

# THE FUTURES OF COMMUNITIES

RESHAPING  
FUTURE

together

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## From Me to We

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2<sup>nd</sup> Meeting – follow-up

11th January, 2024, Vienna at University for Applied Arts

Co-hosted by: Friedrich Hinterberger, Barbara Bulc,  
Daniel Gratzler and Simona Koch

IMAGINING FUTURE / RECONCILING THE PAST / SHARING POWER

# BACKGROUND

This meeting was convened in a follow up to Reshaping Future Together: What future do we see for our communities, the 1st International meeting of a working group to create wellbeing economies locally based on arts and science, community and spirituality which took place in April 2023.

Practices of Imagining, Remembering and Sharing power were inspired by the social research study Barbara co-authored with Eric Gordon, *Activating Values in Urban Transitions (May 2022)*, based on her work stewarding a city-wide social experiment for youth wellbeing called OurCluj, a values-based urban living laboratory in Cluj, Romania, that prioritizes values of care and trust over economic growth.

# AGENDA

- Arrival / introduction
- Short contemplation on interbeing (Simona)
- Input: What is Futures of Communities about? (Barbara + Simona)
- Input: Summary for Stammtisch the flourishing society on 10.11.24

## 1) WHY

- Silent Mind Map – What are you longing for?
- Resume and moderated conversation

## 2) WHAT

- What do I want to offer or contribute?
- Resume moderated conversation

## 3) HOW, WHEN

- What do you look forward to?
- Next steps

# ARRIVAL / INTRODUCTION

We started the meeting with an informal get-together and coffee, which allowed us to get to know each other.

## PARTICIPANTS:

Barbara Bulc, Birigt Fontenal, Daniel Gratzer, Mariella Greil, Christian Hellböck, Ronja Janu, Simona Koch, Ulrike Payerhofer, Ursula Maria Probst, Tibor Remškar, Georg Russegger, Felix Zabel, Philipp Melchers

### Simona:

reflection on meeting in April

- a longing to connect and to establish an analog platform for exchange of views and conversation on futures of communities
- a desire in participants to have continual dialogue

### Barbara:

- bardo, a liminal and transitional state between life and death, a state full of possibility
- the great turning, which also opens up space for change, new structures, new approaches and possibility of alternative futures

### Daniel:

reflections on Stammtisch the previous day as the first step for connecting in a network and building connections with intention



