

cloud school of health

A WEEK-LONG IMMERSIVE EXPERIENCE

*"LEARNING HOW TO BE HEALTHY + HOW TO HEAL
IN ORDER TO HELP BUILD A HEALTHIER WORLD FOR ALL"*



We need a new way of living, being, and doing.

We recognize that our *practice* is the real guru. And the guru is our practice. So we offer an experiential approach devoted to the principles of Salutogenesis.

SALUTOGENESIS (*Sa-lü-tō-je-ne-sis*.)

Latin salūt: “health, healing” + genesis: “origin of”

An approach to health focused on nurturing the factors contributing to physical and mental wellbeing and resilience (rather than mere eradication of disease) with particular emphasis on the coping mechanisms which help preserve and enhance health in the face of stressful conditions.

\\ This approach, called salutogenesis, suggests that we as humans have the innate capacity to move toward health in the face of hardship// -Shanta R. Dube

Cloud School of Health | Curriculum:

DAY 1– WELCOME & ORIENTATION

DAY 2– MY BODY

Cracking your metabolic code

Becoming immunologically anti-fragile

Finding your Achilles heel, and learning how to fix it

Voluntary control of HRV + stress

Breathing + Sleeping

DAY 3– MY INTERIORS

Waking up: Who am I?

Growing up: What do I want?

Cleaning up: What holds me back?

DAY 4– MY RELATIONSHIPS

What the world needs + what is mine to do

Coherence in spite of Triggering / Perspective taking

The Golden Mirror

Group Work

DAY 5– NATURE

From consumer to steward + custodian + guardian

Constellating the bright stars

Removing friction

Anti-fragile community health

DAY 6– INTEGRATION

What does it mean to be **healthy**?

What does it mean to **heal**?

On what levels do I **need to heal**?

For most of us the answer is:

*"I have no
friggin' clue"*

After all, we never learned any of that.

Not in **school**.

Not at the **kitchen table**.

Certainly not at the **doctor's office**.

We aim to change that by bringing simple, practical, attainable methods to extend the principles of salutogenesis—not only to ourselves, but also to all those around us, and to our planet.

We believe that building or creating anything new from scratch is actually unnecessary. Rather, we only need to *constellate* the stars which already shine brightly in our communities. We simply need to connect the dots that already exist in our home towns.

We believe in the concept of *smart stacks* and *virtuous cycles*. And that by discovering, studying, and curating the best practices, techniques, and modalities which work together synergistically, it is possible to make **1+1+1=7**.



We are weaving together a tapestry that is big and bright, and inclusive and comprehensive enough to help us fully *actualize* and *integrate*, both as individuals as well as collectives living together on this finite spaceship that we call Earth.

We are asking ourselves not only what would it be like to live our best life – but also what would it take to live as *worthy ancestors* to our children and our children's children.



The answer lies in "connection".

Specifically, in reconnecting and *staying in connection* on 4 fundamental levels:



We are interested in human thriving and flourishing. And in order to move in this direction, we need an operating system that is both broad and generalized enough, and both customized and individualized enough to be potent, relevant, and effective at scale.

So...how do we best “reconnect with our disconnections”?

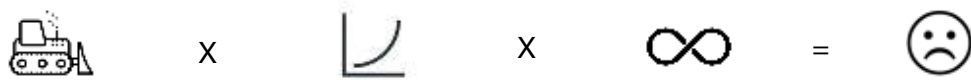
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Our team has spent decades investigating the most powerful ways of reconnecting (or healing from) these disconnections and we are continuously moving toward alignment and coherence of these principles. Our techniques draw from ancient wisdom and modern science while we simultaneously acknowledge that the current way of living and being is no longer sustainable nor desirable for most of us.

- Our healthcare system is actually a 'sick care' system, and one which is nearing insolvency while failing to adequately address the concurrent epidemics of chronic disease, addiction, meaninglessness, suicide, and decreasing life-expectancy.
- Our economic system has led us to unprecedented levels of inequality, with 64 individuals owning more wealth than the bottom 50% of humanity.
- Our system of governance and media is leading us to be a more polarized society than possibly ever seen before in the modern era.
- Our education system, originally designed for an industrial society, leaves the majority of young graduates saddled with exorbitant debt and inadequately prepared as they launch into unstable and ever-changing job markets.
- Our approach to convenient, supportive, economical childcare and maternity / paternity leave lags far behind other developed nations.
- Our criminal justice system is leading to mass incarcerating and prison overcrowding with astoundingly high rates of recidivism (77% in five years).
- Our ecosystem is being decimated through pollution, deforestation, species extinction at 1000x the natural rate, and many other forms of destruction, as our climate continues to change ever more rapidly and unpredictably in this, the 'Anthropocene' age.
- Our society is facing profound uncertainty in the face of exponential developments in the robotech (automation), infotech (AI), and biotech (CRISPR).

