



Lessons on WellBeing from Regenerative Agriculture

From Soil Health
to Soul Health





The Lay of the Land



- Objectives
 - 1. Identify the general concepts of regenerative versus extractive agriculture
 - 2. Explore the ways in which these concepts also apply to wellbeing
 - 3. Identify specific wellbeing practices that implement these general concepts



Introducing Regenerative Agriculture

- Mindset
- 6 Principles
- 3 Rules
- 4 Processes



Mindset

- Extractive, sustainable, or regenerative
- Working with or working against



Then the Lord God took the man and put him in the Garden of Eden to cultivate it and tend it.

(Genesis 2:15 NASB)



6 Principles

- Context
- Disturbance
- Cover
- Diversity
- Living roots
- Livestock as ecosystem engineers



3 Rules

- Compounding and cascading effects
- Managing disruption
- Mutuality of community



4 Processes

- Energy flow
- Water cycle
- Mineral cycle
- Biological succession



Grazing Levers

- Grazing Period
- Grazing Intensity
- Recovery Period



Soil Health to Soul Health

- Regenerative goals
- Context and comparison
- Noticing Behavior
- Disruption and recovery
- Building infrastructure
- The capacity to receive
- The impact of small changes
- The power of community



Regenerative goals

- Context
- Desire
- Plan
 - Desire -> Thanksgiving -> Resistance -> Grace -> Discipline -> Dream



Context and comparison

- History and drought
- Different places in our journey



Noticing Behavior

- Cows are lazy and cows like candy
- Undergrazing and overgrazing in the same pasture



Building Infrastructure

- Fences and water
- Habits and environment



Disruption and recovery

- Avoid the second bite
- Recognizing the cost and the way of recovery



The Capacity to Receive

- Catch every drop of rain where it falls
- Receiving grace



The Impact of Small Changes

- Rhythm of Life



The Power of Community

- If I want to love my cows, I have to love my grass. If I want to love my grass, I have to love my soil.
- A place in the Body of Christ



Thank You!

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