

Regenerating Regeneration

The Great Remembering & Reconnecting

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A Note from Dr. Love

For nearly three decades, I have explored the extraordinary complexity, interrelationships, and regenerative capacities of living systems through ecological science, sustainability scholarship, regenerative development, transformational practice, and the exploration of human + more-than-human potential. This work has given rise to the Regenerative Community Development Methodology™ (RCD), Regenerative Leadership Development, Regenerative Education, and, more recently, the emerging New Earth Awakening Wisdom System™—integrative approaches to consciously cultivating thriving living systems.

Yet some of my most profound understandings of regeneration have emerged through direct experiences of Life herself. Life has been my greatest teacher, continually illuminating and guiding my professional work and personal life.

This essay brings these ways of knowing and being into regenerative relationship. It is not intended primarily to explain regeneration, but to invite you into an experience of the Life we are and the Love through which we consciously co-create our world.

I invite you to Regenerate Regeneration.

Breathe with me . . .

Enter the Temple of Earth

Feel breath entering your body

Feel the gentle expansion of your chest, the movement of air through your lungs

Feel the aliveness awakening throughout your entire body . . .

Soft velvety swirls of Life caressing you like a worshipping lover

Be present with this moment, with your body, with breath, with Earth, who nourishes and continually brings you into being

You are breathing, and you are being breathed

Life is moving through you, as you

Enter the Temple of Earth, the Temple of Yourself, the Temple of Sacred Relationship and Co-Creative Union . . .

. . . as the living reality of which you are already a part

Here, we journey deeper into the Life we are, feeling her vitality, joy, Love, and her continual movement into being

Perhaps you have felt a profound familiarity and nurturing energy while standing beneath an ancient tree; amplified currents of aliveness moving through your body as an ocean breeze caresses your skin; a profound sense of humility and awe standing beside a powerful, gushing waterfall; deep love while gazing into the eyes of someone you care about; peaceful stillness resting in a moment between the past and the future; or exhilarating oneness when boundaries between yourself and the rest of the world seemed to vanish.

Perhaps you have experienced such moments through spiritual practice, scientific inquiry, ceremony, or an awakening for which you have never quite found words.

Whatever your journey, bring your own experiences, wisdom, questions, and ways of knowing into this sacred space. You need not adopt my understanding or recreate my experiences. You are invited to remember and reconnect with the Life that is already moving within you, that is you.

We begin here, together, as expressions of Life.

Remembering Our Wholeness

We enter this world as Life, intimately connected with the extraordinary living wholeness of Earth. We breathe her air, drink her waters, receive nourishment from her soils, and are shaped within and through the countless relationships through which our lives continually emerge.

Many of us remember a time, perhaps in childhood, when the world felt shimmeringly alive, full of wonder and awe. Trees were companions, rivers invited us to play in their flowing waters, and animals, stones, clouds, and stars awakened our delight and awe. We simply belonged, without needing to explain why.

Gradually, we learned to see the world differently: to name, categorize, analyze, separate, and critique. These ways of knowing opened new lenses for understanding Life, yet somewhere along the way, many of us became disconnected from the simple, embodied experience of belonging to her, of being her.

And still, Life has never abandoned us, has never been separate.

Feel the gentle movement of your breath, the warmth of sunlight upon your skin, the pulsing Earth beneath your feet. The waters that flow through rivers and nourish forests also flow through your body. The air moving through your lungs connects you with trees, oceans, and countless other beings. You are continually becoming through these relationships, shaping and being shaped within the living world.

Regenerative scholarship and practice invite us to nurture this living wholeness, to nurture Life becoming. Beyond sustaining what exists or repairing what has been damaged, Regeneration opens possibilities for whole living systems and all of Life to flourish.

And Regeneration is more than a methodology or collection of practices. She is Life's own generative movement, continually creating, renewing, and becoming.

The flourishing of our world is inseparable from how we experience ourselves, how we relate with one another, and how we co-create with and as Life. Our consciousness, relationships, and ways of being and embodying flow into the families, communities, cultures, landscapes, and living worlds we bring forth.

