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Personal Vision Statement

Frank Cook
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Through nurture and nature I realize I am a person who enjoys stimulating environment, and beings along with a certain degree of chance. I am a generalist who loves to dance with a variety of on-going projects that have finiteness to them. I have also come to realize that there is a certain amount of routines and maintenance tasks that are involved in living a balanced and healthy life.

My vision is participation in a healthy communities spread over space and time. By healthy communities, I mean beings who live in proximity to each other and cooperatively care take the environment they occupy. I feel the land should dictate the size of the community and the kind of work done with it. A healthy community has a synergy about it which created a bounty for the immediate community and the extended community to prosper with. A healthy community has established; flexible, evolving flows of decision making, conflict resolution, foresight, communication, planning and personal empowerment. Though, at conception, and critical times more may be asked of community members, the needs of the community from its members should be small and the rest of the time people can pursue their own personal projects. A healthy community has a solid foundation. A healthy community does not cut itself off from the rest of the world. It established space for travelers, visitors, students and teachers. A healthy community emphasizes love and respect. A healthy community provides clear roles for those living in and interacting with it.

My personal areas of interest are herbalism, gardening, conscious living, cooking, beer-mead-wine making, writing, creating things from the ground up, being with nature, equal energy exchange, human development and potential, being a community planner, establishing a resource center, learning, creativity and art in all areas, self-expression,. I love inner and outer travel. I don't see myself settling down as much as having places I migrate to and put service with, places I feel connected with.

I can see myself as part of a holistic school and that the communities I'm involved in being places for people to come and learn by example of ways of living that are healthy, as well as places people can visit for reflection and integration. I also could see myself participating in the creation of a cooking school for conscious eating.