

Unique Brathwaite: Hi!

Unique Brathwaite: Oh! Can you hear me?

Peter Whitehouse: I can.

Unique Brathwaite: And morning.

Peter Whitehouse: Good morning!

Unique Brathwaite: How are you?

Peter Whitehouse: I'm well, thank you. I'm looking forward to this.

Unique Brathwaite: Yes, likewise likewise.

Peter Whitehouse: Are you a current or former student in the

Peter Whitehouse: phenomenology? Bye, Valerie? Alright.

Unique Brathwaite: Oh, good morning. I'm a I'm a first year student at Fielding.

Unique Brathwaite: so this is my third term.

Unique Brathwaite: First class of my third term.

Peter Whitehouse: Wonderful.

vbentz@fielding.edu: You make it so nice to meet you. Glad you'll be with us.

Unique Brathwaite: Thank you. Thank you so much, so happy to be here.

vbentz@fielding.edu: I hope you can see my screen now. We have a

vbentz@fielding.edu: a wonderful poster about creative longevity and wisdom that one of our alumni designed way back 20 years ago.

vbentz@fielding.edu: And I have it still. Like to show it to folks, cause I like it so much.

vbentz@fielding.edu: Hi, Andrea.

Andrea: Yeah.

vbentz@fielding.edu: Peter here. Andrea's one of our

vbentz@fielding.edu: student research and

vbentz@fielding.edu: teaching assistants in this area.

vbentz@fielding.edu: And I wonder, Andre, I I'm sorry I didn't write you ahead. But would you be yours? Would you be willing to do our somatic

vbentz@fielding.edu: check in this morning?

Andrea: Oh,

Andrea: sure! Yes.

vbentz@fielding.edu: Yeah, we usually do do a somatic. A brief somatic check in

vbentz@fielding.edu: Peter. So

vbentz@fielding.edu: Andre is kind enough to do it for us this morning. Why don't we get started? Because, as we're doing that, then others hopefully will be joining us. Hi, Tracy.

vbentz@fielding.edu: okay, right?

Andrea: I will. Let's see here I'm gonna come off the cuff.

Andrea: Let's just start with a nice straight spine, whatever position wherever you're seated, or however you're seated, is wonderful. But just notice your spine, and really try to get your spine nice and straight, whether you're upright or lean back is fine, but just is, create a nice straight spine, and take any rounding out. Get a nice link for yourself, feel your head raising.

Andrea: breathe in, and feel your chest opening.

Andrea: and just allow yourself to settle here in this moment.

Andrea: in this time and this space and in this body

Andrea: that you call home.

Andrea: take some full, big, deep breaths, cleansing breath, breathing in fully through your nose

Andrea: when releasing fully through your mouth, and do a couple of cycles on your own timing just big, full breaths in

Andrea: really taking that oxygen in to cleanse your system.

Andrea: charge your system, giving it what it needs.

Andrea: breathing out fully and deeply letting go of what no longer serves you, releasing yourself of the toxins

Andrea: of the icky bits that you're holding onto.

Andrea: and notice what you notice in your body?

Andrea: What are you feeling in this moment? Is there tension?

Andrea: Is there warmth?

Andrea: Is there softness?

Andrea: Where are you holding stress that maybe you need to let go of

Andrea: where you, holding feelings that are churning and stirring, maybe now is not the time to deal with them. But we can notice, we can be aware, and we can go. Oh.

Andrea: I will come back to you later.

Andrea: If that feels appropriate, just notice

Andrea: no judgment.

Andrea: no shame, just awareness, gentle, open curiosity to what is present with you

Andrea: in your body, in your heart, in your mind.

Andrea: what is there?

Andrea: Take some more full, deep breaths.

Andrea: allow yourself to settle.

Andrea: allow yourself to find your perfect seat of comfort. What does that feel like for you?

Andrea: Do you need a pillow to support your low back? Do you need to change the position of your legs.

Andrea: Do you need to wiggle and squirm just a little bit to find just the right place of comfort and ease.

Andrea: because it's all okay. Give yourself permission to be comfortable in your body. Give yourself permission to relax and settle into this moment.

Andrea: so that you can be fully present.

Andrea: both within yourself and within the external environment, and all of the wonderful information that is about to be given to you.

Andrea: One more big, deep breath. Are you bringing in full intention

Andrea: and releasing

Andrea: deeply.

Andrea: and then bring yourself to your awareness of this time and space and the people

Andrea: around you?

Andrea: Thank you.

vbentz@fielding.edu: Hmm.

vbentz@fielding.edu: thank you so much, Andrea.

vbentz@fielding.edu: I'm so happy

vbentz@fielding.edu: to be here this morning with you.

vbentz@fielding.edu: and feel very especially honored

vbentz@fielding.edu: that Dr. Peter Whitehouse

vbentz@fielding.edu: is with us.

vbentz@fielding.edu: I'm just gonna read a little bit about his background.

vbentz@fielding.edu: He is

vbentz@fielding.edu: one of the best known experts on what's called Alzheimer's

vbentz@fielding.edu: in the world.

vbentz@fielding.edu: and he specializes in neurology

vbentz@fielding.edu: and geriatrics and cognitive science

vbentz@fielding.edu: with a focus on dementia.

vbentz@fielding.edu: hit one of his recent books, his

vbentz@fielding.edu: and American dementia.

vbentz@fielding.edu: which is a

vbentz@fielding.edu: powerful sociological critique of all of the factors in an American society that

contribute to the increase in

vbentz@fielding.edu: and dementia. So he calls it American dementia, and I was going to hold that book up to show you this, I think, is so fabulous.

vbentz@fielding.edu: However, I left it at a friend's house last night, cause I was bragging about it

vbentz@fielding.edu: so I can't show it to you. But it's a wonderful book.

vbentz@fielding.edu: He's the founder of the University

vbentz@fielding.edu: Case Western University, Alzheimer's Center, now called the center of memory and Aging

vbentz@fielding.edu: at the University Hospitals.

vbentz@fielding.edu: where he has professorships in neurology and neuroscience, psychiatry.

vbentz@fielding.edu: psychology

vbentz@fielding.edu: and organizational behavior, bioethics.

vbentz@fielding.edu: cognitive science, nursing and history.

vbentz@fielding.edu: And he's also currently practicing geriatric neurology

vbentz@fielding.edu: with his wife Catherine. They founded an intergenerational school.

vbentz@fielding.edu: And there's wonderful pictures of that in the book that I left at my friends last night

vbentz@fielding.edu: in the Senate award winning, award winning school that enhances lifelong, cognitive vitality.

vbentz@fielding.edu: And this earlier book is called The Myth of Alzheimer's.

vbentz@fielding.edu: and this is a very big topic, even more so. The

vbentz@fielding.edu: Scientific American.

vbentz@fielding.edu: The current issue

vbentz@fielding.edu: is devoted to what they call the New Age of Alzheimer's.

vbentz@fielding.edu: and we all will have a chance to ask some questions of Peter later. But especially there's

vbentz@fielding.edu: Bill Gates is a chapter

vbentz@fielding.edu: where he's saying things about the new discoveries

vbentz@fielding.edu: like the amyloid and Dow or Tao.

vbentz@fielding.edu: and I know that Peter discredits that research so. But here it is in the recent issue. But we can talk about that and other issues later.

vbentz@fielding.edu: But I know that Peter wanted to.

vbentz@fielding.edu: He wanted to know a little bit about each of you, and what your particular interest is in being here.

vbentz@fielding.edu: I warned him ahead of time, though we have a hundred 50 on our email list

vbentz@fielding.edu: for our concentration and somatic phenomenology and communicative leadership.

vbentz@fielding.edu: We never know we. This is a good number for today, because we have some of our real stars here

vbentz@fielding.edu: and so please each of you introduce yourself and what you would like to

vbentz@fielding.edu: share with Peter.

vbentz@fielding.edu: So then he's going to be showing us a few short films

vbentz@fielding.edu: that show about his journey.

vbentz@fielding.edu: Oh, I forgot to say Peter was one of our early outstanding scholars in our creative longevity and wisdom initiative. We started in 2,004

vbentz@fielding.edu: at Fielding. So for 20 years we've had yearly

vbentz@fielding.edu: honored scholars, and Peter was one of

vbentz@fielding.edu: earlier ones that we honored in that way.

vbentz@fielding.edu: So please jump in and say, Hi! And

vbentz@fielding.edu: tell Peter a little bit about yourself.

vbentz@fielding.edu: So glad that Dr. Willis could be with us, our professors.

vbentz@fielding.edu: very much an expert on worldwide longevity issues.

Unique Brathwaite: Well, I'm happy to start. Oh.

Annamarie Mann - Omaha, NE: You go.

Unique Brathwaite: Okay, thanks, Santa Marie. Good morning, everyone.

