Digital Detox and Nature Connection for Sustainable Living III
18. - 29. September 2022

in the Black Forest, Germany
Gemeinschaft Sönnenwald

Starting in March 2019
a living & working COMMUNITY
with around 60 diverse adults & children
in Harmony with their surroundings & environment

PEACEFUL & EXPERIMENTAL
united by common Visions
for agriculture
education
spirituality
personal development
health &
business
18.09.2022
ARRIVAL
Opening circle & Start of Digital Detox

I stepped into the flow and then I let it go, I opened my heart, my body, my soul...
Day 1: A new beginning

Our journey started in a circle full of anecdotes of clothes, destined to get to know each other.

A new community is about to get formed.

Looking forward for the first meal, we all walked uphill. Fresh food was waiting for us, as well as Oskar’s first cleaning duty.

19.09.2022
WISE MAN STEVEN TOLD US THAT THE GODDESS
WAS SLEEPING ON THE GROUND,
FROM ONE BREAST TO ANOTHER,
HE SHOWED US AROUND.
Community
Grounding
Challenging
Overwhelming
Interesting
Releasing
Intense
SPECIAL
Discovery
Fresh Date
Introduction
Good
DAY 2 - Tuesday 20.9.2022

mm... after a delicious breakfast we meet in our cow fox chicken bee circles from our heart

then we meet in the garden for our first

HANDS ON
with the community

We were invited to join different activities and we each found our task for the day.

* Some of us helped the cows to be less hungry by guiding them through the village to an new abundant grassland and then we built a new fence for our friends.
* Some of us harvested a looot of pumpkins, carried them with a crazy e-bike and put them in our cellar looking forward to roast them.
* Some of us helped to build the base of a new greenhouse in the muddy mud.
* One of us went to create a toy for a child & provided exactly what she needed.
* Some of us harvested potatoes & worked in this beautiful garden.
* Some of us cooked delicious pizza for all of us which we enjoyed together while sharing our experiences & what we enjoyed.

*meow*
before we entered the world of
FEELINGS & EMOTIONS
we meet in the SUN & yah to discover
a little more about each other.

This photo was taken as we answered
"Who likes physical touch?"
We could see & hear how different our
relationship to physical touch is - and also
that for some, it is easier to ask what they want or need than others.

This afternoon made clear how unique we all are in our experiences, yet how often
we can resonate with what others share.

We dived into these 5 emotions and each
light & shadow aspect, the connected
elements and shared that feelings are
never good or bad & instead can be used
as guidance to fulfill our needs & desires.

by Vivian Dilmar

CO-COUNSELING
To further explore the theme of physical touch we learned about the wheel of consent...

Do you feel comfortable asking for touch? Can you allow someone to touch you? What are your boundaries? Which part of the wheel resonate with you the most? And which ones do you need to explore more? Are you aware that allowing access to your body can be a gift itself?
Day 3: Wednesday - 21.09.22

During the morning we help the community with the hands on. It was a sunny day and we were shining like the Sun.

"Herbal witch Steffi" shared with us her wisdom about herbs.
Happy Birthday Steffi

DIGITAL DETOX FAMILY 2022
Happy Birthday Steffi

DIGITAL DETOX FAMILY sep. 22
German Dinner

Menu:
- Kartoffelsalat
- Schnitzel
- Wienerchen
- Senf
- Apfelkuchen
- Braten

...and finally: Beer Tasting
DAY 4: Thursday - 22.9.22

Do you know how to make porridge?

Jordan

Porridge

I don’t know.

Breakfast Team

I will help you!

Angel Niklas

Do you know how strong should be the tea?

Spela

Tea

We are getting late!

Kati

Mushroom in a pan

Anna

“coffee”

Do you know how to make coffee?
Impacts of digitalization

- How much social media makes ourselves compare brothers?
- Many digitalization hurt physically and emotionally people?
- Does digitalization give us freedom or control?
- May mining be the feeling of being completely alone?

FISHBOWL

SPEAKERS

LISTENERS

FOREST

POCODILLO!
WHAT I ALWAYS WANT

1. I AM A MOTHER

TONIGHT

Bienvenue au Paris en

ONE DAY BEFORE
inside french team

OK so plan
13: FAKE IT UNTIL YOU MAKE IT

D-DAY

Ok so: let's be classy and no one will notice anything

Au menu ce soir:

+ Salad de chevre
+ Pot - au - feu vegeterian
+ Crepes

NICE CLOTHES AND LIPSTICK EVEN IF THE PICTURE DOESN'T SHOW IT
WHAT I ALWAYS WANTED TO BE TO ME

TONIGHT

FRENCH DINNER

Bienvenue au Paris en folie!

