

The background of the image is an aerial photograph of a lush green landscape, likely a forest or park. In the lower center, there is a circular inset that displays a detailed topographical map of a mountain range, showing various peaks, valleys, and ridges in shades of green and brown. The text "SEED + SPARK" is overlaid on the right side of the image in a large, white, sans-serif font.

# SEED + SPARK

Using Nature as a Model to Reimagine How We Learn and Live



CONTENTS

FOREWORD — STEPHANIE PACE MARSHALL . . . . . 42

PART ONE - SEEDS FOR GROWTH



IDENTITY — WHO (& WHY) WE ARE . . . . . 48

THE QUESTION	WHO'S THERE?
THE SCIENCE	THE HUMAN BRAIN
THE ART	JAMES BALDWIN
THE PRACTITIONER	THICH NHAT HANH
THE COMMUNITY	EMBASSY EDUCATION-LEARNING CITY
	(HO CHI MINH CITY, VIETNAM)
NOW WHAT?	SEEDS FOR IDENTITY



INFORMATION — WHAT (& WHY) WE NOTICE . . . 92

THE QUESTION	WHAT'S MEANINGFUL?
THE SCIENCE	FEEDBACK LOOPS
THE ART	"OH, MY SWEET LAND"
THE PRACTITIONER	ROBIN WALL KIMMERER
THE COMMUNITY	REGGIO EMILIA
	(EMILIA-ROMAGNA, ITALY)
NOW WHAT?	SEEDS FOR INFORMATION



RELATIONSHIPS — HOW (& WHY) WE CONNECT. . 134

THE QUESTION	WHO'S CONNECTED?
THE SCIENCE	HONEYBEE DEMOCRACY
THE ART	LIZ LERMAN
THE PRACTITIONER	DAN SIEGEL
THE COMMUNITY	JUNE JORDAN SCHOOL FOR EQUITY
	(SAN FRANCISCO, CA)
NOW WHAT?	SEEDS FOR RELATIONSHIPS

PART TWO - SEEDS FOR CHANGE

EMERGENCE — HOW (& WHY) WE CREATE . . . 176

THE QUESTION	WHAT'S READY?
THE SCIENCE	A MURMURATION
THE ART	JAZZ
THE PRACTITIONER	ADRIENNE MAREE BROWN
THE COMMUNITY	BLUE SCHOOL (NEW YORK, NY)
NOW WHAT?	SEEDS FOR EMERGENCE



PART THREE - SEEDS FOR REGENERATION

PATTERNS — WHAT (& WHY) WE BECOME . . . . 216

THE QUESTION	WHAT'S OCCURRING?
THE SCIENCE	SPIRALS
THE ART	HUMANS OF NEW YORK
THE PRACTITIONER	JITU BROWN
THE COMMUNITY	MR. MARGON'S FOOD SYSTEMS CLASS
	(NEW YORK, NY)
NOW WHAT?	SEEDS FOR PATTERNS



PROCESSES — HOW (& WHY) WE WORK . . . . . 262

THE QUESTION	WHAT'S WORKING?
THE SCIENCE	SLIME MOLD
THE ART	ANDY GOLDSWORTHY
THE PRACTITIONER	GRETA THUNBERG
THE COMMUNITY	CROSSTOWN HIGH
	(MEMPHIS, TN)
NOW WHAT?	SEEDS FOR PROCESSES