We are already Life becoming . . . together, as ourselves, each other, Earth.

Sometimes, remembering this is as gentle as feeling the breeze caress our skin. Sometimes, it arrives as an experience so profound, so deeply and unmistakably familiar, that we recognize something we have always known but may have forgotten.

The Great Remembering

I remember one such moment in my own life with extraordinary clarity. Rather than a snapshot in time, this memory lives within me as an eternal, foundational truth of being, the Truth of who I Am

I am immersed in endless, dark, shimmering vastness—luminous, alive, infinitely beautiful, blissful. I am floating in an immeasurable field of Love . . . I am this immeasurable field of Love. I am Love. I am All. I Am One. Breathing. Pulsing. Existence. Infinite. Eternity. Life.

The recognition is immediate and consuming. Tears of joy and gratitude flow through me, rising from the infinite well of Love that is me, pouring from my eyes—portals into, from, through my Infinite Self—connecting me to All Life through their fluid solidity. I know myself as this. I have always known this. What I had felt deep within my body throughout my life, even when the world told me otherwise, has been here all along, waiting for me to remember and reconnect.

And so it is. I Am Love.

I swim in this blissfield of Love for an eternity . . . or perhaps a few hours Earth time. I slowly come back into my body, henceforth knowing and expressing myself as Love, as One, as All.

As Love, within this Love, I recognize the extraordinary diversity of Life, of myself. The trees, birds, squirrels, grasses, rocks, rivers, sunlight, air, water—all are expressions of the same living wholeness. Nothing is outside of this Love. Everything is Love's continual movement into being. All is One. All is me. I am All. All is Love. We are Love.

I share this experience because I know I am not alone in remembering profound unity. Across cultures, spiritual traditions, and ordinary human lives, people describe moments when familiar boundaries soften and a deeper sense of belonging becomes unmistakable. Our experiences, understandings, and language differ, yet something in them remains beautifully familiar, a recognition of belonging within a greater unified wholeness.

Perhaps you recognize something of your own experience: a Love that seemed to pour forth from everywhere and nowhere, a profound communion with Earth, or a quiet sense of belonging while walking through a forest or breathing beneath the stars. You need not enter my experience. You are already living your own.

Breathe with me

Feel Life moving through your body—through your mouth, throat, lungs, chest, abdomen, arms, hands, legs, feet . . . Earth.

Remember a moment when you felt profoundly alive, deeply connected, entirely at home. Allow the memory to arise in its own way, to move through your body and being. Beyond thought, sink into the feeling of aliveness throughout your body—your Temple within our Temple Earth.

Living Love: Life Becoming Herself

My remembrance of Being Love transformed my relationship with everything I had spent decades studying and practicing. Through ecological inquiry, I had come to understand Life as dynamic, relational, self-organizing, and continually evolving. Through spiritual awakening, I came to know myself as the very Life I had sought to understand—not something out there to study, but here, now, as and through me.

I experienced Love not simply as an emotion or a quality of human relationships, but as the infinite, sacred reality through which Life continually expresses herself. I call this ***Living Love***.

Love moves, flows, creates, and expresses herself through an extraordinary diversity of beings and relationships. Forests grow, change, decay, and renew. Rivers shape landscapes as landscapes shape rivers. Life continually emerges through countless relationships of creation and transformation. Science illuminates these movements through inquiry and evidence; spiritual experience illuminates their sacred significance. I experience these as expressions of Living Love.

Regeneration is Life—Living Love—continually creating, renewing, and expressing herself.

And we are this Life, this Love. We are not merely agents acting upon living systems, but expressions of the very Life whose flourishing we seek to nurture. I experience my body as a living temple of Earth, a sacred vessel of her becoming. She is here, breathing, feeling, creating, and expressing herself through us and through the extraordinary relationships we share.

To remember ourselves as Life is to enter these relationships with renewed tenderness, wonder, and care.

I invite you into this Temple . . .

Breathe with me

Loving Earth

Earth is not simply the setting in which our lives unfold. Her waters move through our bodies, her air fills our lungs, her soils nourish the countless beings upon whom our lives depend. We are her.

