

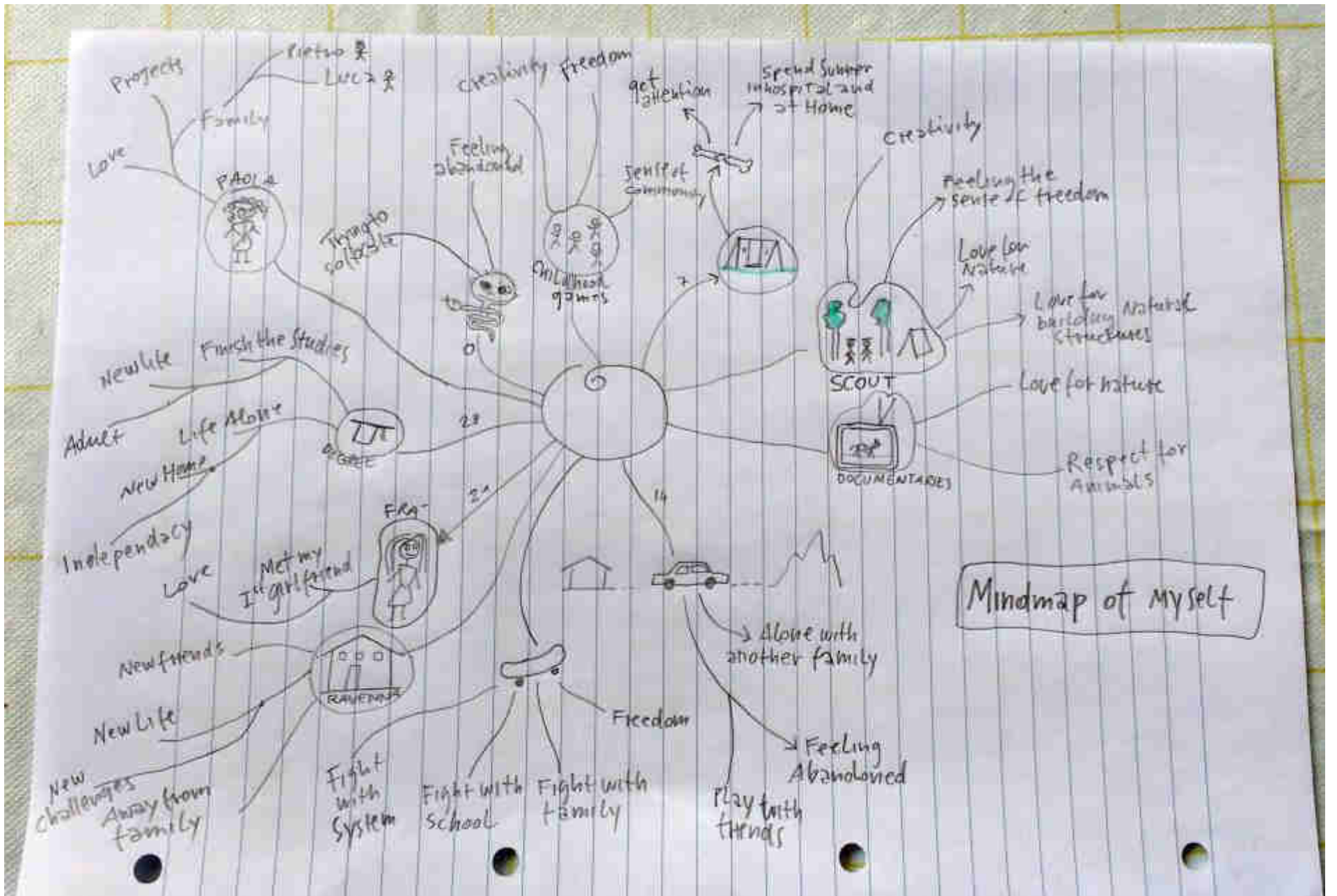
INTRODUCTION

My learning pathway started at the beginning of my Diploma in Applied Permaculture journey in 2014 but has been updated and modified to become part of my Diploma Portfolio. At the beginning of the journey I concentrated on the process: which designs, which courses, which activities. How to improve my skills as a designer but also as a teacher. Later I move from the outside of myself to my inner part trying to identify who I was and who I am. The learning pathway is therefore like a onion, composed of multiple layers and I see myself like a cook preparing an onions soup. The process of exploring my inner and more delicate part is not always a simple and easy process and sometimes, like handling with onions, some crying is unavoidable. But from this research and process I could find the sweet and tender part inside myself and be able to live in a better way with myself and the others.

This pathway therefore is composed of several layers including the past (how I get here where I am now), the present and the future (what I expect from myself as a permaculture designer and has a timescale of 2 years (2014-2016)).

