The top banner features two hands, one on the left and one on the right, each holding a small green sapling with soil on its roots. The hands are positioned as if offering the plants. The background is a vibrant blue with a glowing green network of interconnected lines and dots, resembling a molecular or digital structure.

REGEN DHARMA NETWORK

Holistic, Regeneration and Tribal Matrix

Co-creating a Life Together





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Preamble

We founded the Regen Dharma Network, inspired by the Paradigms of Ancient and Ancestral Wisdom of humanity, the International Holistic Movement (Holos Network) and the Regenerative Movement (Regens), the Charter of Transdisciplinarity, the Earth Charter, Agroecology, and Permaculture, with a view to cooperation and synergy with global networks such as Regens and GEN.

The Regen Dharma Network is a Holistic and Regenerative Culture Movement that works towards the formation, restructuring, and stabilization of communities and individuals in the ecological, social, economic, cultural, and spiritual dimensions, in order to achieve what we call: **Holo-Regeneration**.



Spiritual Evolution - Regeneration - Autonomy

The Planetary Situation

Today, 7 of the 9 Planetary Boundaries have already been breached. The global scientific community agrees that we have a maximum of 10 years to make a radical change if we want to avoid the global collapse of the entire planetary ecosystem.

Environmental Crisis:

- Water crisis
- Ecological collapse
- Deforestation

Socioeconomic Crisis:

- Food Crisis
- Financial Crisis
- Competition
- Wars

Spiritual Crisis:

- Overconsumption
- Loss of purpose

**Regen Dharma's
Potential Solutions
Framework
(in portuguese)**

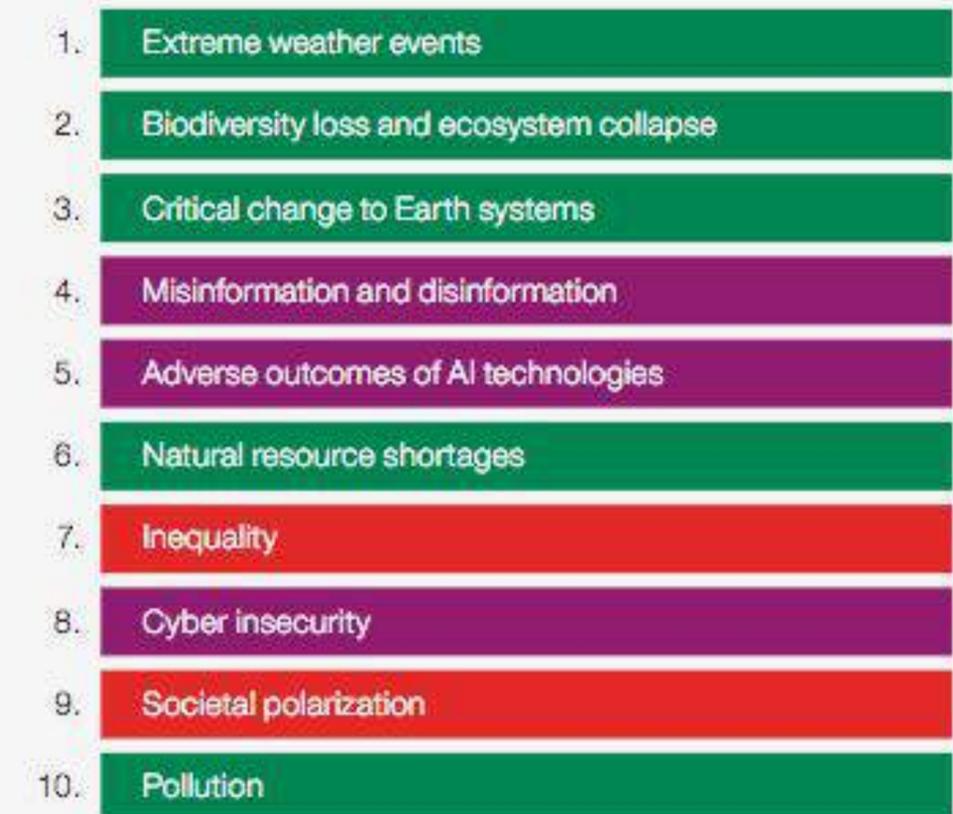
Global risks ranked by severity, short term (2 years) and long term (10 years)

"Please estimate the likely impact (severity) of the following risks over a 2-year and 10-year period."

Short term (2 years)



Long term (10 years)



Risk categories

Economic

Environmental

Geopolitical

Societal

Technological

Global Risk Report 2026 

OUR MISSION

We want to promote ways of **accessing land for community use**, for small farmers and neo-rural groups, establishing a purpose of regenerative land use and/or conservation.

- Formation of **Holovillages**: Holistic, Agroecological and Permacultural Autonomous Zones.
- Organizing a **Solidarity Network**, a mosaic of interconnected cooperative locations and initiatives.
- Fostering **regeneration** and **resilience** on a global level.

What we are co-creating

- To experience, promote, and organize a return to a life as close as possible to nature
- in a **community-based, evolutionary, regenerative, and sustainable** way in all aspects
- To articulate Holo-Villages (Holovillages) through a **replicable model**
- To develop **solidarity cooperatives**;
- To promote **Sovereignty** and **Food Security**;
- To **empower, train, and support** the agents of transformation in the sites.

The Foundation's Guarantee

All lands integrated into the Network will be registered in the name of the Regen Dharma Foundation, thus enabling:

- **Permanent protection** of the land from speculation;
- **Avoidance of potential conflicts** of interest linked to private property among community members;
- **Guaranteeing its Vision and Mission**, the fundamental ethical principles of the network, through time and generations.

Community members benefit an usufruct of housing by working cooperatively on the land, allowing for occupation based on intention rather than capital.

Common Goods

Common goods used to be scattered everywhere, but the emergence of private property and the appropriation of common goods have unbalanced the world.

We will develop a new type of coordinated entity, through the decentralized governance model (DAO), as a mechanism to coordinate the restoration of ecosystems, where common goods are protected and returned for collective benefit.

What are Holo-Villages

"Initially, Permaculture aimed at family and community self-sufficiency, but permaculture itself is meaningless if people lack access to land, information, and economic resources. Strategies must be sought for land access, regional integration, and alternative economic systems." (Bill Mollison)"

"The study and application of the ecovillage model is not just for environmentalists. The model must be presented in a systematic way, using a non-linear methodology to generate a critical mass and a transition point. Ecovillages can lift people out of poverty and generate jobs through a sense of community and spirit. Ecovillages can profoundly restore human dignity." (Fritjof Capra)

The **limit of the past:**

- The term "ecovillage" has become worn out; over time, many projects have turned into exclusive condominiums.

