Ghodsee 2hours | Listen

No Spoon

8: We wish you deep rest & regeneration <3

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Session 2



Low Spoon

1: Joy To The Inner Child 10mins+ | Play

Find a local park or playground near where you work or live. Take some time to swing on the swings, go down the slide or play as you may have done as a child. Allow the silliness & discomfort you may feel doing this as an adult to take a seat & spend some time leaning into the feelings that may arise. Modify this activity to your context.

2: How ecotones support biodiversity 5mins | Read

Medium Spoon

3: Planetary Boundaries 15mins | Read

4: Queering the economics of farming 18mins | Watch

5: Ecological succession 10mins | Read

6: UN Sustainable Development Goals 10mins | Read

High Spoon

7: Staying with the trouble podcast 1hr 20mins | Listen

8: Indirect work with Carol Sanford 1hr | Listen

No Spoon

9: We wish you deep rest & regeneration <3

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Session 3



Low Spoon

1: Pattern Journalling Reflection 15mins + | Do & Write

Visit your local park, river, or green place you go to rest and recharge. Spend a bit of time slowing your breath, stretching and relaxing before taking out a pen and paper and seeing how many patterns you can find. Don't be afraid to get playful with this and treat yourself like an explorer or scientist, investigating the world in a new way.

Medium Spoon

2: What is systems thinking? 10mins | Read

3: Tools for a systems thinker 10-15mins | Read

4: Pattern spotting 15mins | Read

5: Patterns in permaculture 15mins | Read + 12min | Watch

6: Iceberg model of systems thinking 10min | Read

High Spoon

7: Outcomes & Systems Activity - 30 mins | Read

No Spoon

8: We wish you deep rest & regeneration <3

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Session 4



Low Spoon



1: Singing in The Shower/Car/Public 2-30mins | Do

This activity might be a frequent part of your everyday life but for some it may definitely not. This activity is about expressing ourselves through our most powerful communication method, our voice. Take some time to feel comfortable & let go of any anxieties, concerns or judgement & allow yourself to sing. For some this may be a very brave act, although for others it may be very simple. Try to find an edge of comfort here for yourself & occupy that space while singing.

2: Design Justice Principles 5 mins | Read

Medium Spoon



3: SDGs - Australia Specific 5mins+ | Read

4: Principles of challenge led innovation 10mins | Read

5: Living systems thinking 10mins | Read + Videos

6: Ideas Arrangements Effects: Systems Design and Social Justice 20mins | Read

High Spoon



7: Pattern understanding 30mins | Watch

8: Systems, patterns and creation with Tyson Yunkaporta
1 hour | Listen

9: Systems Thinking for Social Change - David Peter Stroh -
Reference book

No Spoon

10: We wish you deep rest & regeneration <3

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Session 5



Low Spoon

1: Dadirri - Deep listening Watch / Read / Do / Listen

Offered as a gift from Ngangikurungkurr elder Miriam Rose, Dadirri is a way to listen deeply and truly to self and country. We invite to find some quiet, read this short article and maybe watch the video and to practice Dadirri.

2: Little Things Ziggy Ramo 7mins | Listen

Medium Spoon

3: Challenging the elephants in the room 14mins | Watch

4: Israel destroys Palestine's last surviving seed bank
10min | Read

5: How to recognise white privilege & use it to fight inequity
19mins | Watch

6: The urgency of intersectionality - Kimberlé Crenshaw
19mins | Watch

7: Debunking the myth of homo economicus
56mins | Listen

High Spoon

8: How much discomfort is the whole world worth?
20mins | Read

9: Critical ecology 1hr 15mins | Listen

No Spoon

10: We wish you deep rest & regeneration <3

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Session 6



Low Spoon

1: Reflective Meditation 2-40mins | Do

Find a place to sit, perhaps where you went last time, go for a walk or lay down. Play the album linked above and reflect on the change that has occurred since this last meditation. Notice the patterns you participate in and the one's you've shifted from. Reflect on your younger self and the ways of being you transformed through. Notice we can, and do transform and invite this into yourself with each breath.

Medium Spoon

2: Lateral violence 6 mins | Watch

3: Extreme-right protestors attack Camp Sovereignty 10min | Read + 16min Watch

4: From lateral violence to lateral kindness 1 hour | Watch

5: Resisting purity culture 1 hour | Listen

6: The anatomy of Zionist genocide 15mins | Read

High Spoon

7: Restorative Justice 1 hour 12 mins | Listen

8: Loving corrections with Adrienne Maree Brown 1 hour | Listen

No Spoon

9: We wish you deep rest & regeneration <3

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Session 7



Low Spoon

1: Activity - Blood, Birth & Choice 5-40mins | Write

This framework, by [Mahana Culture](#)'s Dr Martin Brokenleg helps us to understand better the cultural stories & narrative we hold. Alignment with these things are a life long journey but it is useful to return to them frequently. **Blood** indicates the DNA that runs in your veins, the biological history of your ancestors, the place(s) they're from & the cultures they maintain(ed) as well as any traditional cultural values & stories of your ancestors. **Birth** indicates the place you were born & the overarching cultural conditions & structures that shaped you as a person: the neighbourhood you lived in, the decade you were born in (are you a 90's kid?) the people you met, the culture of that space. The last aspect is **Choice**, this indicates the decisions you've made, or not made, across your life that have led you to where you are & the values you uphold, this can be choices to move interstate, adopt political stances or move into specific fields of work or ways of being.