Yuval Noah Harari has summarized our current consumerist society as "people who work at jobs we hate, in order to buy stuff we don't need, so we can post it on Facebook and have friends we barely know reply: 'OMG, so jealous!', as we are only left feeling empty inside".

While there are many wins to celebrate over the past decades (increasing global literacy and gender equality, decreasing infant mortality, improvements in sanitation, etc.) the current story of our exponential extractive technological systems fueled by an economy based on infinite growth does not seem to be aimed at a positive trajectory for us inhabitants of this finite planet.



We need a new story.

*How do we
live our best life...?*

-In deep connection to the profound intelligence innate within our physical body—the human super-organism...

-In deep connection to the vast infinitude of our highest Self, our true purpose, our Big “I”...

-In deep connection with one another, in mutually empowering and fulfilling relationship...AND...

-In deep connection with Nature, living in a way that supports healthy air, water, soil, and food production...

?

This is the emerging story.

A story of: **four-quadrant salutogenesis (4QS)**

- A refined system of best practices of salutogenesis
- A coherent method for reconnecting the 4 disconnections
- A new narrative for modern, natural, human flourishing
- An invitation for those called to live a more salutogenic life
- A micro-economy which incorporates, supports, and connects salutogenic enterprise in local communities
- A curriculum for 4-quadrant resilience and anti-fragility
- A movement and a cultural quickening



1. WHERE DO I BEGIN?

BEGIN WITH THE BODY.



In a busy life full of competing interests and distractions how do I become in tune with the rhythms and needs of my physical body?

We need energy, vitality, and a strong, supple musculoskeletal system supported by a healthy resilient physiology. Energy begins with the biochemistry of the mitochondria and the production of ATP...for our 40 trillion cells which govern *hundreds of trillions* biochemical reactions per second.

The question is:

“What are the most efficient and effective ways to optimize my body—from the sub-cellular to the systemic level?”

2. WHAT DO I EVEN WANT?

TO LIVE IN MY TRUTH.



"I'm not even sure what 'my truth' even is, or my real purpose, or what would give me the most meaningful life."

Such uncertainty puts you in good company. It forms the basis of the timeless perennial questions which, as women and men, we have been asking ourselves for millennia.

The real answers cannot be found in the teachings of others. They are already and always present within each of us but sometimes seem difficult to access. But it needn't be so.

The key lies in quieting that part of us which is stuck in memory loops about the past (regrets and resentments) and worries about what might or might not happen in the future (fears and anxieties). As we process past traumas (which we all have) and tend to our inner wounds, triggers, and reactivities, we can unleash the innate creative energy that has been lying dormant, patiently waiting to be called forth: our true essence, free from chronically recycled self-limiting beliefs.

Connecting to our true purpose nearly always leads to a funny paradox. The great cosmic joke: *My true purpose is actually not about "ME" at all!* Rather, it is about my gift, my offering, that which I am here to contribute in service to others.

As we become increasingly connected to and informed by the vast, infinite, still, ever-present intelligence within us, we become

less attached to our ego, the fear-based monkey mind which is an evolutionary vestige that was never intended to lead to thriving, flourishing, or transcendence. It was only designed for survival through an initial stage of the evolution of homo sapiens sapiens. What lies in store for us beyond the curtain of time? Homo *amor*? Homo *spiritualis*? Homo *deus*? What human potential can be unleashed as we continue to wake up, grow up, and clean up our consciousness?

We've been fortunate to have had human and pre-human ancestors with well-functioning survival-based egos. Otherwise we would not be here now! But taking the next evolutionary leap necessitates going beyond the clutching limitations of ego.

3. WHAT IS RELATIONSHIP?

INTER-BEING and THE END OF
PERPETUATING UNNECESSARY SUFFERING.



If you survey the scientific literature seeking the single greatest determinant of wellbeing and what makes a good life, it is this: caring, nurturing, loving relationships. Quality definitely overrides quantity of close connections. The problem is that, even when we know this instinctually, it is often so damn hard to do. In many relationships at home and work we frequently trigger one another (intentionally or not) and say things that put others off only to create anger, resentment, guilt, and even the worst feeling of all: shame.

