



**nRhythm Design Sprint**

**Free, Fair and Alive – The Insurgent  
Power of the Commons for  
Regeneration, With David Bollier**

**January 27, 2-3pm ET**

**@nRhythm.co**

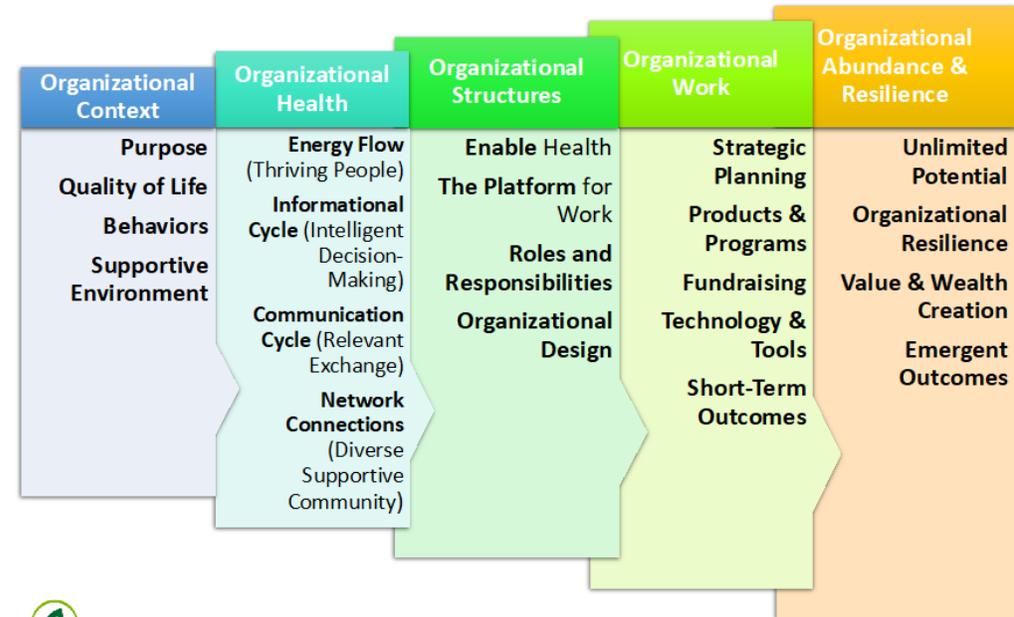
# About nRhythm Design Sprints

nRhythm Design Sprints are 60-minute intentionally structured conversations designed to re-imagine systems – from agriculture to capitalism to the built environment. We interview leaders across a variety of industries utilizing nRhythm’s Regenerative Framework to frame and land the conversation operationally in order to inspire and ignite systems change locally and globally.

- **Context.** What is the big why? What is the quality of life in a regenerative agricultural system? What behaviors do we need to live into in order to regenerate agriculture?
- **Health.** How can we enable the health of the system?
- **Structures.** What structures that would enable the health of the system and create the impact that we all want?
- **Work.** What work will we do to realize the context?
- **Abundance.** What does abundance and unlimited potential look like in the system?

The following slides capture the conversation.

## The Regenerative Framework



# About David Bollier

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David Bollier is Director of the Reinventing the Commons Program at the [Schumacher Center for a New Economics](#) (Massachusetts, US), and cofounder of [the Commons Strategies Group](#), an international advocacy project. Bollier is an editor or author of nine books on the commons, including [Think Like a Commoner](#) (2014), and (with Silke Helfrich) [Free, Fair and Alive](#) (2019). Prior to his commons work, Bollier collaborated with television writer/producer/activist Norman Lear for twenty-five years and worked with Ralph Nader in the late 1970s and early 1980s. Bollier lives in Amherst, Massachusetts.

