



Regeneration From the Inside Out

“Our survival as a species depends on our ability to recognize that our well-being and the well-being of others are in fact one and the same.” – Marshall B. Rosenberg, PhD.

Knellee Bisram
CEO / Representative to the United Nations
AHAM Education Inc



**SUSTAINABLE
DEVELOPMENT GOALS**



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Art of Happiness and Mindfulness
Academy of the Heart and Mind

AHAM Education



Vision

Underserved individuals discover and fulfill their purpose, while living consciously and experiencing personal, collective and planetary well-being.



Mission

To build the inner capacities of 1,000 Mindful Leaders to co-create 100 Communities of Well-being and Regeneration via our Partners in Resilience model.

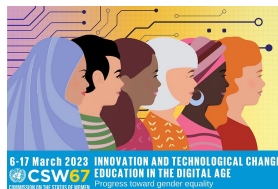
BIPOC, Gender and Youth-focused engagement, agency and leadership in building glocal Resilience.



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Conscious Regenerative Advocacy and Action



Together we will inquire...

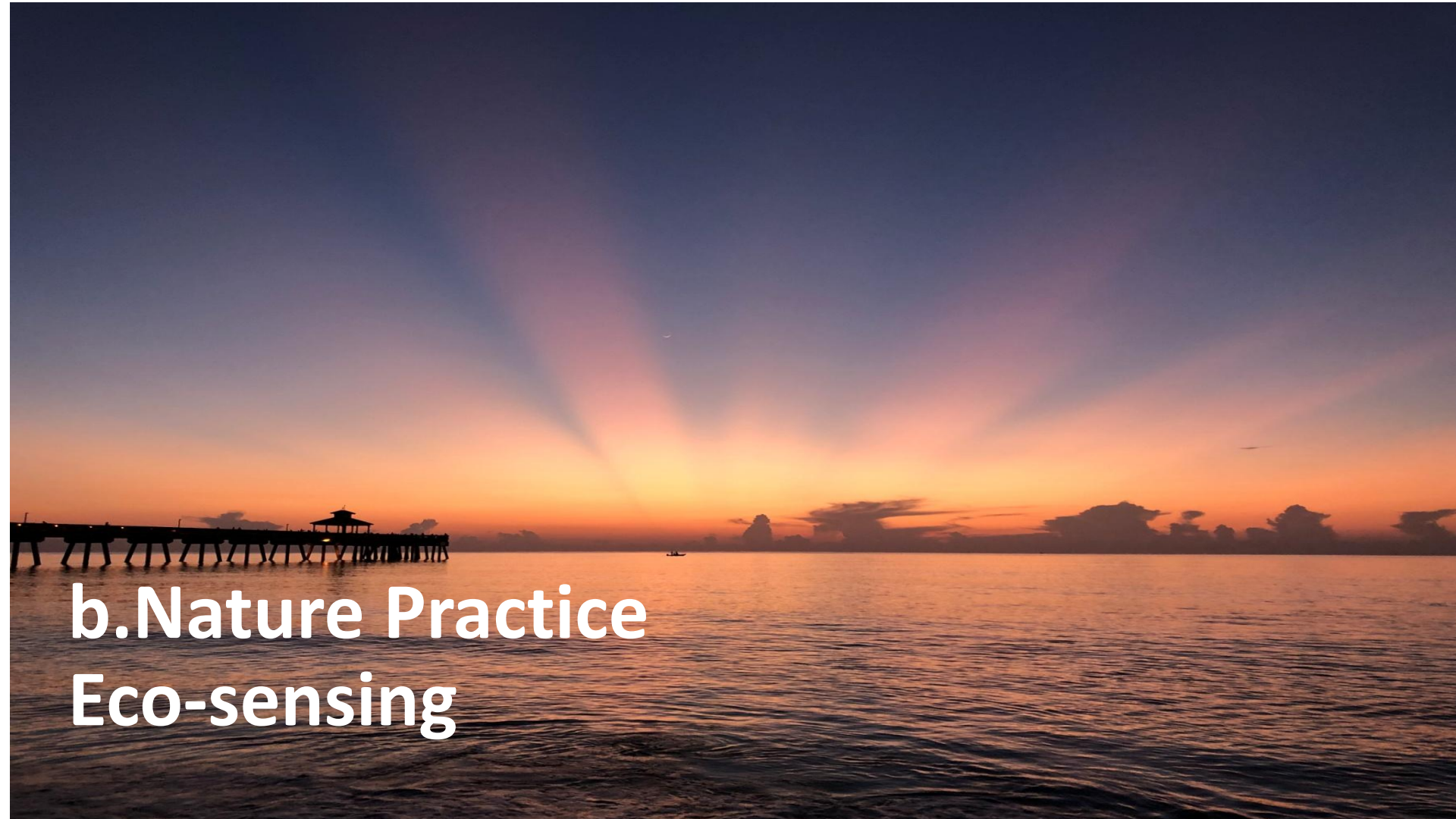
What is regeneration?

How do we regenerate ourselves in harmony with Nature
and our kin?

Why the inside-out approach is fundamental for solving the
polycrisis?

