

Tantric - Meditative Lifestyle Community with Seminar, Retreat & Healing Center

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Living Together (Social aspects) /

Creating, cultivating, supporting, encouraging, allowing and developing:

- 🌀 Creation of group, community, tribe. Appreciation of diversity, being integrative
- 🌀 We aspire to be a large community, minimum 25, maybe 50 or 100 people
- 🌀 Cultivating nonviolent communication, mutual support, conflict resolution
- 🌀 Cultivating authentic and conscious encounters and relationships
- 🌀 Building an atmosphere of truth and trust
- 🌀 Being transparent and expressing individual truth to the group without fear
- 🌀 Supporting the healing of wounds, shocks and traumas of each individual
- 🌀 Supporting the consciousness that brings light to the conditioning of each individual
- 🌀 Supporting the development and deployment of the individual potentials
- 🌀 Using group rituals
- 🌀 Celebrating life in all its manifestations, Dancing, Singing
- 🌀 Love and compassion
- 🌀 Loving, conscious and meditative, cheerful, celebrative and tantric people
- 🌀 People who appreciate and love their body, mind and spirit and who are committed to taking care of themselves and taking care of their development towards more and more consciousness, light and Love.
- 🌀 Free and conscious sexuality. Freeing Love from fear and conditioning.
- 🌀 Freedom to explore and experiment
- 🌀 We say Yes! to the body – Yes! to the mind – Yes! to the spirit: We practice conscious development and workshops on all levels.
- 🌀 Meditation, Tantra, Yoga, Massages, Breathing, Silence, Deep Listening
- 🌀 Promoting art and all kind of creative, conscious expressions
- 🌀 Multigenerational. Promoting contact between generations
- 🌀 Holding the space for families and children of all ages, daycare in the forest, free school, facilitating access to single mothers / fathers with their children
- 🌀 Form networks and cultivate local, regional and global relationships
- 🌀 Decision making by consensus / "Systemisches Konsensieren" – looking for the option with the least group resistance
- 🌀 Organization of tasks and responsibilities by sociocracy or holacracy?

Vision / "Philosophy":

- 🌀 Tantric, meditative, free, holistic, ecstatic, a big "Yes" to Life!
- 🌀 With our community we want to contribute to the development of a world where all beings can live together in peace, trust, freedom, joy and connection
- 🌀 Silence and Deep Listening
- 🌀 Open all senses and cultivate the connection with oneself, with others, plants, animals, all nature and the cosmos (rituals)
- 🌀 Respecting all manifestations of Life
- 🌀 Increasing awareness and responsibility in all aspects
- 🌀 Supporting the expression of individual, group and planetary health
- 🌀 Spirituality and Solidarity (inside and outside)
- 🌀 Multigenerational
- 🌀 Welcoming culture and hospitality

Ecology:




- 🌀 Ecological and integrative design, rehabilitation and construction of buildings
- 🌀 More self-sufficiency of food and supplies
- 🌀 Permaculture. A sustainable culture that is good for all: people, animals and plants
- 🌀 Preferably consume regional products (km0)
- 🌀 Responsible, conscious and healthy use of water (dry toilets ...)
- 🌀 Prioritize the use of renewable energies and energy self-sufficiency
- 🌀 Reduce our ecological footprint, promote a sustainable lifestyle, reduce or avoid waste (garbage)

Economy:





- 🌀 Towards a sustainable economy that does not exploit anyone
- 🌀 More self-sufficiency of food and supplies
- 🌀 Foster the local and regional economy, share and collaborate
- 🌀 Work with ethical banks
- 🌀 Using straight from the beginning and for all stages of project development a master plan for the legal and the economic structures that considers all aspects exposed in this vision draft
- 🌀 Internal exchange system without money?

Facilities / Areas:





Natural (rustic) land "The Land":

-  Minimum 5 ha. If it's bigger, much better!
-  If possible, with own water source, well, river, lake ...
-  If possible with forest

Private or shared areas (minimum potential to live 30-40 people) / Residential area "RA"

-  Comfortable spaces, well-conditioned to sleep, rest and be alone, as a couple or in small groups
-  Small living units where a few people can live together
-  Small living units to live alone, as a couple, threesome, ...
-  In general, reducing the private spaces and increasing the shared spaces.

