

# *What is the Re-Generation?*

***The Secret to How We Can Create a World  
of Health and Wealth for Everyone***



*Brought to you by the Re-Generation*

***www.theregen.love***



*“Though the problems of the world are increasingly complex, the solutions remain embarrassingly simple.”*

- Bill Mollison



# *What is the Re-Generation?*

A new day is dawning. A great awakening is taking root across the world. We are coming home.

This isn't Generation X or Gen Y or Gen Z. This is the RE-GENERATION. We are the generation that says enough is enough. The generation that stops the hurting and starts the healing. It starts with us, right where we are right now.

The narrative that the Earth is doomed and humans are terrible is not the true reality.

We are made of the same stuff that makes the flowers bloom, the stars shine and the waters flow. We carry the tenacious spirit of the first organism to crawl their way out of the ocean onto the land and create a brand new reality for all life to follow. With courage previously unimaginable horizons open up. Miracles are possible.

Life wants to live. Given just a little support the Earth is more than capable of bouncing back better than ever. The planet is facing a major crisis right now, but we've been here before. And every time, no matter the hardship, life has found a way to go on. The Earth has been smashed by asteroids, whole continents have been covered in lava, then thick grinding walls of ice. Cataclysm has come again and again, wiping out species, collapsing ecosystems, breaking down the planet's life support systems almost to the brink. And every time death and destruction has been transformed into renewal and rebirth. Every single time life has found a way to keep on living. Life has re-imagined itself again and again in an ever changing dance of forms. What is unsuited for the changing conditions dies out, and brilliant new creative solutions are born. And so it shall be again.



Things don't have to be as hard as they are. We can all live fun and meaningful lives enjoying all that it means to be people of this planet. The Earth knows what to do. We know what to do. We just need to remove the shackles from our imaginations so we can see the glorious possibilities within us and before us. All we have to do is open our eyes and come home to the truth of who and what we really are. Living breathing stardust of infinite creative potential.

Incredible stories of healing and regeneration are already taking place across the world. Human ingenuity combining with the powers of nature to pull off astounding feats of regeneration in very short timescales. Dead hellscape returned to flourishing life against all odds. Desert wastelands turning into verdant forest. Plants coming back, birds returning, communities lifted out of poverty into glorious abundance, everyone coming home. So many courageous journeys of personal healing washing away the built up wounds of generations to become whole and human once more.

It is time to take up our natural role as the nurturers and lovers of this planet Earth we were born to be. The Earth can be healed and we can be healed, it's not too late.

Future generations will look back to now as the time the spell broke. Where we finally woke up from the nightmarish delusion we'd all been bamboozled by to discover the obvious truth laid out before us. Of course we don't want the Earth to die! It is in literally no-one's interest to have an uninhabitable dead planet where all humans have gone extinct. Of course we want to enjoy our lives! What is the point of all this suffering and misery when we could be happy instead? There is literally nothing to lose and everything to gain from choosing a different course.

We are all people of this planet. We all have hearts, we all feel, and we all can change. The time of the great awakening is at hand. The dawning of the Re-Generation has already begun.

So how exactly do we heal the Earth and ourselves and have a wonderful time as we do it?

It's as simple as this. Being kind, enjoying life and growing as many plants as possible.



# Be Kind

*"Kind words are the music of the world."*

Kindness is the sweet nectar of life. It feels good to give and good to receive. Even the hardest hearts can be melted by warmth.

We have to embrace kindness like the fate of all life on Earth depends on it, because it does. Kindness to ourselves, to each other, and our Earth. We have to treat other people the way we'd like to be treated. No more and no less. Unconditional kindness is the only thing that will save us from extinction.

Easier said than done you might say. Unfortunately, this isn't the skills we learned in school. The Earth is dying because we've been born into a cultural paradigm built on cruelty. We have been conditioned into a highly competitive anti-social system where we are taught we have to tear each other down to pull ourselves up. The ties that bind us to the Earth and each other have been ruptured. We are taught kindness and gentleness is weak and unrealistic so better to be cruel and selfish instead.

This is a false and dissatisfying way to live and a tremendous act of spiritual violence to be inflicting on ourselves. Nothing feels right because nothing is right. Hurting ourselves, each other and the Earth is madness and our souls are screaming out for us to change course.

