



**Inspiration Hub**  
Decentralised Human Organisation

## Regenerative Eco-village Project Proposal

Building a beautiful and educational regenerative gateway into the South Downs National Park.

**Project Title:** – [Inspiration Hub DHO](#)

**Proposed Location:** – [South Downs National Park](#)

**Mission:** - Designing and developing conceptual and actionable frameworks for decentralised health, food and energy provision, using regenerative and disruptive materials, processes and technologies.

**Purpose:** – Building a community-led eco-village focused on the co-creation of viable and innovative value flow solutions, with the aim of becoming an inspirational and ecological gateway into the natural beauty of the National Park.

**Potential:** – The Inspiration Hub DHO is a fun and dynamic playground of regenerative ideas, projects and experiments, with the aim of providing tools and resources that improve the health, prosperity and wellbeing of local communities.

**Legal Structure** – Creating a not-for-profit [DAO Foundation](#) that holds the physical and digital assets of the Inspiration Hub DHO in trust, and leverages those assets to create value for the community, funding local regenerative projects and providing affordable credit for home purchases within the project, through the Eco-village Credit Union.

**Credit Union** – The Credit Union operates under the stewardship of the Parish Council, with guidance and support from the Inspiration Hub DHO Treasury, and with full transparency and accountability achieved through secure and immutable [blockchain distributed ledger technology](#).

*“Blockchain is a distributed ledger technology and the first decentralized peer-to-peer payment network. Blockchain’s decentralized, open, and public design means that it can’t be altered or manipulated by any single person or company.”*

[Blockchain Council](#)

**Parish Council** – Becoming a Parish Council provides us with an opportunity to avoid any unnecessary bureaucratic processes that may restrict and limit meaningful progress of the project. A Parish Council also allows for individuals in the community to have a voice and a vote on how best the project can provide the community with:

- Affordable clean energy through an innovative and community-led ecological energy grid
- Healthy, fresh and nutritious food grown in regenerative soil by ecologically connected farmers and growers
- Healthy lifestyle options offered through an advanced natural health and wellbeing centre, where principled, well-informed and credentialled Health Practitioners collaborate on mental, physical and emotional health and wellbeing.
- Unlimited learning opportunities in a space where knowledge is shared and co-creation happens in a centre of awareness that offers courses, conferences, debates, experiences and opportunities for exploration and discovery.
- Eco homes and apartments designed and developed through the co-creation of a local Skills Guild and natural materials Resource Guide.
- Local valued exchange through decentralised solutions such as [LocalScale](#), Petals Tokens, [use-credit obligations](#) and community share options, backed by the foundational value of project assets, regenerative contributions and community benefit outcomes.

**Neighbourhood Plan** – “To set up your own town or parish council, you’ll need to first give your local authority a petition containing the signatures of at least 7.5% of the local population.

A neighbourhood forum that’s had a neighbourhood development plan passed at referendum can trigger a community governance review without needing a petition.

[Neighbourhood planning](#) enables local communities to shape the future of the places where they live and work. Neighbourhood plans have exactly the same legal status as those developed by councils. Residents are directly able to:

- decide where new homes, shops and offices will go
- decide what new buildings look like
- decide what facilities, services and infrastructure is needed
- grant planning permission for new buildings through a Neighbourhood Development Order” [gov.uk](#)

**Alliances & Collaborations** – Approval for the project rests with the South Downs National Park and the surrounding communities. Forming a reciprocal alliance with the National Park will ensure that the project is developed in a way that respects the

vision and recommendations of the Park's [Local Plan Review](#), while also providing the project with valuable input from the National Park Team through individual perspectives and the views of the National Park as a whole.

The Regenerative Eco-village project represents value that's anchored to the community through the co-creation of an innovative, regenerative and educational gateway into the South Downs National Park. In addition to being community-led, the Inspiration Hub DHO provides free access to trusted and secure organisational tools for responsible self-governance, transparency and accountability of the project. This has been achieved through successful collaborations with [SEEDS](#), [Hypha DHO](#) and [LocalScale](#).

**Site Vision** – The following framework is what the Inspiration Hub DHO will build on, with input from the community in three phases:

- Expert Consultation – Inviting local people with the skills, talents and expertise to advise on the project design, development and implementation.
- Public Consultation – Inviting the public to share their views on the project and to submit any ideas and/or suggestions on ways to improve the project for the benefit of all.
- Informed Deliberation – Inviting our community to participate and engage with the project, through free membership, where each of us has equal voice in co-creating and deciding the direction of the project as a whole.