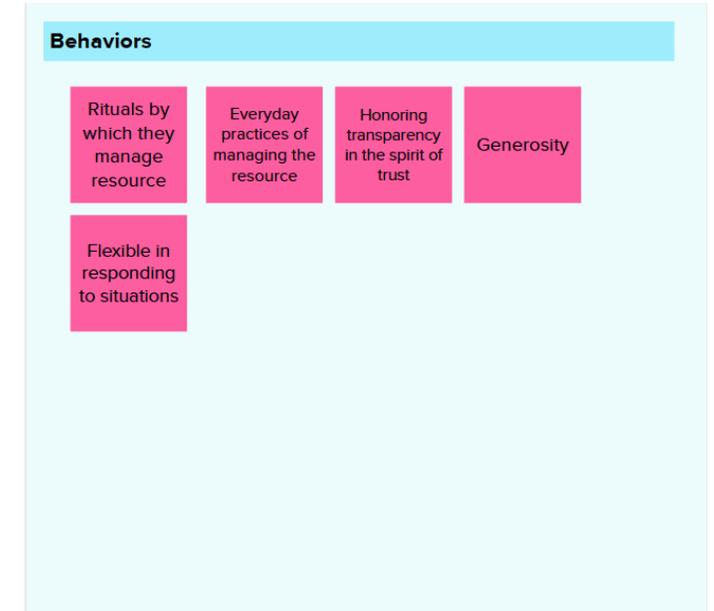
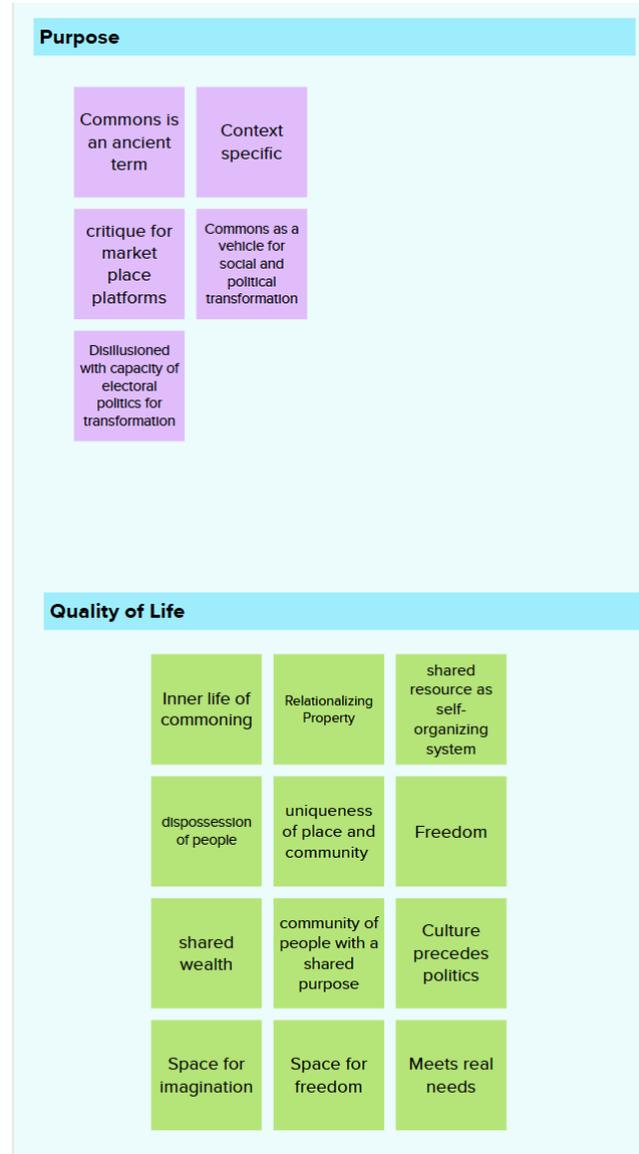


# CONTEXT

A system's Context provides a shared purpose for all decision-making. This purpose must be clear, meaningful and co-owned by all members. This Context should also include agreements on desired behaviors for engagement between members.

We explored questions such as:

- What gives you the most energy doing this work?
- The terms commons is used in a lot of different ways – what is a commons to you?
- How do people need to behave in order to ensure the outcomes we desire?
- What is the quality of life that we wish to cultivate?
- What systems is the built environment nested within?



