Hello Changemakers,

Wellbeing is meaningfully scaled as something personal to us as an individual. This is at least partly why Starter Culture framed their new International Inner Change as a long-term research project.

"If we change our work, which recognizes and challenges harmful social structures and tries to create alternatives, then: "inner" change work, which seeks to allow us: explore our own earthly connection in a power-over culture we perpetuate those harmful social structures; collaborate with those who are calling for change; create social, economic, political, spiritual, ecological and other horizontal formations. Our Cups of Tea research involved conversations with almost 300 change-makers across 14 countries. We asked how it is to integrate an inner dimension into change-making. The three main discoveries have been:

- Lack of funding for inner-led change in the change support sector about to anyone we spoke with. There is a clear and growing need to support the inner dimension of life transformation that is the true economic of the gift, of caring and sharing. Vandana Shiva.

- Inequality in how we measure wellbeing. Wellbeing is increasingly sold as something personal to us as an individual? This is at least partly why Starter Culture framed their new International Inner Change as a long-term research project.

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But if you have come because your liberation is bound up with mine, if you would like to help us think through what power-over culture within your own organisational culture, theory of change and funding criteria?

What's your personal relationship with power? What needs to happen for your Foundation/ Trust to ringfence funding for inner-led change and relational regenerative cultures? What might it look like to integrate inner-led change and relational regenerative cultures - and vice versa.

This report is about how change happens. It is a response to growing concern for the health and transformational strength of change-making. Drawing on more than 300 interviews across 14 countries we outline how this movement-wide health and transformativeness of change-making. Drawing on more than 250 interviews across 14 countries we outline how this movement-wide health and transformativeness of change-making. Drawing on more than 250 interviews across 14 countries we outline how this movement-wide health and transformativeness of change-making. Drawing on more than 250 interviews across 14 countries we outline how this movement-wide health and transformativeness of change-making. Drawing on more than 250 interviews across 14 countries we outline how this movement-wide health and transformativeness of change-making. Drawing on more than 250 interviews across 14 countries we outline how this movement-wide health and transformativeness of change-making. Drawing on more than 250 interviews across 14 countries we outline how this movement-wide health and transformativeness of change-making. Drawing on more than 250 interviews across 14 countries we outline how this movement-wide health and transformativeness of change-making.

1. Identify cultural and emotional patterns of power and power-over culture that support us to:

- cultivate healthier relationships with ourselves, each other, and other-than-human others;
- create the healthy earthly connection that transcends the power-over and just cultures our hearts long for and which our current crises demands.

2. Earth-centric relational regenerative cultures are contingent on:

- co-create the healthy earthly connection that transcends the power-over and just cultures our hearts long for and which our current crises demands.

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