The members of the Inspiration Hub DHO will deliberate on the information provided by the Expert Consultation and Public Consultation, to steer the project in a direction that supports the health and vitality of the community and the environment in which we all live.



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### **Innovation & Energy Centre**

This is where the project moves into a more dynamic and active phase, because this is where the project is focused on energising the community and returning power to the people, through the responsible utilisation of [‘You’ve got the Power’](#) legislation, where we can produce local and affordable clean energy independent of the restrictions and barriers of centralised bureaucracy.

Our explorations within the energy sector have revealed some truly remarkable and disruptive innovations, from the [Homebiogas® Commercial System](#) that converts the food waste from the Buddha Bowl & Bar into energy, to the [REGENiTECH](#) carbon-negative power

generation technology used in JustOne Organics® [Gentle Drying Centre](#) that provides quality nutrition from regenerative farms.

The self-sufficient [nanoFlowell® energy grid](#) will probably be the most impactful solution for the community, due to the diverse and expansive nature of this truly innovative technology. The Innovation & Energy centre provides us with the space to explore the potential of these technologies and more, through practical application. The success of this inaugural proof-of-concept project, carries with it the possibility of becoming a catalyst for increased energy security and prosperity not just for our community, but also for communities everywhere. This is where the ACE project makes its debut through community-led provision of affordable clean energy.



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### Riverside Apartments

The construction of the Riverside Apartments will be the result of quality research and development into the most regenerative materials and technologies suitable for the project. We are currently exploring and investigating viable materials for different applications on the site,

including [cork](#), [hemp](#), [mycelium](#), [coir](#), [bio-composites](#) and [biocement®](#), to name but a few.

The project invites input from the community and participation from local people with the passion, knowledge and skills required to make the project the success that it deserves to be. The Inspiration Hub proposes to initially offer these apartments to local individuals who participate in the co-creation and operation of the project. The advantages to this approach include: Less transport miles between home and work, more time for home and leisure, less travel stress and a sense of shared community achievement. This is where the Credit Union and use-credit obligations make their project debut, along with local funding options, local currency creation and other valued tokens of exchange.



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### Wellbeing Centre

The Wellbeing Centre provides a peaceful space for principled and well-informed health professionals, to assist the community in healing the emotional traumas and associated anxieties that contribute to poor physical and mental health outcomes. The centre also provides high-quality treatments and

personalised programmes, based on proven [healing modalities](#), to support healthy lifestyle changes that lead to a better quality of life.



The ground floor holds the Welcome Space with the gentle sounds of water coming from the indoor water features and hidden speakers playing relaxing ambient music. Individual therapy rooms surround three larger studios for group workshops and wellbeing activities such as sound baths and meditation. Large glass windows frame the landscaped gardens and rockery surrounding the Wellbeing Centre and flood the centre with natural light. Cosy snug corners are couched between the studios and therapy rooms, for moments of reflection and contemplation.



**Earth Bowl** café/restaurant will provide the community with healthy nutrition in the form of delicious meals, snacks and drinks using local and naturally organic ingredients. Earth Bowl is a welcoming and comfortable venue for the community to connect through meaningful discussions, light conversations, fun engagements, or even connection to self through quiet contemplation while sitting in a beautiful spot on the deck by the river. A Health Food shop and Wellbeing shop are located to the rear side of the centre.

The Wellbeing Centre will also be home to a Community Health Initiative research clinic, that will help to inform the community of how optimum health levels can be achieved and maintained, making good use of all the tools and teachings already available to us. This is where the CHI project makes its debut in offering well-researched health and [wellbeing solutions](#) to the community.



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### **Space Of Unlimited Learning (SOUL)**

Co-creating a space of unlimited learning possibilities, where wisdom is gained, knowledge is shared and differing perspectives are respectfully and openly debated. The SOUL centre invites independent and critical thinking and inspired action towards the discovery of solutions to the many socio-economic issues we face today.

The SOUL centre provides a learning space that honours craftsmanship from the past and cutting-edge innovation

from the future. With experiments and workshops for all ages, the centre encourages the joy of learning through healthy exploration, discovery and optimised human brain potential, rather than an unhealthy reliance on artificial intelligence. The centre also provides a space to explore the many potential benefits of significant and meaningful paradigm shifts, such as in [governance and money](#).