The term **HoloAldeia** or **Holovillage:**

- it does not only consider the ecological aspects
- It also integrates the **Holistic Paradigm** for intentional communities .

The **Regens Movement:**

- Considering the current crises, there can be no sustainability without regeneration.
- in all dimensions of life: environmental, spiritual, social, cultural and economic.

Our **Connection:**

- Regenerative Vision, Holistic Paradigm, Permaculture and Agroecology
- Enabling strong, abundant, and lasting intentional communities.

The Regen Dharma Network is firmly committed to this purpose.

The first Holo-Aldeia

This project is the result of decades of studies and experiences in alternative communities, New Age communities, intentional ecovillages, regenerative neighborhoods, and urban or rural agroecological occupations and settlements. While resources for land acquisition were being gathered, the planning was developed and built collectively.

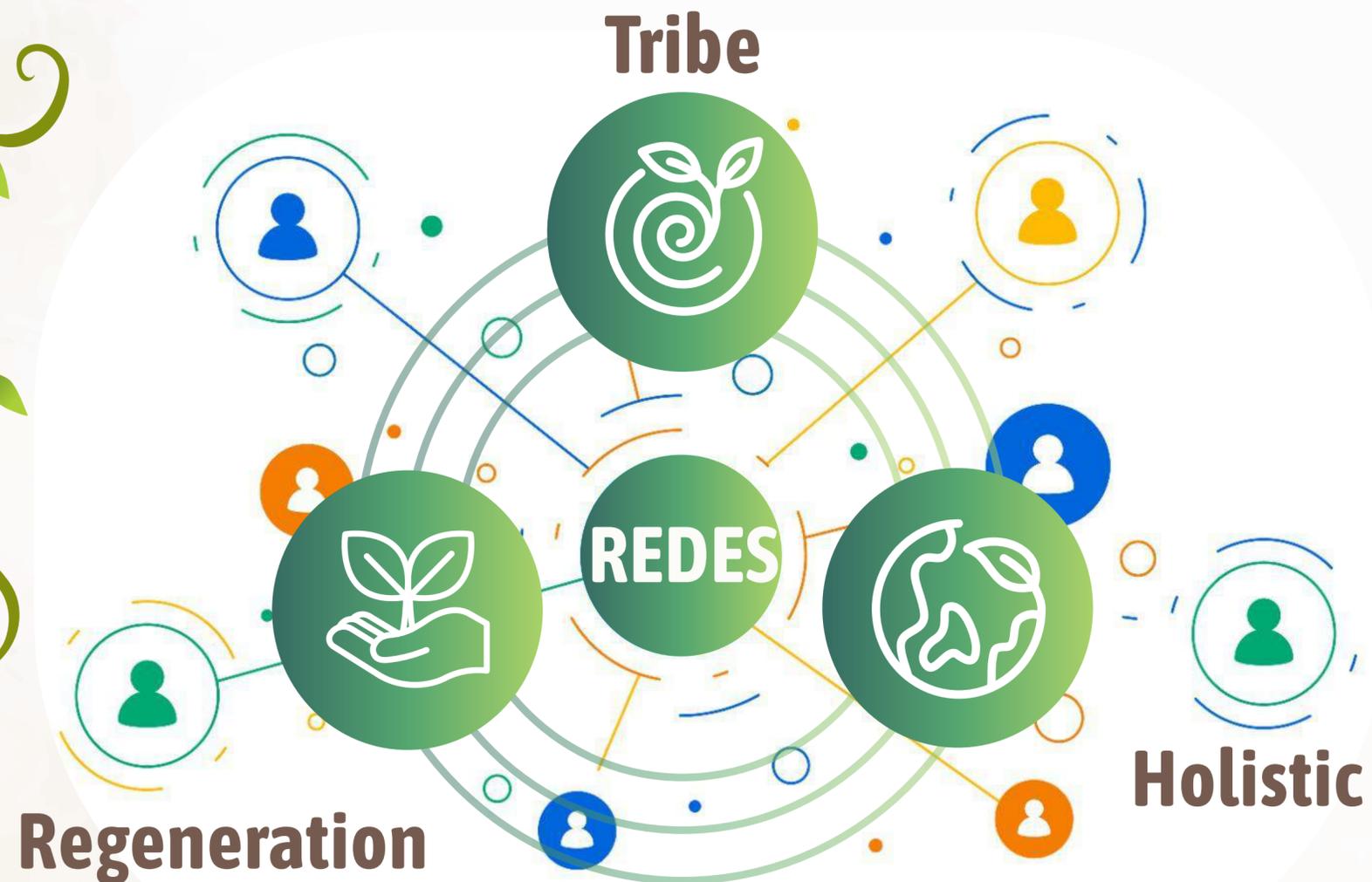
Therefore, analyzing "blind spots," unforeseen situations, and poorly planned aspects that compromised the existence and continuity of several past and present initiatives, we have worked hard to avoid the same surprises, overcome these challenges, and from the beginning, have contingency plans, the necessary foundations and preparation to establish a strong and progressive movement.

Even while proposing an ideal and innovative long-term vision, we must remain pragmatic, moving forward with **humility** and **patience** with what we have in the present moment.

In the following pages we describe the foundations of our principles and practical actions to be implemented in our first Holo-Village:

Our Vision

A regenerative co-creation of networked holistic communities, based on these 4 dimensions:



Dimensions:

- Spiritual
- Environmental
- Economical
- Social

To live according to our beliefs, and to leave behind a viable model for inhabiting our world.

