



LOVEGROWS

Wisdom School - Sierra Nevada - Colombia





This document was prepared by Jaime Noriega with the information provided by Sandrine (Amasahara) in order to create a powerful document that helps to understand the importance of this project. It is an internal work-in-progress document and should not be shared without the express authorization of Jaime Noriega or Sandrine.



Jaime Noriega is currently collaborating on this project and is interested in exploring the relationship between the vernacular architecture of the indigenous Kogui community and its potential impact on sustainable building practices in the Wisdom School as part of his PhD research at the University of Udayana in Bali, Indonesia



Imagine a magical **place** where
you can **connect** with your true
inner **Love** warrior.

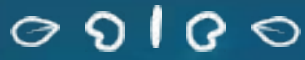
At Love Grows on the edge of the Colombian jungle,
there is a place where people come to rediscover
their true connection to the planet and each other
discovering community and culture



Part 01

Our School

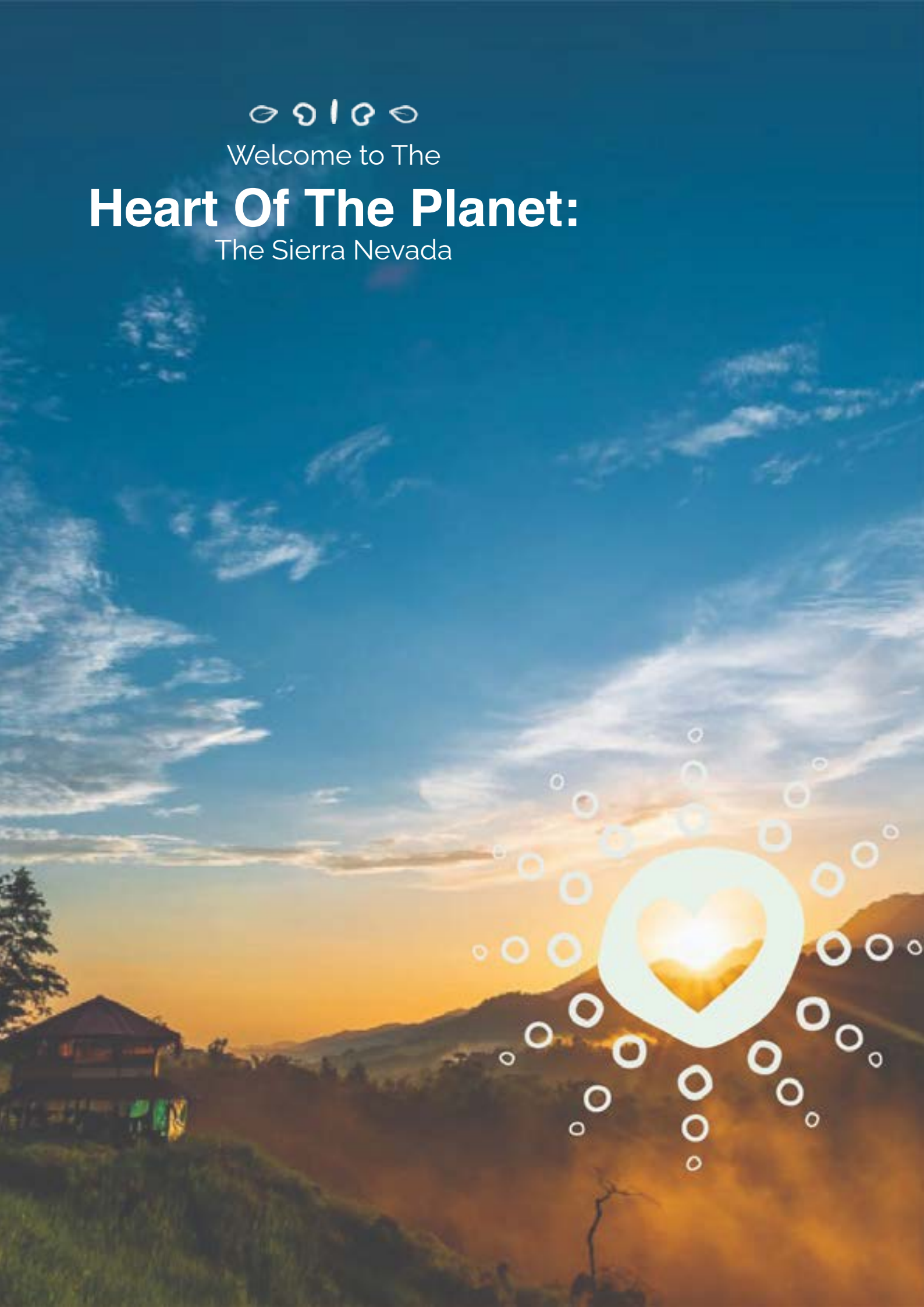
Lovegrows to Connect



Welcome to The

Heart Of The Planet:

The Sierra Nevada





Our Location

The Sierra Nevada

Land of the Koguis

The Sierra Nevada Mountains of Santa Marta are home to 4 indigenous communities, Kogis, Arhuaco, Wiwa and Kankuamo. These people have lived on the mountains for thousands of years. Much of the mountain is designated as their territory and it is not possible to reach land above 600m. This is sacred territory and consequently it has become a national park.