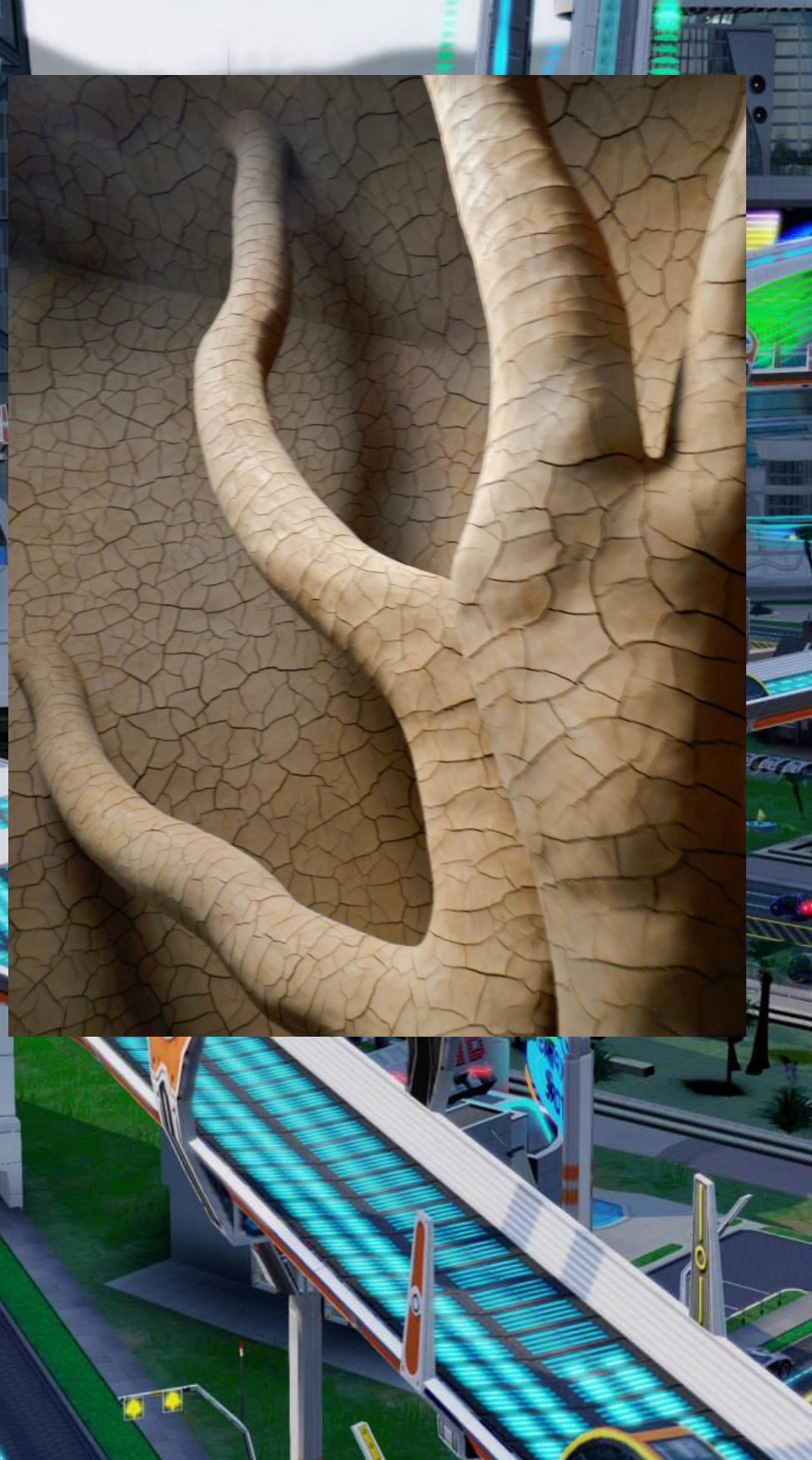
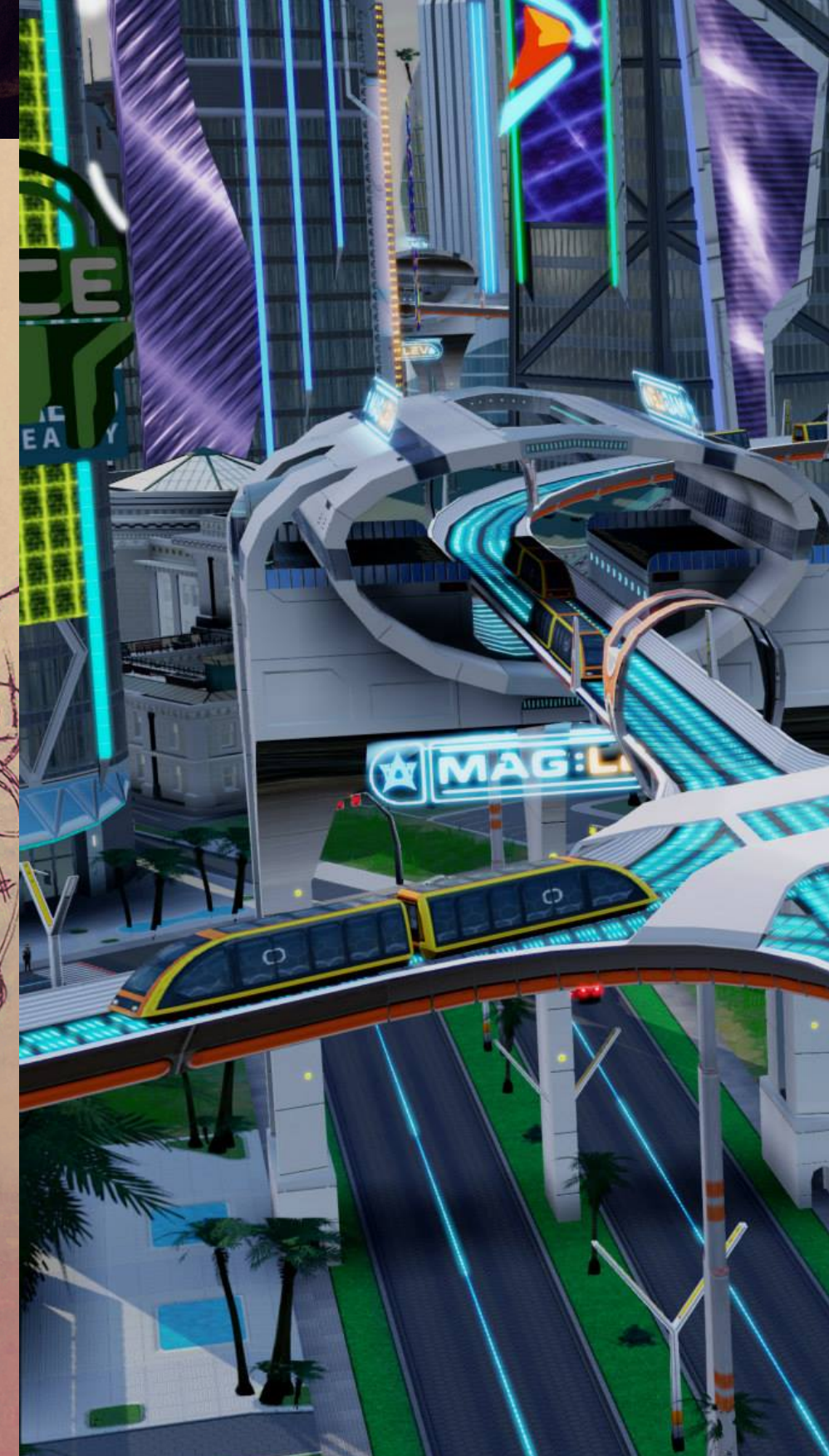