Unique Brathwaite: I'm on the East coast. I'm in New York. So good afternoon. If you're on the east coast. My name is Unique Brathwaite. I use she her pronouns, and I'm a first year student in the Odc program. So really happy to be here. And really looking forward to this class and this conversation.

Unique Brathwaite: I I'm I'm still sort of putting it together and and figuring it out. But I come to Fielding with about 25 years of experience in in nonprof the nonprofit sector primarily here in New York City. And so my research interests, I think, are going to be around the experiences of black women in nonprofit leadership. And so I'm thinking, a lot about

Unique Brathwaite: just the the I'm I'm starting to get my bearings around that. And and it's really coming from my own personal experiences and experiences of of other women leaders that I'm black women leaders in particular that I'm very connected to and and close to, and my story, my feelings, what I know to be true because of who I am

Unique Brathwaite: really drives a lot of what brought me to Fielding. And so I was really interested in taking this class to have a better understanding of this approach, and and it it seems so. It feels like it could be very that I'm very aligned with it. And so just curiosity and real appreciation and gratitude. So a little bit about me, shall I pass it to someone.

vbentz@fielding.edu: Yeah, maybe you could pick on someone if they don't jump in.

Unique Brathwaite: Well, Anna, Marie, you you were coming off of mute the same time that I was, so I'll pass it to you.

Annamarie Mann - Omaha, NE: Yeah, thank you. Nice to meet you, Nick. And Hello, everybody. I'm Ann Marie, man, I'm located in Omaha, Nebraska, though I'm not from Omaha, but I'm starting to feel like maybe I am in Nebraskan. I don't know. I don't. Wanna.

Annamarie Mann - Omaha, NE: I don't want to claim that yet. The military brought us here. No offense if you're familiar with that.

Annamarie Mann - Omaha, NE: So I am actually considering joining the class, and I wrote Valerie to see whether or not there was still opportunity to do this, and she shared this link. And and really my my interests are quite broad in terms of understanding the way in which our contemporary life and and modern lifestyle impacts. The human system. I come from corporate America. So it it's sort of like, what does this look like? And how does this manifest itself in the work and the systems that we build in organizations?

Annamarie Mann - Omaha, NE: But I think one of the things that I've just noticed over the past few years is just how often we discard, or how little we talk about the wisdom of those who came

before us, and I feel like in this time

Annamarie Mann - Omaha, NE: of

Annamarie Mann - Omaha, NE: rapid change and rapid acceleration. We can't afford to lose the wisdom of of lived experiences as well. So I'm just curious to see what this class may bring in terms of a different perspective than the ones that I've taken in the past in terms of

Annamarie Mann - Omaha, NE: systems and leadership. And what about just

Annamarie Mann - Omaha, NE: what comes from aging and experience that we we tend to overlook? I think, in the Us.

Annamarie Mann - Omaha, NE: Thank you. I'll call on Tracy.

Tracy Lefebvre, PCC, MAPP: Hey? So well, good afternoon, or good morning. I'm I'm in the East Coast, too. I'm in Georgia. So Hello, everybody! I have been at Fielding for a couple of years now, and entering that the dissertation fate writing phase of this. So that is exciting. My focus

Tracy Lefebvre, PCC, MAPP: as a as a community tends to be around adults with Adhd. But what I'm really interested in is that

Tracy Lefebvre, PCC, MAPP: the social perceptions, right and how they impact.

Tracy Lefebvre, PCC, MAPP: how we integrate into ourselves. And the creative longevity is is sort of that same thing right? What is the perspective?

Tracy Lefebvre, PCC, MAPP: you know, on on aging right? Has that? Has that change? What does that mean? But then, if you layer in particularly adults with Adhd

Tracy Lefebvre, PCC, MAPP: which is a childhood disorder still, to many like, how does that impact

Tracy Lefebvre, PCC, MAPP: things? How does care like? Does it play a role in dementia? How is it you know? How is it being evaluated as a componistic component to the bios. You know the biopsychosocial

Tracy Lefebvre, PCC, MAPP: entity of it.

Tracy Lefebvre, PCC, MAPP: So that's that's what I'm here. And I'm happy to to be able to assist Andrea and Valerie and all of you through this through this course, and I'll pass it to Andrea.

Andrea: Alright. Let's see the abridged version of my story. So my background is with somatics, contemplative psychology. And I. My personal background, then, was with martial arts, and I had a sort of coming to or becoming through that journey of being a student and then becoming a sense, and then a a coach and and sort of empowerment mentor

Andrea: and really

Andrea: having this awareness of of the mind, body, connection, and how embodiment really creates a sense of empowerment and

Andrea: ability to thrive as a human. And so that kind of took me down this whole journey of education exploration, you know, through my own lens and through the lens of others. And so I am about to begin my dissertation after the semester. I'll be hopefully at dissertation. Only.

Andrea: And my focus is on embodiment and human potential in some degree. And so I'm very interested in the aspects of aging. And how that relates to adult human development and adult potential and kind of what's what's being the missing link, you know, in my opinion, is the recognition of how important it is to be embodied, and be in connection with our whole self, our authentic, full self, rather than this these discombobbed talking heads that society so encourages

Andrea: so that's kind of why I'm here, and what I'm all about in a nutshell, and I will pass it. Let's see how about Jim your

Andrea: on. Give it to you.

James Marlatt: Thanks. Andrew.

James Marlatt: Yeah. Oh, yeah. Hi, everybody. Yeah.

James Marlatt: Hi, Peter.

James Marlatt: I'm I'm a Fielding alum. And and I guess a phenomenologist. And and I'm also assisting Valerie this this term with the with as the alum alum assist for the

James Marlatt: CL. And W. Seminar.

James Marlatt: so it's nice to be here. I hope to to learn a lot about

James Marlatt: cl and W.

James Marlatt: And I can say that I'm I'm of that age that I'm I'm seeing and feeling

James Marlatt: the the age upon me.

James Marlatt: And so this is a interesting time to explore. I'm curious about creativity

James Marlatt: in later life, and all these thoughts about wildest creativity declines creativity

James Marlatt: priests. I'm I'm also seeing, still working, seeing the ages I'm in in the workforce. So this is a

James Marlatt: another area of interest.

James Marlatt: How organizations are perceiving, and probably not dealing or respecting

James Marlatt: people in in the workforce. And finally.

James Marlatt: I, my my mother, my mother,

James Marlatt: had a well from my pursuit of breathtaking a journey

James Marlatt: of dementia. She passed away with dementia, and I was very poorly equipped to understand

James Marlatt: and engage with that journey and supporter and a journey, so I hope to

James Marlatt: reflect and learn a bit about that, too. So there you go. Thanks.

James Marlatt: I'll pass it over to

James Marlatt: David Blake Willis.

James Marlatt: I mean.

David Blake Willis: Thank you, Jim. Great to see you all, Valerie. Peter, Carol, Andrea Tracy, Ann Marie Val. Hello!

David Blake Willis: I have been very interested in creative longevity and wisdom for a long time. I suppose the journey began also around dementia, my mother being diagnosed with Alzheimer's. I'm not sure if that's appropriate. There's

David Blake Willis: I rather like Peter's view that we have a little dementia in the society right now. My own politics reveal here a bit, and the idea of ideas of blue zones interest me. I have told

David Blake Willis: our 5 grandchildren I'm going to live to a hundred. How old will you be then? And then, of course they calculate. Oh, I'll be 38. That's really old. It's like, Okay, no, it's not. And we do have, of course, the human potential going forward here.

David Blake Willis: as Andrea is alluding to about the embodiment empowerment and the power to thrive going forward. certainly, many of the young people. Now, my grandchildren are likely to live far beyond 100. And this is, of course, very interesting for the idea of what's gonna happen to the 7 generations down the line.

David Blake Willis: and I have a particular interest in aging in Japan, having lived there for more than 33 years. So, and I always like to hear Peter talk.

David Blake Willis: and I'll turn to Val.

Val: Morning.

Val: I am in Canada, in Northwest Canada, in Calgary, where it's

Val: blustering out right now is dark and windy, and we had much snow the last week. But we're we're doing fine here. I'm I'm here. I'm I'm also an alum.

Val: I I

Val: I'm really interested in what I'm seeing go on around me.

Val: people younger

Val: then, me

Val: and the level of complaining and

Val: inability to move forward.

Val: It yeah, it strikes me.

Val: And yet.

Val: I don't feel that way at all.

Val: And

Val: My mother had me

Val: when she was what some would think would be an elder.

Val: and my mom lived until she was a hundred 2,

Val: with her mind like hours before she died, literally hours before she died. She told me I'd been there all day, and I needed to go have some dinner.

Val: and she kicks me out of her room so I could go and eat.