Our farm is situated at 250m above sea level and touches the edge of the Indigenous community of the Kogis. The Kogis are the guardians of our thoughts and protectors of the mother earth. Their lands have always been sacred places so they maintain a spiritual connection to the mountain which is channelled through the Mamos, to keep balance and harmony on earth. Mamos are their community spiritual leaders.



Our Land

One Pristine Jungle

A Very Special Place

Lovegrows land is becoming part of a larger conservation project championed by the UN and with the full support of the land owners to protect these lands with unique biodiversity. We also understand our role to be part of a ring of protection to support the Mamos work.

The 13 hectares land of Lovegrows offer one of the biggest biodiversity's in the planet, but still we can observe loss and destruction. For us keeping the 2 /3 of the land untouched gives the opportunity to the land to regenerate herself and remained balanced. On addition to this, we are also reforesting another ¼ of the land.



There is a
High Diversity
of **animals**, birds, insects,
plants, medicinal **plants**, fruit
trees and wood trees.



Sustainable

Love from the Land

Fruits, Vegetables and Healing Herbs

We grow more than 18 different varieties of fruits such as, Banana, Mango, Pineapples, Cacao, Pears, Guayabas, Guayama, Jackfruit, among others. We also repertory more than 20 different medicinal herbs with the help of the indigenous communities. We know that there are many more, and with the support of those local herbs we can deal with the commune's health issues and protect ourselves in this environment. We also have our own permaculture garden with Salads, Tomatoes, Aubergines, Yuca, Malanga, Ginger, Pimentón, etc.



Design Principles

Building and Land Approach

Bio-Construction and Natural Materials

We embody a unique way to live in harmony with nature, with a variety of eco-building techniques and ways to integrate into the ecosystem without degrading its condition. Spaces are built using local materials such as gusanero, palm leaves, bamboo, wood and clay. Most cabins are collapsible and have almost no impact on the ecosystem. We integrate with nature by creating netted shelters with bioclimatic design which allow the natural breeze to flow, and minimize the amount of electricity needed. We are off grid; solar panels provide all of our electricity. We use bio-filters and compost toilets.



Current Buildings

Our Sleeping Areas

Where our guests can stay

One **Geo Bio-Dome** Bedroom with 1 double bed

A 2-storey **Jungle Hut** with 3 bunk beds on the first floor and a double bed on the second

One **Big Mud Hut** with 1 double bed and 1 singing bed

One **Small Mud** Hut with 1 double bed

An open **Jungle View Shed** with thatch roof accommodating 4 hammocks

Currently we can accommodate 20 guests or volunteers at one given time



Current Buildings

Our Community Areas

The spaces where we all share

A **Yoga Shala** connected to the earth and nature
An semi open **Community Dining Room** and kitchen
Shower and Toilet rooms

13 hectares of untouched jungle and two clean and refreshing rivers



Part 02

Our Story

How to Grow the Love



The Wisdom of Nature

What have we been doing

Background

In the last 6 years, Lovegrows had received more than 1000 volunteers, permaculture students and guests alike. All come with a willingness to explore their human potential through our different healing or self-development workshops. We offer them a space of compassion, love and support where they have the possibility to explore themselves freely and reconnect in a deep way to their own nature.



What do we Believe

The Love

Why Lovegrows

We believe that love is the essence of life and its main quality. We must evolve to be in tune with the big shift earth and humanity is going through. We embrace all aspects of this shift in all fields by observation and understanding of it.

Here, in the intensity of the heart of the planet, a place where we are challenged by all aspect of nature and humanities in all their colours and shades, we get the opportunity to develop what love is all about.

Every single person who went through Lovegrows made this, a truly magical place. Their help, support and being who they truly were, allowing themselves to be seen as a being of love, has left imprints in this beautiful land. Lovegrows keeps growing in all our hearts.



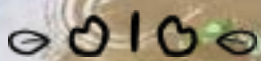
The Knowledge we Must Share

Our Journey

A Vision for this Place

The path which brought us to this land has not been random, but the fruit of listening to the call of the Mother Sierra. It has taken us 6 years to understand her message and find the role she was expecting from us in this land. In this moment we can see tremendous change over the planet and a lot of great initiative for our evolution. However, until our individual hearts are fully in tune with the heart of the mother, all those beautiful efforts are in vain. We need to finally connect back to her again.