DESIGN TOOL USED

- Mindmaps
- River of life
- Web of connections
- 4 questions



REFLECTION

The mindmap of myself highlighted some particular events and patterns of my life:

Problems with the authority of my mother. The solution for me as a child has been to fight to feel freedom and I can see this in the activities of boy scout where I came in contact with the world outside the home environment and started to build up skills in doing things, in building, in cooking, in relating with the community. For me as a teenager skateboarding represent another way to escape from family and from a lot of “society models”. I used to move from the city where I lived with friends using buses, trains and after some years also cars to look for new places to skate, to meet friends, to make new experiences and to feel free.

Love for Nature: as a child I remember myself and my family in front of the television after dinner watching a lot of Nature documentaries, I still remember the voice of David Attenborough telling the stories of animals and nature of places far away from Italy and from Treviso where I lived. My love and respect for nature came out exactly from these documentaries. The love for nature has been canalized into the university studies. After a not always simple and fluent education periods, I decide to move from Treviso and to go to Ravenna to study Environmental studies. This has been a turning point for me. I started to live away from home, with new friends and also with a girlfriend. In 2002 I joined Greenpeace as a volunteer and in 2007 I became a member of the greenpeace climbers. I spent years in formations and in actions and later in 2010 I was able to teach volunteers how to become a climber.

In 2008 during a Greenpeace climbing camp in the North of Italy I came in contact with Permaculture from a friend of mine who had a PDC in Spain.

PERMACULTURE ACTIVITIES

My journey in Permaculture started in 2013 with the PDC in Scagnello (CN) with Pietro Zucchetti. It has been a very rich and important experience full of visions, games, activities and also friendship. After the PDC I realized that Permaculture could become my future. I remember that during the first activities for knowing each other I said I would like to become a Permaculture teacher.

In 2014 I started the Diploma Journey with all the designs and related activities.

I have run 10 workshops, 1 introduction course, 1 course in food forest.

I have run thematic sessions within PDC:

2014: PDC assistance in Scagnello (CN) with Pietro Zucchetti

Survey and map module within the September 2014 PDC in Bologna (BO) with Pietro Zucchetti

Permaculture Introduction course assistance within the December 2014 in Borgo Val di Taro (PR) with Pietro Zucchetti.

2015: Survey and map module within the May 2015 PDC in Scagnello (CN) with Pietro Zucchetti

Design, survey and map module within the July 2015 PDC in Borgo Val di Taro (PR) with Pietro Zucchetti

2015: Design module and Survey and map module within the September PDC in Scagnello (CN) with Pietro Zucchetti

I have attended the following courses:

2010 Synergistic gardening in Vicenza (VI) with Alessio Mancin

2012 Food Forest in Ravenna (RA) with Stefano Soldati

2013 PDC in Scagnello (CN) with Pietro Zucchetti

2014 ABC of Organic and Regenerative Agriculture in Bagnoregio (VT) with Jairo Restrepo

Advance Food Forest in Adro (BS) with Pietro Zucchetti and Onorio Belussi

2015 Cob oven construction in Ravenna (RA) – Italy with Andrea Magnolini

construction of a Russian stove in Ravenna (RA) – with Andrea Magnolini

2016: 10 days course in water management in Bagnacavallo (RA) – Italy with Luciano Furcas

Two days course in water management in Bagnacavallo (RA) - Italy with Luciano Furcas

I have started a job as a permaculture designer in 2014 which gave me the possibility to bring my learnings into actions. These are the projects which I have made a design for:

- A terrace for a bed&breackfast called "Al Teatro" in Ravenna for Daniela Mingozi
- A 1,5 hectares homestead in Bagnacavallo (RA) for Marco Casanova
- A 30 hectares farm in the hills of Dovadola (FC) for Maura Nannini
- A 2,5 hectares farm in the hills of Meldola (FC) for Pietro Venezia (on going)
- A 1,5 hectares homestead in the hills of Meldola (FC) for Claudia Romanini (on going)
- A 2000 square meters recreation center in Lido di Classe (RA) for Cinzia Cimatti (on going)

APPRECIATION

Following this reflection it is now the time for me to appreciate myself and the things I was able to create, develop and realized.

What I like with myself is the creativity I look for and apply in the things I do, I also like the ability of foreseeing things before they happen.

I appreciate the skills in making maps, it's a great way to put information and data in a more readable way, it's a different form of expression.

I have to thanks my spiritual guru because he is helping me in understanding who am I and in finding solutions for emotional blocks and in all the erosive spiral I have build during my life.

I thanks also my two sons Pietro and Luca and my wife Paola for all the support they give me as a family and also as life gurus.

And thanks to my tutors: Pietro, Chris and Looby during this Diploma journey, they helped me a lot in understanding my resources and to put into actions my ideas.