Val: and that was like at 9, 30, or 10 at night, and she died at 4 in the morning.

Val: No.

Val: amazing lady.

Val: She was a role model.

Val: I'm sure.

Val: amplified resilience

Val: and make.

Val: and all the things that I

Val: look up to.

Val: And so I'm seeing all these people around me. And I'm thinking to myself, Wow, I really need a lot of younger friends.

Val: And so I am. I'm very interested in

Val: I'm interested in

Val: not anything that's non allopathic.

Val: Natural medicine. Holistic medicine.

Val: food is medicine, all of that kind of stuff.

Val: I'll just tell you one very quick story. It's about me.

Val: A year ago I had something happened to my thumbs.

Val: and my thumbs were not working, and my wrists were a mess

Val: and I had braces on both hands, and it was just brutal.

Val: And so I got sent. I got

Val: sent to a hand specialist which who would do surgery but it here up here it takes about in a year to get into anyone.

Val: So I decided, okay, I can't do that. So I did some research. Which is, I tend to do dig down further than what Google will present.

Val: And so I dug down, and I found out about the use of boron and and and

Val: collagen double double doses of collagen. And

Val: so a year went by. My thumbs are fine.

Val: I can pick up a glass, I can open the door. My wrists are much, much better. I actually went and played golf. I had a brace on my hand, so I finally, last week I finally got to the

Val: to the hand specialist, and this is at the hospital, and I go to the hand specialist. And he said, Well, Hi! Why are you here? And I said, Well, if I come, if I actually gotten in a year ago, when I was in trouble, I would have asked you, where can you operate first.

Val: and but you know what I've been able to heal myself. So I'm really I I don't need anything, but

my family doctor wanted me to come, and so here I am, and he says, Well, you don't need to be here, I said. I know that, but I I needed to please my family doctors, so you know. Thank you for visiting with me.

Val: He didn't even, he said, oh, that's a miracle! He didn't say, what did you do? How have you treated it? Not a single question, and that's

Val: my experience over a period of years with stuff that sort of happened.

Val: And

Val: So the longevity piece for me and the health piece sort of come together, because

Val: without your health can't do anything. And so

Val: yeah, I'm into all of this stuff. And it's just

Val: all very interesting to me, so wherever I can glean information.

Val: I try and show up.

Val: so I'm glad I'm here.

vbentz@fielding.edu: Thank you so much for showing up today, Val. I haven't seen you in quite a while.

vbentz@fielding.edu: Oh, good to see you.

Val: Likewise.

vbentz@fielding.edu: And we have Carol Estrada with us, too. Carol. Say, Hi.

Val: Oh, Hi Carol!

Carol Estrada: Hi everyone. So I am in what I really what I'm in my last term at Fielding, finishing up the dissertation.

Carol Estrada: I know. Yes.

Carol Estrada: my goal is next week. I'm putting that out there that I will be done with my last chapter. So

Carol Estrada: yes, I found my path, and we're good. So for me, I'm here today because

Carol Estrada: creativity I am finding a need in my life

Carol Estrada: to be creative to

Carol Estrada: And I've kind of been using my grandkids as the target of that creativity.

Carol Estrada: So that is the thing that kind of interests me the most. It kind of sparks my.

Carol Estrada: it's joy.

Carol Estrada: So. I also feel that I'm the leader in my

Carol Estrada: in my little family, in my clan, and they don't have anyone older than me to

Carol Estrada: move.

Carol Estrada: Prepare them

Carol Estrada: for

Carol Estrada: my aging, or prepare them for their own aging. So I feel like I need to

Carol Estrada: acquire more knowledge and be the example.

Carol Estrada: So.

vbentz@fielding.edu: Wonderful.

Carol Estrada: To everybody.

vbentz@fielding.edu: Thank you so much, Carol, for coming.

vbentz@fielding.edu: Now, Peter.

vbentz@fielding.edu: I'm going to turn it over to you, and we so are eager to hear what you have to

vbentz@fielding.edu: tell us today.

Peter Whitehouse: Well, thank you all. It's great to be here. I've had

Peter Whitehouse: a longstanding relationship with Fielding

Peter Whitehouse: graduate university that started out as David. Like Will as well knows, as a Fielding Wannabe

Peter Whitehouse: and I was greatly honored by

Peter Whitehouse: having a

Peter Whitehouse: associations with

Peter Whitehouse: with with the pro, the creative longevity program and

Peter Whitehouse: and look forward to sharing some thoughts. I I Vali and I, were trying to come up with a title.

Peter Whitehouse: So I started stealing titles from Jim, and and then, Valerie Valerie, you didn't hear this one. I I've been reading your book death World to Life Worlds, collaboration with strangers for personal, social, and ecological transformation.

Peter Whitehouse: And I I yes, I did. And and actually, since you were kind enough to mention my book

Peter Whitehouse: this is essentially about dementia worlds

Peter Whitehouse: to life, worlds, collaboration.

vbentz@fielding.edu: But string.

Peter Whitehouse: Personal, social, and ecological transformation.

Peter Whitehouse: In my email exchanges with Valerie. I said that, I I see dementia as a cultural lever. If we rethink dementia which we're gonna try to do something about that this morning this afternoon. Then maybe it'll help us transform our attitudes about a lot of other things, including

Peter Whitehouse: modern views of of in our hyper creditive society. So Valerie gave me approval to show 3 home movies.

Peter Whitehouse: these are all very short and they will build my own creative longevity process that starts

Peter Whitehouse: at the hundredth anniversary of Alzheimer's disease

Peter Whitehouse: in Berlin, where I presented a video that

Peter Whitehouse: started to challenge the notion of of Alzheimer's disease.

Peter Whitehouse: Of course Alzheimer was a German physician, who himself

Peter Whitehouse: in in 1906, was not sure he had described a a separate case, lots of politics there. He was, a a employee of a meal. Kreblen, very powerful psychiatric politician. So there's a lot of history that I think we can learn from

Peter Whitehouse: and on the hundredth anniversary I tried to look back and and see what we could learn from that history.

Peter Whitehouse: Well, that was made with actually, my next zoom call Joe Lambert and the digital storytelling center was now called Story Center. So this is all about narrative. This is all

about the use of digital media to share stories that hopefully can help transform our

Peter Whitehouse: transform our civilization literally.

Peter Whitehouse: And then I'll show you to to for and I'll foreshadow it by saying, for those of you that are interested in non allopathic approaches.

Peter Whitehouse: I had an epiphany in the Mirror woods and became a tree doctor, a medical metaphorical character that asked humans what we can learn about health.

Peter Whitehouse: including de mantra from trees and forests.

Peter Whitehouse: So let me acknowledge David again, partly because I'm an amateur anthropologist, and if I show up for his

Peter Whitehouse: ethnography salon enough, maybe I'll I'll get a certificate there, too, and to Valerie for and and Jim for the phenomenal work you've been doing in this program, and I'm just honored to be associated with it. I thought we'd I'd show you the first movie we could pause for questions.

Peter Whitehouse: but there are 2 more to come. Which should we get to find if we don't? That's fine. Also, I also understand that you tend to go for about an hour maybe a little longer. Let's just see a as things pursue. But I do wanna stop at the end of each movie to

Peter Whitehouse: to share

Peter Whitehouse: with you

Peter Whitehouse: your your reactions.

Peter Whitehouse: And this is a very conceptual and not terribly practical for those of you that have been

Peter Whitehouse: had older folks in, in, in your families and communities that have memory challenges.

Peter Whitehouse: This is not going to be practical at the level of

Peter Whitehouse: individual thoughts. But you're welcome to, you know. Share those, if you if you wish.

Peter Whitehouse: So let me. If I could, Valerie, share the screen

Peter Whitehouse: and make sure I check audio

Peter Whitehouse: because there is soundtrack on all 3 of these.

Peter Whitehouse: Do you see the screen.

vbentz@fielding.edu: Yes.

Peter Whitehouse: Hey! Let me play it.

Peter Whitehouse: This is made in the one hundredth anniversary of Alzheimer's, shown in Berlin at the huge

Peter Whitehouse: celebration that mainstream medicine was making

Peter Whitehouse: about this anniversary. And I actually organized a a symposium called is the concept of Alzheimer's disease outmoded.