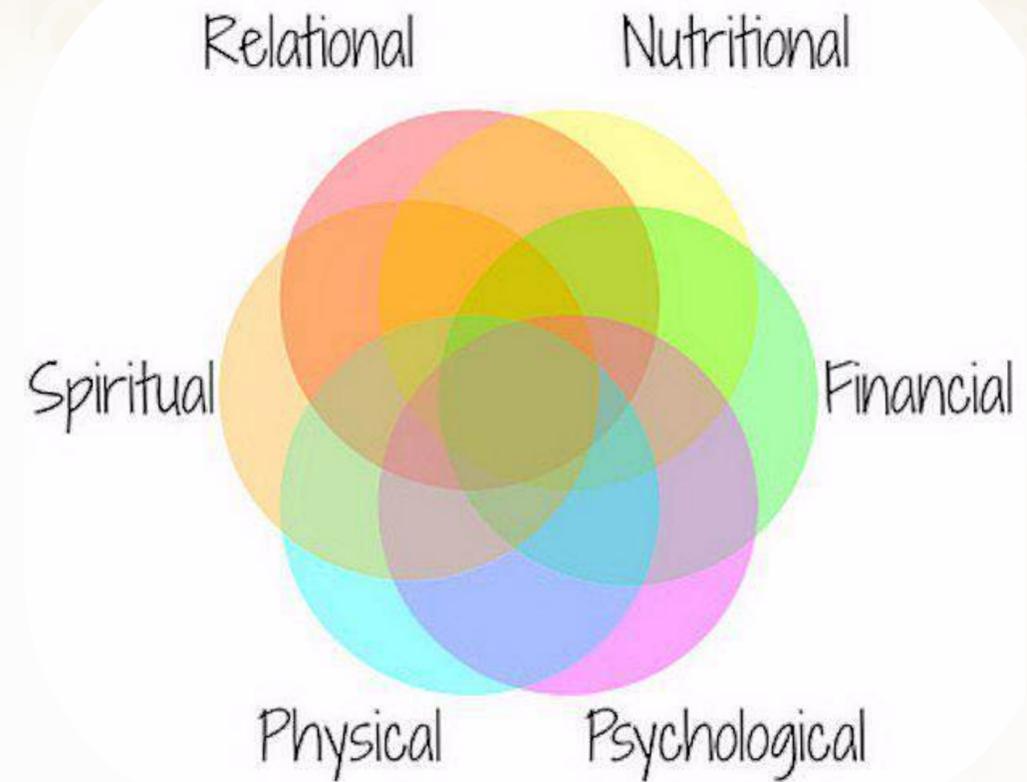
*- Be the change you want to see in the world -
Gandhi*



The Holistic Paradigm

(holos- from Greek: whole, totality)

Interrelation and complementarity of:



Awakening to interconnectedness

Everything is connected. The planet is one body, and each being is a living cell in constant interaction.

Time is Art

We respect the natural cycles and internal rhythm of each being.

Deep respect for the Earth

We live in reverence to Mother Earth — our living master, source of healing and wisdom.

Diversity is power

We value differences, individualities, beliefs, and limitations as unique expressions of the divine.

Free and spontaneous spiritual practices

We express the sacred with freedom, authenticity, and connection, without dogma.

The Heart's Path

Choosing love, helping, and understanding are daily practices that sustain our presence in the world.

$$VR = f(EC)$$

The formula means that the perception of reality (VR) is a function (f) of the state of consciousness (EC)

(Pierre Weil)

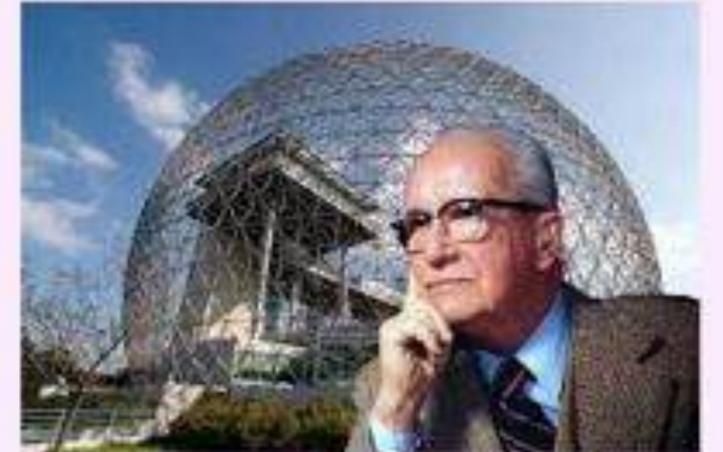


Regenerative Movement

*a global and **decentralized** network*

- It promotes the **regeneration of ecosystems** (culture, economy...)
- It is a vivid and practical response to planetary meta-crisis.
- Inspired by deep ecology (**Gaia paradigm**)
- It combines systemic science, ancestral knowledge, and **emerging technologies**.
- It applies natural living processes to human systems and organizations.
- It goes **beyond sustainability** to repair, restore and regenerate life in all its dimensions.
- It supports the flourishing of a post-extractive civilization.
- With a focus on care, ecological justice, and the regeneration of life.

For the flourishing of another possible world!



“ You never change things by fighting the existing reality. To change something, you have to build a new model that makes the existing model obsolete. ”

- Buckminster Fuller



Cosmolocalism - From Local to Global:

- We utilize the contributions of the global network's knowledge, technologies, and governance.
- Applied to local realities.
- Promoting **autonomy**, **resilience**, and **collaboration** among interconnected territories.

The Regens Movement creates **impactful ecosystems**:

- Such as communities in rural areas or urban neighborhoods (holoecovillages, research institutes...)
- Organizing everyone through networks of virtual communities (regenerative hubs, Web3 platforms, Refi economy...)



Rescuing the Tribal Matrix



To REGENERATE the **common-unity**, which is the tribe, is a priority for us, as it is the root of everything. In the words of Vine Deloria, spiritual leader of the Lakota people:

*“ The original community of humans is not the family, but the tribe. The original community is the human vessel in which human life, including the family, is contained. It is part of what I call the **SACRED TRIBAL MATRIX**, inherent in life. In it, the Cosmic order connects with the social order. Community is the natural social entity that has suffered the most damage. It is a necessary part of the **WHOLE** that has been destroyed worldwide: Wherever people were kidnapped, enslaved, or sold, communities were annihilated, destroying the lifeblood of entire peoples. ... The disappearance of the human community has left behind an open wound in human civilization. ... Community was and is the natural breeding ground for trust and solidarity. If this humus is lost, the uprooted human being becomes rustic and violent. Community is an intermediate stage on the scale of life that cannot be skipped, as it connects the individual with a higher order and provides a sense of the whole. **A healthy community reflects a Universal Order.**”*

The Tribal Matrix



The community is the spirit, the tribe's guiding light to restore the sense of belonging.

Reclaiming living collectively

where people come together to achieve a common goal.

Mutual support, united by common values and purposes, we cultivate our cohesion and sovereignty.

