The Energy Ecosystem

A Pioneering New Framework for Connecting Nature, People and Parks

Your Guides:
Kain Sanderson, Chief Trailblazer
Coby Wayne, Chief Experience Officer

©ENERGY ARTS ALLIANCE
Session Goals

Learn aspects of the Energy Ecosystem Model

You come out of the session knowing yourself already to be an environmental Energy Hero with expanded consciousness and new understanding of the nature, role and importance of your work.
Session Goals

Discover new frameworks and tools to take your work to the next level to make an even bigger difference
Session Goals

Have a concrete experience applying aspects of the Energy Ecosystem today
Session Goals

Have new ways to help promote living consciously through trails and greenways, including receiving funding
Guidelines for Trail Safety

- Open your mind
- Engage with wonder
- Be youthful and playful
- Let nature be evidence of magic
- Expect the unexpected
- Experiment!
What is an Energy Hero?

An adventurous person, group of people or organization working to live more consciously, make a bigger difference and promote more conscious living through the world of life’s energy.
The Evolution Pyramid

- Conscious Evolver of Life
- Living Consciously
- Professional/Community Consciousness
- Mind/Citizenship Consciousness
- Emotional/Social Consciousness
- Physical/Motor Consciousness
The Energy Ecosystem: A Journey of Living Consciously

Evolution through Energy

Energy Curious
Energy Active
Energy Adventurer
Energy Hero
Experiences of Living Consciously

Less
- Disoriented
- Overwhelmed
- Negatively Stressed
- Frustrated
- Worried/Fearful
- Diverted/Delayed
- Wasting of energy and resources

More
+ Centered Growth
+ Interconnected
+ Grounded
+ Vision/Perspective
+ Creativity
+ Fun/Play
+ Vitality/Fuel
+ Impact and Service
The Energy Ecosystem: A Path of Living Consciously

- Connecting to the environment
- Expanded understanding of oneself and others in relation to the environment
The Energy Ecosystem: A Path of Living Consciously

- Trails and greenways as a path of growth and service
- Profiling the “Energy Nature” of the trails and greenways movement
- Exploring the trail metaphor for the nature of growth and life
The Energy Ecosystem: A Path of Living Consciously

How to bring Energy Hero consciousness for the environment: Start with yourself as a pioneer
The Energy Ecosystem: A Path of Living Consciously

🌱 You yourself as pioneering your path: What is your Energy Nature?

✧ Connecting to your trails purpose
✧ Your personal “Energy ID”
✧ Organizational “Energy ID”
✧ Users’ + volunteers’ “Energy ID”
✧ Funders’ “Energy ID”
The Energy Ecosystem: A Path of Living Consciously

An experience to power up yourself, your trail use, your work and your community/environment
Traditional Definitions of Energy

FromFileMerriam-WebsterDictionary Online:
1. A dynamic quality
2. The capacity of acting or being active
3. A usually positive spiritual force
Energy Arts Definition of Energy

From Energy Arts Alliance:

1. Evolving life, consciousness and substance, which can be consciously used, directed, shared and transformed
Your Energy Instruments/Fields

- Earth Instruments/Fields
- Goodwill Energy Instrument/Field
- Mental Energy Instrument/Field
- Emotional Energy Instrument/Field
- Physical/Vitality Energy Instruments/Fields

Source of Earth Image: NASA

©ENERGY ARTS ALLIANCE
The Energy Ecosystem
Profiling Your Energy ID

- The 7 Energy Natures
- Sample assessment of the Energy Nature of the National Parks System
- Assessing yourself and others

©ENERGY ARTS ALLIANCE
The 7 Energy Natures

Source: NASA
Profiling Your Energy ID

_identify re: trails/greenways:

✧ Your Purpose
✧ Goals
✧ Values
✧ Nature
The Qualities of the 7 Energy Natures

Energy Nature 1:
The Explorer/Adventurer

“Conquer the mountain”
The Qualities of the 7 Energy Natures

Energy Nature 2:
The Preservationist

“Preserve the mountain”
The Qualities of the 7 Energy Natures

 энерги NATURE 3: The Contemplative

“Contemplate the mountain for new ideas”
The Qualities of the 7 Energy Natures

Energy Nature 4: The Artist/Beauty-Lover

“Enjoy the beauty of the mountain”
The Qualities of the 7 Energy Natures

Energy Nature 5: The Scientist

“Study and catalog the mountain”
The Qualities of the 7 Energy Natures

 ENERGY Nature 6: The Community-Builder

“Build community around the noble mountain”
The Qualities of the 7 Energy Natures

Energy Nature 7: The Athlete or Systematizer

“Get fit on the mountain” or “Create the systems and institutions for use of the mountain”
Energy ID of National Parks System

Explorer/Adventurer ✓
Preservationist ✓
Contemplative ✓
Artist/Beauty-Lover ✓
Scientist ✓
Community-Builder ✓
Athlete or Systematizer ✓
Combo ✓

Very evolutionary works or projects are those that synthesize all 7 Energy Natures
Your Energy ID

Explorer/Adventurer
Preservationist
Contemplative
Artist/Beauty-Lover
Scientist
Community-Builder
Athlete or Systematizer
Combo
Your Organization’s Energy ID

Explorer/Adventurer
Preservationist
Contemplative
Artist/Beauty-Lover
Scientist
Community-Builder
Athlete or Systematizer
Combo
Your Users'/Volunteers'
Energy ID

- Explorer/Adventurer
- Preservationist
- Contemplative
- Artist/Beauty-Lover
- Scientist
- Community-Builder
- Athlete or Systematizer
- Combo
Your Funders’ Energy ID

Explorer/Adventurer
Preservationist
Contemplative
Artist
Scientist
Community-Builder
Athlete or Systematizer
Combo
Your Field Work: Apply the Trail Metaphor

1. Nurture your urge to grow - purpose
2. Set your objective
3. Explore - Navigate - Map
4. Create / discover new trail
5. Know what to expect
6. Know safety guidelines
7. Evaluate needed resources
8. Equip with skills, supplies, tools
9. Use / Enjoy / Interact
10. Assess, monitor, feedback
11. Improve / Preserve / Maintain / Upgrade
12. Celebrate / Share / Encourage Others
13. Support your supporters
14. Chart your next evolution adventure

©ENERGY ARTS ALLIANCE
An Experience to Power Up Yourself, Trail Use, Work, Community/Environment

1. Plug in
2. Power up
3. GO!

energyartsalliance.blogspot.com
energyartsalliance.wordpress.com
Energy Arts Alliance

Kain Sanderson, Chief Trailblazer
Coby Wayne, Chief Experience Officer
2450 Louisiana Street | Suite 400-505
Houston, Texas 77006
832-928-8837 or 832-928-8689
explore@energyartsalliance.com
energyartsalliance.wordpress.com
energyartsalliance.blogspot.com