The SOUL centre will have 30 Retail and Studio pods available for eco-conscious artists, artisans and entrepreneurs to promote themselves and their creations. A refreshment pod, alongside a collection of workshop rooms and an interactive library with snug reading corners, make up the ground floor. In the centre of the ground floor we will showcase a ground-breaking model of innovation to inspire others, such as the [QUANTiNO](#) electric car. On the first floor we will have discovery rooms working on regenerative solutions in conjunction with fully equipped seminar rooms for interesting and inspiring talks and presentations.



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*Creating a whole new world together!*

## **Inspired Solutions Map**

*“Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.” **Albert Einstein***

### **Our Vision**

Imagine a safe, welcoming and non-judgemental space in your community, where you can experience meaningful social connection in person, where you can share your ideas, knowledge and skills, and where you can initiate momentous change through reciprocal collaboration with others of like-mind, on a myriad of worthwhile projects and socially empowering experiments.

Creating and developing a learning and awareness space that introduces health and wellbeing solutions for life on earth, in the most creative, inspiring and empowering way.

Growing a support network to promote self-empowerment and self-healing through a re-connection to Nature, to ourselves and to each other.

Welcome to the [Inspiration Hub](#), where you can have fun co-creating with others while exploring your fullest potential and re-discovering your powerful connection to Self!

The Inspiration Hub is our first [DHO](#), a new type of decentralised human organisation, that provides the community with tools and templates to successfully organise themselves in co-creating a new vision, with the backing of a global movement called [SEEDS](#).

*“Our focus is on thriving, not mere sustainability, by inspiring a generative vision of our future as an evolutionary process that brings us together. We focus on developing our regenerative and transformative capacities together; to become the world we wish to live in. SEEDS is here to provide foundational support for our transition, as a Regenerative Renaissance movement. SEEDS supports and helps unite the diverse change-making movements across our earth”* [SEEDS Constitution](#)



## The Three Anchors

There are three important anchors that hold the Inspiration Hub vision of building a new decentralised life together.

HEAL is focused on Home – healthy environment and lifestyle

GROW is focused on Food – growing regenerative organic wholefoods

LEAF is focused on Energy – local energy and fuel



### **HEAL** – Healthy Environment And Lifestyle

The Inspiration Hub will host talks, workshops, demos, film screenings and exhibits that promote a healthy environment and lifestyle. This becomes a platform for the community to begin learning new ways of living a lifestyle that holds the wellbeing of people and planet at the forefront, inviting conversation about the many creative and innovative healing solutions already available to us.

Bringing people together in a relaxed and welcoming space, where we can explore ideas and collaborate on viable and practical ways in which we can bring them to life. Learning how to experience the benefits and rewards of a healthy environment and lifestyle, empowers people to embrace life in a more enjoyable and fulfilling way. This is the purpose of HEAL.

**Wellbeing in Nature** is the Inspiration Hub's core theme.

Why begin with wellbeing?

Well, if you don't feel well, you cannot create, you have no energy physically or mentally and your tiredness and hopelessness drain your spirit. How are we going to build a new world when we have no energy within?

This is why we begin with wellbeing, so that we can access the energy that is within us and focus that energy into an idea and then organise ourselves into practical action. When we are all feeling well and are aligned with our intentions, then we can focus that energy into successful physical manifestation.

Life can be a rollercoaster ride, which takes us on all sorts of twists and turns. At times we are exhilarated and at other times we are held waiting in anticipation for the next turn. Life is a journey of self-discovery, and exploring the practical toolset that you can use to reconnect with your heart brings a returning to your authentic, true self.

At the core of wellbeing is a remembering, a returning to your heart. Finding your authentic Self through exploring your passion for life from within. If you feel well, then you are unlimited. We are only limited by our own limitations and Wellbeing in Nature allows us to reconnect with our natural essence. There are a variety of different pathways that lead to healing, for example in the Shamanic tradition, Nature is a pathway to healing through loving interaction with the wholeness of life, which invites us and encourages us to remember our essence, to overcome our ego-self and to find the true nature of ourselves from within. We can harness the natural energy that flows through us and become motivated and energised to take on the task of building a new world for ourselves and our children's children. It begins with a feeling of inspiration that leads to the movement of energy, which becomes an idea that is then translated into action.