We co-create Life with her. As we come to know her as sacred, we begin to feel differently about what happens to her, and to us.

I feel profound joy in places where Life flourishes, where waters flow purely and freely, where forests breathe, where ground pulses, and where the extraordinary beauty of living relationships is palpable. In special places, far away from the noise, intensity, and transformative impact of human development, I join Earth in her exuberant celebration of life. I *am* her vitality, beauty, abundance, Love.

And elsewhere, I feel her pain. I feel her weeping.

I feel grief when waters are poisoned, soils contaminated, living communities diminished, ecosystems razed, and Earth's extraordinary generative capacities sacrificed for purposes that fail to recognize and honor her Life-giving power. This grief arises from the same Love through which I experience profound joy.

When we love deeply, we care deeply. We become attentive to the well-being of those we love, knowing that our choices matter and that *the flourishing of others is inseparable from our own*. Our relationship with Earth invites this depth of Love, care, responsibility, and *reciprocity with all Life*.

Regeneration, then, is not simply something we do to Earth. It is not simply better techniques, technologies, or methodologies. It is something we *co-create with her, as expressions of her Life*. We are called to nurture what is flourishing, restore what has been harmed, transform ways of being and relating through which harm has become acceptable, and co-create a world of thriving Love and Abundance—not sometime in the distant future, but now, as an expression of the Truth of our Being.

This is Sacred Relationship.

This is Living Love becoming conscious of herself through and as us.

Remember • Reconnect • Regenerate™

Living Love is the heart of New Earth Awakening and her foundational process, Remember • Reconnect • Regenerate™. These are interconnected movements through which Life continually unfolds rather than states at which we arrive.

We Remember ourselves as Love and Life, radiating forth through our body Temples, at home in our Temple Earth.

We Reconnect with the sacred relationships through which Living Love knows, feels, and expresses herself. As these relationships deepen, we begin to experience ourselves and our world differently. We become more conscious of what we love, what we nurture, how we understand and use power, and what we bring into being.

We Regenerate Life, serving as conscious vessels through which more Life flows, expresses, manifests, and co-creates.

Remembering opens new possibilities for Reconnecting; Reconnecting awakens new capacities for Regeneration; and through Regeneration, we Remember ourselves more fully and Reconnect more deeply. And so it is . . . the infinite spiral of Life becoming.

We need not wait until we possess sufficient knowledge or master a prescribed practice. Life is already moving through us. We can begin wherever we are: noticing the beliefs that shape our perceptions, listening more deeply to our bodies and to Earth, nurturing our relationships, and allowing Love to move through us and become visible in our choices and creations.

Our ways of being ripple outward through our families, communities, institutions, economies, cultures, and landscapes. As we become more conscious of ourselves as Life, we consciously co-create conditions in which more of Life flourishes. Inner and outer transformation and Regeneration are complementary expressions of one living movement.

The **New Earth Awakening Wisdom System** is emerging through this understanding, bringing regenerative scholarship and ecological knowledge into relationship with embodied consciousness, Life Force, Sacred Relationship, regenerative living, community co-creation, and transformational practice. Its invitation is to embody, experience, and consciously co-create Thriving Love and Abundance, here and now, together.

We Are Here

Breathe with me

Feel yourself here, within this moment of Life becoming

Feel the air moving through your lungs

The aliveness of your body

The Earth beneath you, rising as you

The living relationships through which you belong and are created

Across our Earth, people are remembering in many ways. Some have spent their lives studying or restoring living systems; others have come through sacred traditions, contemplation, ceremony, or transformative experiences of Unity and Love. Still others are beginning to feel the extraordinary aliveness within themselves. Our journeys are different, yet we may recognize something of ourselves in one another.

We are here

Already connected through Earth and Spirit, we have an opportunity to recognize one another more consciously, to be in relationship more deeply, to bring our wisdom, experiences, and unique gifts into conscious co-creation, and to deepen our capacity to live as Love. New Earth is not somewhere apart from the world we inhabit. She is emerging through how we are being, relating, loving, and co-creating . . . together.