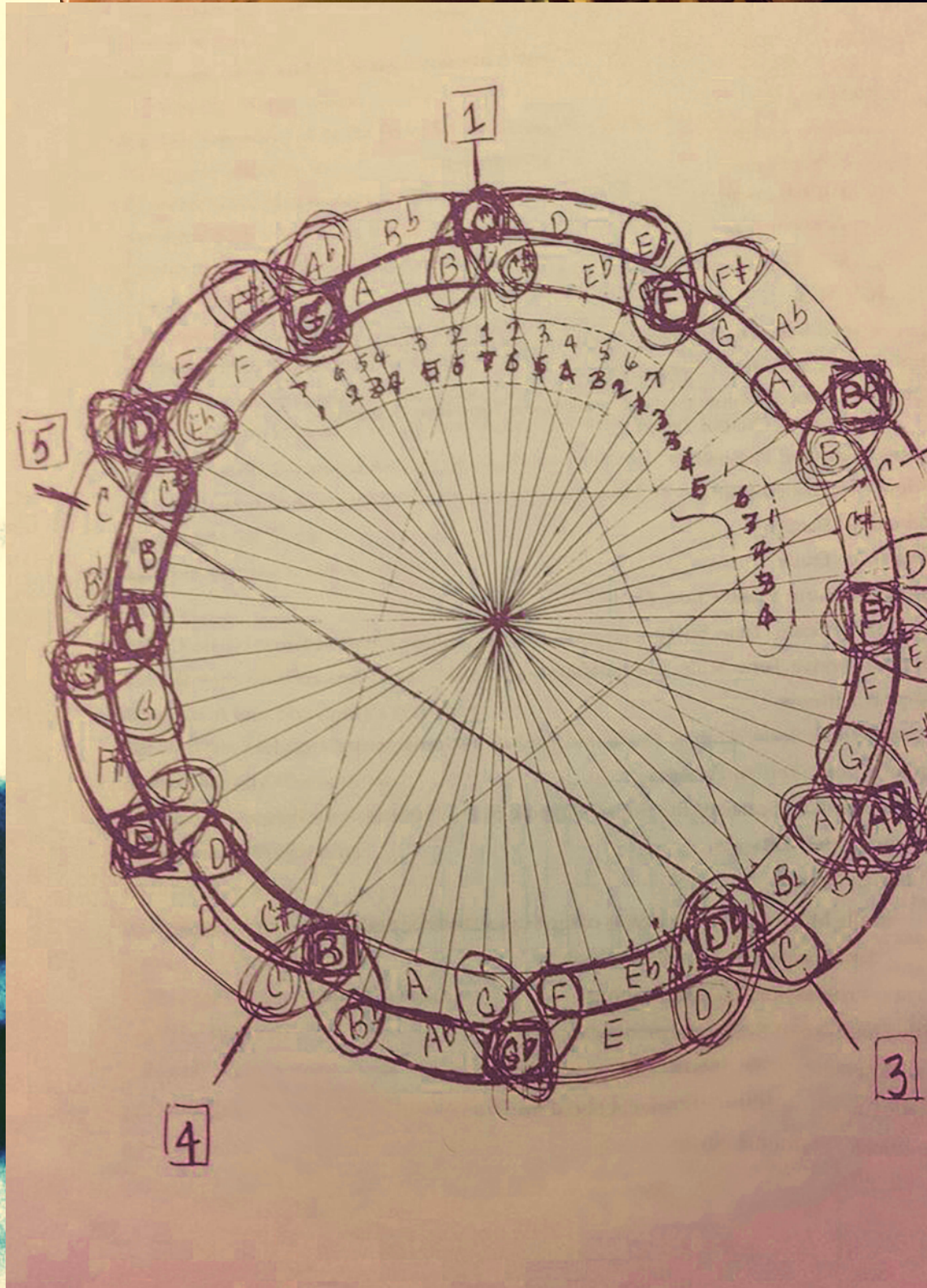


