

Honest
conversations
where masks
come off

Remembering
why we
care
for each other,
for Earth, for life

A Billion Nourishment Pods Mutual
care
giving and receiving
nourishment

No pressure
No performance
No extraction
just depth, kindness,
and presence



A Billion Nourishment Pods

Wisocracy sees the loneliness, the fragmentation, the burnout and now calls for a different expansion:

A Billion Pods of Nourishment (**)



Small groups of 4-8 people, meeting every two weeks. Honest conversations — where masks come off.

Mutual care — giving and receiving nourishment.

Remembering why we care — for each other, for Earth, for life.

No pressure, no performance, no extraction.

Just depth, kindness, and presence.

Wisocracy invites aligned allies to plant pods everywhere — in families, communities, networks until they become a billion hearthfires of trust, wisdom, and care.



Nourishment Pod Meeting Format (90 minutes)

1. Arrival & Settling (10 minutes)

- Gentle welcome, silence or soft breathing.
- A simple check-in: "One word for how you are arriving."
- This signals: no performance, just presence.

2. Opening Question (15 minutes)

- Use one of the openers from **Slide 4** (e.g., "What's been giving you energy or taking it away these days?").
- Each person shares for 2–3 minutes.
- No cross-talk yet just listening.

3. Deep Round (40 minutes)

- Choose a second question that touches meaning, such as:
 - "What are you carrying quietly that you'd like to share here?" or
 - "What's been beautiful, difficult, or surprising for you this week?"
- Go around again, with longer shares (5–6 minutes each).
- Gentle reflection is welcome, but keep the spirit of listening first.

4. Mutual Care Reflection (15 minutes)

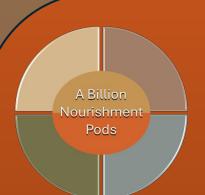
- After everyone shares, open space for responses like:
 - "What touched you in what was said?"
 - "What do you want to appreciate about this circle?"
- This creates mutual nourishment without problem-solving.

5. Closing (10 minutes)

- A quiet moment, a short phrase of gratitude, or "what I'm taking with me."
- End on presence, not tasks.

Principles woven in:

- Honest conversations where masks come off
- Mutual care in giving and receiving nourishment
- No performance or extraction just presence and kindness.
- Remembering why we care for each other, for Earth, for life.



"What's been giving you energy — or taking it away — these days?"

"If you could share one thing you've been carrying quietly, what would it be?"

"What's something you've been wondering about life lately?"

"What has been beautiful, difficult, or surprising for you this week?"