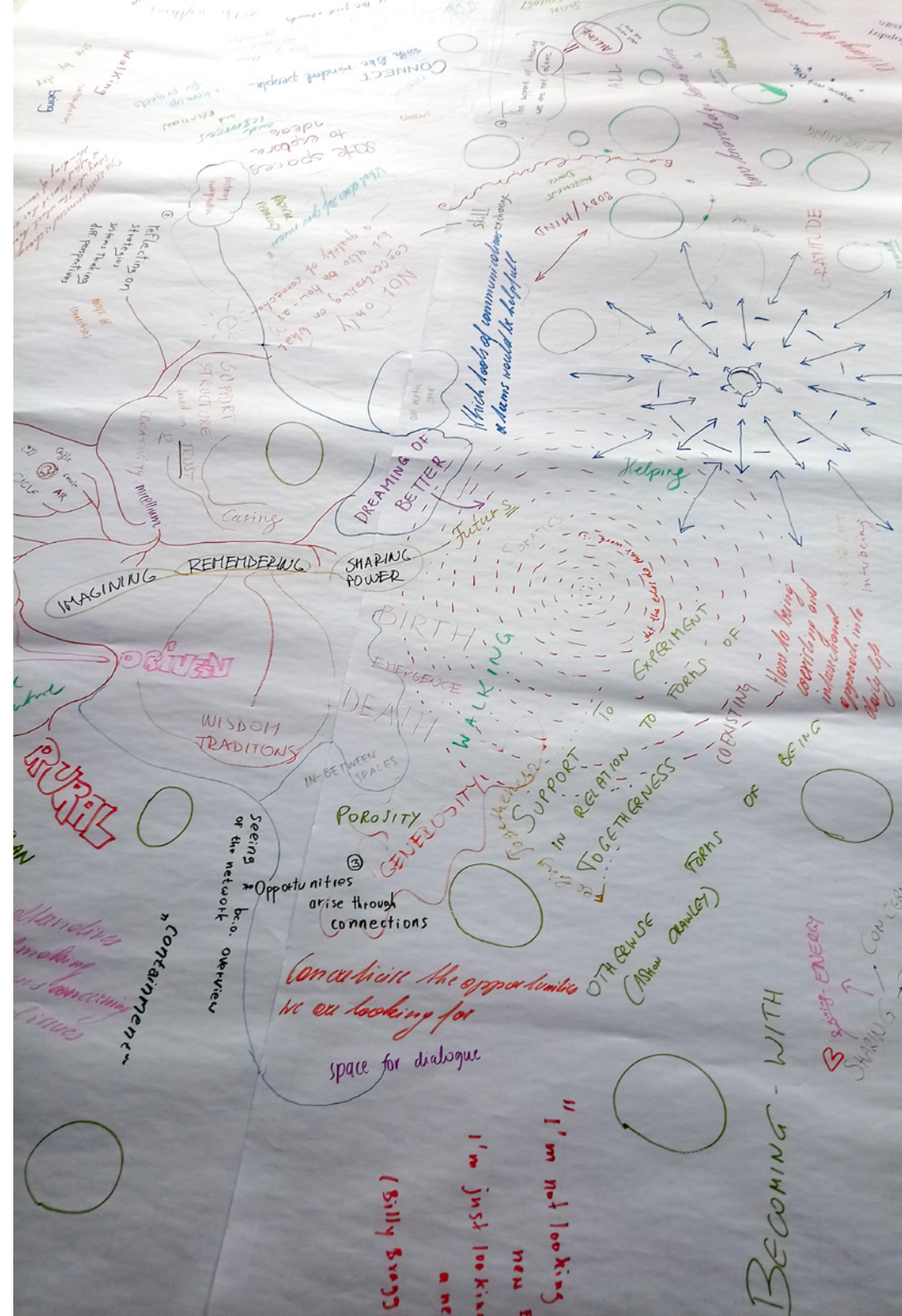
# CONTEMPLATION ON INTERBEING

Simona led the group in a short contemplation. By observing the breath, you can recognize your own connection to the community of beings in every moment. As the philosopher Emanuele Coccia describes, we can also observe our own part in shaping evolution. We are not individual beings, but interbeings, as the Buddhist monk Thích Nhất Hạnh describes.

## 1. WHY?

Silent mind map, asking the question *Why are we here: what are you longing for?* Partaking in a silent dialogue by writing, drawing and building a network of connections. About 15 minutes, reflections followed:

- **Simona:** When I felt I wanted to write something, it was already written on the map. So instead I was bringing things together and building connections.
- **Mariella:** I agree. I also felt I wanted to draw circles, bubbles of expertise, imaginary spheres, this bubbling feeling I have, a feeling of floating and supporting.
- **Daniel:** Enjoyed connecting and responding to others, adding different perspectives
- **Ursula:** How to activate knowledge in a natural way, how do we define a community and build emotional connections
- **Tibor:** For me the biggest takeaway is the importance of creating safe spaces, inbetween spaces of support and dialogue.



- **Birgit:** I agree, to me creating safe spaces is the most important.
- **Felix:** I come from the world of startups, which is a world of action, force and completely unnatural. So what I long for is a space of lightness. The oneness is very apparent here, and there are so many other initiatives out there, we should find a way to connect them. Build the inbetween space, create a space for fluidity.
- **Barbara:** I see this map as the map of the world we want to live in. But the space we are in right now is already such a world. We can see that there are no centres, but many realities, dimensions. In order to move forward we have to develop a new communication language; language, space, words, connections, sound, music, movement and rituals.
- **Christian:** On dimensionality, I wish to see this map in 3D, 4D, 5D.

The results of the mind map were summarised in a leading statement and three key points.

