Regenerative action cycle

***What is it?***

This model is based on the observation of natural cycles as well as teachings from many regenerative cultures and indigenous cultures around the world.

***Why do we need it?***

It draws out ways we can follow these cycles in our human activities to foster connection and regeneration within ourselves, within our communities and in our relationship with the other-than-human communities we are part of.

***How do we achieve it?***

*Follow the steps!* 