Peter Whitehouse: You hear? Okay.

vbentz@fielding.edu: So far, hotel room disoriented to time, place, and even person, especially when I go to Asia.

vbentz@fielding.edu: The Japanese have a word for this temporary confusion that they call bouquet

vbentz@fielding.edu: jet lag bouquet is a variant, as is aging-related bouquet.

vbentz@fielding.edu: We all have those senior or not so senior moments when memory fails and activities of daily living suffer at least to a modest degree.

vbentz@fielding.edu: But the depths of my dementia go further.

vbentz@fielding.edu: As an occasional public speaker. I have always had the fantasy of sharing how profound this cognitive impairment is with a larger audience.

vbentz@fielding.edu: Alzheimer's disease is said to be the most common form of dementia

vbentz@fielding.edu: in Japan the government is changing the official word for dementia from Chiho.

vbentz@fielding.edu: which means disease of cognition associated with stupidity.

vbentz@fielding.edu: To ninshi show.

vbentz@fielding.edu: which means something like cognitive condition without the pejorative connotation

vbentz@fielding.edu: allies in the Alzheimer's society in Quebec are trying to eradicate the French word de Molse. For the same reason

vbentz@fielding.edu: it demeans people.

vbentz@fielding.edu: So let me share my fantasy.

vbentz@fielding.edu: I believe that I have Alzheimer's disease.

vbentz@fielding.edu: Like all of us, I am aging on a continuum of changes in body, mind and spirit.

vbentz@fielding.edu: I'm an amateur Buddhist who sees Buddhism as a spiritual science of mind.

vbentz@fielding.edu: Suffering is seen as an inevitable part of human nature and ignorance, a major source of such pain.

vbentz@fielding.edu: Buddhists echo Plato in suggesting that as we come to embrace our mortality.

vbentz@fielding.edu: we come to really live for the first time.

vbentz@fielding.edu: How do we think about the slow death of our mind that Alzheimer's is portrayed as

vbentz@fielding.edu: what I believe

vbentz@fielding.edu: is that the words we use to label our aging, associated cognitive challenges have the power to heal

vbentz@fielding.edu: or to terrorize.

vbentz@fielding.edu: Alzheimer's is a frightening eponym, 2 words, a man's name and the word disease.

vbentz@fielding.edu: But as the Canadian Alzheimer's society official T-shirt suggests.

vbentz@fielding.edu: the story is changing.

vbentz@fielding.edu: Perhaps we need a more enlightened view

vbentz@fielding.edu: of what we do not need to call Alzheimer's disease

vbentz@fielding.edu: on a recent trip to Norway I met another amateur Buddhist Arnie Ness.

vbentz@fielding.edu: who invented the term deep ecology.

vbentz@fielding.edu: I used Arnie's sense of the word deep to call for a deeper bioethics of dementia.

vbentz@fielding.edu: Arnie could wax eloquently about being the youngest philosophy professor at the University of Oslo many years ago.

vbentz@fielding.edu: as his Chinese wife helped him remember how to tie his shoelaces.

vbentz@fielding.edu: He reminded me of the often quoted clinical phrase.

vbentz@fielding.edu: if you have seen one case of Alzheimer's disease, you have seen one case of Alzheimer's.

vbentz@fielding.edu: a central expression of Arnie's philosophy, of metaphorical language and long-term environmental responsibility

vbentz@fielding.edu: was that we all need to learn to think like a mountain.

vbentz@fielding.edu: Maybe we should think

vbentz@fielding.edu: more like a mountain about dementia.

vbentz@fielding.edu: The.

Peter Whitehouse: So

Peter Whitehouse: that was

Peter Whitehouse: my first project in the digital storytelling course that I mentioned.

Peter Whitehouse: that was inspired by work I was doing on bioethics.

Peter Whitehouse: with the man actually, who invented the term in the United States of Van Rensar Potter.

Peter Whitehouse: Because I think what's underlying a lot of the problems with Alzheimer's disease, and it's gotten worse, frankly, is our values particularly neoliberal. Attempts to find cures for things that I don't think are one thing.

Peter Whitehouse: About this time, Mike. I wrote the book with Danny George, the co-author of both the books that I that Valerie mentioned, the myth of Alzheimer's.

Peter Whitehouse: and the myth is that it's one thing that can be fixed if you just invest enough money and give enough power to the pharmaceutical industry. So this this was what was this? This was almost 20. This was 20 years, almost 20 years ago.

Peter Whitehouse: and and was part of that initial critique of Western medical framing of

Peter Whitehouse: what what came to be called Alzheimer's. And there's a long history here, but I'm going to pause just as I would

Peter Whitehouse: to see if anybody has any reflections or comments about that particular clip.

Peter Whitehouse: or what I've been claiming and asserting here

Peter Whitehouse: that we need to think differently about about Alzheimers.

Peter Whitehouse: Any observations, any comments

Peter Whitehouse: now.

Val: I just want to say it was beautiful.

Val: It was beautiful.

Val: Reminds me

Val: now. I set spoke about my mom. My my father had dementia. So it's it was beautiful. Thank you.

Peter Whitehouse: Well, thank you. I I have to credit Norway.

Peter Whitehouse: if you wanna go learn to think like a mountain. Norway is a pretty good place to do it. Not that Mount Fuji isn't too. But

Peter Whitehouse: yeah, thank you. I think

Peter Whitehouse: we get more beautiful the closer we get connected to nature.

Peter Whitehouse: and I move from mountains to trees in in the next clip.

Peter Whitehouse: Must

Peter Whitehouse: one thing that I have to be cautious about, particularly because the number of you and Val just did it as well

Peter Whitehouse: have folks affected in your family, and in no way am I saying where we, saying the myth of Alzheimer's disease means that the phenomenology

Peter Whitehouse: of

Peter Whitehouse: age, related cognitive challenges as I referred to them in the film, is it's not real.

Peter Whitehouse: The question is, how do we respond as a a society? And how have facilities

Peter Whitehouse: responded like the Japanese society? David can tell us

Peter Whitehouse: responding quite differently.

Peter Whitehouse: Well, I'm gonna take that. So

Peter Whitehouse: alright go ahead. But.

Andrea: I was just gonna jump in and say, the thing that struck me

Andrea: was the the changing of definitions of the terms. And that's creating more humanity and more just awareness of, like again, that whole person. So that we're not reducing them down to

Andrea: whatever it is. You know, the symptoms, or the experience that they're having in some kind of negative

Andrea: diminishing sort of light. So I I just, I thought that that was really powerful to see that paradigm shift.

Peter Whitehouse: Well, I we won't have time to talk about this, Andrea, but your your comment is very timely.

Peter Whitehouse: I'm actually reading the Who Davos documents, and the FDA just came out with one

Peter Whitehouse: wanting to define Alzheimer's by a blood test.

Peter Whitehouse: So you don't even have to talk to a patient. Theoretically they come in, most of you will be reading about amyloid pet scans. But now there's amyloid blood tests. So this is what makes it easier for the pharmaceutical industry is, if they have some kind of biological marker biomarker to target.

Peter Whitehouse: and you become defined by your pattern of biomarkers.

Peter Whitehouse: which I think is is tragic. This is so called personalized medicine. We we know your biology and we treat you for me. Personalized medicine

Peter Whitehouse: as that video tries to communicate is knowing Arnie NASA's story, which is just amazing and and relating to him, and a person who's just at the in a different stage of his narrative

Peter Whitehouse: still inspiring the people of Norway. By the way, even though he had that cognitive challenge.

Peter Whitehouse: Well, why don't we? Why don't we go on a bit?

Peter Whitehouse: As I've as I said, I'm I've I started work with Oliver Sacks a little bit, and Leader Sharron and Rachel Brendan people that might you might know if you're in the narrative space.

Peter Whitehouse: because I do think that it's the stories we tell that are going to be transformative and healing.

Peter Whitehouse: And I I would like to endorse the the flavor here that it's it's em body cognition. Not just

Peter Whitehouse: not just the brain and the bad kind of thinking.

Peter Whitehouse: So let me get the next clip up. Now this one starts with a bunch of text about Forrest.

Peter Whitehouse: so hopefully you'll be able to see it, or here, make me read it. And this, this tells you how I've how I transformed into a a tree doctor

Peter Whitehouse: setting it just starts right up. So can you see that screen? I presume?

vbentz@fielding.edu: Us.

Peter Whitehouse: Okay. Great. Another 4 min

Peter Whitehouse: of the birth of the tree doctor again

Peter Whitehouse: part of my narrative, but also a narrative. I'm hopefully contributing, trying to contribute to the larger culture.

Peter Whitehouse: Our name is Silly Beater. We will share our story of our multiple births. Sally is older, but was born later.

Peter Whitehouse: I'm a tree doctrine named for the Roman god Slovanus, the god of forests and their boundaries.

Peter Whitehouse: Eder was born earlier in London in 1 49. I'm an academic physician who accumulates university affiliations like some who collect coins and who appropriates disciplines like some who collect stamps.

Peter Whitehouse: I that is, silly, was born for the first time in the Muir Woods, in California. On June fifth, 2,013, my alter ego, Peter, frequently visited the woods to photograph the magnificent living creatures dwelling there. On this occasion he had an epiphany.

Peter Whitehouse: His awakening gave me life, and together our purpose is to ask human beings what they can learn about health from trees and forests.

