



GATEWAY
ZIMBABWE

CIRCLES TO
RE-IMAGINE
THE FUTURE

Session 4:
**Hosting Self:
Healthy Living**

A JOURNEY OF RE-IMAGINING AND CO-CREATING THE FUTURE.

Hosting Self: Healthy Living

In our 3rd session we looked at how to host ourselves. We put the focus and emphasis on our emotional and mental well-being; on daily practices that can bring more grounding. However critical to our emotional and mental well-being are our physical health, and critical to our physical health is what we eat.

Most of our grandparents and great grandparents were naturally very healthy. They ate organically grown foods, they ate a varied diet, they included fermented foods in their diet. They didn't eat food that had all the goodness processed out of them, and they didn't eat too much sugar. Much of this happened quite naturally based on what was available. With colonization and as we have modernized, we shifted our eating habits. Today across the continent diabetes, high blood pressure and other diet related ailments are rising rampantly. These same underlying health conditions will weaken our general immunity making us more at risk for things like Covid-19.

It is time to reclaim our roots and learn what made our ancient ways much more healthy and generate ideas together for how we can return to some of a more natural and healthy way of growing and eating.



PART 1: EXPLORING HOW WE CAN STAY HEALTHY

What do I know about what was different in how we are growing our food and eating today and how our ancestors were growing their food and eating in the past? In groups of three share with each other as much as you know. Include as many details as possible.

1. What do I know about what was different in how we are growing our food and eating today and how our ancestors were growing their food and eating in the past?
 - a. In groups of three share with each other as much as you know. Include as many details as possible.
2. As a group read the health guidelines together.
 - a. In small groups share experiences of following these tips in your own life, or in your life when growing up. Have you noticed any difference in your health when following some of these? What else have you noticed?
 - b. Share your reflections in the big group
3. What to do when we get sick?
 - a. What did your elders do when they got sick? How did they treat flu's and colds?
 - b. Read page two of the health guide: How does this relate with what our ancestors or grandparents used to do?
 - c. How can we practice more of this? How might we return to some of our own medicines?

As we are beginning to have these conversations, we are learning how to be in deep listening and in sharing our own experiences. Pay attention to what it takes to be in good, generative conversation. We will explore this more specifically in our next session.



PART 2: REFLECTIONS ON OUR PROJECT AND COMMUNITY

Once again let us take time to reflect together on what we are learning from our project and our working together. It is a good practice to return to over and over again.

In small groups reflect together on the following:

1. What do I most appreciate about what we managed to do this month in our project? What were some of the highlights for me?
2. What was most disappointing or challenging?
 - How did we overcome it? What does this tell us about our strengths as a group?
 - What can we learn from it for going forward?
3. Looking at our project today: What are our key intentions for the month ahead?
4. Based on these, take time to make some plans and agreements for the work of the coming month.



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IT'S US AND IT'S NOW: WHATEVER THE QUESTION COMMUNITY IS THE ANSWER.