# HEALTH

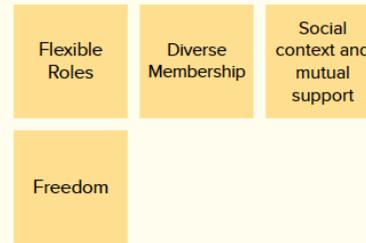
Insights derived from living ecosystems, these foundational processes are core for a healthy functioning environment. The fundamental belief is that systems must create the conditions for members to thrive. Abundance and resilience emerge as a by-product of the system. The active processes include:

- **Energy Flow:** Energy Flow is the energy created and transferred between members of a system. The more engaged and thriving the members, the greater the energy flow.
- **Communication Cycle:** Core to the success of any system is the delivery and exchange of intelligence and wisdom to all its members. Healthy systems have open, transparent flow of information that is actively exchanged with members.
- **Network Connections:** The mutualism, diversity of connections, and transparency that exist within the system will enable the operating environment to thrive.
- **Informational Cycle:** Healthy systems are receptive to new ideas and thinking by learning from previous decisions. Healthy decision-making is contingent upon wisdom being generated by the system.

We explored questions such as:

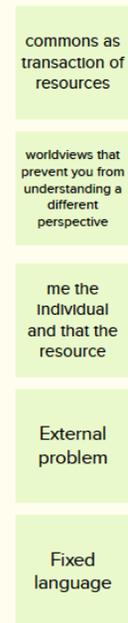
- How do you ensure Commons are beneficial for their members?

## Energy Flow: Thriving Members



## Informational Cycle: Intelligent Decision-Making

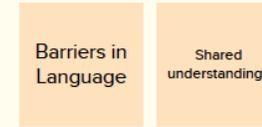
What needs to die?



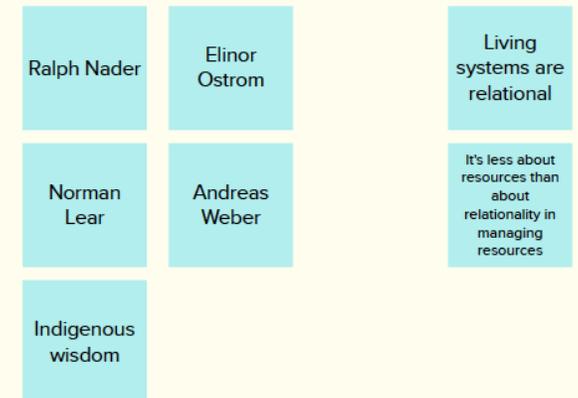
To give life to..



