A Taste of Wonderland
July 18, 2023

Birthing a New Story of ‘Best Life’
What if?

• .......the epidemic of crisis, pain, hopelessness and powerlessness are natural responses to the world we consider ‘normal’?
• .......these were indicators of a broader and deeper shift of seismic systemic global breakdowns underway?
• .......we stopped focusing on symptoms and got into the roots?
• ......... transformational breakthroughs were all around us, often hidden in plain sight?
What if?

• .....those who are deemed to have a mental illness and addiction are in fact some of the most critical pioneers and adventurers of a new era of life and wellbeing?

• .....these individuals bring new genius to transform intergenerational and collective traumas so we can co-create a better world for all?

• .....the solutions we so desperately need are currently percolating all around us....we just need a new context?
What if?

We are being called to move from a biomedical paradigm of mental illness to one of evolution?
Paradigm Shift

Thomas Kuhn, American physicist and philosopher, used this illustration to demonstrate the way in which a paradigm shift could cause one to see the same information in an entirely different way.

Duck or Rabbit?
Paradigm Shift

From Pathology to Evolution

FROM

• Psychotic Breakdown

• Diagnosis of Mental Pathological Illness – eg Schizophrenia and Bipolar

• Clinical treatment through medications, psychiatry and therapies

• Life long mental illness

• Social impact: Homelessness, Addiction, Incarceration, Isolation

• Lifelong Suffering

TO

• Evolutionary Breakthrough

• Signs of Human Systems Change including Spiritual Emergence & Neurodiversity

• An ecosystem of diverse modalities to heal, unleash gifts/potential and evolve

• Regenerated lives

• Social Impact: Community contribution, Wellbeing, Innovation

• ‘Best Life’ including Healing, Resilience and Joy
Thoughts, Feelings and Emotions

Possible New Story
A Taste of Wonderland

1. Hallway of Doors
   Cracks and Breakdown

2. Pool of Tears
   Grief and Dying

3. The Looking Glass
   WoW Ideas & Inspirations

4. The Mad Hatter Tea Party
   ‘Best Life’ Ideas
Taste of Wonderland Process

1. Hallway of Doorways
   15 minutes

2. Pool of Tears
   15 minutes

3. The Looking Glass
   10 minutes

4. The Mad Hatter’s Tea Party
   20 minutes

Closing
5 minutes
1
The Hallway of Doors
What are the areas of mental health and addiction that need creative healing?
What new truths about mental health and addiction are emerging right now?
2 Pool of Tears
In the realm of mental health and addiction...

1. What do you feel you/we have lost or are losing?
In the realm of mental health and addiction.....

2. What do we have to leave behind?
3

The Looking Glass
<table>
<thead>
<tr>
<th>Energy Healing</th>
<th>Equine Magic</th>
<th>Artivism</th>
<th>Social Entrepreneurship</th>
</tr>
</thead>
<tbody>
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<td><img src="image2" alt="Equine Magic" /></td>
<td><img src="image3" alt="Artivism" /></td>
<td><img src="image4" alt="Social Entrepreneurship" /></td>
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<tr>
<td>Forest Bathing</td>
<td>Fashion Forward</td>
<td>Vibrational Sound Healing</td>
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Energy Healing

Did you know...

• You can heal intergenerational trauma by rewriting your internal story using the natural healing processes of the body and restore physical and emotional well-being?
Did you know...

- You can restore your wonder at the world, awaken your belief in magic, dreams, and possibilities by interacting with the power, beauty and spirit of horses?
Artivism

Did You Know...

• You can help heal yourself using a wonderful range of art (e.g. visual art, poetry, film, music, dance etc.) to change your beliefs and attitudes while at the same time activating social transformation?
Social Entrepreneurship

Did you Know...
• That IKEA supports social enterprises around the world with a vision to create a more inclusive and equal society and to be part of creating new opportunities for vulnerable people and communities – while fighting the root causes of poverty and inequality?
Did you know...

• Trees release oils into the air, called phytoncides, and inhaling these natural essences can actually help to boost your immune system?
Did you know...

• That fashion is currently being used to design future scenarios as well as unleash radical creativity by giving new life to discarded fabrics and textiles as well as ‘designers’ inside prisons, refuge camps and shelters?
Vibrational Sound Healing

Did you know...

- The frequency of the sound synchronizes with the brainwaves and activates destress responses in the body, promoting circulation, energy flow, and rejuvenation?
Meditation

Did you know....

• That the practice of meditation for calming one's mind and body can be applied to any activity, as long as we are fully aware, inside, and in the moment.
Did you know...

- Wellness offerings in the travel and hospitality industries are embracing sexual wellness, reproductive health, and sacred sexuality, as visitors look to deepen their understanding of their bodies, minds, and the connection between the two, during their travels.
Nutritional Wellbeing

Did you know....

• That Nutritional Wellbeing recognizes the importance of honoring the body’s own feedback system and its’ incredible capacity to restore, regenerate, and correct itself — when given the tools and nutrients to do so?
Indigenous Innovation

Did You Know....
• That Indigenous practices, techniques, and technologies are taking the driver’s seat, with engineering and design riding ‘shotgun’ to tackle urgent climate issues and community wellbeing simultaneously?
Shamanic Practices

Did you know....

• That Shamanism is humanity’s most ancient wisdom tradition and works at the cutting edge of neuroscience and technology, sometimes with the use of psychedelics?
A Taste of Wonderland

4 Mad Hatter Tea Party 'Best Life' Ideas

Hallway of Doors
Crack/Breakdown

Pool of Tears
Grief/Pain

The Looking Glass
WoW Alternative

Mad Hatter Tea Party
Strange Brew

Hallway of Doors + Pool of Tears + The Looking Glass = Mad Hatter Tea Party
Having listened to the conversations throughout this Taste of Wonderland, how would you describe a 'Best Life' for All?

What is one action you take now to begin a New Story for Your Best Life?
We are birthing the Next Paradigm

By exploring and researching breakthroughs from around the world, and then co-creating new ecosystems that inspire a new story of regeneration, well-being and ‘best life’ for all.
The Mobile Pilot

- Comfy Furniture
- Service Animals
- A Mobile Unit
- Cultural Tools
- Trauma trained healers

Interior environment is soothing
- Plants
- Lighting
- Aromatherapy

Uniquely designed interior works simultaneously with the electrical/nervous system, the heart system, the energetic system, and the brain system to de-escalate and calm those involved in the incident.
Together these Tastes of Wonderland will create a new kaleidoscope of research and action to support a next paradigm.

August 12, 2023
We all know at least one person who, like the salmon, needs to find that pocket of air that takes them against the mainstream current to the place where they can create new possibilities.
The Mad Hatter Summit

The Mad Hatter Summit is this precious pocket of air that can save lives

Join us
The Mad Hatter Summit
https://madhattersummit.com
See you in Wonderland!