Authentic and Harmonious Relationships

where we take care of each other.

Agreements that are alive, conscious, and nurtured through dialogue and listening. A common basis for authentic and trustworthy communication (NVC, authentic relating, decision-making by consensus/consent...)

Freedom, Diversity and Inclusion

where we help others achieve their purpose

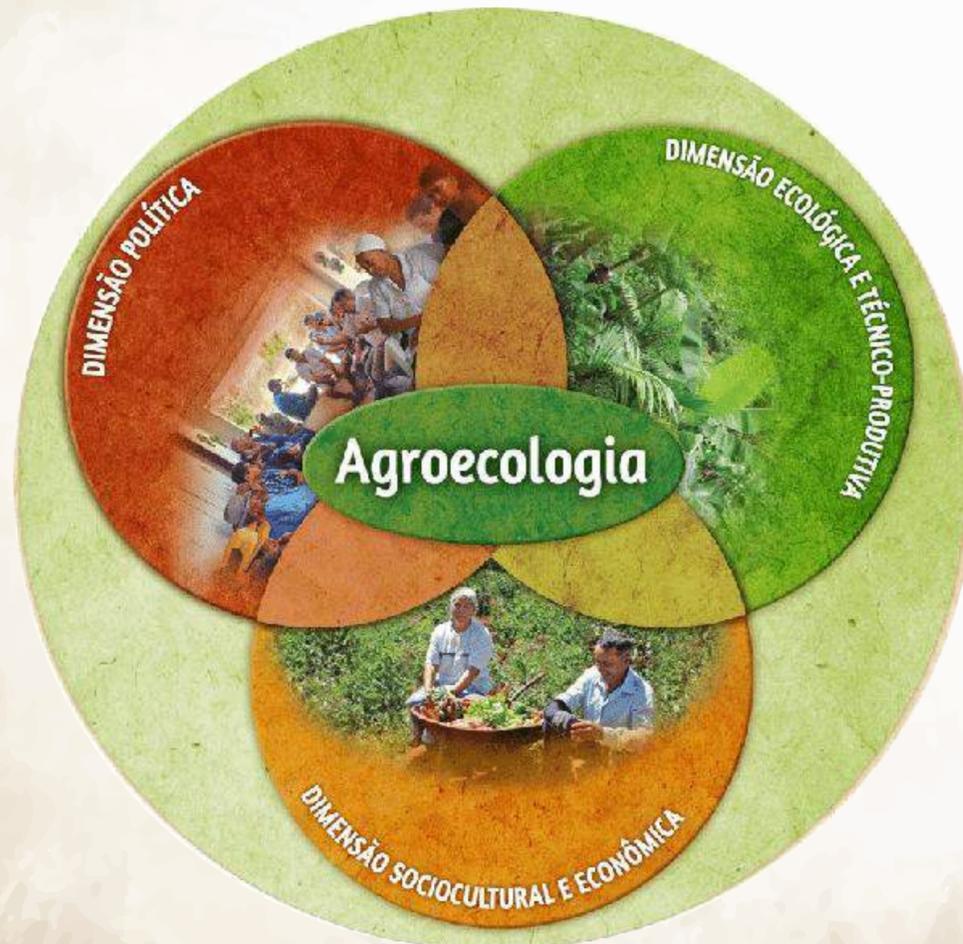
We celebrate diversity and the gifts of each individual as a strength and richness of the collective.

Regen Dharma proposes a space where the Earth, the Tribe, and the spirits nourish each other, restoring the true cosmic family.

Regenerative Agriculture and Design

Agroecology

- Allows the creation of a regenerative and sustainable agroecosystem.
- Providing ecological principles for production along with the preservation of natural resources.
- So that they are both culturally and socially just, as well as economically viable.

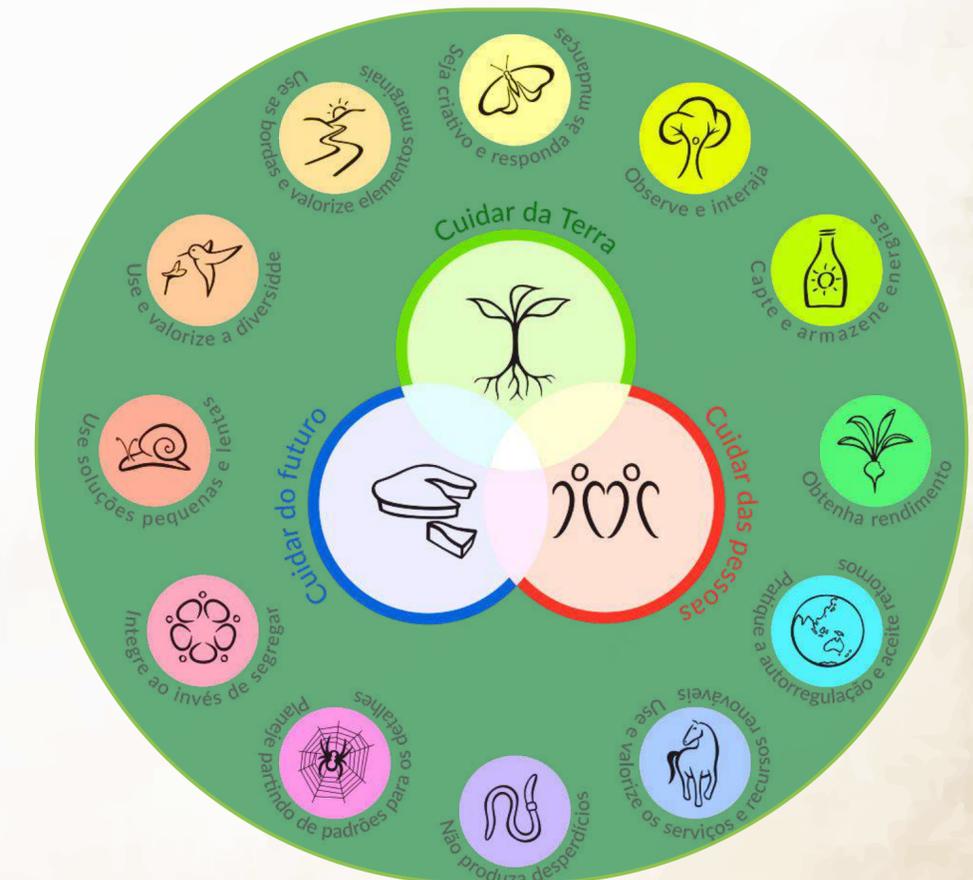


*Work with the Land,
not against it.*

- Taking care of the land
- Taking care of the people
- Sharing surpluses

Permaculture

- These are practical and ethical guides that teach how to observe, respect, and cooperate with the cycles of nature.
- Creating and/or restoring the natural synergy between people and the planet.