VISION

After the PDC in Scagnello I was still working as a cartographer and a G.I.S. expert for a company in Ravenna but the desk work in front of a pc started to become a limit to the sense of freedom that needed so much. When in 2014 the Company I was working for went bankrupt and close, I find myself without a work but full of new opportunities and options. In this period I started to know more about my life vision:

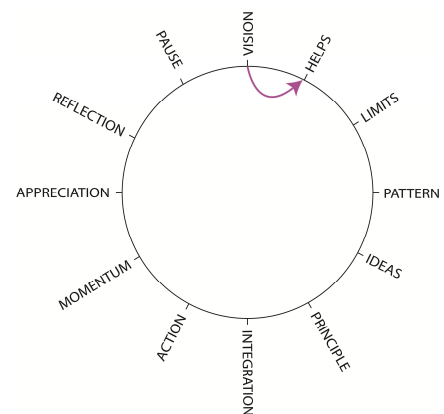
- Increase design skills;
- I wanted to start a serious process to become a permaculture teacher;
- I want obtain a yield from being a permaculture designer;
- I want to have my place to run permaculture courses;
- I want to become expert in soil regeneration;
- I want to create a model system for showing permaculture in action in farming;
- Create a startup.

HELPS

After I left my job in Ravenna I realized I could have time to invest in my new formation

- I have a family that could support me in realizing my dreams and projects
- I have friends that could support me during the Diploma journey
- I have resources I can spend to achieve my dreams.
- I am in the process of buying a piece of land with a house and 5 hectares of wood and farm lands.
- I am part of a GAS (a Group of people that buy Sustainable food and stuff).
- I can collaborate with organic farmers → **IDEAS** → *WORK IN A FARM for a while?*
- In 2013 I started a spiritual path with a spiritual guru.
- Practical experiences (buy a microscope, make compost and compost tea, analyse compost and compost tea)

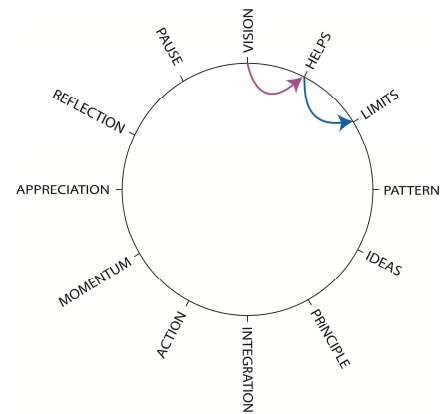
Others source of help could be:



- Read books related to permaculture
- Participate to courses and workshops
- Start to realize some projects related to the earth (gardening, composting, food foresting, etc...)
- Create a network of people interested in permaculture
- On-line formation (Soil Food Web)

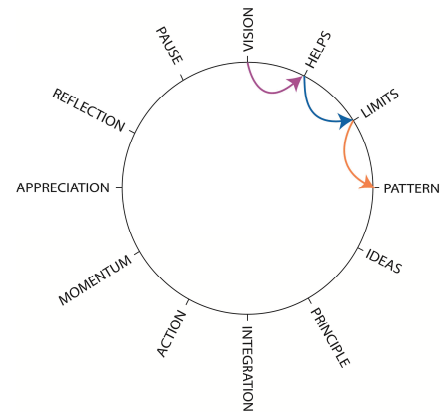
LIMITS

- Lack of determination and Lack of organization. To deal with these I plan and carried on a daily schedule recording what I was doing every 30 minutes for a week. This tool proved to be useful in letting me see that I use to interrupt an activity to start a new one or more than one loosing time often in unimportant activities. This make me feel frustrated because I feel overwhelm by too many things or activities started at the same time and unable to finish one.
- Worries about what I will do and how I will do things in the future → **HELPS** → make courses → **ACTION** → *course in identifying and finding solutions for emotional blocks*
- Worries about changing → **PRINCIPLE** → *Creatively use and respond to change.*
- Over committing
- Waste time on unimportant activities



PATTERNS

I use to put myself in situation at limit, if I succeed I will be able to demonstrate to myself that I'm cool and my low level of self-esteem will increase making me feel good and appropriate. During the years, in particular during the time at the University or during working times this particular pattern in my behavior create me a lot of stress and related physical problems. After the starting of the spiritual path I was able to observe myself and identify this pattern.



I identify this pattern in my behavior:



The spiral of erosion:

I take a job, start it and then slow down in completing it, in the meantime another job or activity starts. Accumulating things to do I feel I have no time for doing them, so I get frustrated and I am not able to finish any job. But if I don't finish the job I won't obtain a yield and won't be able to invest in the evolution of my skills and myself.