STRUCTURES — WHAT (& WHY) WE BUILD . . . . 306

THE QUESTION	WHAT'S NEEDED?
THE SCIENCE	AN ASPEN GROVE
THE ART	SIMCITY
THE PRACTITIONER	MARIA MONTESSORI
THE COMMUNITY	ACADEMY FOR GLOBAL CITIZENSHIP
	(CHICAGO, IL)
NOW WHAT?	SEEDS FOR STRUCTURES









# THE SCIENCE







THE BEACONS



# THE SCHOOLS







# NOW WHAT?

## Inquiry Seeds

To support your work translating these principles into practices, we offer seven sets of *Inquiry Seeds*, probes and questions that are aligned to the design principles of living systems.

Seeds are funny things. We don't actually make them grow. Instead, we till the soil, ensure adequate sunlight, provide necessary nutrients, and get rid of pests. Seeds don't grow because we make them; they grow because we nurture the optimal conditions in which they *can* grow.

In that spirit, Inquiry Seeds are designed to help you *ask* better questions and *act* more sustainably, so that slowly but surely — with “urgent patience” — your questions and actions can help foster the growth of a shared learning culture that is more emergent, dynamic, and *alive*.





# NOW WHAT?

## Inquiry Seeds for Relationships

Relationships are not structures or things. They are intricate, expanding and contracting webs and networks of connections. It is the transparency of our communication and feedback loops, and the density and diversity of our relationships, that stimulate systemic growth and enable potentially disruptive information to enter the system, acquire more meaning, and become amplified and absorbed.

We can't actually "see" the feedback loops that serve as a system's neural network, but their existence ensures meaningful information continues to flow throughout the system — unless they are blocked or severed.

Vibrant networks freely promote collaboration and the spread of new ideas, and increase our system's capacity for experimentation, creativity and continuous learning.

The mission-driven and creative work of a living system cannot, therefore, be achieved by controlling information or micromanaging relationships. Trust is essential for any human system to thrive. And critical connections, not critical mass, are the source of a system's true vitality.

### me

ASK yourself: How do you define power and leadership? What do they look like within your work and the larger system in which you work? In what ways are your definitions congruent with your larger purpose? In what ways are they misaligned?