Peter Whitehouse: So silly, Peter decided to continue to explore the world, to blossom as a tree doctor.

Peter Whitehouse: to be born. Over and over through their exploration they became an artist, a transdispanarian, a Shaman, and an intergenerative elder.

Peter Whitehouse: So when I presented this at the international digital storytelling festival. It was a longer presentation, and I shared

Peter Whitehouse: a a map using our GIS. Software of the journeys of the tree doctor.

Peter Whitehouse: Which included

Peter Whitehouse: visit to the world's most haunted forest in of all places, Transylvania.

Peter Whitehouse: where I was actually moderating a

Peter Whitehouse: a, some, a panel, and a symposium on transdispanarity organized by

Peter Whitehouse: the International Center for chance to submit research. So

Peter Whitehouse: so Vaness, the Roman god of forest, was was also the god of forest a boundaries between forests and fields. So this is why I issue

Peter Whitehouse: specific disciplinary identifications usually. And I call myself

Peter Whitehouse: a transdispan area.

Peter Whitehouse: So I did call this shamanistic one of my visits was to the Amazon.

Peter Whitehouse: and

Peter Whitehouse: just felt the energy associated with

Peter Whitehouse: with the forest that I that I visited, although in the next clip. I'll show you the forest in my backyard.

Peter Whitehouse: my main collaborator which is

Peter Whitehouse: an oak tree in my backyard.

Peter Whitehouse: So

Peter Whitehouse: that's I've been. I've been doing that for 10 years until I had another epiphany. You're getting getting tired of my epiphanies, I suspect, but this is all about creative longevity. Right? It's.

vbentz@fielding.edu: And I'm.

Peter Whitehouse: Yourself.

Peter Whitehouse: So you participate in changing changing the the, the civilization hopefully. And, by the way, I I love the fact that I know some of you very well, like David and Valerie have.

Peter Whitehouse: And Carol today.

Peter Whitehouse: Some of you are kind of sense, I know, because of what you said.

Peter Whitehouse: But this is a question of how do we work

Peter Whitehouse: with our own stories in relationship to people we've never met before as well as people, of course, that we have

Peter Whitehouse: strong relationships with

Peter Whitehouse: and the formation of kinship. By the way, I love the fact that 4 Arrows wrote the

Peter Whitehouse: introduction to your book, Jim and Valerie, because I think indigenous perspectives, as I will end my comments

Peter Whitehouse: on Will

Peter Whitehouse: really are important for us, our Western civilizations to, to, to really think deeply about.

Peter Whitehouse: Comments, question.

vbentz@fielding.edu: Just that. It's so beautiful

vbentz@fielding.edu: and relationship with trees. And others have been writing recently about mushrooms and those creatures who live under the trees.

vbentz@fielding.edu: It's just marvelous that way. You pull it all together in your story, Peter.

Peter Whitehouse: Thank you. I think I sometimes say, and of course I can speak a little bit like a tree

Peter Whitehouse: because of my performance. Character

Peter Whitehouse: trees have been deceiving us a bit.

Peter Whitehouse: Perhaps gently. Perhaps now they're revealing their true sales or their full sales.

Peter Whitehouse: because we use metaphors like the tree of life and the Tree of knowledge.

Peter Whitehouse: And I, I actually am doing work on Ancestor Hood. So I have another tree, a tree of imagination.

Peter Whitehouse: But but this idea that

Peter Whitehouse: that our knowledge is linear and then branches out and

Peter Whitehouse: and that evolution is kind of

Peter Whitehouse: can all be placed onto the onto a tree like structure as can. For example, academic disciplines is a bit deceptive. The the The. As you just said, Valerie, that you have to look under the ground.

Peter Whitehouse: You have to look at the entanglement and the interactions with other species and the communication patterns.

Peter Whitehouse: It's only when we started doing that, that I think Western folks kind of caught up with what indigenous peoples have known for some time that there is wisdom and trees. But part of that wisdom is the deep wisdom associated with the root systems, the connections underneath, which are not the kinds of things we we focus on. When you look above the ground.

Peter Whitehouse: Well, this only gets crazier until the point where we get to cultural craziness. But let me just take a pause for a minute, because I haven't really explained what Valerie said.

Peter Whitehouse: American dementia, brain health, and an unhealthy society. Ann Marie, I'll see your your hand in just a second. Was also written with Danny George. He was the first author, and Danny is a great guy collaborated with for years. And, by the way, intergenerational collaborations are are really a part of what? I'm

Peter Whitehouse: I've done for some time, and in actual fact, the last project I will allude to is a collaborative project with my

Peter Whitehouse: my 4 grandchildren, which we have time to talk about. But somebody else, Carol, you mentioned.

Peter Whitehouse: your your relationship with your grandkids.

Peter Whitehouse: American dementia is brain health and unhealthy. Society says that brain health is not about pills. It's not about computer programs and keeping your mind fit.

Peter Whitehouse: It's about the fact that we have created an unhealthy society which is destroying natures and destroying

Peter Whitehouse: our relationships with each other. So the juxtaposition or the the confluence of environmental justice and social justice. I mean, it's it.

Peter Whitehouse: We can't save our species unless we change our relationships to

Peter Whitehouse: nature and change our relationships to each other. I think I was probably speaking to the converted here, but that's what this is all about. And dementia, again, is a lens, because by saying.

Peter Whitehouse: What is the cultural dementia, not the clinical dementia.

Peter Whitehouse: We can ask how good our is our cultural memories, how good is our planning, how good our good is our activities of daily living. And you can say.

Peter Whitehouse: our culture is a bit demented.

vbentz@fielding.edu: Yeah.

Peter Whitehouse: For you. Sorry.

vbentz@fielding.edu: Sure, Emma, Anna, Marie has her hand up. I wonder if we could see she wanted to say.

Annamarie Mann - Omaha, NE: There was more of a reflection, Peter. About your comment around

Annamarie Mann - Omaha, NE: trees deceiving us on what we see above ground versus kind of exploring the root system, and again drawing that metaphor to the to the

Annamarie Mann - Omaha, NE: our society. That ever more and more it feels like we see what's above ground that there's a lot of focus and attention on. And I would even contend that with social media and media and social platforms in general.

Annamarie Mann - Omaha, NE: it's a lot of perform.

Annamarie Mann - Omaha, NE: What's that called performance? It's

Annamarie Mann - Omaha, NE: and we've lost sort of a lot of our root systems. And those root systems in general

Annamarie Mann - Omaha, NE: may have been demented, too, like maybe some of our institutions, maybe, are religious

Annamarie Mann - Omaha, NE: backing. Perhaps those were infected, and therefore they need to be reborn. So I'm curious

Annamarie Mann - Omaha, NE: when you think about if you equate that to trees right where, maybe.

Annamarie Mann - Omaha, NE: And and I'm again relating this to Culture society, that when a culture is built on roots that may be infected or may not work well with with other species underground.

Annamarie Mann - Omaha, NE: And the society starts to realize, wait. These roots are not

Annamarie Mann - Omaha, NE: working for us anymore.

Annamarie Mann - Omaha, NE: Well, now you've got then what you see the roots or the branches, the trunks.

Annamarie Mann - Omaha, NE: but it lacks a strong foundation.

Annamarie Mann - Omaha, NE: How do we? We rebuild the roots.

Annamarie Mann - Omaha, NE: How do we rebuild routes? If they were never there to begin with.

Annamarie Mann - Omaha, NE: or they were infected to begin with.

vbentz@fielding.edu: Oh!

Peter Whitehouse: So I guess that's that's a an complicated question. I mean, I am exploring Ancestor Hood as some of you alluded to, because I do think

Peter Whitehouse: one answer to your question is to go back deeper.

Peter Whitehouse: I'm going back to my own Celtic roots, for example, where there were societies that were a little less misogynistic, and a little bit more were more nature friendly. So

Peter Whitehouse: I do think that.

Peter Whitehouse: that that's why I like deep ecology and deep

Peter Whitehouse: deep bioethics. The the expression I develop with Van Potter, the man who invented the word

Peter Whitehouse: because

Peter Whitehouse: One of the answers is to just go deeper the branches that modernity spawned. If that's the right word,

Peter Whitehouse: that are based around colonialism and based around exploitation and based around

Peter Whitehouse: seeing ourselves separate from nature.

Peter Whitehouse: They're the roots, I think, that are infected.

Peter Whitehouse: And it's just important to go back earlier because we have. We have a species well, as a species. I guess we've been

Peter Whitehouse: 200,000 300,000 is Homo sapiens, or whatever years. But even before that, of course, we've we've been around.

Peter Whitehouse: or perhaps for the

Peter Whitehouse: 4.5 million. So I mean, there's we've been around a while. It's only of late that we've developed these disease diseases of modernity like neoliberalism. So I guess that's one answer.