## Communication Cycle: Relevant Exchange



## Network Connections: Interconnected Partners



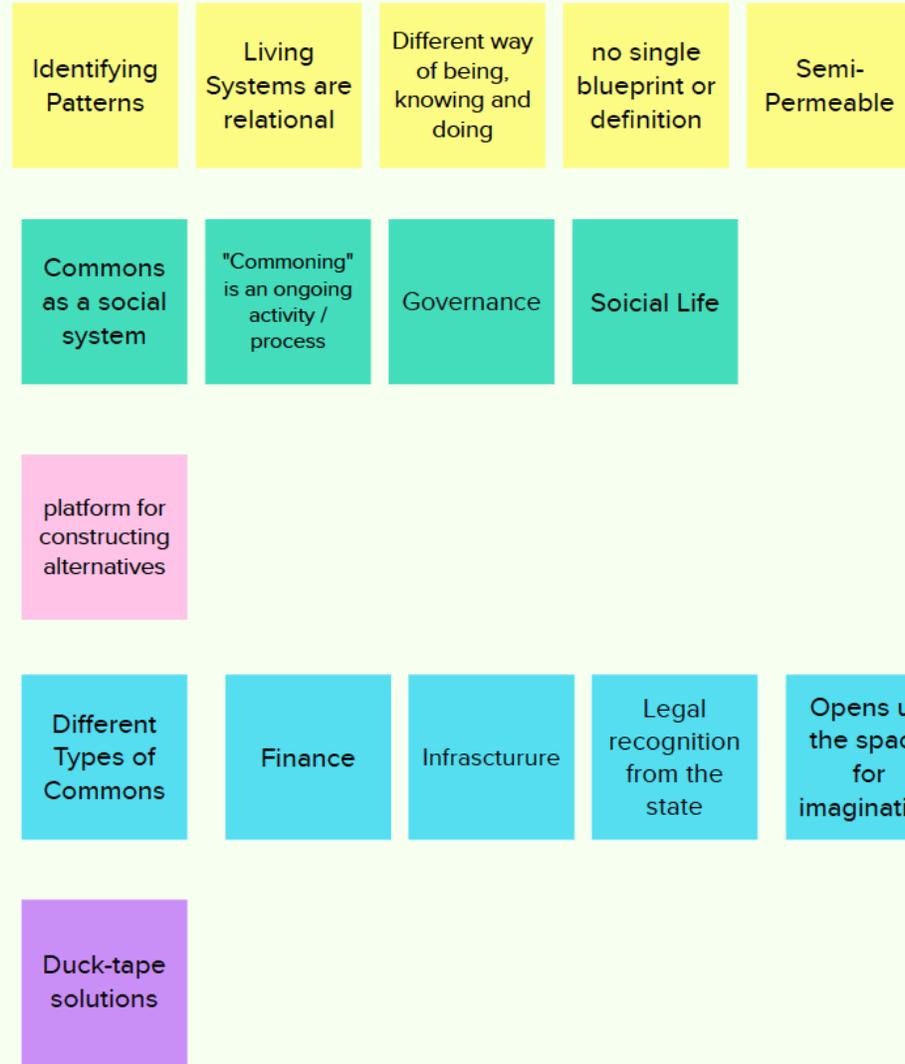
# STRUCTURES

Structures should be designed to enhance or strengthen the intrinsic health (Energy Flow, Informational Cycle, Communication Cycle & Organization Connections) of the system. Here are a few examples of operating structures: 1) Roles and Responsibilities, 2) Governance, 3) Meetings, 4) Monitoring and Evaluation. However, all structures must adapt and evolve with the current operating conditions to maintain relevance.

We explored questions such as:

- Are there any “rules” or structures for commons?

# STRUCTURES



# WORK

Work is about the design and implementation of the vision and goals in the system. This involves agreeing upon and prioritizing the primary strategies and/or activities to create the most impact. In a healthy system, all of the activities are being achieved while being rooted in its purpose and without compromising the health of its members.

We explored questions such as:

- Okay I want to start commoning, or build a commons – How do I go about that?
- Once a commons is up and running – what do you need to do maintain them?

# WORK

## Barriers to Abundance

- Existing institutions don't have the trust to do what needs to be done
- Given time and right circumstances, could re-engage commons in the political economy
- States have their own logic and problem-solving
- Centralized control of states
- Internal Problem to address
- Unlearn our current modern approach
- Not a magically pixy dust

## Strategies

- working at the cellular level
- Recent book - Free, Fair and Alive with Silke Helfrich
- Different types of relationships
- Alternative to the current system

# ABUNDANCE

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Abundance is the outward manifestation and ideal state of the work we are doing in the world. It is deeply rooted in our context without time boundaries and limitations. It is the ultimate expression of the transformation we would like to see in the world.

We explored questions such as:

- What is the power of the commons?