CONNECT AND REDIRECT. All parents experience times when their children say things and get upset about issues that don't seem to make sense. At moments like this, however, one of the least effective things we can do is jump in and argue with our child's faulty logic. Instead, we need to recognize that our children are experiencing a right-brain, nonrational, emotional flood, which guarantees that any sort of logical, literal left-brain response will only make the situation worse. Instead, try this: Connect with the right. Redirect with the left. When a child is upset, logic often won't work until we have responded to the right brain's emotional needs. After responding with the right, we can redirect with the left through logical explanation and planning. It won't always do the trick, and it doesn't mean rules about respect and behavior should be thrown out the window. But with a whole-brain approach, *Connecting and Redirecting* will almost always work better than Commanding and Demanding. (To learn more, read *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*.)

### we

NAME and/or review your community's "agreements for belonging together," and for ensuring ownership and shared accountability for your collective purpose. If these don't yet exist, what do you want/need them to be? If they do exist, in what ways do they still feel appropriate and aligned to your community and its shared purpose?

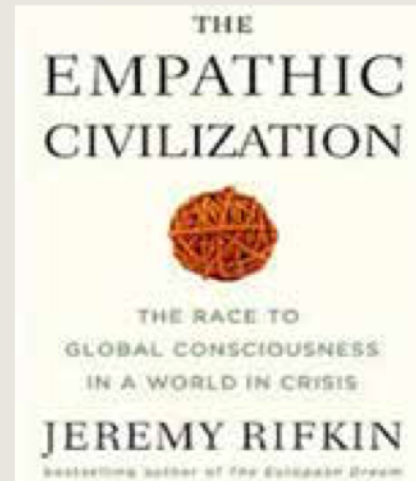
IDENTIFY which community voices are missing from your conversations. What might you do to authentically invite them?

DRAW a Trust Map of your school, using solid lines to indicate the existence of strong and trusting relationships between individuals and/or departments; squiggly lines to indicate unsteady relationships; and dotted lines to indicate undeveloped relationships. Then, share the maps as a staff, and use the visualization of the community's assumptions and perceptions to have any and all follow-up conversations — in the spirit of building a more transparent, more trusting shared culture.

MAP your culture's formal and informal communication networks. What do you notice when you make these networks visual? How might you expand and deepen your system's overall learning capacity?



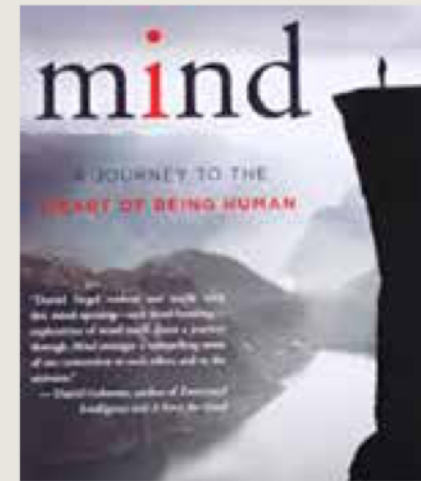
# GO DEEPER



## The Empathic Civilization: The Race to Global Consciousness in a World in Crisis

Jeremy Rifkin

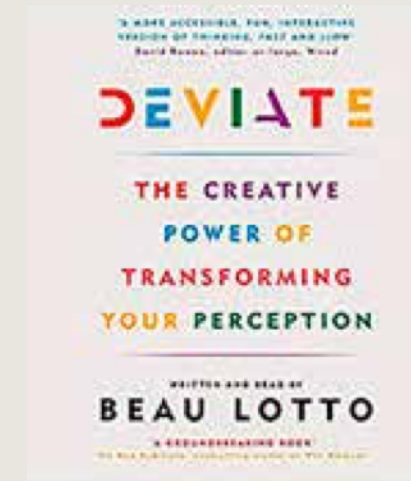
In his most ambitious book to date, bestselling social critic Jeremy Rifkin shows that this disconnect between our vision for the world and our ability to realize that vision lies in the current state of human consciousness.



## Mind: A Journey to the Heart of Being Human

Daniel Siegel, MD

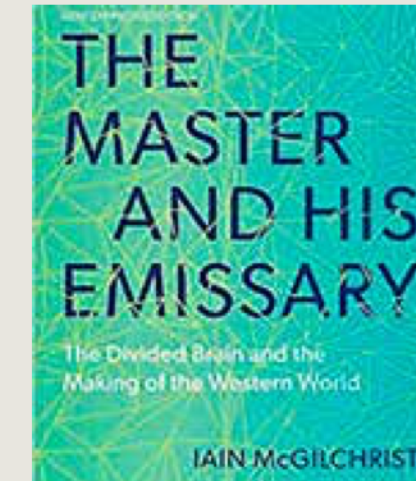
*Mind* takes the reader on a deep personal and scientific journey into consciousness, subjective experience, and information processing, uncovering the mind's self-organizational properties that emerge from both the body and the relationships we have with one another, and with the world around us.