ONE DAY BEFORE
inside french team

D-DAY

OK so let's be classy
and no one will notice anything!

Au menu ce soir:
+ Salade de chêvre chaud
+ Pot-au-feu végétarien
+ Crêpes

and interesting proposal

VOULEZ-VOUS COUCHER AVEC MOI LE SOIR?

good food

some old music

BALANCE

PLAN WORKED PERFECTLY!!

and a little surprise
from diliana
WHAT I ALWAYS WANTED TO BE TO ME

1. I AM A MOTHER, A FATHER, A SISTER
2. I AM A BROTHER, A SON, AND A DAUGHTER
3. I AM A SISTER, ANOTHER SISTER, THIS SISTER
   OR ANOTHER FATHER, ANOTHER SISTER, THIS MAN
   A SON, A WOMAN, AND THIS MAN

And this is what I always wanted to be, to be... (x 00)

Sincerely,
[Signature]
He's turning 22

ALJOSHA'S birthday

Day 5. 23.09
MEDICINE WALK
Day 6: Saturday

Saturday arrived, Saturday arrived.
Times flies, right?
Do you wanna fun?
Play play fight or maybe
Do some slack line.
Do you wanna relax? Fine!
You can go get a massage.
Doesn't matter what you do, What matters is that there's
Always an Open Space for you ♡
Slovenian Toast

Točko kapljic
točko let
bog nam daj
na svet živet!
živijo oj živijo,
oj živijo
na svet!
Day 7: Sunday

Sunday morning, finally!
We get to wake up later!
But... We decide to go to the lake early.
We grab bread and marmelade and head out into nice cloudy
German weather.
The water is cold, but not that cold. It's very energizing!
After swimming we have a nice breakfast while looking at the beautiful lake.

25.09.22
Noon & Afternoon

During the Brunch

Some even had scrambled eggs

Later we painted with watercolours

WROTE Postcards and letters

Had some time for our selfs

And a nature rallye with searching for mushrooms and Qigong

More

PLAY FIGHT
Benvenuti da Don Mario

we laughed sooo much
we enjoyed 3 main dishes ~ wow!
 risotto, pasta & eggplant
& an experimental tiramisu. :-)
[Jordan was the biggest fan!]
we played Italian sign language
guessing 😊
& say Bella Ciao Bella

Happy Happy Happy Happy

body guard
Don Mario
hanna
sister
daughter

& say Bella Ciao Bella

Niklas entered the Don Mario family by the choice of the picky daughter... & he was grateful

...of this evening will stay with me for a long time!
CHOCOLATE CREAM

1) melt ~250g butter/margarine in a pot
2) add 1/2 cup of espresso/coffee
3) add chocolate as much as you want (without sugar)
4) add ground hazelnuts
5) smash bananas and mix them with the cream

- the texture is changing in the fridge
- the variety: more or less or different kinds of nuts/almonds
- more or less chocolate powder or melt chocolate cream and add chopped chocolate
- more or less bananas
Sunny Lunch
Impro Theatre
DAY 9: Tuesday - 27.9.22

- Špela
- Max
- Stephen
- Tim

Špela has some chickens. Max is holding a spade. Stephen is holding a tray of eggs. Tim is pushing a wheelbarrow full of shit. There is a chicken wagon.
TOMATO TIME

1. First you pick the ripe red ones.
2. Then you pick the unripe green ones.
3. After you radicate the plant you picked the tomatoes from.
4. Lastly you recover the string that the vine was hanging on.
5. Then you SMILE!

AT THE END YOU PICK BASIL.

— when it is near tomato it keeps away the insects.

you DRY LEAVES FOR COOKING.

Leaves can be also used for the TEA.
Drumming session

listening
LOVE
instruments
circle
beat
voice

power of love
rhythm
connection
dancing
peace
SPEED DATING

DAY 10 - 28.09.22
make a house
& wait for someone who knocks on your door...

House Feedback

Come in
END OF DIGITAL DETOX
Thank you!