

Dearest Relatives,

January 19, 2025

Thank you to all who showed up for our inaugural Listening Santa Barbara gathering on January 13. What a great turn out and so many touching and inspiring ideas shared!

Pardon the brevity of this note, but I wanted to get something out to you and am slammed with work. So here is gist (not extensive but hopefully got key messages):

1. REGULAR GATHERINGS: It sounded like there was desire for more regular Listening Circles and sharing of this type.
 - a. Leadership: Would anyone like to collaborate in taking the lead on organizing and hosting this? So that each month a different person is responsible for it rather than it being on one person's shoulders. This would also likely attract more diverse attendees.
 - b. Location: Kathi has offered we could CEC again. Any outdoor spots that have easy access?
 - c. Reminder that Alexis leads the [monthly Land Listening Circles](#) that include sharing time.
2. KIDS: There was lots of energy about creating a program to bring into schools to teach children how to listen with Nature - the big Nature and their own inner nature. Jenny is open to leading this and looking for collaborators with experience, maybe other eco therapists.
3. TROJAN HORSE: Thoughts around how we can find "Trojan Horses" to bring this concept/philosophy/way of showing up, out into the community.
 - a. "Just" curiosity rather than judgment as a good Trojan Horse.
 - b. What are the questions that stop us from listening?
 - c. What are ways to bring this to moms and kids more?
4. BRINGING CHUMASH history and lineage into listening here; respect, learning; sense of place. Art Cisneros is a fire keeper and ceremonialist and available to lead ceremonies.

5. VISIONING & DREAMING INTO A NEW DREAM, seven month mentorship with Tom & Andrew: <https://anewvisionoflivingcourse.org/course2026/>
6. REGENERATIVE BUSINESS: Energy from Eric, Kimberly, Faye, and Monica toward collaborating to reach SB's business leaders with these principles
 - a. maybe a monthly offering at CEC
 - b. Get and share [Regenerative Economics](#) by Faye, her first Hour Books book
7. FLASH MOB: Keep finding the joy and fun in listening. Maybe a flash mob? Trash mob?
8. MUTUAL AID: We are in this together.
 - a. How can we offer more support to each other? Where could folks go that always know they would be heard?
 - b. Over 1,400 locals already taken by ICE.
 - c. Volunteer where you can. (<https://www.805undocufund.org/alerts.html> | <https://www.lacasafounders.org/>)
9. CONTACTS & CONNECTING with each other:
 - a. Reminder [here is the link to the WhatsApp](#) you can join. **This is a great place to get to know each other and share ideas and resources!**
 - b. I will also share the sign up sheet for Listening Santa Barbara that includes names and emails. **If you DO NOT want your name and email shared with the group, please let me know before 1/28.**
10. GROWING LISTENING SB: Please continue to share this [Sign Up](#) with any friends or colleagues who might be interested in growing our "council of early-adaptor listeners," tentatively called Listening Santa Barbara, as well as [these ideas](#) around Listening SB; all to evolve as we grow together!

We loved seeing so many of you already sharing and connecting and taking steps to collaborate into the future. Enjoy and keep listening!