## Deviate: The Creative Power of Transforming Your Perception

Beau Lotto

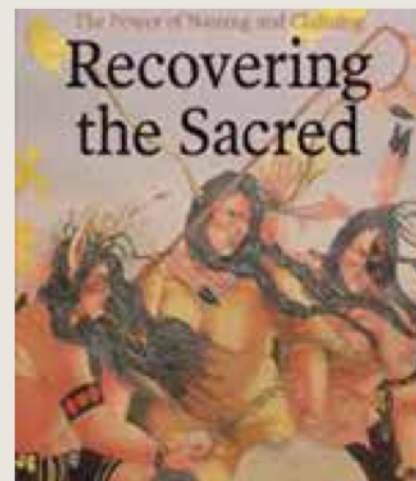
By revealing the startling truths about the brain and its perceptions, Beau Lotto shows that the next big innovation is not a new technology: it is a new way of seeing.



## The Master and His Emissary: The Divided Brain and the Making of the Western World

Iain McGilchrist

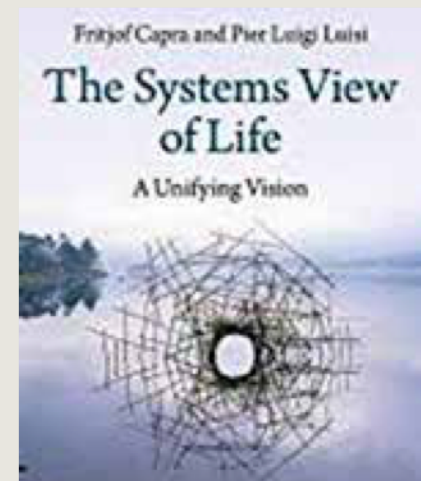
Drawing on a vast body of experimental research, Iain McGilchrist argues that while our left brain makes for a wonderful servant, it is a very poor master. As he shows, it is the right side which is the more reliable and insightful. Without it, our world would be mechanistic – stripped of depth, color & value.



## Recovering the Sacred: The Power of Naming and Claiming

Winona LaDuke

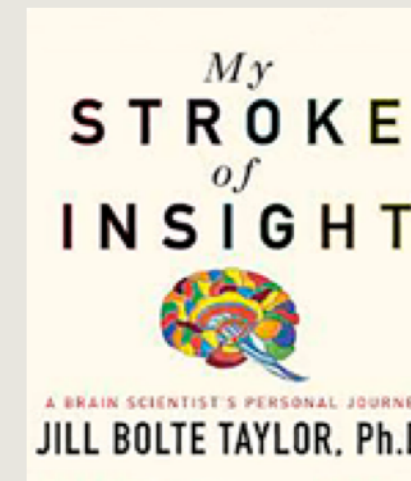
Using a wealth of Native American research and interviews with indigenous scholars and activists, LaDuke examines the connections between sacred objects and the sacred bodies of her people, focusing more closely on the conditions under which traditional beliefs can best be practiced.



## The Systems View of Life: A Unifying Vision

Fritjof Capra and Pier Luigi Luisi

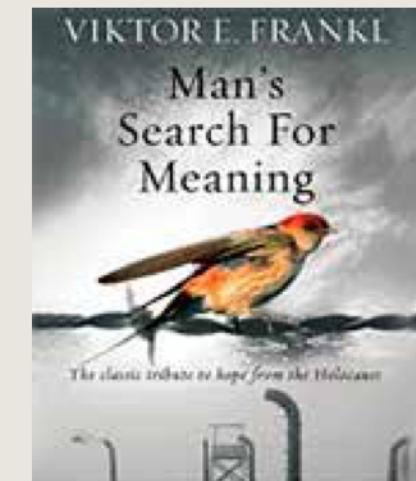
Over the past thirty years, a new systemic conception of life has emerged at the forefront of science. This volume integrates the ideas, models, and theories underlying the systems view of life into a single coherent framework.