Using a pen & paper, laptop or phone, please journal on these 3 concepts for yourself

2: Identifying as a 'non-indigenous' person 5min | Read

Medium Spoon

3: Colonial load and cultural responsibility 10min | Read

4: Mark Yettica Paulsons Intercultural Framework

16mins | Watch

5: Nurture: Teu Le Vā - Gregg Morris 15mins | Watch

6: Intercultural learning - Maha Bali 38mins | Listen

High Spoon

7: Corrina Gould on Settler Responsibility & Reciprocity

1 hour | Listen

8: Carol Sanford on indirect work 1hr 7mins | Listen

No Spoon

8: We wish you deep rest & regeneration <3

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Session 8



Low Spoon

1: Activity - Crafternoon Creations 30mis | Do

This activity might be a simple & ongoing practice for you & we hope to encourage this further. The task is to spend an afternoon crafting in whichever form you feel drawn to. This could be weaving, collaging, painting, drawing, gardening or baking. Any form of creation that resonates with you, please spend an afternoon with some people you can be creative with & craft away :) Read the infographic linked above for some context.

2: Together for Treaty - Website & Resources

Medium Spoon

3: Reclaiming Context, Connection and Collectivity for Regenerative Cultures 10mins | Read

4: The danger of a single story - Chimamanda Ngozi Adichie 18mins | Watch

5: The Eternal Song 1hr 32mins | Watch

High Spoon

6: Racial Hygeine and the Jab - Tyson Yunkaporta & Tammi Jonas 1hour | Listen

7: 'Mauri' Film Premier & 5-Day Live Online Event with Māori Elders (14-18th Oct 2025)

No Spoon

8: We wish you deep rest & regeneration <3

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Session 9



Low Spoon

1: [Guided Self Massage](#) 8mins | Watch/Do

Medium Spoon

3: [Limitations & Challenges of Including Environmental Obligations in SE Operations](#) 15mins | Read

4: [8 Forms of Capital](#) 10mins | Read

5: [The window of tolerance](#) 15mins | Read

6: [The window of transformation by Kai Cheng Thom](#)
10mins | Read

7: [Trauma informed practice](#) 10mins | Read

8: [Regenerative Webs of Care - Applying SDGs Meaningfully](#)
15min | Read

High Spoon

10: [Love in A Fucked up World Podcast - Dean Spade with Adrienne Maree Brown](#) 1 hour | Listen

No Spoon

9: We wish you deep rest & regeneration <3

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Session 10



Low Spoon



1: Activity - Blood, Birth & Choice 5-40mins | Write

Let's revisit this activity. What else have emerged for you when you think about this framework?

This framework, by [Mahana Culture](#)'s Dr Martin Brokenleg helps us to understand better the cultural stories & narrative we hold. Alignment with these things are a life long journey but it is useful to return to them frequently. **Blood** indicates the DNA that runs in your veins, the biological history of your ancestors, the place(s) they're from & the cultures they maintain(ed) as well as any traditional cultural values & stories of your ancestors. **Birth** indicates the place you were born & the overarching cultural conditions & structures that shaped you as a person: the neighbourhood you lived in, the decade you were born in (are you a 90's kid?) the people you met, the culture of that space. The last aspect is **Choice**, this indicates the decisions you've made, or not made, across your life that have led you to where you are & the values you uphold, this can be choices to move interstate, adopt political stances or move into specific fields of work or ways of being.

Using a pen & paper, laptop or phone, please journal on these 3 concepts for yourself

Medium Spoon



2: [The Power of Privilege](#) 15mins | Watch

3: [Towards the Queerest Insurrection](#) 15mins | Read

4: [Permaculture - 8 Forms of Capital](#) 47mins | Listen

High Spoon



5: [Practice Foundations: Restorative systems change – Haumanu framework and process](#) 1 hour | Watch

6: [Leverage points - Intervening in a system](#) 1 hour | Read

No Spoon

7: We wish you deep rest & regeneration <3

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Session 11



Low Spoon

1: Hua Parakore Framework 10mins | Watch

2: The camp that ignited a movement
15mins | Read & Watch

Medium Spoon

3: The Social Adoption Bellcurve 10mins | Watch & Read

4: The Zone Of Fabulousness (Content Warning -
Discusses Sexual Abuse) 10mins | Video

5: Surfacing Worldviews of Change 5-30mins | Read

High Spoon

6: Crip camp 1hr 45mins | Watch

7: Ideas Arrangements Effects: Systems Design and Social Justice 1 hour | Read

8: Haumanu - Restorative Systems Change 1 hour | Read

No Spoon

9: We wish you deep rest & regeneration <3

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Session 12



Low Spoon

1: Time to Celebrate!

What a joy to have completed this course. Your main activity now is to celebrate these past weeks & spend time in gratitude & celebration of the things you have achieved. Regeneration is a gradual, ongoing & sometimes thankless process that we must celebrate at every chance. Well done on finishing this course! You did it & that's awesome! How will you celebrate?

2: Take A Street & Build A Community 21mins | Watch

3: My Role in a Social Change Ecosystem 10min | Read

Medium Spoon

4: Philanthropists Must Invest in an Ecology of Change 15mins | Read

5: Spectrum of Allies 15mins | Read

6: Who we are and who we will become along the way 15mins | Watch

7: Craftivism: a manifesto Book Reference

High Spoon

8: Pleasure activism 1hr 25mins | Watch

9: Movement Mapping 1 hour | Read

10: Fumbling Towards Repair Book Reference

No Spoon

11: We wish you deep rest & regeneration <3

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