Eckhardt Tolle asked the rhetorical question: "Wouldn't it be wonderful if we could spare our children all of their suffering?" "No, it would not!" was his resounding answer, "because they would grow up shallow and superficial." Life will pose its own challenges. The point is that *we need not unnecessarily add* to our children's suffering (or anyone else's for that matter). They will have plenty of their own struggles without us adding our personal crap! It is time we stop perpetuating our trauma onto those we love and care about. The bodhisatva vow is the precise opposite: to relentlessly seek and find ways to help reduce or remove the suffering of others.

There are modern tools to sharpen our capacity to be emotionally connected and skillful. Not for the sake of advancing our agenda or for personal gain. But for the reverent communion with another human being's essence.

4. HOW DO I LIVE?

IN EUDAIMONIC SALUTOGENESIS.



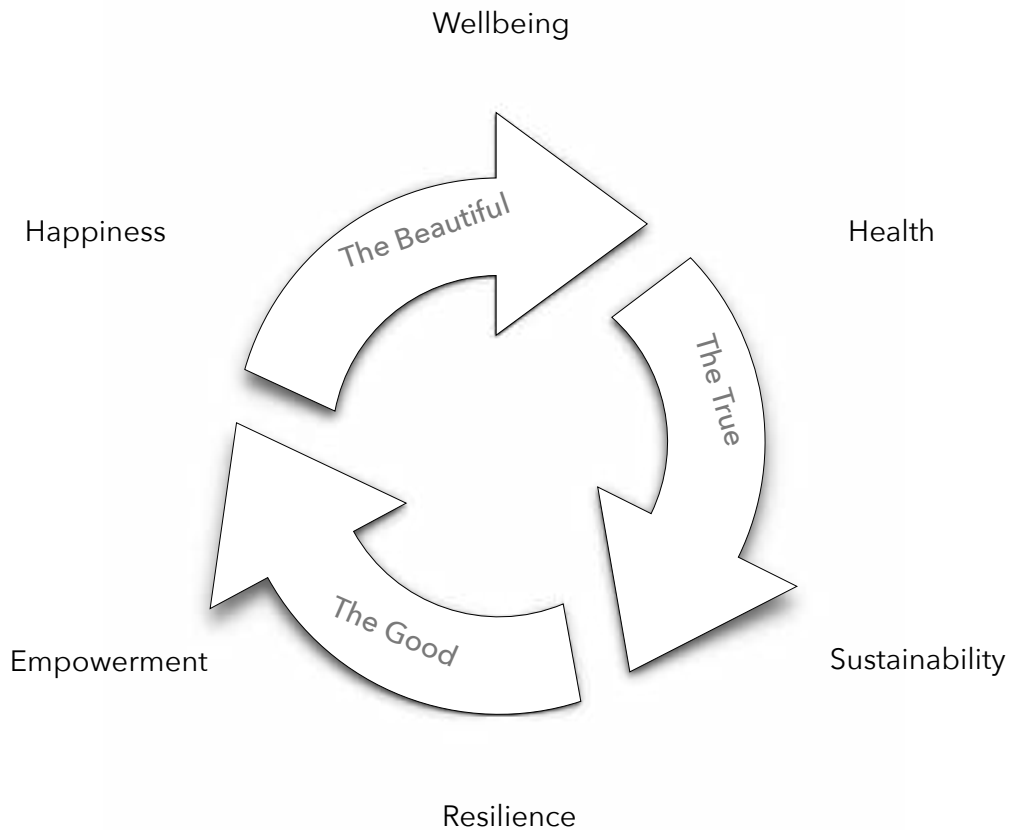
Let's introduce another word: **Eudaimonics**

Eudaimonics is like economics, but one based on value exchange which mutually enhances the health and wellbeing of both parties.

The new story is "Salutogenic Eudaimonics" that we extend to ourselves, others, and to Nature itself by living in harmony with it, all the while preparing ourselves for disruptive events. So deepening our connection to our body, our highest self, and other human beings form the first three steps. The fourth step is to reconnect with Nature in a salutogenic way.

Our ecosystem is composed of millions of species of plant and animal life as well as the air, water, soil, and minerals necessary for their existence. For the first time in Earth's 4.5 billion year history, a single species has actually become as powerful as the forces of Nature. In this "anthropocene age" we humans have already made our mark and begun to change the course of Earth on a planetary level—directly causing the extinction of thousands of other species, altering global climate and weather patterns, clear cutting entire forests, reshaping mountains through mining practices, destroying coral reefs, poisoning oceans, aquifers, and even the rain.