I should transform it in the following spiral of abundance:



I take a job → be professional → concentrate and be determined → complete the job as soon as possible → deliver the job → get a yield out of it → be proud of myself → invest money and time in my evolution path.



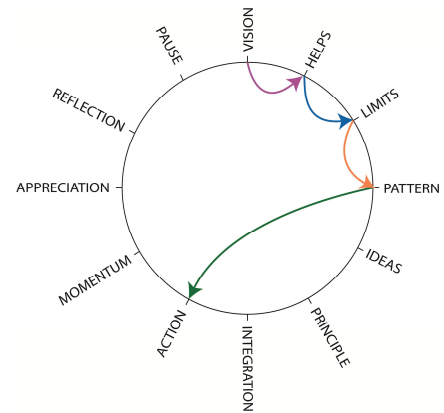
The spidernet:

The spider do the job very well → finish the job as soon as possible → get a yield out of it → redo the net and start again. If something happen in between the spider respond to changes and do the net again, also in a different place.

ACTION

In November 2014 I started the Diploma Journey; and I visualized my journey like a river. At that time my expectations were:

- To complete almost 6 designs during the first year
- To complete 4 designs during the second year
- To make at least 5 workshops every year
- To participate at two PDC courses every year
- To participate at two courses every year



My ongoing activities are:

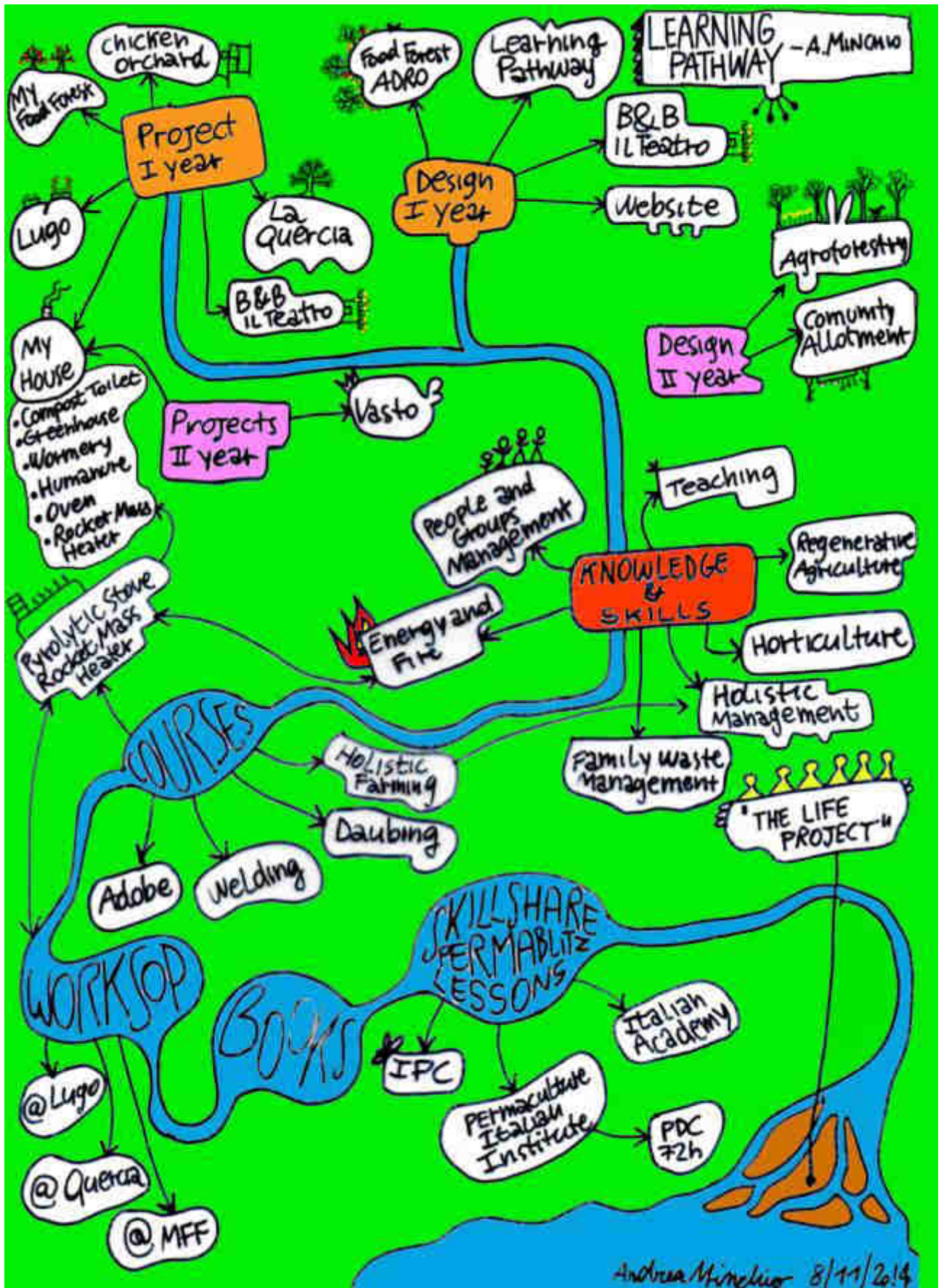
- Preparing courses (introductory courses, food forest, mapping, surveying)
- Community building (HumuSapiens)
- Permaculture consultancy