Peter Whitehouse: and actually, that allows me to talk about the next clip again about 4 min, which is.

Peter Whitehouse: we were putting on a conference in Cleveland on regenerating bioregions. It's another ecological concept that I think is valuable to think about the future in our place on the planet.

Peter Whitehouse: And I kind of had another

Peter Whitehouse: the

Peter Whitehouse: epiphany that led into

Peter Whitehouse: some some more adventures that are continuing. So let me

Peter Whitehouse: show you that one. Ever since Silvanus, or as his friends know him, silly, was born 64 years after Peter. They have agreed about everything, the custom, the messages, the fun. But Peter had a secret, and this untold secret was becoming more powerful.

Peter Whitehouse: The regenerating Bioregions Conference was a starring performance together as the moderator of a community design process to think again about the implications of global and local bioregional regeneration. But even as one star of the show shined.

Peter Whitehouse: Peter had anger in his heart towards himself for his inadequacies. Peter had this sense that his illumination and warmth were not reaching people. Whoever had mentioned to him that they learned anything about health from the tree doctor. Maybe his efforts to be a wise fool, a trickster, were just foolish.

Peter Whitehouse: Peter shared his secret about his anger and doubt with silly.

Peter Whitehouse: silly always was looking positively for opportunity. He knew Peter was exploring ancestorhood, and suggested they go on ahead after performing in his tenth year of existence, they agreed to split. So Silvanus passed from the narrative thread of being an eldred tree into another space-time probability field and became an ancestor. Silly and Peter separated amicably with a warm but hard tree hug.

Peter Whitehouse: Neither knew what the future of their relationship would hold. Peter knows that it would follow in an unspecified number of years ahead, and was still hoping for a natural organic burial under a tree. The white oak in his backyard

Peter Whitehouse: silly and Peter had bonded under that tree as they exchanged oxygen and carbon dioxide molecules.

Peter Whitehouse: they knew that each held in their bodies the molecules breathed in from the other, inspiration, transpiration, and expiration, together

Peter Whitehouse: with hope.

Peter Whitehouse: The biological death and proximate burial of Peter would lead

Peter Whitehouse: molecular and narrative entanglement. Yet again.

Peter Whitehouse: but let's not forget that Silly is advancing ahead into an ancestor hood, with the power of his Celtic roots deep from Mother Earth, and the energy from the sun gathering in his trunk.

vbentz@fielding.edu: Oh!

Peter Whitehouse: So

vbentz@fielding.edu: Oh!

Peter Whitehouse: If I had another 4 min

Peter Whitehouse: I'd show you the the dragon's tail.

Peter Whitehouse: which I made with my grandchildren. So I'm exploring, as I said, a tree of imagination, which? What? What does it mean to

Peter Whitehouse: to be approaching? Approaching ancestral hood? And that relates all the way back to

Peter Whitehouse: Valerie's and Jim's book and death Worlds, and

Peter Whitehouse: and how we think about ourselves as living creatures that are

Peter Whitehouse: that are destined to to die

Peter Whitehouse: so.

vbentz@fielding.edu: Excuse me, we we can go another half hour.

vbentz@fielding.edu: We some people may need to leave a 10, but

vbentz@fielding.edu: I would love for you to, if you can continue with us and the rest of us who can. We could continue a bit longer.

Peter Whitehouse: Well, I I'm certainly my personally happy to do that.

Peter Whitehouse: I

Peter Whitehouse: I I I will join Joe Lambert. When when I finish with you guys, but I guess that has to be. Thank you, Valerie, for the offer. But

Peter Whitehouse: how do you? You want to make that decision now to go for another short time,

or just see how it unfolds.

vbentz@fielding.edu: Yes, I would. I would like to. And folks, if you do have to leave, we understand, but we hope we can stay a bit longer. It's so

vbentz@fielding.edu: so moving, and

vbentz@fielding.edu: let's go a bit longer.

Peter Whitehouse: Well, great

Peter Whitehouse: so let me open it up. If we're gonna go longer, what directions would you like to go in?

Peter Whitehouse: what depth do you want to take on what

Peter Whitehouse: aspirational views? So we seek out from our teeth.

Andrea: I want to hear about the Dragon's tale.

Peter Whitehouse: That's a teaser.

Tracy Lefebvre, PCC, MAPP: I second that one.

Unique Brathwaite: I I as well. But I also just, Peter. Thank you for for sharing the. I'm really curious about your your work in in Ancestor Hood, and and it makes me so. My family. I live in New York. and my family is from the Caribbean specifically Trinidad

Unique Brathwaite: and elders and the ancestors are just, very, very important in my family and in my cultural tradition, and in sort of thinking about your the relationship to trees makes me actually think about the relationship to particular, particularly spiders. I don't know if folks are familiar with this, but there's a cultural tradition in the West Indies of

Unique Brathwaite: The Spider is a really important animal and figure

Unique Brathwaite: and ancestors and our elders. Our elders use the the spider and Trinat. Its name is Annan to tell stories and and pass that down as part of how we teach young people and carry family tradition. So I just it feels very resonant. So I'm just sharing that and just saying, Thank you.

Peter Whitehouse: So.

Peter Whitehouse: let's let's since it's contemporary to my where I'm working on. Let's just talk about ancestor Hood for a minute, because

Peter Whitehouse: I. I I agree with you, unique that

Peter Whitehouse: in different cultures ancestors become much more salient fact in most cultures. In fact, I would say part of what modernity did was

Peter Whitehouse: ditch ancestors?

Peter Whitehouse: Not that we don't acknowledge our own

Peter Whitehouse: relatives who have.

Peter Whitehouse: who have have died, but that we don't give them a place

Peter Whitehouse: in, in in

Peter Whitehouse: our sense of the cosmology. And I guess I use I'll use the word cosmology, because

Peter Whitehouse: I think we're we're our cosmology is, needs re-enchanting.

Peter Whitehouse: and it needs it needs some magic and ancestors can bring that

Peter Whitehouse: into the space.

Peter Whitehouse: So I

Peter Whitehouse: was born in London, but my mother was Scottish. My father was English.

Peter Whitehouse: and one of the other places that I visit frequently is Melrose, Scotland.

Peter Whitehouse: which is on the Scottish borders.

Peter Whitehouse: about 45 min from Edinburgh, and about 45 min from Newcastle upon Tyne. Something like that.

Peter Whitehouse: And there are there are hills there

Peter Whitehouse: where the elbow and Ferry. Queen exists, and the King Arthur and Merlin, who are claimed by many places. So Walter Scott, the great Scottish romantic is, is there, there's a Roman fort.

Peter Whitehouse: So it's a it's a mystical mystical and mythical place.

Peter Whitehouse: And that's actually where I became

Peter Whitehouse: interested in

Peter Whitehouse: dragons

Peter Whitehouse: again. Well, actually, I've had

Peter Whitehouse: dragons in my life for a long time. I so it's not interested in dragons. We're dragging

Peter Whitehouse: a bit more of a potential vehicle.

Peter Whitehouse: For imaginative, the tree of imagination, the ancestor of imagination.

Peter Whitehouse: and

Peter Whitehouse: There's an interesting book for those of you that are interested in books by Freya Matthew is called the Dao of Civilization

Peter Whitehouse: Which ends with an epilogue about how maybe what we need in the world is more conversations between Eastern and Western Dragons, because I have a bit embarrassed that most of the Western dragons tend to be slayed by

Peter Whitehouse: religious leaders of one kind or another St. George, and about 43 different other ones, whereas in the East dragons are seen as friendly or powerful. And so somehow, there's something in

Peter Whitehouse: dragons that that I think deserves attention.

vbentz@fielding.edu: Excuse me, Val Grossman has her hand up. Did you.

Peter Whitehouse: More interactive. Thank you.

val: Yeah.

val: I.

Peter Whitehouse: Go ahead, Val.

Val: I don't. Don't want to. Interrupt your train of thought I did. Is this, did you need to finish what you were talking about Peter.

Peter Whitehouse: No, it's not a train of thought. That's too linear. It's kind of a flight of a a fantasy, I I think. But anyway. So go ahead and interrupt my flight.

Val: The the what your what your videos is brought have brought forward to me.

Val: It we are in a very interesting and I, I hope, transitional point

Val: in our world.

Val: And there are a lot of things. There's a lot of unrest and a lot of

Val: horrible stuff going on in the world.

Val: and I I don't know. You know what I'm thinking. Maybe it's I'm feeling. I'm feeling sad and hurt, and

Val: at the same time hopeful

Val: that

Val: A lot of the stuff that was underground

Val: has now come up

Val: to the surface

Val: when it's underground it's very difficult to deal with.

Val: but when it comes to the surface. If it's not all shoved down again.