The Wellbeing in Nature project will run day retreats and healing workshops at the hub to share the wisdom and teachings of many great teachers, past and present, and to offer practical and fun ways to return to a state of wellbeing. Placing the Inspiration Hub in a beautiful natural environment is part of the recipe for healing, as we remember we are connected to everything in Nature and we can rediscover our inner healing power in a natural state any time we choose.

*I will not rescue you. For you are not powerless.*

*I will not fix you. For you are not broken.*

*I will not heal you. For I see you, in your wholeness.*

*I will walk with you through the darkness as you remember your light.*

The Medicine Woman's Prayer





**CHI** - Community Health Initiatives, are another area of focus that's connected to the HEAL anchor of the Inspiration Hub.

The global provision of 'healthcare' today is dominated and controlled by a disease management industry that operates primarily for the purpose of symptom suppression and maximum shareholder profit, with very little consideration and/or attention to long term healthy outcomes.

This approach is sadly and ironically proving to be diametrically opposed to human health and wellness in most respects. It is especially inexcusable considering that we have a number of far superior, safer and more effective options available to us in the public domain, outside the influence of pharmaceutical patents.

For example, it is now widely accepted and well understood that a healthy organic diet and mindful lifestyle choices, are two extremely safe and highly effective means of enhancing both mental and physiological wellbeing, while at the same time reducing the burdens of stress and chronic disease without the need for pharmaceutical drug intervention. Who would have thought that natural [magnesium is safer and more effective](#) than pharmaceutical 'anti-depressants'?

We also have a growing body of peer reviewed scientific evidence, that having access to nature, such as [spending time in a garden](#) and growing our own organic food, or even being in a forest practising [Shinrin-Yoku](#), is profoundly beneficial to our physical, mental and emotional health.

Exploring and researching all aspects of health and conscious living, allows us to investigate for ourselves what works and what doesn't at community level. The actual experience of improved health and wellbeing, is a far better indicator of safety and efficacy of a therapy or treatment, than many of the 'clinical trial' pharmaceuticals that have a long list of [dangerous side-effects](#) and questionable efficacy.

The Inspiration Hub allows individuals and groups to explore the potential benefits of researching, verifying and proffering safe and effective treatment and disease prevention options for improved physical, mental and emotional health in the community, including but certainly not limited to: [optimum nutrition](#), [psilocybin assisted psychotherapy](#), [cranial electrotherapy stimulation](#), [heart brain coherence](#) and [Nature therapy](#).





## **GROW** – Growing Regenerative Organic Wholefoods

Restoring the biodiversity of our soils is one of the most important steps in re-connecting our health to the health of our environment. A single handful of garden soil contains thousands of species and millions of individual micro-organisms. It is estimated that at least about one-quarter of species on planet Earth live in soils, creating a diverse and healthy ecosystem that sustains life for plants, animals and humans.

We will be showcasing the value of food, from the local growing of organic food in regenerative soil, to the creation of rewarding opportunities; getting creative with natural fibres; applying regenerative biomimicry; innovation for energy production; and exploring the remarkable power and value of regenerative plant foods and medicines. The Inspiration Hub allows us to demonstrate how this can be achieved, while creating awareness of the benefits of connecting with Nature and the nature of ourselves, through natural therapies and healthy nutrition. This is the purpose of GROW.

### **The value in food**

It is nonsensical to believe that foods, which are processed through expensive facilities with long supply chains and which have to travel large distances, costs less than quality, nutritious and organic food grown on a farm just down the road. We believe that local and organically grown food should be more affordable than processed food and should be readily available to everyone.

With modern technology, local farmers are capable of producing most of what is needed to feed, house and energise our communities. If fully supported, small to medium scale organic farms could be an [important and valuable part](#) of a healthy and natural lifestyle for people in communities everywhere.

Food grown in collaboration with Nature (i.e. [Permaculture](#), [Agroecology](#) and [Regenerative Agriculture](#)) is a source of optimum health for the human body, contributes to the wellbeing of many other species and ecosystems through soil regeneration, and replenishes food and seed diversity. With this in mind, isn't it possible that we can co-create a new and improved value system, with a decentralised micro and macro economy anchored to [community seed banks](#) and locally grown [biodynamic food](#), while simultaneously co-creating a regenerative food system that provides affordable access to healthy organic nutrition and healing plant medicines.





**SaSi** - Spores and Seeds initiative is connected to the GROW anchor of the Inspiration Hub, and is based on the concept that we can grow a Regenerative Food Economy seeded by decentralised spore and seed library banks.