How do support more salutogenic eudaimonic relationships within our bodies, our highest selves, one another, and nature?

We must change our relationship with Time.

To catch a glimpse of this transformational perspective, to experience the new “clocktower”, watch the [video in this link](#).

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Other Topics:

Step 1: *Learn Fast. Make it Easy. Implement.*

There are basic things that we need to know. Even those of us who are pretty interested, aware, and educated seekers don't necessarily know what to do or where to start. Don't let the perfect be the enemy of the good.



"A Day In The Life"

We begin by defining the goods and services that we need to use during a typical "day in the life". Then we find the best ways to source these goods & services from the myriad available options which are the most salutogenic AND eudaimonic:

Sustainable, regenerative, locally produced, locally sourced, full life cycle awareness, packaged in biodegradeable materials, reusable and/or repurposeable, or recycle-able, organic, chemical-free, plastic-free, non-GMO production, fair trade, humane conditions for all, ...etc.

"A Day in the Life" Check List

Identify, Celebrate, Support, Champion, & Partner with local companies who do this !

- i. ***Personal care & cleaning:*** toothpaste, soap, deo, shampoo, cleaning products,
- ii. ***Food staples:*** locally sustainably raised/grown eggs, butter, meat, veggies, herbs, fruits, oils,
- iii. ***Growing and Cooking from seasonal local crops:*** simple gardening with healing herbs and nutrient-dense vegetables, and easy to make fast, delicious healthy recipes
- iv. ***Clothing:*** natural fibers, easy to wash shirts, pants, underwear
- v. ***Ultimate 'on the go' meal:*** the healthiest, easiest meal replacement for travel
- vi. ***Best source of water (+ eco-containers):*** for you and the environment.
- vii. ***Eco transport:*** easy bike commuting to work, e-vehicles
- viii. ***Recycling:*** waste reduction, stop using plastic!
- ix. ***Thrift / Stoicism /Anticonsumerism:*** practical, doable, immediate implementation

Step 2: Co-op Partnerships

- i. **Conscious consumption (of goods)**, *our partners want customers who espouse our values*
- ii. **Sharing (co-ownership of goods)**, *for our partners/members interested on co-ownership, especially of costly durable goods*
- iii. **Donating (reuseable goods)**, *partners/members want their unneeded goods to find a good home*
- iv. **Trading/bartering (goods or services)**, *partners/members have various skills that can be traded*
- v. **Lending (borrowing goods)**, *items that can be loaned and returned*
- vi. **Gifting (money)**, *causes and initiatives for the broader community to contribute (? tax ded)*
- vii. **Investing (money)**, *early mid and late phase investment in local salutogenic enterprise*
- viii. **Helping (time)**, *contributing time for meaningful purpose, helpfulness to those who need, can be one-off, or consistent*
- ix. **Metta (thoughts/prayers)**, *contributing intentional prayer to those in need*
- x. **Crowdfunding**, *similar to "gifting" but usually donors receive something (small) in return*
- xi. **Sponsoring, and co-sponsoring** *events*

Step 3: *Learn Resilience. Be Anti-Fragile.*

Salutogenic Eudaimonics is practical. But we also need to splice the source code of *community resilience* into the project. We use far too many resources than we need.

HERE WE INTRODUCE THE CONCEPT OF:

40 / 40 / 40

1. We can live comfortably using 40% of our current resources or less.
2. We can gradually learn how to locally produce 40% of what we need, rather than importing 98% of the goods and products we use.
3. According to many experts, most of us only use 40% (at best) of our human potential and capacity in life. We can learn how to unlock and tap into more of our vast life force.

Furthermore, the pandemic reminded us what happens when we fail to prepare for a crisis. We need to also consider what we would do in the event that we lost access to water, electricity, and food, as well as potentially life-saving medications.

Since our current over-consumption is not only contributing to our lack of health, lack of fulfillment, as well as resource depletion, it is only logical to take immediate steps in this direction.

- iv. ***Residential Permaculture:*** Garden, chicken coop, beehive, greenhouse, composting/worms
- v. ***Solar / Renewable Energy Production & Storage:*** For light, refrigeration, heat
- vi. ***Atmospheric Water Generators / Gray water / Rain water / Xeriscape:*** How to get it / use it
- vii. ***Medications:*** Medical herb garden, trauma, kits (antibiotics, steroids, thrombolytics),
- viii. ***Cold Survival:*** WHM, gear, mountaineering skills
- ix. ***Sustainable / Renewable Materials Production***
- x. ***Hunting/Fishing/Ageing/Canning***