Val: maybe there can be some healing going on in our world. And yeah, I spend time in the developing world, and I I feel so connected

Val: to

Val: the other side of the world.

Val: And you know, if it weren't for a twist of fate.

Val: I may have been born there, not here. So it's just

Val: I'm I'm wondering

Val: about what your thoughts are about that like. If you go, you're talking about ancestral time. And I'm thinking about, wow, well, we can go back to

Val: 0.

Val: We can go back

Val: 3 monotheistic religions of the world and the changes of the culture and the arguments that people had in their families at that time

Val: created a lineage that we are living in

Val: it. It.

Peter Whitehouse: I don't.

Val: I don't know what else to say. Just yeah. It bre that your video is brought back forward for me quite clearly.

Peter Whitehouse: Just just just a couple of comments, I mean. I I was referring before to the tree of life

Peter Whitehouse: and the tree of culture

Peter Whitehouse: in the tree of life. We are all related to Luca.

Peter Whitehouse: the last universal sorry, the

Peter Whitehouse: the last

Peter Whitehouse: common ancestor.

Peter Whitehouse: Why can't I? Sorry I'm I'm blocking on what it stands for. That's embarrassing, meaning that if you go far, but up back we we are related to trees and and Luca is the last.

Peter Whitehouse: Is it a living creature that probably was born in a

Peter Whitehouse: in a in a volcanic vent which gets us back to

Peter Whitehouse: last?

Peter Whitehouse: Sorry I'm

Peter Whitehouse: don't worry about it.

Peter Whitehouse: Last universal kind of ancestor.

Peter Whitehouse: Luca. It was a a an early form of bacteria, so we are all related. So finding those common DNA routes. But I think you know, we also all came out of Africa.

Peter Whitehouse: And so culturally, we are all intertwined and in in complicated ways.

Peter Whitehouse: and I just think that the discovery

Peter Whitehouse: of

Peter Whitehouse: energy sources from burning

Peter Whitehouse: wood and then coal, and then coke and then oil.

Peter Whitehouse: We. We are living on the bones, literally of our

Peter Whitehouse: ancestor creatures of various kinds. And we are also consuming the legacy of

our kids. So we have been very clever, but we have not been very wise.

Peter Whitehouse: so we've got to regain the Homo sapiens, which sometimes means, Look back looking backward, not forward. Because if you extrapolate modern civilization, we're extinct.

Peter Whitehouse: I mean, we've already exceeded so many planetary boundaries.

Peter Whitehouse: And it's all. It's pretty clear that we have already a growth rate that just is not sustainable.

Peter Whitehouse: So I don't know if I how I answered your question, but I guess, look again. It's it's it's looking back and trying to find commonalities, and connections.

Peter Whitehouse: Maybe.

vbentz@fielding.edu: Peter, I think we would like to see the dragons.

Peter Whitehouse: Okay, yeah, I somehow. Okay, so let me show you the stage first.

Peter Whitehouse: So the bouncy castle was not but this is my laboratory.

Peter Whitehouse: Obviously, I like books. That is the bouncy castle for my grandchildren who are out growing it. I have to say there's there are 4 of them 2 boys, 2 girls.

Peter Whitehouse: and they relate they go from 8 down to 5 now.

Peter Whitehouse: So my wife and I started Intergenerational public schools. Something else, I should say, because I'm very much interested in intergenerational

Peter Whitehouse: conversations and emergent wisdom. And in fact, the

Peter Whitehouse: there are many organizations focusing on older folks. For example, some of you may be familiar with saving international started by reps. Allman a rabbi some time ago

Peter Whitehouse: from aging to saving that now is getting multi-generational. And it was in that concept that I took this ancestor course.

Peter Whitehouse: So

Peter Whitehouse: the hardest part of making this next movie

Peter Whitehouse: was, that

Peter Whitehouse: my

Peter Whitehouse: my, my my wife and my children.

Peter Whitehouse: The grandkids got into it right away.

Peter Whitehouse: and I'm not going to show you the whole thing, because I don't have a 4 min clip of this.

Peter Whitehouse: I will tell you. The most amazing part of this was

Peter Whitehouse: after we did the 20 min that we had orchestrated, which I will tell you about the plot in just a minute.

Peter Whitehouse: The kids took over and developed their own play.

Peter Whitehouse: so they were much into it. I don't think they wanted the adult direction as much as they wanted just to play around with the ideas.

Peter Whitehouse: And basically this is also called the Dragons.

Peter Whitehouse: Tail TALE. It's all about the dragon who loses his story.

Peter Whitehouse: and the the grandkids are the working with my daughter the Alpha colors, and they're finding the magic and colors.

Peter Whitehouse: and the music is taken from Puff, the Magic Dragon, and from a variety of songs that celebrate colors. So let me just

Peter Whitehouse: say that I don't know where this is going. In fact, sometimes I'm

Peter Whitehouse: slightly embarrassed because not not because I don't know where it's going, because I do think dragons have been with it with us for a long time, and they do have us. They do have

Peter Whitehouse: some, some some some things to share with us. But let me just show you

Peter Whitehouse: 2 min, or something like that. If that's okay.

Peter Whitehouse: And I just moved it off the screen.

Peter Whitehouse: Can you see it? Okay?

vbentz@fielding.edu: Yes.

Peter Whitehouse: Completely.

Peter Whitehouse: Oh, no!

Peter Whitehouse: Oh, no!

Peter Whitehouse: I've lost my tail right.

Peter Whitehouse: Oh, dear! What am I gonna do?

Peter Whitehouse: Gonna have to get some help

Peter Whitehouse: heading up these stairs.

Peter Whitehouse: Oh.

Peter Whitehouse: I'm so sad!

Peter Whitehouse: My life

Peter Whitehouse: said.

Peter Whitehouse: Know what happened to me. I lost my tail.

Peter Whitehouse: need help fire me more.

Peter Whitehouse: What can I do? What can I do? What can I do?

Peter Whitehouse: She's called the Alfred colors.

Peter Whitehouse: she has magic.

Peter Whitehouse: Oh, the elfquest!

Peter Whitehouse: That's my daughter.

Peter Whitehouse: So.

Peter Whitehouse: we must help

Peter Whitehouse: the dragon feel better. Start with the song, are you ready? Oh, wow! Alright! We're gonna start with the song. Are you gonna help these things? They look quite imaginable over there, dragon. Here we go.

Peter Whitehouse: we go. Here we go.

Peter Whitehouse: Boom of the

Peter Whitehouse: to try.

Peter Whitehouse: Okay.

Peter Whitehouse: let me that. This does allow me to say

Peter Whitehouse: 1 one thing that

Peter Whitehouse: I think

Peter Whitehouse: the world needs. In addition to

Peter Whitehouse: all the serious stuff we've talked about.

Peter Whitehouse: it really needs more play.

Peter Whitehouse: It really needs more more magic. And

Peter Whitehouse: it, it really needs. Particularly for young people.

Peter Whitehouse: I do a lot lot of work on the climate crisis and the mental health aspects of the climate crisis for younger people. I mean, you just have to ask them.

Peter Whitehouse: are you planning to have children?

Peter Whitehouse: Which to me is like

Peter Whitehouse: a fundamental issue of the celebration of the joy

Peter Whitehouse: and the the positive potential of of life. And and and I'm not saying that everybody should have kids, and I'm I'm not trying to be

Peter Whitehouse: be playing favorites among those that adopt, to make that decision, or sorry to adopt, or or trying to have their own biological kids. But if we, as adults and elder, particularly elders.

Peter Whitehouse: don't take on some more collective responsibility

Peter Whitehouse: for our actions, I, when I was born. There were 2.5 billion people on the planet.

Peter Whitehouse: We had the great acceleration in carbon dioxide, in population and in

Peter Whitehouse: rising sea levels.

Peter Whitehouse: And that's all because it's what we talked, as you all know, that we've essentially

Peter Whitehouse: raped the planet we've we've we've we've taken the fossil fuels and and and burned them for our benefit.

Peter Whitehouse: and and as a result, are are destroying the opportunities for our

Peter Whitehouse: our own next generations of humans

Peter Whitehouse: that was supposed to be I. How I'm how I went from play to that I don't know, but but I guess it's part of the joy that some of you mentioned.

Peter Whitehouse: In fact, the notion of Ikagai that the Japanese have, that it's a very interesting word that

Peter Whitehouse: puts joy and meaning and

Peter Whitehouse: and and and purpose together into one word that's the kind of thing we need to recover, and we need to have that joy not be forgot as we look for meaning and purpose.

vbentz@fielding.edu: Annabel.