It can be hard to see alternate realities when we've all been born into this system and have known nothing else. But this culture of cruelty can be washed away easier than we think because it's just not who we are. We are not cold hard unfeeling machines. We are soft warm emotional human beings. We need love, we need kindness, we need comfort. We need each other. And there is nothing wrong with that, it is the most natural and beautiful thing in the world.



Kindness to others is ultimately kindness to oneself. It feels so amazingly good to be loving. Kindness feels so good to give and so good to receive. It is the ultimate win-win. It sets the brain chemistry of joy and satisfaction flowing and fills your body with feel good chemicals. This is the feeling we've been chasing with shopping, TV, screens, substances and all the other addictive numbing patterns we've been sucked into.

Studies have shown a person given money to spend on themselves experiences no happiness boost, but those who were given money to spend on someone else were left happier. Embracing kindness as your way of being means feeling good every day and sleeping soundly every night knowing you acted in harmony with what feels right.

Kindness to ourselves can be a challenge when we've been born into a system designed to make us feel terrible about ourselves. We've all had that nagging doubt implanted in our brains that there's something wrong with us and we're not enough how we are. So we torture and hate ourselves, doubt and condemn ourselves, twisting ourselves in knots trying to fit into impossible boxes.

Well you are enough. We all are enough. You are a beautiful divine creative intelligent expression of the Earth's magnificence, as is everyone else. We are all beautiful and perfect exactly as we are. Hating and doubting ourselves isn't the natural state of the human being, it's a system we've been conditioned into. It can be changed if we want.

We're all carrying generations of pain to heal. It's nobody's fault we got born into this horrible system designed to make us miserable and bring out the worst in us. Hurt people hurt people. Treating people like they're bad and wrong just pushes them further into darkness. Kindness can work miracles. Let's hold each other with patience and compassion as we navigate our way to freedom.

*"Hatred is never cured by hatred, but by love alone is healed."*



# *Enjoy Life*

It's time to embrace feeling good. Feeling really truly good in our minds, bodies and souls is our compass away from disaster to happy healing humans and a happy healing Earth.

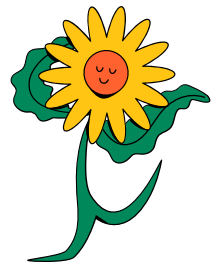
We weren't made to suffer. Our feelings evolved to give us feedback about our environment and lead us towards that which nourishes us. We've evolved to enjoy the things that keep us alive and connected to goodness. Joy is our GPS to let us know we're on the right track. There is an epidemic of anxiety and depression because we're being made to go against our fundamental natures and our hearts and souls are letting us know we've gone off course. All we have to do is listen to these voices calling us home.

There is a difference between fake feel good and the things that really make us feel good. Fake feel good gives a temporary boost but no lasting satisfaction and unpleasant side effects. Fake feel good leaves you forever hungry for more. The truth feels good and right in your body and soul. It feels satisfying. It feels expansive.

The path of joy is the path of service. We were born to serve the community through expressing our unique essence and gifts to their fullest potential. And there is nothing that feels better.

It feels so good to put our best energies towards the things that are meaningful to us and use our unique gifts and creativity in service to the whole. It's what we were born to do.

Imagine a world where instead of slaving away for things we don't care about we all put our efforts into pursuing the things that make our hearts sing. More fun for the individual, and way more productive for the world. Everybody wins.





# Grow as Many Plants as Possible

Plants are the foundation of our ecosystem. They provide the air we breathe, the food we eat, the water we drink. The more the plants flourish the more we and the world flourishes. Plants are the master tools of Earth healing.

Most of our most pressing environmental issues can be remedied by bringing back the lost vegetation. The right plants in the right place can heal it all. They can restore the water cycle, stop extreme weather and start to reverse climate change.

Plants are master alchemists able to capture sunlight and raw materials and transform them into a dazzling array of elixirs to share with the rest of the web of life. There is no end to the miracles they can produce. They are master adapters able to create flourishing communities from the most hostile of conditions.