Lovegrows is a sacred land where the deepness of reconnection with the mother earth is inevitable. For new masters, the process of connecting with the creator thought or the source involves impeccably clearing themselves, in order to access wisdom through portals and connect with other dimensions. This lands asks us to hold and share the knowledge of the ancient wisdom of the indigenous people, with whom we collaborate to support their own mission.



We don't inherit the Earth
from our ancestors, we
borrow it from

Our Children



Part 03

Our Invitation

Support us to Keep Growing the Love



Our Invitation

Help Grow the Love

Support

The time has come to expand Lovegrows, so our work can keep growing and reach the heart of more people. At this stage we are calling for the right support of people who truly understand that it's up to all of us to support earth regeneration and human evolution.

How can you help?

1. You may join our working team and become a volunteer
2. You may donate and aid to our cause and work
3. You may sponsor our future work



Volunteer

Because a new volunteer takes time to train, we can accept a volunteer to join our team with a minimum time commitment of at least 2 months. Your support will be needed in accordance to your current skills and availability to help with our work.

Donate

You may donate financial support to buy materials or to hire key people from the local indigenous community (Hence your donation also helps the Koguis). You may also donate the materials needed, work, hosting for our website, design and so many other things we need.

Sponsor

You may become a sponsor too! This way your support has a direct contribution and you may benefit directly or indirectly from our work. You may place a deposit now for any of our future courses, stays and workshops.



Let's Talk

Mother earth needs our help more than ever. Help us expand her wisdom and change our mindset by contacting us to learn about how you can get Involved and make a meaningful impact.

Contact **Amasahara** on
+62 812 3896 6132
Indonesia WITA Time (+7 GMT)





Our Future

The Way we Grow the Love

The Goal of this Effort

Lovegrows will become a space dedicated to share knowledge and wisdom. Our future workshops, events, courses and retreats will have these principles and guidance as their philosophy. Likeminded people who share these principles may also rent our spaces for their own retreats so the love we all have may keep growing.

We aim to promote the reencounter with nature, land, movement practices, natural construction, music and arts.



When you
get to **experience**

Wisdom of Nature

you will understand
yourself better



Contribution

What do we need to do

Where we need help

- Repair of communal spaces
- Expansion of the existing solar system and new emergency generator
- New website and marketing strategy
- Extending the kitchen dining room and buying new equipment
- Building new bathrooms
- Finishing the Geo-Dome
- Finishing the Big Mud Hut
- Acquire new sustainable furniture
- Installation of water system
- Construction of 3 new huts bedroom
- Construction of a new shala



Part 04

Our Founders

Meet the Team



Cofounder and manager of Lovegrows

AMASAHARA

Life-coaches coach and Sound healer

Sandrine was born and raised in France. At the age of 20 she moved to Spain. After a successful career as an artist, co-founder and designer at Espace Terre, Spain: Galería de Arte y Centro de Diseño, she entered a period of depression and lived through an unusual experience that forced her to undertake an in-depth investigation of self-reflection and discovery where she would question the true nature of life to rediscover, reposition and savor and enjoy it. In the last 15 years she has worked as a life coaches coach. She has studied reflexology, Reiki, Thai massage, Jen Shen Dao, and NLP. However, it was Jean François Beny: human systems analyst, co-founder of “Hugme”, who was her main guide in her consciousness raising practice, which today is her main tool to guide a variety of professionals in the field of self-management, development and anyone wanting to live their full potential.

After traveling the world for three years, she arrived in Bali where she began to receive clear guidance that she had to build the Lovegrows project in the Sierra Nevada of Colombia. In 2015 she and Russell begin to establish Lovegrows, one of the last places in the world that promotes living in harmony and protecting indigenous wisdom. She now lives between Colombia and Bali, where she fully practices sound healing.

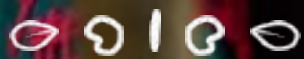


Cofounder and Co-manager of Lovegrows

RUSSELL MANNING

Permaculture Teacher

Living and teaching Permaculture on his Lovegrows farm in Colombia has been Russell's passion for the last 6 years, before traveling and volunteering in over 20 projects around the world learning about sustainable living and different methods in various cultures. Russell has a university diploma in Plant Science and completed his PDC with the Permaculture Research Institute (PRI) under the tutelage of Geoff Lawton. Russell is already an authorized PRI teacher and students will receive their certificate from this institute



Our Most **Loved**

Lili Girardeau Manning

The **Muse** of Lovegrows



LOVE GROWS



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