## My Stroke of Insight: A Brain Scientist's Personal Journey

Jill Bolte Taylor

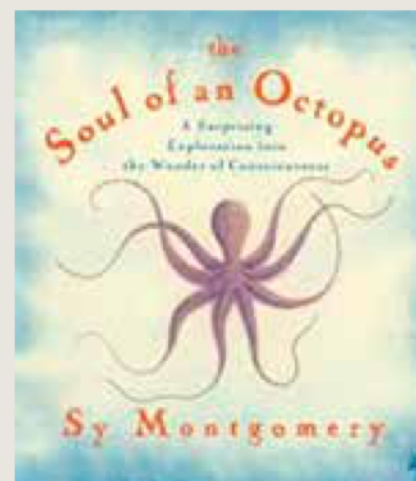
Reaching wide audiences through her talk at the Technology, Entertainment, Design (TED) conference, Taylor provides a valuable recovery guide for those touched by brain injury and an inspiring testimony that inner peace is accessible to anyone.



## Man's Search For Meaning

Viktor Frankl

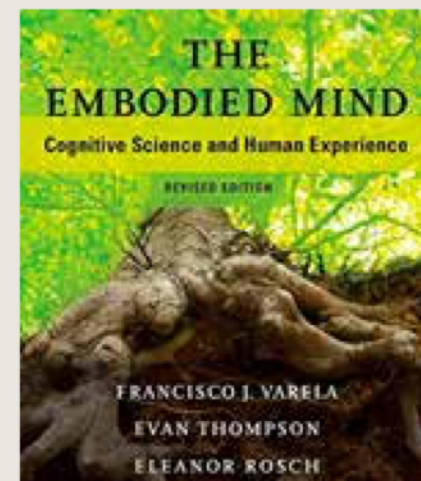
Frankl's theory—known as logotherapy, from the Greek word logos, "meaning"—holds that our primary drive in life is not pleasure, as Freud maintained, but the discovery and pursuit of what we personally find meaningful.



## The Soul of an Octopus: A Surprising Exploration into the Wonder of Consciousness

Sy Montgomery

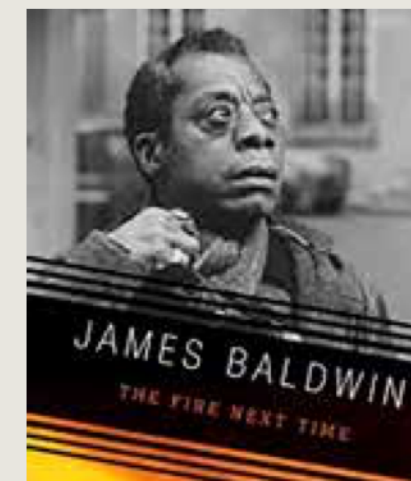
Can an octopus have a mind and emotions, let alone a soul? Sy Montgomery faces these questions head-on in her engaging new book as she explores the world of octopuses, making friends with several and finding heartbreak when they die. They aren't, she discovers, simply brainless invertebrates, but personable, playful, conscious beings.



## The Embodied Mind: Cognitive Science and Human Experience

Francisco Varela, Evan Thompson and Eleanor Rosch

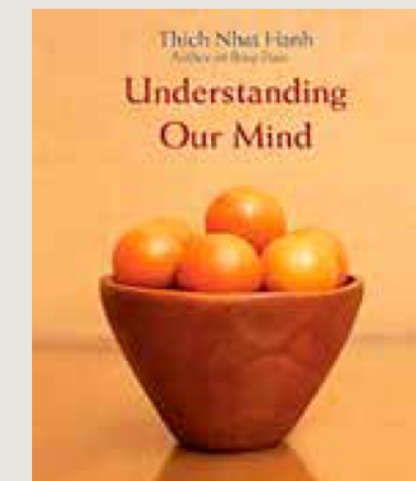
This classic book was one of the first to propose the “embodied cognition” approach in cognitive science. It pioneered the connections between phenomenology and science and between Buddhist practices and science—claims that have since become highly influential.



## The Fire Next Time

James Baldwin

At once a powerful evocation of James Baldwin's early life in Harlem and a disturbing examination of the consequences of racial injustice, the book is an intensely personal and provocative document.



## Understanding Our Mind: Fifty Verses on Buddhist Psychology

Thich Nhat Hanh

Presenting the basic teachings of Buddhist applied psychology, *Understanding Our Mind* shows us how our mind is like a field, where every kind of seed is planted—seeds of suffering, anger, happiness, and peace.