Next step include

- PDC preparation
- Bring the Diploma system into Italy
- Set up my site for courses, workshops, events, etc...
- Permaculture consultancy

With the money earned from permaculture consultancy for clients and employees:

- I will start to follow some online courses for obtaining new skills (soil food web for examples)
- I will buy a microscope
- I will set up a new and more professional website
- I will create a start-up with other permaculture designers and specialists



PRINCIPLES

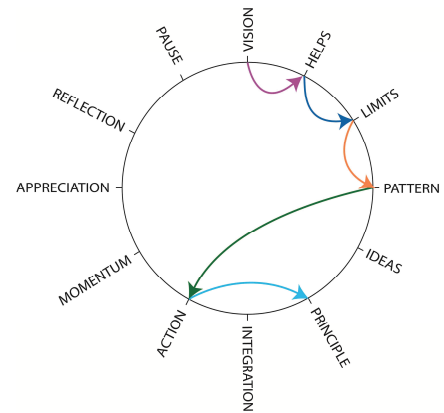
Observe and interact: When I start to analyze where my reactions came from, which part of my being was involved I started to see more clearly some erosion spirals of my life, some blocks and limitations.

Catch and store energy: the schedule tool teach me to be more effective in catching time and use it for doing more productive activities.

Produce no waste: with a more organised life I will waste more energy in doing things.

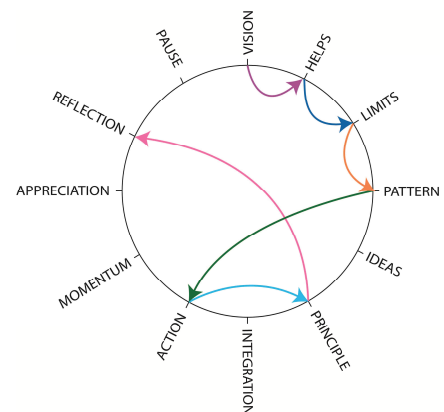
Creatively use and respond to changes: been aware of worries about changing and about managing achievements force me to think positively and find creative solutions.

Apply self-regulation & accept feedback: after receiving IPA I have to accept feedback from the tutor and make lots of integration in my design. This allow me to feel more complete in the design process and to understand how to put thinking into action.



REFLECTION

Completing 6 designs during the first year gave me a good base, I have increased my design skills and I felt that I have completed the first planned step in the Diploma journey. After the first 5 I have received the feedbacks from my tutor which push my expectations and increase my self-esteem. And let me work on the principle apply self-regulation & accept feedback; to be able to became a permaculture designer and therefore to increase my design skills I needed to be able to put thinking into action and be able to evaluate and reflect more on my process of design.



After the first year preparing and running workshop I realized that:

- There were not many people interested in my workshops
- Making workshop did not help me in increasing my self-esteem

The lesson I got from the workshops have been:

Having expectation on the number of students means don't be focus on the workshop itself and on the mission of sharing and teaching information and knowledge but it means using the workshop as a tool for increasing the ego. Therefore I decided to stop making workshop for earning money and started to work on the creation of a community of people interested in permaculture and in transition. After this period I started two projects:

- Skillsharing
- HumuSapiens

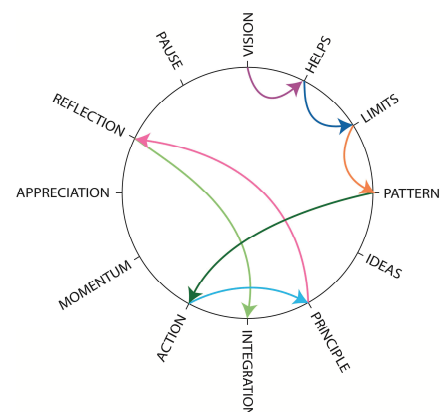
INTEGRATION

FUNCTION	SYSTEM	ELEMENTS
Increase design skills	Diploma in applied permaculture	Writing up 10 designs
	Designs for friends	Helping friends with their projects or part of their projects
	Designs for clients	Build up a job as a permaculture designer
	Diploma tutoring	
	HumuSapiens Associations	Associates Place for projects Ideas Visions
	Advance permaculture courses	
	Bring the Diploma system into Italy	
I wanted to start a serious process to became a permaculture teacher	Diploma in applied permaculture	Writing up 10 designs
	Diploma tutoring	Courses in diploma tutoring
I want obtain a yield from being a permaculture designer	Design for clients	Clients Website
I want to have my place to run permaculture courses	Buy a house with 5 hectares land in Collinello (FC)	

