

## THE GOSPEL OF NATURE - A BIOMIMICRY RETREAT

This retreat encourages participation on all three Mondays: Mar 20, Mar 27, Apr 3 (1-3pm EST, 10am-noon PST) Biomimicry Retreat –

As human beings we are called to conscious self-awareness. Reconnecting with Nature or connecting at a deeper level welcomes a wise companion to our spiritual journey.

**Preparation:** If you are able, plan to spend at least 30 minutes with Nature each day, then bring an open mind and heart to receive her many gifts!

**Dates:** Mondays (March 20, 27 and April 3, 2023)

**Time:** 10 am Pacific Time; 1 pm Eastern Time

**Sessions:** 2 hours (includes input; pondering time and sharing time)

**Retreat companion:** Gloria Rivera, IHM from Monroe Michigan. Gloria holds a master's degree in religious studies and has received training in spiritual direction. She has been a student of biomimicry for the past seven years and will share some insights she has gained inviting all to apply them to each one's respective spiritual journey.

### **OUTLINE: Monday, March 20**

Winter in the D (1)

Retreat Title: (slide 2)

Introductions (3)

Retreat goals (4)

We ponder (5)

What is Biomimicry (6)

What it is: The conscious emulation of life's genius (7)

Conscious – implies intent

Emulation – Not just an imitation. Pulls out the best design principles and applies them to the challenge at hand

30 million, maybe 100 million species that have been learning to survive and thrive on this planet for 3.8 billion years.

**Form (Structure)** – Owl feather. How do hooks and barbules hook together? What about silent flight.

**Sustainable design** – mimic natural process. How does nature make it? It self-assembles at body temperatures without using any toxins or high pressures using nature's chemistry. Why can't we emulate this process?

**Whole systems** – Ultimately what is needed to fit in on the planet? Owl feather doesn't exist in isolation, owl in forest in biome part of life-sustaining biosphere. Works to restore rather than deplete the earth and its people.

Make owl-inspired fabric, but made in a sweat-shop, put into pollution-spewing planes, trains, boats, and trucks and ship it all over the world, we've missed the point.

Nature as Model Mentor Teacher (6) explain

Geese (8)

I-site (9)

Why Biomimicry (10)

Two paradigms (11 and 12)

PAUSE FOR REFLECTION (12)

Janine Benyus statement (13)

Time to Ponder and Share (14)

Closing (15)

How Whales Change the Climate (video) WATCH FOR CONNECTIONS

<https://www.youtube.com/watch?v=M18HxXve3CM>