If these words awaken a remembrance within you, if you feel the call to live more fully as Life and to join others in co-creating a thriving Earth, I warmly invite you to join the New Earth Awakening Movement. Bring your own knowing, questions, gifts, and Love. You are welcome here.

Return once more to your breath

Feel your heart beating steadily

Feel the Earth pulsing beneath you, through you

Carry this remembrance and reconnection into your relationships, your work, your choices, and the world you help bring into being

Remember Reconnect Regenerate

You are Life

You are Living Love

You are New Earth is breathing herself into being

We are New Earth is breathing herself into being

Breathe with me

Continue the Journey with New Earth Awakening

New Earth Awakening is a growing movement of people remembering, reconnecting, and regenerating as Life—consciously co-creating a world of Thriving Love and Abundance. Wherever you are in your journey, there are many ways to participate, deepen your experience, and bring your unique gifts into relationship with others.

Explore and connect. Visit [New Earth Awakening](#)—our online home—to discover our evolving vision, writings, communities, initiatives, and opportunities to participate. Subscribe to *Emanations* through our website or Substack to receive new reflections, experiential invitations, teachings, and emerging wisdom from Dr. Leah Veronica Love, Regeneratrix of Living Love™.

Awaken, belong, and deepen. Join our circles, gatherings, retreats, and immersive experiences to remember and reconnect with yourself, one another, and our living Earth. These sacred spaces invite us to experience, embody, and co-create as Living Love.

Embody and lead. Explore individual guidance, leadership mentorship, and regenerative leadership initiations for those called to deepen their embodiment of Life and bring their unique wisdom, capacities, and gifts into the world.

Regenerate and co-create. Connect with the New Earth Awakening Institute and our regenerative community development initiatives to participate in the conscious co-creation of thriving communities, cultures, and living systems.

There is no single path into New Earth Awakening. Come as you are, bringing your curiosity, your experience, your wisdom, and your Love.

You belong. We are here. Together, we are breathing New Earth into being.

About the Author

Dr. Leah Veronica Love (Gibbons) is the Regeneratrix of Living Love™, a regenerative scholar-practitioner, mystic, educator, and founder of New Earth Awakening and the New Earth Awakening Institute.

Dr. Love holds a PhD in Sustainability, an MS in Ecology and Evolutionary Biology, and a BS in Biology and Anthropology. Her interdisciplinary scholarship has contributed to the advancement of regenerative sustainability, community development, education, living, and leadership, including the development of the Regenerative Community Development Methodology™ (RCD), Regenerative Leadership Development, and Regenerative Education approaches for consciously cultivating thriving living systems.

Building upon this foundation, she is developing the New Earth Awakening Wisdom System™, integrating regenerative science, ecological understanding, embodied spirituality, Sacred Relationship, and transformational inquiry and practice.

Through New Earth Awakening™, she is cultivating a growing movement of people remembering themselves as Life, reconnecting through Living Love, and consciously co-creating thriving relationships, communities, and living systems. Through the New Earth Awakening Institute™, she is advancing regenerative research, education, methodologies, transformational practices, and the conscious co-creation of thriving New Earth communities and bioregions.

Her work encompasses scholarship, writing, transformational guidance and education, leadership mentorship and initiations, community and bioregional development, circles, retreats, and collaborative initiatives. At its heart is an invitation to Remember • Reconnect • Regenerate™—consciously embodying Living Love and co-creating a New Earth of Thriving Love and Abundance.

You are warmly invited to join and support the New Earth Awakening Movement. Explore opportunities to participate, collaborate, and contribute your unique gifts, wisdom, and resources. Financial contributions and donations help sustain and expand the research, educational initiatives, community-building, and transformational work through which New Earth Awakening is coming into being.

Visit newearthawakening.life to connect, participate, and support the movement.

I also warmly welcome you to reach out directly with your questions, reflections, ideas for collaboration, or interest in becoming part of New Earth Awakening.

Email: tribe@newearthawakening.life or drveronicalove@outlook.com.

Foundational scholarship

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