I want to become expert in soil regeneration	Make courses	On line courses with Soil Food Web
	Make experiences	Buy a microscope
I want to create a model system for showing permaculture in action in farming	Collaboration with organic farmers	Create replicable design
Create a startup	Find a network of people interested in working together	
Increase technical skills	Making courses	
Increase self-care	Exercise	5 Tibetans Running gardening
	Be more conscious of myself	Stop and find myself in the present
Being effective	Life planners	Schedule organizer
	List of activities	Poster on the wall near the desk
	Don't waste time on unimportant things	
Increase agricultural skills	Gardening Working with farmers	
Increase teaching skills	Work with children Run courses Run PDC	
Increase inner consciousness	Exercise	Meditation Night cleaning
	Visit the spiritual guru	
	Spend at least 2-3 days per month in our Ashram	
	Mindmaps	

This design integrates the first design of My Learning Pathway with a part of design of my Zone 00. For going towards my visions and for gaining wants and needs I focused on different kind of functions:

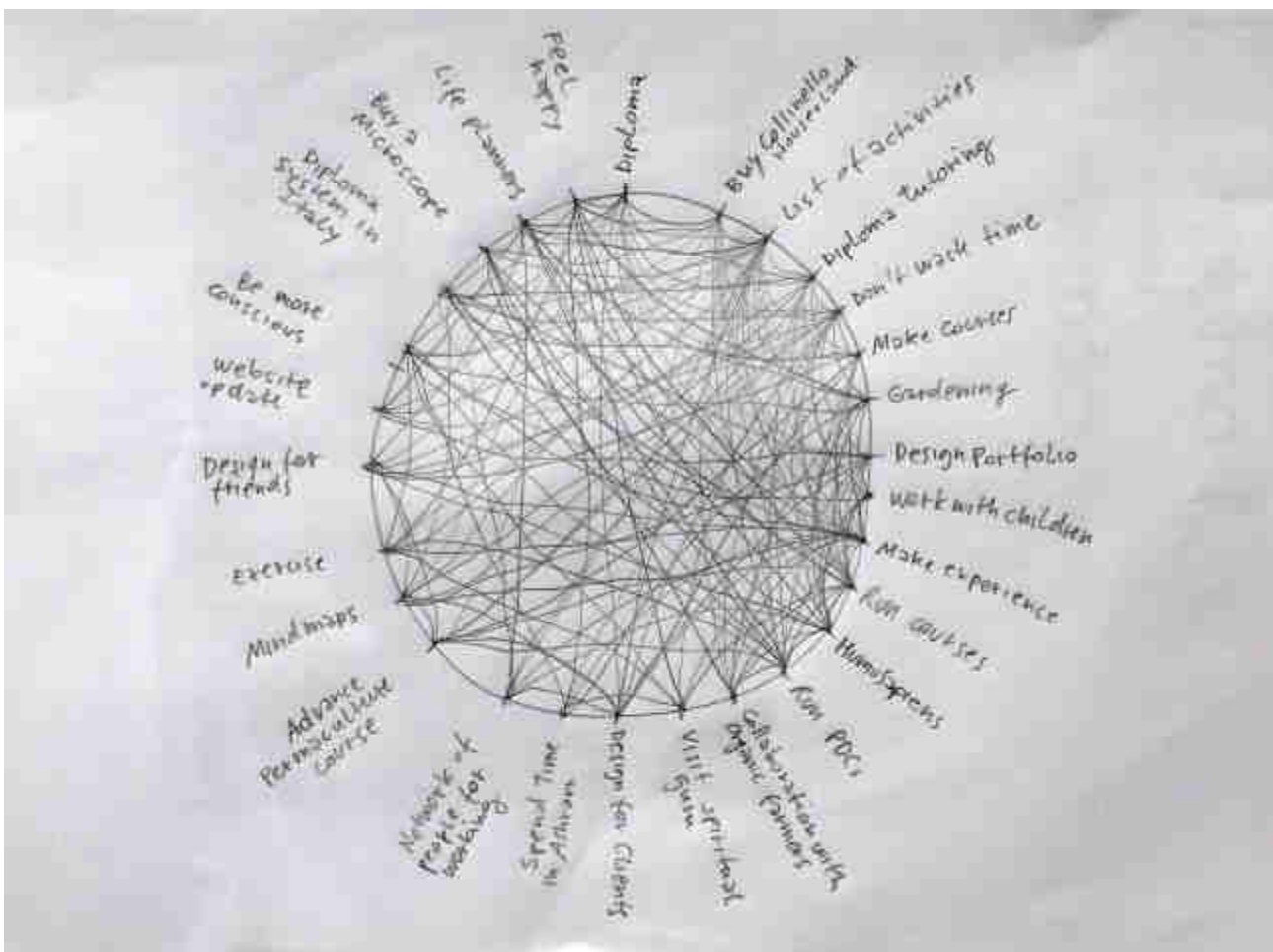
- There are functions for **increasing practical skills**, with courses, with creating communities, with teaching, with designing and teaching skills with
- There are projects to **develop the sense of**