**Not creating a new initiative,  
but staying fluid. There is no center.**

**(1)**

**SHARING BEING  
community, safe space, etc.**

**(2)**

**SHARING PERSPECTIVES  
exploring, reflecting, feedback, etc.**

**(3)**

**SHARING ACTION  
contacts, opportunities, etc.**

EXPLORING, REFLECTING, FEEDBACK

②  
Sharing perspectives

③  
Reflecting on  
strategies  
Systems Thinking  
diff. perspectives

③  
Sharing  
action  
CONTACTS, OPPORTUNITIES, ETC.

SHAPING  
POWER

DREAMING OF  
BETTER

Which tools of a  
dreamer would be

Not creating a new  
initiative ect. fluidity.

THERE IS NO CENTRE

①  
Sharing  
Being

COMMUNITY, SAFE SPACE

exchange

BODY / MIND

speeds

GRATITUDE

BEING

COEXISTING

How to bring  
coexisting and  
interdependent  
approach into  
everyday life

INSIDE / OUT  
Intubing

Rituals  
WISDOM

fostering  
imagination

Radical  
pedagogy

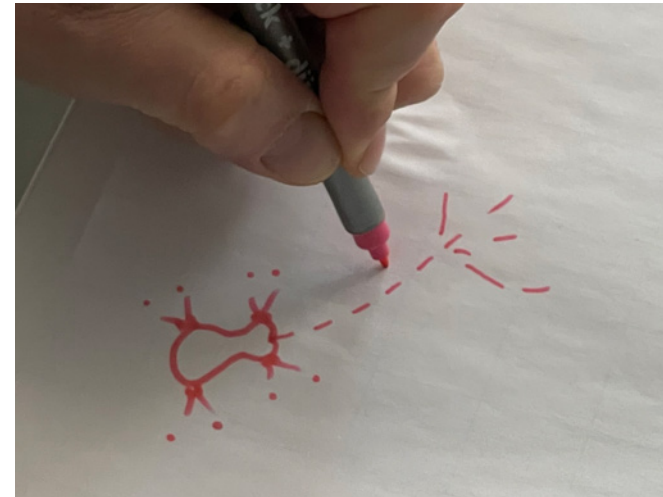
What does soft-sp...

Our environment is changing  
and we need to adapt  
to the changes  
of our world  
of work  
and life