# ABUNDANCE

change our  
notion of  
abundance

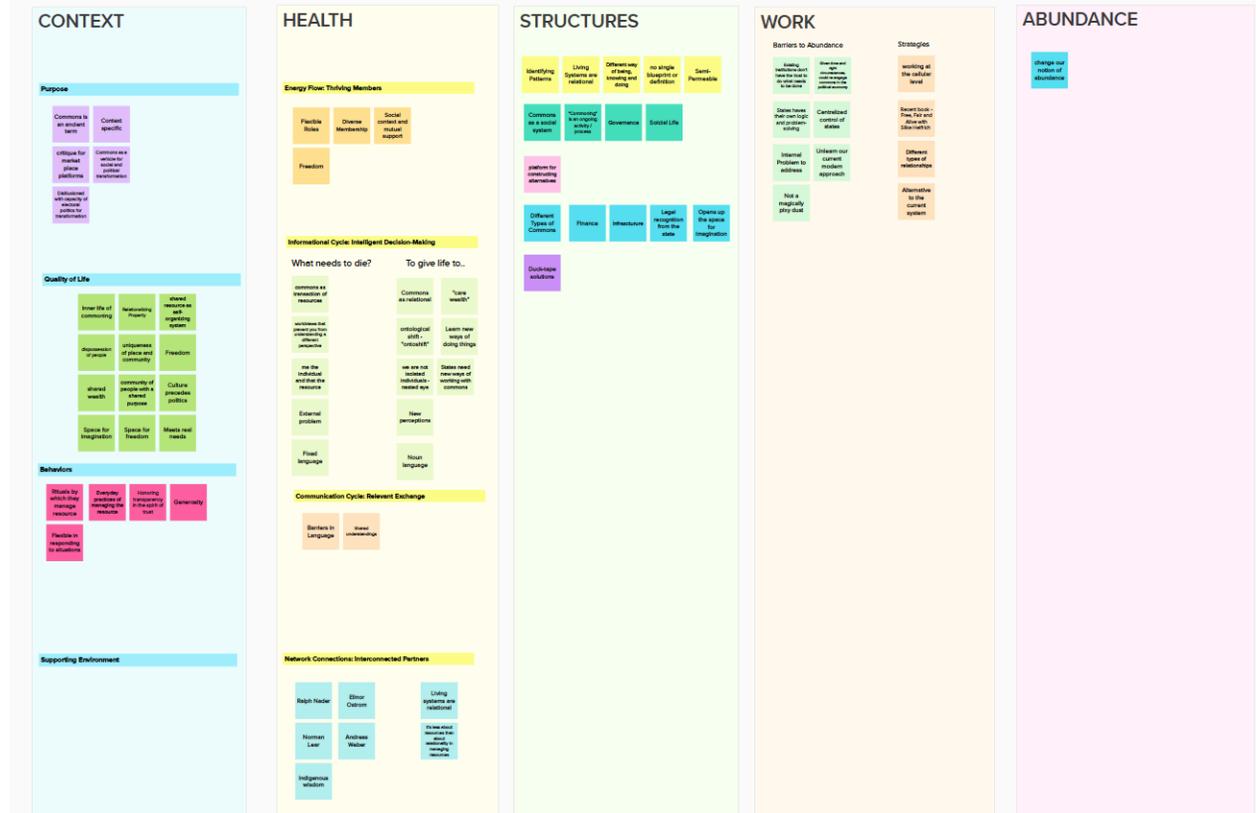
# REGENERATIVE FRAMEWORK

The Regenerative Framework is designed upon the insights and principles of living systems. It is a process, design and decision-making framework for creating the conditions for systemic health while regenerating potential and abundance.

The image on the right is the whole design captured in this nRhythm Design Sprint.

## Free, Fair and Alive – The Insurgent Power of the Commons for Regeneration

with David Bollier



# THANK YOU!



[Learn More About nRhythm's Approach:](#)

[Read our blog on Regenerative Design Principles](#)

[Discover hidden potential with our mini-workbooks](#)

[Explore your relationship with your role at work with the Thrive Index](#)

[Shift your mindset, behaviors, and practices with Regenerative Fitness Challenges](#)

[Learn the Foundations of a Regenerative Approach](#)

[Design \(or Re-Design\) Your Team or Project in the Regenerative Design Lab](#)

[Monitor the underlying health of your organization with the Health Index](#)