Community areas with: (Community facilities "CF")

-  Community bathrooms, dry toilets (compost)
-  A lot of land and nature, to be, to walk, to do activities outdoors, little asphalt. If possible that there is a river or lake or that the beach (sea) is nearby. Forest. Lots of vegetation, plants, animals, birds,
-  Own healthy water
-  Living rooms and terraces where to be comfortable: sun / shade / with fireplace
-  Kitchen and dining room that offers 3 healthy and natural meals (vegetarian with vegan options) / day, every day of the year regardless if there are guests or not
-  Room with wooden floor (minimum 50 m2) for exercises like Karate, Yoga, Dance, active meditations, concerts, performances, parties
-  Room for events, meetings, assemblies, group work (Forum, sharing)
-  Beautiful spaces ready to share massages, make love ... ("Blue saloon at ZEGG", love tents, possible "Tantric Hotel")
-  Sauna
-  Fixed daily program of Meditations, Yoga, Sing, Dance
-  Classes of music, voice, piano, guitar, percussion ...
-  Protected places for children, to play, nursery, school ...
-  Spaces for studying, library, cinema
-  Spaces to work. Workshops, offices, offices with very good Internet connection. Avoiding Wi-Fi altogether or limit it to very specific areas.

- + Community laundry
 - + Less vehicles and more shared: Cars, bicycles, motorcycles, boat, van, motorhome, minibus
 - + Garages (workshops) for carpentry, metal, bicycles, plumbing, electricity ...
 - + Animals: Horses, goats, chickens, dogs, cats, bees?
- 🌀 Hotel / Hostel / Bedrooms (Guest House "**GH**") / Camping area and motorhomes ("**Camp**"). Minimum GH = 40 beds + the Camp)
- + Providing convenient accommodation for the participants of the different events like workshops, seminars and trainings, group and individual retreats, festivals, recovery stays, healing, therapies ...
 - + Offering a wide and complete range of types of accommodation for all budgets, from the most basic and economic (camping area, dormitories) to individual hotel style rooms or apartments
 - + Shared bathrooms, dry toilets (compost)
- 🌀 Seminar Center (Buddha Halls "**BH**") for seminars organized and led by community members and teachers from outside the community. Group retreats organized mainly by community members:
- + Providing enough spaces for all kinds of events: Workshops, seminars, trainings, festivals, group activities ...
 - + Minimum 3 spaces: 1x +250m², 1x +100m², 1x +50m²
- 🌀 Healing Center "**HC**": For treatments, healing and therapies offered mainly by therapists from inside the community:
- + Providing pleasant and silent spaces for relaxation, reduction of external stimulation, free from electro-smog, for medical consultations, individual therapies, massages, treatments, aesthetics ...
 - + Minimum 4 rooms for individual treatments
- 🌀 Permaculture / organic garden for self-supply, goats, chickens, bees?
- + Possibility to elaborate products that can be sold in the shop or elsewhere
- 🌀 Public Areas "**PA**":
- + Bar / coffee shop / organic health shop / art shop / art gallery...

Legal structures and organization:

- 🌀 Cooperative, each member one vote:
 - ✚ Ordinary members (with voting right and the right for a living space)
 - ✚ Special (extraordinary) members. Can be persons or other legal structures (cooperatives, companies) because the community / the cooperative is interested in them to be members
 - ✚ Investing members / Honorary members / Supporters (with right to give their opinion, but without right for vote or living space)

Other possible structures apart from the cooperative:

- 🌀 Non-profit foundation (difficult to create and controlled a lot, at least in Spain)
- 🌀 Non-profit association(s) to cover specific areas, for example, protection of flora and fauna and local herbs, ecological agriculture, multigenerational lifestyle, support / shelter for people in crisis situations, ...
- 🌀 Limited company for the commercial exploitation for example of the business of the seminar center, health center, ... (Note: The cooperative can be one of the partners)
- 🌀 Circles of donors and friends who want to foster the community: Closer circles of people who like to spend days in the community or wider circles of people who simply like the idea and who want to support the project and stay in contact
- 🌀 Building networks with other communities what can allow for example the exchange of living space for periods living in another community without having to leave one for the other. Organizing events together. Coordinate and exchange knowledge and useful tools, ...
- 🌀 Volunteers (guest worker): People who want to spend a limited time (for example, a week) in the community, helping with their work for example 3-5 hours / day, get to know the community and take part in some of the activities. In return they pay a reduced fee for each day of stay.
- 🌀 Workers, work camps (WWOOF, Workaway): People with specific skills (or not) who want to work 5-7 hours / day in the community, especially when there is a need for specific work, without having (yet) a clear interest in knowing the community or be part of it. In exchange they get free accommodation and food.