12 Permaculture Principles



Deep Ecology Principles

"Agriculture is no longer a profession but a passion for nature, for true life, for birth, growth, flowering and ripening." Ana Primavesi

Honor Mother Earth

We care for its waters, forests, soil, and animals as extensions of ourselves.

Conscious cycles

We reduce excess, reuse waste, and respect the natural rhythm of each element.

Regenerative farming

We integrate syntropic agriculture and agroforestry to nourish the land and the future.



Ahimsa Diet

We chose a vegetarian/vegan diet, free from violence or animal exploitation.

Sustainable technologies

We integrate innovative solutions that enhance energy, water, and environmental autonomy, in balance with nature.

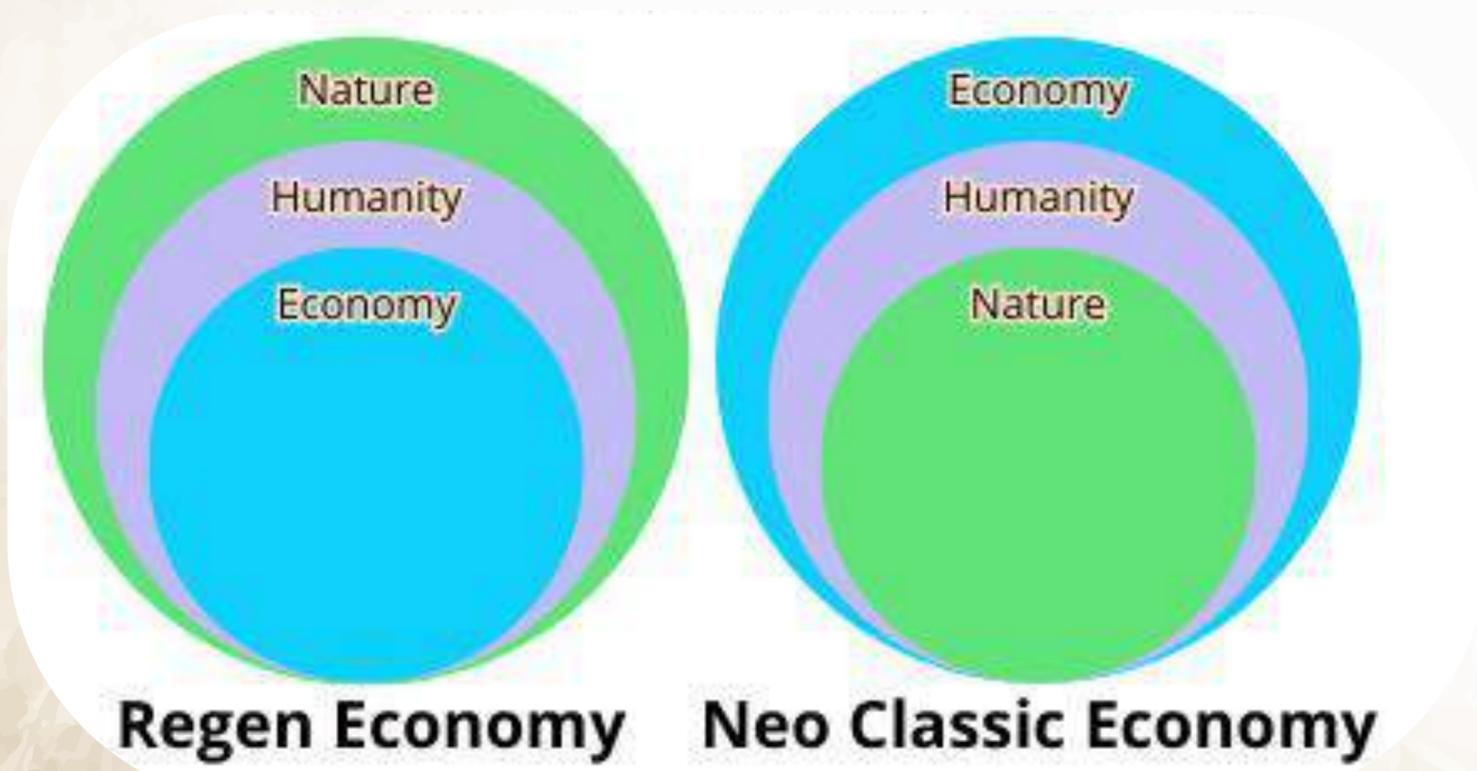
Buildings that breathe

We create spaces using natural materials, with bioconstructions in harmony with the surroundings.



Regenerative Economy

- It is **restorative**.
- Its purpose is to support the development of socio-environmental well-being in an **inclusive** and **permanent** way.
- It seeks **organic growth** based on the natural rhythms of the territory.
- Financial capital is considered just one of the many forms of resources for generating abundance and balance!



9 forms of capital

"In nature's economy the currency is not money, it is life." Vandana Shiva

Solutions from the Regenerative Economy

Gift Economy:

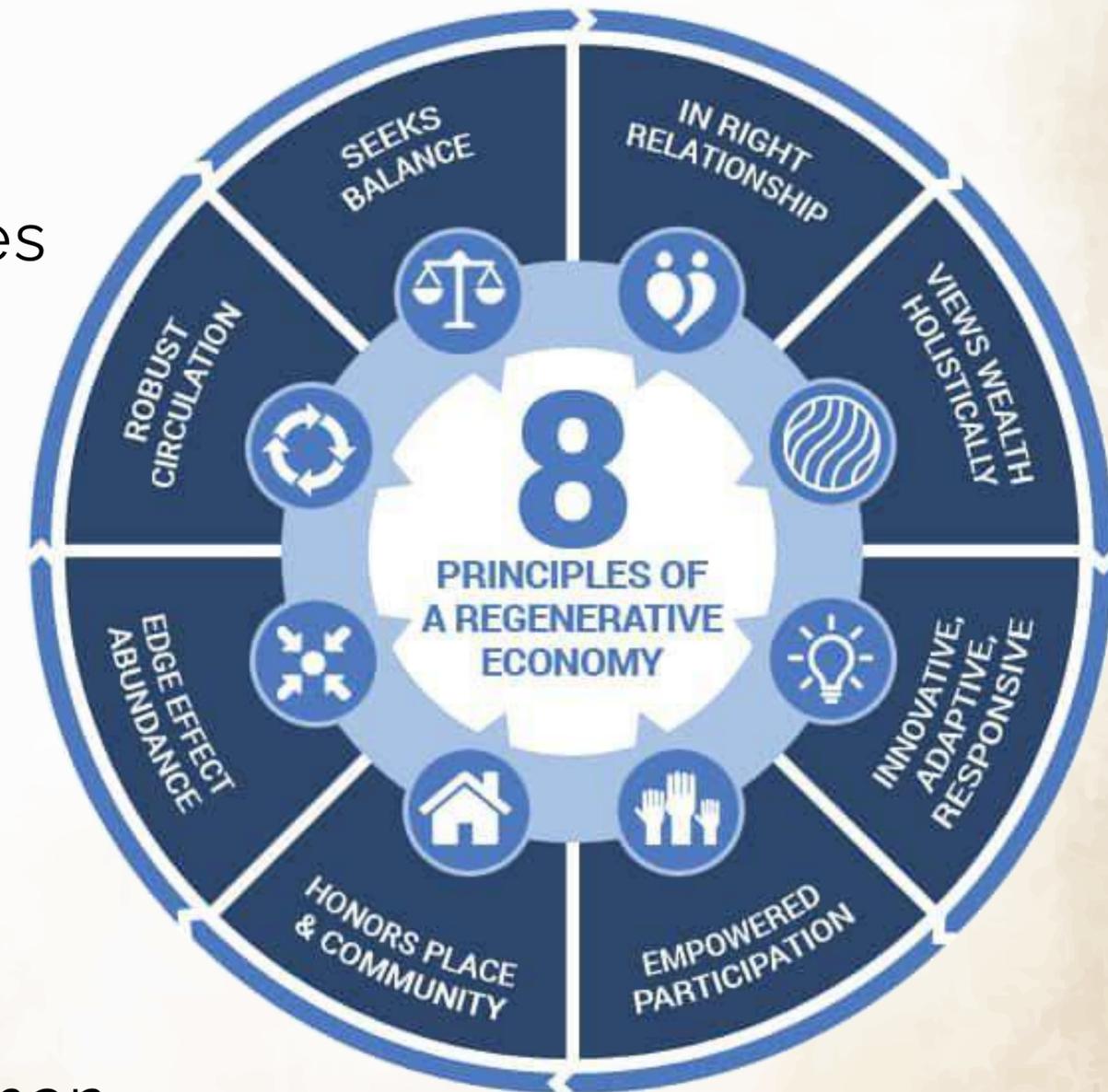
- Makes donations of goods or services without expecting immediate return.
- Allowing for the **growth of trust** among participants.
- It is based on principles of wealth generated by reciprocity.
- It can be returned in other forms of resources besides monetary money.

Solidarity Economy:

- It emphasizes the importance of **community commerce**.
- Local wealth thrives through the high flow of trade between participants.

Circular Economy:

- It seeks to minimize, revalue, recycle, and reuse the waste produced.
- It allows us to minimize the ecological impact of human consumption.



What are Defi and Refi?

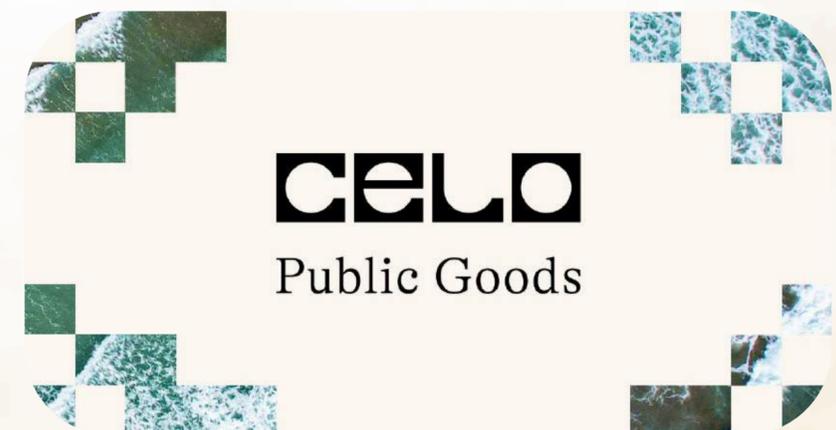
Refi (*Regenerative Finance*) comes from the Defi (*Decentralized Finance*) movement.

- It uses technologies such as **blockchain** and **Web3**.
- It fosters a **transparent** and solidarity-based automated economy using smart contracts.
- allows for the appreciation of the planet's natural resources (RWA)
- automatically monitors environmental impacts (dMRV).
- enables **distributed governance systems (DAO)**.
- It promotes public assets or regenerative projects in an innovative way.



GreenPill Network

Some Refi projects



Celo Ecosystem

Other areas of activity in the Holo-Village:

Regenerative Health

Holistic health goes beyond the absence of disease:



- It considers the **balance between body, mind, emotions, spirit, community, and nature.**
- Natural practices, ancestral knowledge, integrative therapies, and conscious self-care are the pillars of this regenerative vision of health.
- It seeks healing, prevention, and reconnection with life on all its levels.

Other areas of activity in the Holo-Village:

Holistic Education

Holistic education goes beyond the transmission of content:

- promoting the full development of the human being: intellectual, emotional, physical, spiritual and social.
- cultivating **awareness, critical thinking, creativity, ethics, and purpose.**
- Valuing experiential learning, ancestral wisdom, connection with nature, and self-knowledge.
- shaping individuals capable of co-creating a more just, supportive, and regenerative world.



Other areas of activity in the Holo-Village:

Ancient Wisdom

Ancestral wisdom is a living source of knowledge.



- They integrate spirituality, natural medicine, care for the Earth, and communal ways of life.
- Honoring these traditions means recognizing that the **healing of the future comes from respect for the past.**
- Uniting science and ancestral wisdom to restore the balance of life.

Inclusivity and Priority Audiences: Minimizing Gentrification

Historically, we can observe a gentrification phenomenon occurring in most cases where an ecovillage or ecotourism project is established in a rural area: the arrival of capitalized people and the consequent economic development is characterized by the exclusion of local and native people, often leading to their exploitation (cheap labor) and forcing their displacement to precarious peripheral areas.