These self-governed library banks act as a secure foundation on which to build local regenerative enterprises and collaboratives, connecting people who are passionate contributors to individual health and wellbeing and the thriving of the community as a whole.

*SaSi* is an invitation to co-create an open-source regenerative project, locally managed and globally connected through the SEEDS ecosystem, for the propagation and mindful sharing of spores and seeds and the many diverse and fruitful harvests and rewards it brings.

### **Market value to valued markets**

The global mushroom market size was valued at \$46.1 billion in 2020 and is expected to grow at a compound annual growth rate of 9.5% from 2021 to 2028, reaching nearly \$87.5 billion. [Source](#)

The global vegetable seeds market was valued at \$5.78 billion in 2019 and is projected to reach \$10.48 billion by 2027. [Source](#)

We have the technology and practical tools available today, that make it possible to redirect a significant portion of these market valuations into building local regenerative micro-economies with decentralised spore and seed library banks.

We also have the technology, tools and human capital available to co-create regenerative spore and seed opportunities, that are capable of contributing to the development of flourishing and prosperous local economies and regenerative ecological environments, in collaboration with eco-conscious farmers and consumers.

*SAFE (Seed And Food Exchange)* There is a vast network of individuals and organisations committed to returning seed and food sovereignty to the people. Connecting them all through a shared vision of an equitable, regenerative and healthy seed and food economy, would not only create an impressive and influential global movement, but could also act as a decentralised economic framework that is both stable and balanced. Especially so, if built on the foundational value of open-pollinated seed and nutrient-dense biodynamic food, grown in naturally regenerative soil and exchanged locally.

FARM (*Food And Regenerative Mushrooms*) The Mushroom Kingdom is of critical importance and enormous value to all life on earth. Mushrooms have huge potential for helping individuals to heal and grow. Nowhere is this more apparent than in the rapidly expanding natural health and wellbeing sector, which is increasingly looking to the robust scientific evidence supporting the healing power of mushrooms, both as healthy food and as physiological and psychological medicine.



## LEAF - Local Energy And Fuels

There's so much to the story of energy that's been neglected in our modern society narratives and teachings. From the wonder of the powerful electrical energy that flows through our entire body, to the amazing benefits of biodynamic foods that provide high quality fuel to every living cell in our body, both human and non-human.

First there's the regenerative energy and fuels that can power our homes and our lifestyles, and then there's the energy in everything that connects us to all other energy in the known and unknown universe. We begin this leg of our journey with the former, as all three of our anchors cover the latter. The Inspiration Hub creates space for collaborating with Nature and each other, to discover ways in which we can create healthy energy flows in every aspect of our life.

It is pure insanity to believe that the true economic and environmental cost of intensively mined, drilled or fracked fossil fuel, could ever amount to less than that of a local and regenerative energy network, and yet this is what inept governments and corporate energy cartels would have us believe.

The global energy industry is one of the world's largest, most profitable and strategically critical industrial sectors. The industry touches everybody's daily lives and is deeply connected to the politics, national security, and economic development of all nations. It is imperative that we achieve community ownership of local energy and fuel production, thereby putting the power and profits into the hands of the people and their communities.

We have some amazing disruptive innovations in the energy and fuel sectors that could be produced at community and regional level, providing much needed decentralisation and local ownership of regenerative energy and fuel provision. This is the purpose of LEAF.

We are currently exploring collaborations on a number of disruptive technologies that we have been researching, and we invite you to join us on a journey to discovering even more.

Through co-creation workshops and collaborative discussions, we can implement and utilise the regenerative potential that the technologies hold for the benefit of all.



**ACE** - Affordable Clean Energy, is an area of focus that's connected to the LEAF anchor of the Inspiration Hub.

The ACE Project is a world first proof-of-concept for a local self-sufficient [nanoFlowcell® electricity grid](#), with the sole purpose of providing affordable clean energy to surrounding communities and beyond.

Affordable clean energy is possible through a number of [innovations](#) and [applications](#), some with potential yet to be discovered and applied, but the most innovative and disruptive we've seen to date is [bi-ION®](#) energy and fuel.

The ACE Project is a fertile environment for co-creating a dynamic platform for promoting R&D collaboration in decentralised energy networks and ecological fuels, both locally and globally.



[www.inspirationhub.earth](http://www.inspirationhub.earth)