## Where Oliver Fits

Cale Atkinson

Oliver has always dreamed about where he will fit. Will he be in the mane of a unicorn? The tentacle of a pirate squid? The helmet of an astronaut? When he finally goes in search of his perfect place, he finds that trying to fit in is a lot harder than he thought. But like any puzzle, a little trial and error leads to a solution, and Oliver figures out exactly where he belongs.



## Red

Jan De Kinder

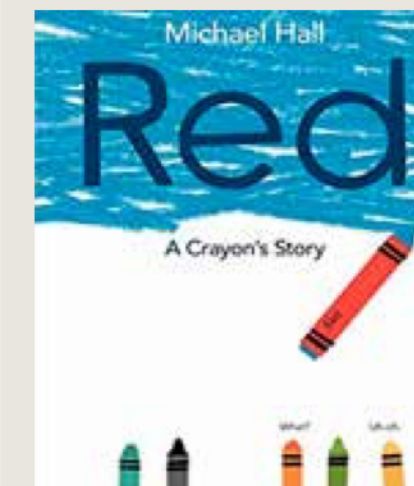
In this poignant story, a girl finds it funny when her classmate starts blushing on the school playground. Her friends laugh along with her, but one student takes the teasing too far. Torn between her sympathy for her classmate and her fear of the bully, the girl must make a difficult choice.



## Not Quite Narwhal

Jessie Sima

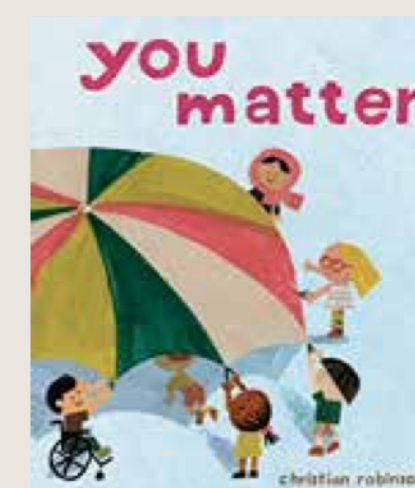
Growing up in the ocean, Kelp has always assumed that he was a narwhal like the rest of his family. Then one night, an extra strong current sweeps Kelp to the surface, where he spots a mysterious creature that looks just like him! Kelp discovers that he and the creature are actually unicorns. The revelation leaves him torn: is he a land narwhal or a sea unicorn?



## Red: A Crayon's Story

Michael Hall

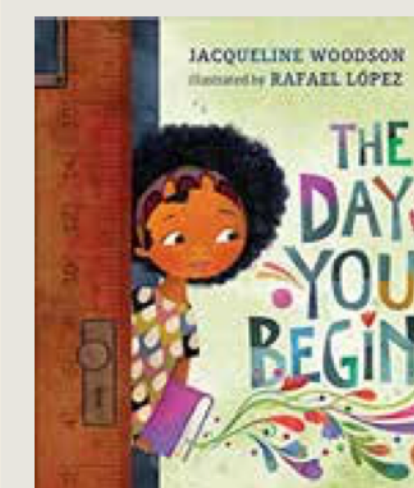
A frustrated crayon has a bright red label on the outside, yet is clearly blue under the label. His family and friends try to help. Red is miserable. He just can't be red, no matter how hard he tries. This heartwarming, colorful picture book is about being true to your inner self and following your own path despite obstacles that may come your way.



## You Matter

Christian Robinson

In this bright and beautiful picture book, many different perspectives around the world are deftly and empathetically explored—from a pair of bird-watchers to the pigeons they're feeding. Young readers will be drawn into the playful illustrations inviting them to engage with the world in a new way and see how everyone is connected, and that everyone matters.



## The Day You Begin

Jacqueline Woodson

There are many reasons to feel different. Maybe it's how you look or talk, or where you're from or what you eat. This dazzling book reminds us that we all feel like outsiders sometimes—and how brave it is that we go forth anyway. And that sometimes, when we reach out and begin to share our stories, others will be happy to meet us halfway.



180 STUDIO

**“ THE MOST POWERFUL DELIVERY  
SYSTEM EVER INVENTED FOR AN  
IDEA IS A STORY. ”**

**Aaron Sorkin**

Thank you  
**INFO@thisis180.com**