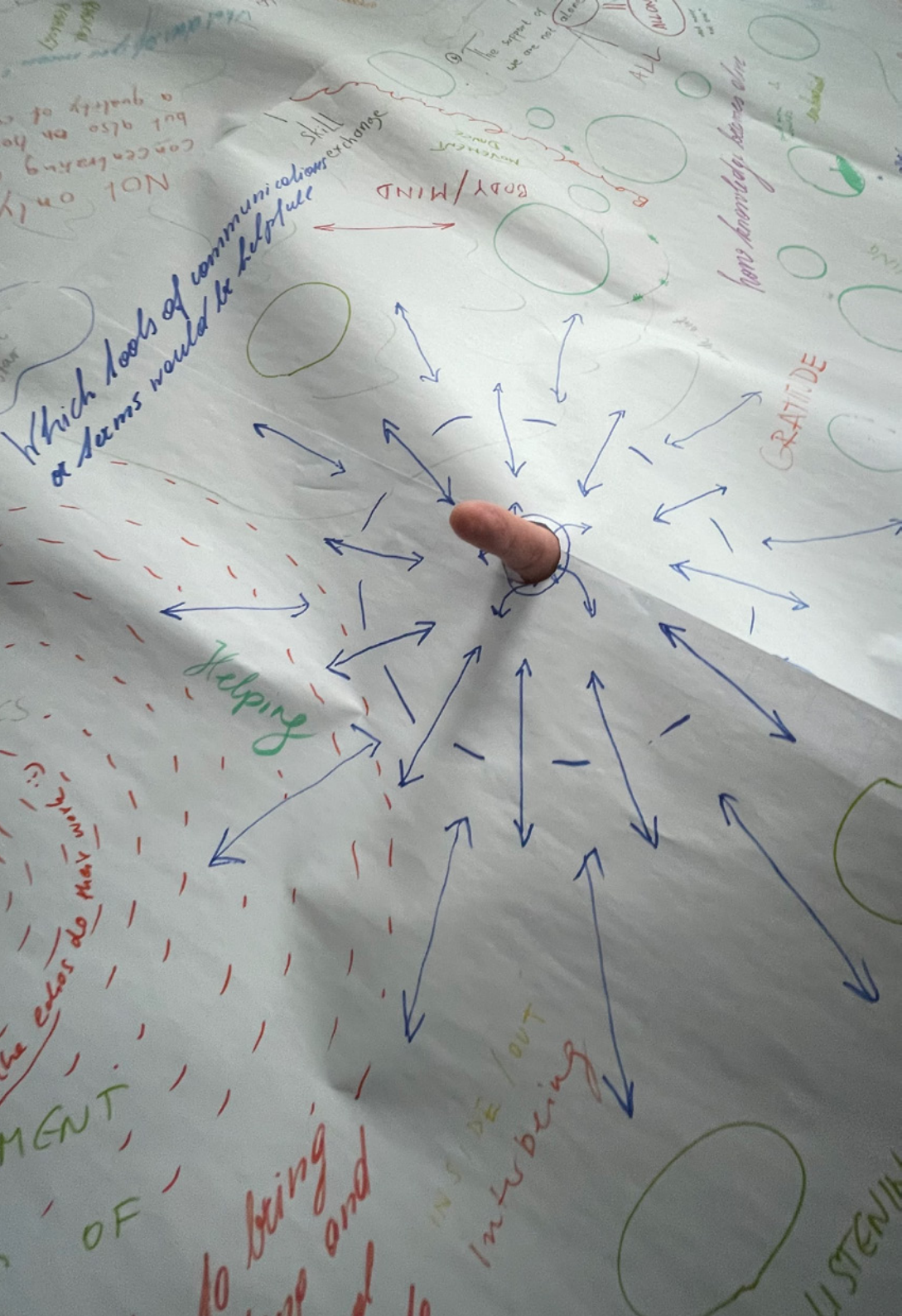
connections

CIRCLE

How and  
future



11<sup>th</sup> January  
2024  
VIENNA



**Reflection on the three points:**

- **Felix:** How will we create a space which is open for others? I can already think of some people I would invite here, so how can we create an initiative where people are free to join?
- **Ursula:** Yes, when we think about alternatives, we need to bring in more people. There are already initiatives working on the same problems.
- **Simona:** But in any case we are unable to save the world, we are not trying to do that. At this point we are not even sure about our own capacities.
- **Daniel:** I agree. Our approach should be systematic, instead of focusing on actions followed by consequences. We are not trying to find all opportunities to work but developing a base for future involvement and inclusion. We will come to a point where inside and outside will connect.
- **Ursula:** But for that we have to develop tighter connections, something which enables continuity.
- **Other, various:**  
Creating multiverse. Imagination is key

We need time to go into practices of others, sense what is emerging. Time to invent new term of knowledge, so it becomes natural knowledge. I see I am not alone; alone is AllOne. Diversity of perspectives, but oneness. Fluidity between things. Communication is key.



## 2. WHAT CAN WE OFFER?

### KNOWLEDGE & SKILLS:

- Skills in including creative moments in workshops (**Ronia**)
- Knowledge in cohousing projects (**Ronia**)
- Share the knowledge of our Research on IDG (Inner Development Goals) (**Birgit**)
- Knowledge on ritual competence for practices (**Birgit**)
- Share knowledge of „the flourishing society“ (**Daniel**)
- Skills in interconnection people and initiatives (**Ronia**)
- Skills in industrial design and visualization (**Felix**)
- Moderation (**Daniel**)
- Knowledge in filmmaking (**Philipp**)
- Knowledge in bookmaking and design (**Simona**)
- Media and storytelling experience (**Philipp**)
- Exchange on the topic of rituals (**Ursula**)
- Storytelling (**Daniel**)

### RESOURCES:

- APL – Angewandte Performance Lab – as space for workshops ect. (**Mariella**)
- Setting up a simple website (**Simona**)