community and transition: HumuSapiens, Skillsharing, Collinello House, Diploma system in Italy.

- There are projects for **obtaining a profit**: collaboration with organic farmers, make courses, work with children.
- There are functions for **increasing the self-consciousness** strictly related with my zone 00.

To visualize connection between all these functions and systems I have used a NETWORK OF CONNECTIONS.



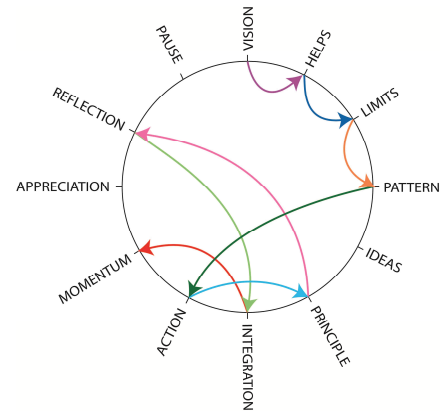
The tool helped me in visualize connections and to realize that fields totally different could be well connected and can works very well together.

MOMENTUM

HOW AM I GOING TO MAINTAIN MOMENTUM?

DAILY

- From ½ to 1 hour meditation in the early morning
- 5 Tibetans exercise in the morning
- Day planning
- Reading
- Studying
- Gardening
- Cooking
- Parenting
- Mapping



WEEKLY

- Organic farmers collaboration
- Designing
- Make experience with the microscope
- Create order in my home by deciding to select and throw away all the accumulated and unused stuff
- Running

MONTHLY

- HumuSapiens
- Website updating
- Spend at least 2 days in the Ashram
- Spend at least one day with my Guru
- Do monthly planning mindmap

SEASONAL

- Participate to PDCs to increase teaching and designing skills

ANNUAL

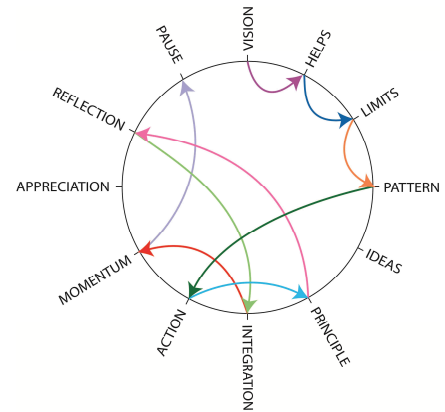
- Day schedule exercise
- Prepare courses

- Organise meeting for developing the Diploma system in Italy
- Annual HumuSapiens association meeting

PAUSE

To recharge my batteries I will:

- Find time to spend one or two days in the Ashram will allow me to come in contact with my inner part and feeling, to feel the presence of Him and to meet my Guru.
- Do some gardening will help me in doing things with nature. During these years I realized how I miss the earth element and how is important for me to work with it. Doing gardening I will also free my mind activity.
- Reading books
- Play with my sons



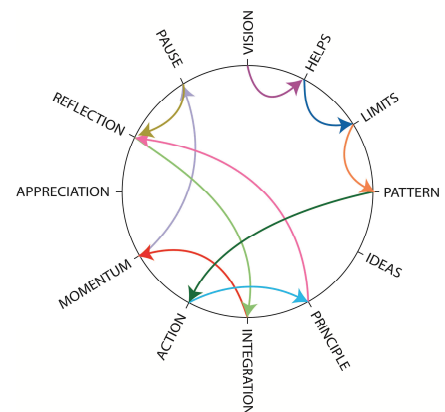
REFLECTION

I have delivered the 10 designs and I have received the feedbacks already. → **PRINCIPLE** → *Apply self-regulation and accept feedback.*

I have accepted the feedback and I am working on solution to improve my skills in evaluating and reflecting on the carried on processes and on the designs process. If I will be able to obtain a yield from the diploma process than I will move on doing several new projects.