Annamarie Mann - Omaha, NE: Yeah. So may I. I just have a lot of one appreciation that you're willing to share, that I know you said you're

Annamarie Mann - Omaha, NE: we're not sure where it's going and stuff, but just just sort of a reaction to at first. I'm super jealous because my my children just don't have. They haven't had much of a relationship with their grandparents. And my mom is a really creative person. But she doesn't share it. And she did when she was younger. But she doesn't as much when she's older. And it just made me appreciate my mom wasn't a great mother like from a

Annamarie Mann - Omaha, NE: technical standpoint didn't do all of the things mothers should do, maybe, except for birth us. But she did create help us

Annamarie Mann - Omaha, NE: like, understand what creativity looks like, and she's 70 some years old now. She rock climbs. She's very active. And she came to visit, and she built this

Annamarie Mann - Omaha, NE: wreath out of pine cone. She brought the pine cones from Colorado and built every for 3 days, but it just shows like she just loves to be creative, and I just appreciate how much you and your daughter

Annamarie Mann - Omaha, NE: also coming into it, like the connection there I thought was beautiful. And then the other thing just about needing more place. So I'm a

Annamarie Mann - Omaha, NE: listening to. Perhaps you guys are familiar with the book on design your life that's based off of design principles. And they talk about like 4 different quadrants, one of them being joy and play.

Annamarie Mann - Omaha, NE: and then another being work, and another being love, and I think the other one being spiritual, and it was interesting, cause it said, You know, kind of rate yourself on how you're doing in each of these quadrants.

Annamarie Mann - Omaha, NE: And I realized that most of the things that I do to play are still work

Annamarie Mann - Omaha, NE: like. Really, if I thought about it, it's still work.

Annamarie Mann - Omaha, NE: and the overwork and the not learning how to play still.

Annamarie Mann - Omaha, NE: And then then that led to, I have a son who has a track meet today, and when I think about him as a as a baby he was. I said he was my joy like when I sat next to him he'd give me this sense of joy. My other son would give me a sense

Annamarie Mann - Omaha, NE: of depth and wisdom. It's just sort of the energy they emitted when they were young.

Annamarie Mann - Omaha, NE: and he is at his vest when he is joyful, but it's getting sucked away from all of these expectations of performance and goals and success, and I keep telling him

Annamarie Mann - Omaha, NE: your path is to play your way there, have fun with it, because that's what's gonna give you your life energy. So all that in your 2 min clip of being a dragon. So thank you for that.

vbentz@fielding.edu: Thank you, Ann Marie, that wisdom in your comments are quite impressive.

vbentz@fielding.edu: I'm just, very, very moved by Peter's presentations and the creativity

vbentz@fielding.edu: and the wisdom in each of his wonderful film clippings. And such an inspiration

vbentz@fielding.edu: there is for us

vbentz@fielding.edu: and just to give everyone a chance to say just a few words about

vbentz@fielding.edu: what you take from this today.

vbentz@fielding.edu: We only have a few more minutes left. But I'm taking a lot of

vbentz@fielding.edu: creativity and wisdom and encouragement

vbentz@fielding.edu: computer being with us.

vbentz@fielding.edu: So please anyone.

vbentz@fielding.edu: say a few words or

vbentz@fielding.edu: and closing.

Tracy Lefebvre, PCC, MAPP: Well, I just wanted to. Say my appreciation, Peter, for the imagery of the tree, right? Because I've always seen you know everybody loves to post the the iceberg right, the tip of the iceberg, and what you don't see under the water.

Tracy Lefebvre, PCC, MAPP: and I've always sort of got it, but it never fully resonated. And I think that missing piece really is that entanglement that the roots can create

Tracy Lefebvre, PCC, MAPP: soil and

Tracy Lefebvre, PCC, MAPP: go to click the wrong route or change something. It's going to have a bigger impact. And so I appreciate that that shift in metaphor for me, because it's that missing piece that I think

Tracy Lefebvre, PCC, MAPP: that I've been missing. So thank you for that.

Andrea: I'll jump in. I think. Just really appreciating the the tree metaphor myself. In the embodiment work that I do

Andrea: with the

Andrea: and and also that I live in the Pacific Northwest, and I'm really blessed that you know my home is in the middle of like nature, Mecca, and so we spend a lot of time in my family like I recharge and rejuvenate in the forest, and being with the trees

Andrea: And so I bring that back into a lot of the work that I do in the in the mental health field that I'm in right now, and connecting this idea of like the roots.

Andrea: and how much we are supported by the roots, and it and it connects for me so perfectly with this idea of embodiment, and, like I talked about earlier, you know, rather than just being disconnected. It's like we are getting into our roots and really finding our connection to our whole self. And then also the the thing that I love about the trees is the connection to each other in the forest, like they're all connected.

Andrea: and I think the more as humans, that we can regain that awareness and and come back to that paradigm of of that

Andrea: interconnectedness of all of us, the the less farm there will be, and you know, just

Andrea: so many profound implications within that

Andrea: returning to nature. So yeah, thank you.

James Marlatt: Thanks, thanks, Peter, thanks. Peter

James Marlatt: really enjoyed listening to you today, and I found it actually found

James Marlatt: the conversation and dialogue to be energizing.

James Marlatt: And I think you're you're you're being as demonstrative

James Marlatt: and

James Marlatt: evocative. And and I want to pair those dragon wings.

vbentz@fielding.edu: Thanks, like.

James Marlatt: Thank you. Peter.

Peter Whitehouse: And I actually found the tale to Jim that the end of the story that, too.

Peter Whitehouse: But I I need flying lessons because I kept flapping my daughter's face. I don't know if you know this.

vbentz@fielding.edu: Bear.

Carol Estrada: Jim, I was. Gonna say, if you want the wings, I like the

Carol Estrada: the arm coverings his.

Carol Estrada: the talons and

Carol Estrada: Anyway, Peter, it was

Carol Estrada: Hannah, for me to the my takeaway, I guess, is the

Carol Estrada: that struck me or hit home, was the interconnectedness, the entangling, that Tracy mentioned of the of the roots, and

Carol Estrada: maybe maybe for me personally, the

Carol Estrada: See

Carol Estrada: having a glimpse having a a view into

Carol Estrada: that entanglement.

vbentz@fielding.edu: Carol, your videos went off. Carol. I mean, your voice

vbentz@fielding.edu: got stuck.

vbentz@fielding.edu: So we have the technology holding us up a bit here.

vbentz@fielding.edu: One of the first times I met 4 arrows at one of his sessions on the indigenous worldview was

vbentz@fielding.edu: a long time ago at a Fielding session, but he had us all go outside and

vbentz@fielding.edu: touch trees, and then come back.

vbentz@fielding.edu: and I find I do that often I'm walking my doggy, or here or there, and

vbentz@fielding.edu: a tree that I didn't notice before, and I'll touch it. And if you oh, my gosh!

vbentz@fielding.edu: The wonderful energy from that tree

vbentz@fielding.edu: Carol you got cut off but

vbentz@fielding.edu: Anyone! Would anyone else like to just say a few words

vbentz@fielding.edu: for.

Val: I will.

Val: I just wanna say thank you.

Val: It brought me back to the importance of me staying grounded and can, and moving forward, but to be able to do that

Val: with some lightness, with play.

Val: Yeah.

Val: thank you.

Unique Brathwaite: Peter, thank you so much for sharing your story and your videos. I live in New York City, and I, my relationship to trees is sometimes a little bit different. So this is a good reminder to pause and to you know, reconnect in that way. So thank you.

vbentz@fielding.edu: Okay, well.

vbentz@fielding.edu: Peter, thank you so much. We have this wonderful session that you brought us.

vbentz@fielding.edu: We have recorded it, and I'll make that available to you and everyone else.

vbentz@fielding.edu: and welcome you as we move through the summer. Our next guest will be

vbentz@fielding.edu: Guy, who showed up in a couple of your photos.

vbentz@fielding.edu: What's his name?

Peter Whitehouse: Rick, Moody.

vbentz@fielding.edu: Like Moody. He'll be with us and me talking about his wonderful book, The 5 Stages of the Soul.

vbentz@fielding.edu: And he's going to be our special featured speaker next month in June.

vbentz@fielding.edu: Again. It's supposed to be on Tuesday at this time.

vbentz@fielding.edu: although we've had a problem with time, so we may move it to later in the day. So some of our other

vbentz@fielding.edu: students and colleagues can be with us. But it will be early in June

vbentz@fielding.edu: with Rick Moody

vbentz@fielding.edu: so, and you're welcome, I'll let you know. Welcome to come back and join us in our other sessions, Peter, and again, thank you so much.

vbentz@fielding.edu: Thank you all for being with us today

vbentz@fielding.edu: and see you up the road up the forest.

Peter Whitehouse: There you go. Thank you very much.

vbentz@fielding.edu: Pardon.

Unique Brathwaite: You know.

Carol Estrada: Thank you. Peter.