

Contents

Introduction	vii
1 Governance	1
2 Earning a Living	35
3 Health Care and The Farm	67
4 Health and Diet	85
5 Housing and Construction	103
6 Membership and the Gate.	139
7 Community, Conflict and Compassion.	155
8 Tribal Cultures	167
9 Following the Spiritual Path	181
10 Living Green: Permaculture and Ecovillages.	201
11 The Future Farm	217
Index	221
About the Author.	227