I need to deliver the ongoing designs for clients in order to obtain a yield → **PRINCIPLE** → *Obtain a yield* → **ACTION** → Start to make courses, buy a microscope, set up a new website, create a start-up

Waiting for the Collinello house and land to be bought → **PRINCIPLE** → *use small and slow solution*



EVALUATION

How I applied Permaculture Ethics in my life:

Earth care:

From <https://permacultureprinciples.com/principles/>: “*Earth Care can be taken to mean caring for the living soil. The state of the soil is often the best measure for the health and well-being of society. There are many different techniques for looking after soil, but the easiest method to tell if soil is healthy is to see how much life exists there.*” This is exactly why I am planning to buy a microscope, to see the microorganisms present in the soil.

People care:

The process of been aware of ourselves and in particular of myself is part of the process of people care. I hope to be able to create and organise courses in which I take care of the attendees. Also the HumuSapiens project aim at developing a community of people aware of environment, Nature and also of themselves.

Fair Share:

Becoming more effective in my life will allow me to have much more time for sharing my time with the family first and with my project too.

My learning pathway was designed for organizing the work for the Diploma journey. The foreseen number of design to complete the first year (six) proved to be a SMART objective:

- It was Specific, the design numbers was a defined and I know it
- Was Measurable, the design were 6.
- Was Agreed upon, I agree with the number of design and
- Was Realistic, in fact I feel I could finish all of them in a year.
- Was Timebound: the number of design was achievable in the foreseen timeline.

If I was able to complete 6 design during the first year I would be able to finish the remaining four during the second year. And this also proved true, I succeed in finishing the 10 design in less than two years.

I planned to run 5 workshops per year but I change idea about workshop during the first year. Therefore I decided to stop making workshop for earning money and started to work on the creation of a community of people interested in permaculture and in transition.

This make me have more occasion for sharing my knowledge, meet people, create network, start new project and also get the appreciation I realize I was looking for through the workshops.

At the beginning of the Diploma journey I was focused in increasing skill on the following area of interest:

- Teaching
- Gardening
- Energy and fire
- Regenerative agriculture
- Family waste management
- People and group management
- Cob construction

During these two years I was able to apply myself in teaching (during workshops, events, courses and PDCs), in gardening by realizing and running my garden in Ravenna. In relation to energy and fire I attended a course in cob oven construction, this course inspired me so much (I already said that I realized I need to do things related to the earth and using clay and sand is a good way) that I decided to build a cob stove in the bathroom of my home by myself.

If I will be able to complete the updating of all my design in time and I will get the Diploma in September in Bolsena – Italy, I will surely demonstrate that he design has been effective!

REFLECTION ON THE PROCESS

Before applying the design web I was a bit scared of it. Too much different from the frameworks I used before, the anchor points, his circular shape, all seems to be strange, different and complicated to follow. After the design I can say I was wrong! The design web is a great framework, is easy to follow and the anchor points are very clear. I found intuitive to follow the succession I have chosen and I find also intuitive to go to the reflection anchor points more than one time during the process.

WHAT IS GOING WELL?

- I enjoyed by adding a small picture with colored arrows to map the process and this also increase my mapping skills.
- I also discover how connected are the different aspects of our life (the inner part, the formation part, the working part and so on).
- I was able to reflect a lot on every point of the design this helped me in increasing the evaluation skills which is my weakest part as a designer.
- I also understand how important is to reflect over the design and is great to be able to write transform thinking into words.

WHAT HAS BEEN CHALLENGING

- Still some difficulties in the evaluation phase of the process.

WHAT ARE YOUR LONG-TERM VISIONS AND GOALS?

- This design increase my self-esteem, I feel more secure in dealing with designs and in dealing also with non-land-based designs. I feel I can reflect on my process of design with competence and knowledge.
- My long-term visions is to bring the Diploma system in Italy collaborating with other permaculture designers that has already completed the Diploma or that are doing the Diploma journey. At the moment in Italy there is a great need for designs. To be able to deal with Diploma attendees I would like to became a diploma tutor and I think I will follow some courses to achieve that.

WHAT IS YOUR NEXT ACHIEVABLE STEP?

- Diploma in Applied Permaculture
- Run a PDC
- Become a Diploma tutor

VISION: during the design I have revisited the vision some times. Now I have some goals for the next 2 years.

HELPS: good to see that i can access to a lot of friends and network to realise my visions.

LIMITS: the limits highlighted will be subject for a long work for getting better, it is anyway important to observe them and be able to identify also some spiral of erosion.

PATTERNS: identify at least two important patterns which will commit me a lot for the next years.

ACTION: good to see how many details may change in two years and still the objectives remaining the same.

MOMENTUM: good to see and organise the things to do to maintain the existing system in my life.

PAUSE: I like to see that in my daily routine I have several opportunities to recharge batteries and to keep understanding my inner part and that some of these are action necessary to carry on almost daily (gardening).