To avoid this phenomenon, the Regen Dharma Network provides preferential access for this public to its resources, facilitating inclusion with:

- Decommodification of land and real estate
- Equity (discount/free access) for training, courses and workshops
- Equity for access to housing
- Preferential access to employment in the cooperative
- Development plan for a local, solidarity-based and inclusive economy

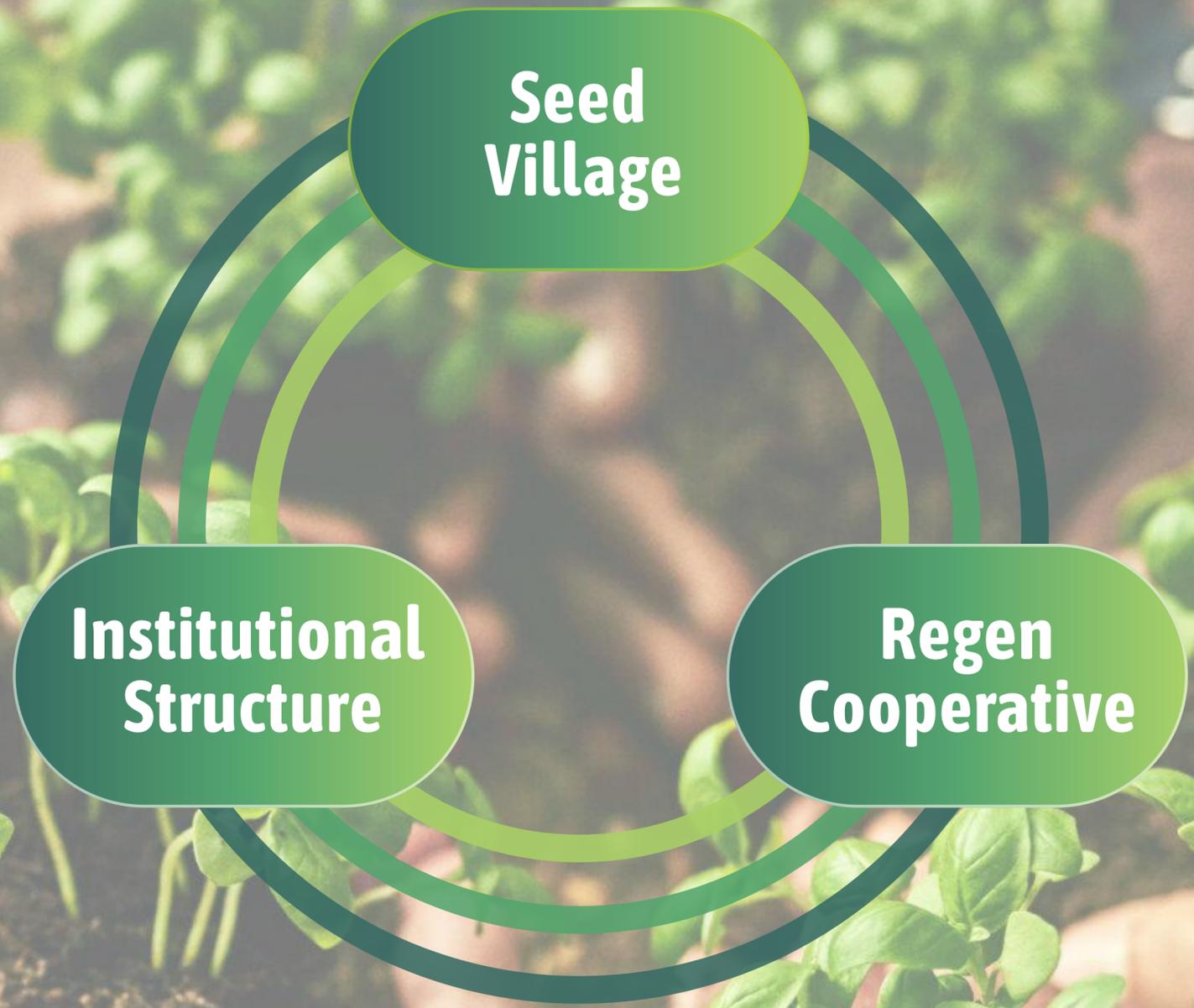
Reception and Inclusion of refugees

It is estimated that more than one billion people live in unsanitary and unsafe conditions, millions of whom reside in refugee camps and informal settlements (WHO, 2018:3).

This number could grow even further in the future with the predicted increasing threat of climate change, natural disasters, and war, worsening the situation of refugees.

The Regen Dharma Network positions itself, on the lands under its care, to welcome, among other groups, "Refugees" and integrate them into its Mandalas (Cooperatives and Holovillages), putting into practice its vision that humanity is one and that borders are political and separatist creations to preserve questionably acquired and accumulated privileges of a tiny percentage of the population.

REGEN-ACTION



Immediate Initiatives

Institutional Structure

- These are the **legal frameworks** that represent and protect the movement.
- It promotes convergence among members.
- Strengthening and maintaining the purposes of the Regen Dharma Network.

Foundation:

- Created to **protect** the land and **ensure its purpose** over time.

Association:

- **Officially represents** and defines the project before society and institutions;
- Enables legal security, support, and investments aligned with our values.
- Establishes partnerships with governments, NGOs, and other related networks.
- Represents the interests of the bioregions, including in public programs and policies.

Regenerative Cooperative:

- Based on the principles of solidarity economy and regenerative finance (ReFi)
- Instrument of organized collective work.
- It opens up **multiple sources of work and income** integrated with the land.
- The path to self-sufficiency and shared abundance!