Life wants to live. And life creates the conditions of life. The plants you see bursting through the concrete are nature's repair squad in action. The toughest pioneer plants put their roots down and offer food and shelter for the rest of life to follow. The genius of plants can turn dead hellsapes back into flourishing abundance given half a chance.

Life is one great collaboration and plants are endlessly generous and creative in their service. Working in partnership with the plants will be our salvation.



# Conclusion

The time of the Re-Generation is here. It's not a matter of technology, it's a matter of belief. If we change our minds we change the world.

The Earth can heal and we can heal, it's not too late. If the Earth can survive an asteroid smash to the face, it can survive her wayward children that got confused for a while but have finally come home to the truth that was held within them all along.

This is the moment we can evolve from being the destroyers to the healers of the Earth. If we believe that we can heal and the Earth can heal, then we can and we will.

We weren't made to live like machines. We were made to love, to dance, to create, to dream, to feel the sunshine on our skin and the sweet nectar of fruits on our lips, to give our lives in service and experience the great joy and fulfillment that comes from being part of something bigger than ourselves.

What does a human being really need? What do we really truly want in our hearts? To feel seen, to feel loved, to feel appreciated for who we are, to have opportunities to use our skills and imagination and creativity, to learn and to grow and to play.

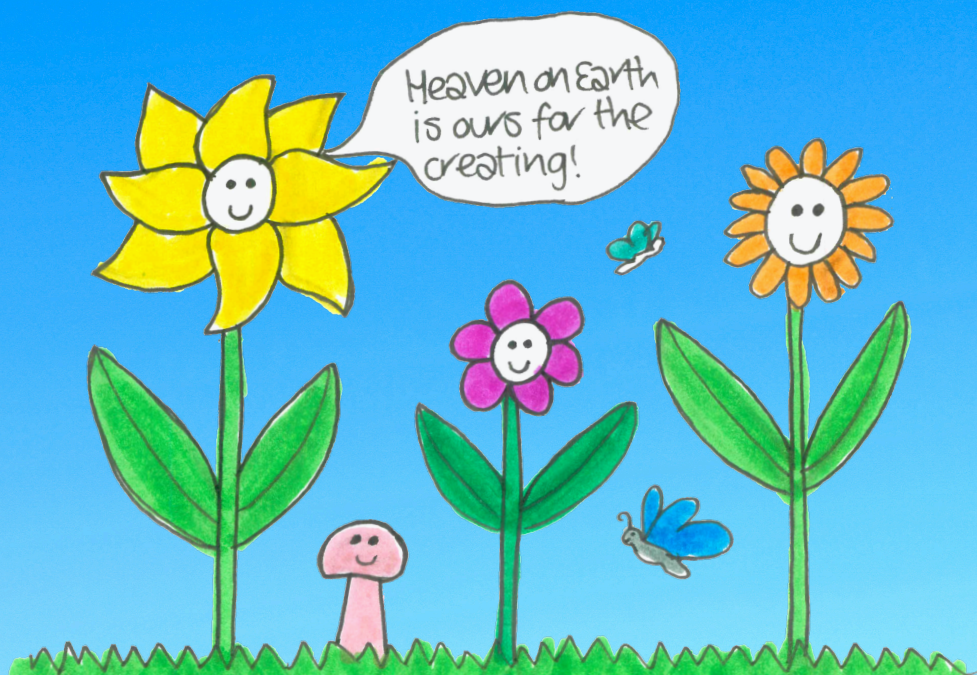
It's time to become collaborative partners in the great creative flow of evolution that is life on Earth. Let's make love, make art, make music, dance under the moonlight, plant seeds and watch them grow and take pleasure in how amazingly good it feels to be alive. Let's come together to heal the Earth and ourselves and have a great time as we do it.

We are the Re-Generation and the great healing has already begun.



*Hands on the Earth*  
*Hands on our hearts*  
*Hands entwined together*  
*We find our way back home*

- Julia Jay





The Re-Generation is an evolutionary movement  
dedicated to healing ourselves and the Earth the fun  
way.

We believe humans are beautiful and life is beautiful,  
it's just this planet and people destroying system that  
sucks and its time to take it down.

We offer the tools we need to turn the tides and  
create a world of health and wealth for everyone.

Visit our website if you would like to participate and  
find out more about this new story of hope,  
happiness and healing for all.



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