- Contact to Fluc as an option for a space for workshops, events (**Ursula**)
- Time (**Tibor**)
- Make room and have time for the things that matter – like this project (**Felix**)
- „Angewandte“ as a space for workshops and events (**Ulrike**)
- Networks (**Philipp**)
- The network and contacts to people form art and science (**Ulrike**)
- SDG-network from academics / Uninetz (Austria and international) (**Ulrike**)
- The network and contacts to people form art and science (**Ulrike**)
- Journalism contacts (**Philipp**)
- Kunstplatz Karlsplatz as a public space for events (**Philipp**)
- Involve students (**Ulrike**)
- Network & contacts to the impact start-up scene (**Felix**)

### PRACTICE

- Playing pingpong with ideas (**Ulrike**)
- Knowledge of yoga practice (**Ulrike**)
- Helping others to realize their ideas (**Felix**)
- Vision development: How to live a good life (**Birgit**)
- Thinking about what needs to be there to make a network wider (**Felix**)

- Meditation at Zengruppe Wien (**Christian**)
- Somatic practices and research (**Mariella**)
- Help with research projects (**Tibor**)
- Navigational maps and global perspective on what is emerging (**Barbara**)
- Writing stories based on interviews to communicate individual works among us and beyond (**Fritz**)

## 3. HOW? WHAT ARE THE NEXT STEPS?

### COMMUNICATION

There a wish to stay in contact and have a platform to communicate. Barbara will set up a Slack-group for us!

### VISIBILITY

- Simona will set-up a simple website till the end of February
- There could be a link or QR code to the platform or group

### NEXT STEPS

- Create a harvesting pdf and send it out till end of February
- Next meeting will be: 21.5.24  
(Consider linking with other meetings local and international, eg. The flourishing society, WEALL, Beyond Growth, The Wellbeing Project etc.)
- continue with regular meetings four times a year



KNOWLEDGE & SKILLS

Mindset of  
*(Name)*

Knowledge in  
Filmmaking  
*(Philip)*

Storytelling  
*(David)*

Interconnect  
people & initiatives  
*(Rosa)*

Media &  
stor exper  
*(Phil)*

Exchange  
on  
Rituals  
*(Ulrike)*

Exchange with  
international  
research  
partners  
*(Rosa)*

KNOWLEDGE  
of the  
Housing  
Society  
*(DANIEL)*

Knowledge  
in  
Industrial  
Design  
*(Felix)*

Including  
Creative  
moments  
in workshops  
*(Rosa)*

Show  
the  
knowledge  
on all  
Resources  
*(Birgit)*

Knowledge  
on  
Ritual  
competence  
for practicing  
*(Birgit)*

PRACTICE

Navigating  
Maps  
*(Ulrike)*

Write stories  
based on  
interviews with  
you all and  
others to  
communicate  
individual  
wonders  
among us  
and  
beyond  
*(Felix)*

Help with  
research  
projects  
*(Tibor)*

SOMATIC  
PRACTICES  
&  
RESEARCH  
*(MARIELLA)*

MEDITATION  
at  
Zentrum  
Wien  
*(CHRISTIAN)*

Helping others  
to realize  
their  
ideas  
*(Felix)*

Knowledge  
of  
Yogapactic  
*(Ulrike)*

Vision  
development:  
How to live  
a good  
life  
*(Birgit)*

Thinking  
about what  
needs to be  
there to  
make the network  
Felix | Ulrike

playing  
pingpong  
with ideas  
*(Ulrike)*

RESOURCES

APL evk  
SPACE  
WORKSHOPS  
*(MARIELLA)*

WEBSITE  
*(SIMONA)*

Contact  
to  
FWC  
*(Ulrike)*

\*  
TIME  
*(Tibor)*

Networks  
*(Phil)*

Make room  
and have  
time for  
things that  
matter  
*(Tibor)*

network  
and contact  
to the art  
scene  
*(Ulrike)*

SDG-  
network from  
academics,  
(Annie and Wilke)  
*(Ulrike)*

The resource  
"Angewandte"  
if possible  
*(Ulrike)*

involve  
Students  
*(Ulrike)*

Journalism  
contacts  
*(Philip)*

Be part of the  
one-day workshop  
and start

# RESHAPING FUTURE

together

Fritz, Barbara,  
Daniel & Simona  
are looking forward to  
see you at the next  
gathering:

21<sup>st</sup> May 2024