Possible Products from the Cooperative

- Agroecological and Agroforestry Products
- Bioconstruction and Renewable Energy
- Courses, Training and Community-Based Tourism
- Experiences / Retreats, Therapies and Services
- Environmental Consulting
- Natural Cuisine, Superfoods, Microalgae
- Cosmetics and Natural, Vegan, Regenerative Medicines
- Sustainable Crafts, Art and Clothing
- Communication, Content Production and Audiovisual



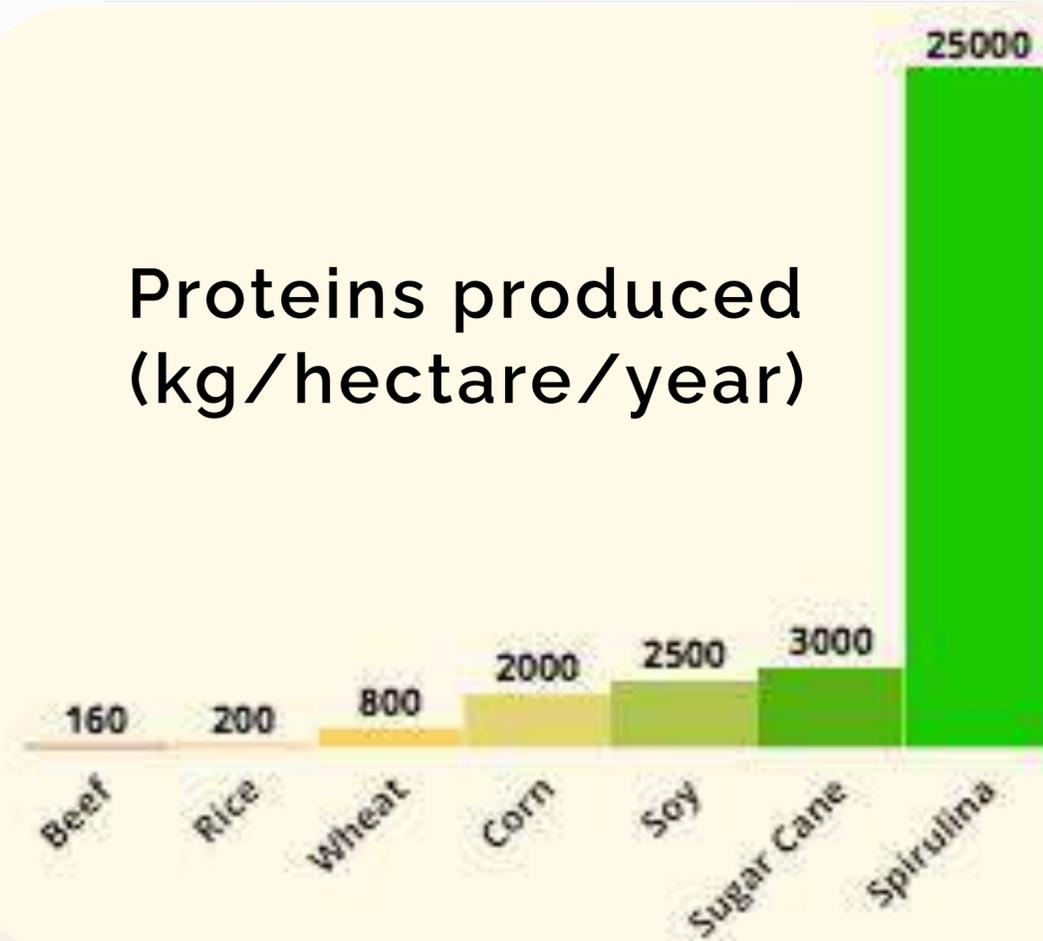
Spirulina and Microalgae: Featured Products of the Cooperative

Microalgae, and specifically Spirulina, are products with enormous potential on several levels:

- 🌿 **Superfood for food sovereignty:** Spirulina possesses almost all the nutritional contributions necessary for humans (proteins, amino acids, vitamins, minerals...)
- 🌿 **Production on degraded soil:** microalgae cultivated in tanks do not need fertile soil for their production; furthermore, the water input in the tanks is minimal, as it is recycled with each harvest.
- 🌿 **High Productivity:** using the same area, Spirulina cultivation generates dozens of times more protein per year than any other conventional crop (cattle, corn, wheat...)
- 🌿 **Biodiesel production** 🔗 : studies demonstrate the capacity of microalgae cultivation for biodiesel production, being able to produce comparatively 80 times more on the same area as rapeseed.

Table 1 Yield of various plant oils

Crop	Oil in litres per hectare
Castor	1413
Sunflower	952
Safflower	779
Palm	5950
Soy	446
Conola/rapeseed	1000
Coconut	2689
Algae	80000



Project Stages

Network

- 2025:
 - Formation of the founding core
 - Creation of the association and the cooperative.
- 2026:
 - Initiation of income-focused activities (courses, experiences, products)
 - Arrival of more families
- 2027+:
 - Strengthening the network with other territories to replicate the holovillage model.

Lands

- 2025:
 - Land purchase and activation
- 2026:
 - Initial bioconstructions (main house, kitchen, living spaces)
 - Implementation of agroforestry and orchards
 - Opening for volunteering and guided tours.
- 2027+:
 - Expansion of housing and work centers

Who is it for :

Yee who feels the calling:

- Truly wills to live simple, conscious, and connected lives.
- Has an open heart for community life and mutual care.
- Has a genuine desire to learn, serve, share, build, and transform.
- Is willing to contribute with time, services, knowledge, resources, etc.
- Is aligned with the principles and essence of the project.
- Is interested in other forms of community ties beyond one's own nuclear family.

Ways to participate:

- **Residents:** those who identify with this Vision and value community life.
- **Apprentices:** people who wish to experience collective living, contributing through service, presence, and the exchange of knowledge.
- **Conscious investors:** ethical investments with regenerative returns, aligned with purpose.
- **Foreign Allies:** support through donations, communication, networks and/or energetic presence.
- **Consumer network:** support through conscious shopping in the collective's physical and online stores.
- **Facilitators, teachers, therapists:** knowledge applied to community life and collective awakening.

How to participate

Steps to connect with Regen Dharma:

1. Fill out the expression of intent form. (in portuguese)
2. Participate in an online training to learn about the vision, principles, and essence of the project.
3. Speak with Regen Dharma's guardians to align expectations, timelines, and ways of contributing.
4. Join for an immersive experience: live encounter, workshop, retreat
5. Begin your journey as an apprentice, mentor, or resident trainee.

Channels and social networks:

[Intent Form](#)

[Regendharma.org](#)
(soon)

[@regendharma](#)



- Email: regendharma@gmail.com
- WhatsApp: (32) 99958 6734

A large group of people is dancing in a circle in a grassy field under a blue sky with white clouds. The people are wearing various casual clothing, including hats and t-shirts. The scene is outdoors and appears to be a festival or a community gathering.

The HoloVillage Network is a response to the Earth's call

"The future is a collective construction, not a solitary destiny..."

"Spirituality lies in the act of living in communion with nature..."

Ailton Krenak