4

How can we apply this approach to leave our ecosystem
better than we found it, while regenerating community
abundance and well-being?



b. Nature Practice Eco-sensing

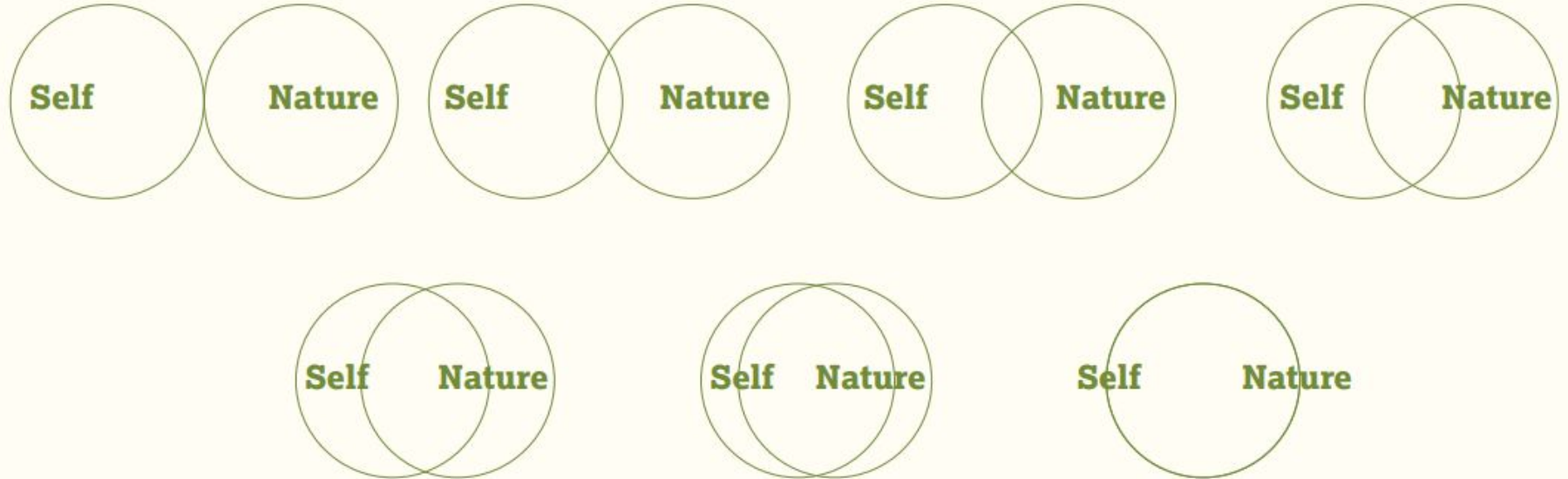


The Polycrisis includes...

- Mental health crisis, loneliness epidemic
- Climate-related health impact, pre- and post-traumatic stress, eco-anxiety.
- Systemic barriers to well-being and thriving in schools, organizations, and institutions at large.

Inclusion of Nature in Self Scale

Which image best describes your relationship with your kin, the natural environment? How interconnected are you with your kin, Nature?





RESISTANCE TO WHAT IS....

IS THE BARRIER TO

REGENERATION



**ALLOWING, INTERBEING,
LOVE, CARE**

ARE THE ENABLERS OF

REGENERATION



INNER DEVELOPMENT GOALS
Transformational Skills for Sustainable Development

Inner Dimensions of Outer Change

1

BEING - Relationship to Self

2

THINKING - Cognitive Skills

3

RELATING - Caring for Others and The World

4

COLLABORATING - Social Skills

5

ACTING - Enabling Change



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Inner Development Framework & AHAM Resilience Theory of Change





SUSTAINABLE DEVELOPMENT GOALS

1 NO POVERTY

2 ZERO HUNGER

3 GOOD HEALTH AND WELL-BEING

4 QUALITY EDUCATION

5 GENDER EQUALITY

6 CLEAN WATER AND SANITATION

7 AFFORDABLE AND CLEAN ENERGY

8 DECENT WORK AND ECONOMIC GROWTH

9 INDUSTRY, INNOVATION AND INFRASTRUCTURE

10 REDUCED INEQUALITIES

11 SUSTAINABLE CITIES AND COMMUNITIES

12 RESPONSIBLE CONSUMPTION AND PRODUCTION

13 CLIMATE ACTION

14 LIFE BELOW WATER

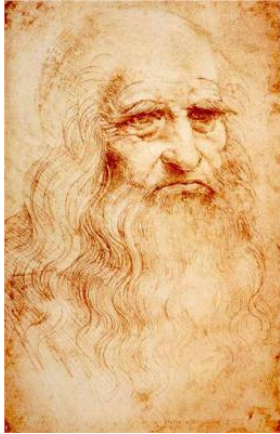
15 LIFE ON LAND

16 PEACE, JUSTICE AND STRONG INSTITUTIONS

17 PARTNERSHIPS FOR THE GOALS



The Power of Awareness



*The average human
looks without seeing,
listens without hearing,
touches without feeling,
eats without tasting,
moves without physical awareness,
inhales without awareness of odor or fragrance,
and talks without thinking.*

~ Leonardo da Vinci
(1452–1519)

What is Mindfulness?



*“Mindfulness is the awareness that arises from **paying attention** in a particular way:*

on purpose,

*in the **present moment**, and*

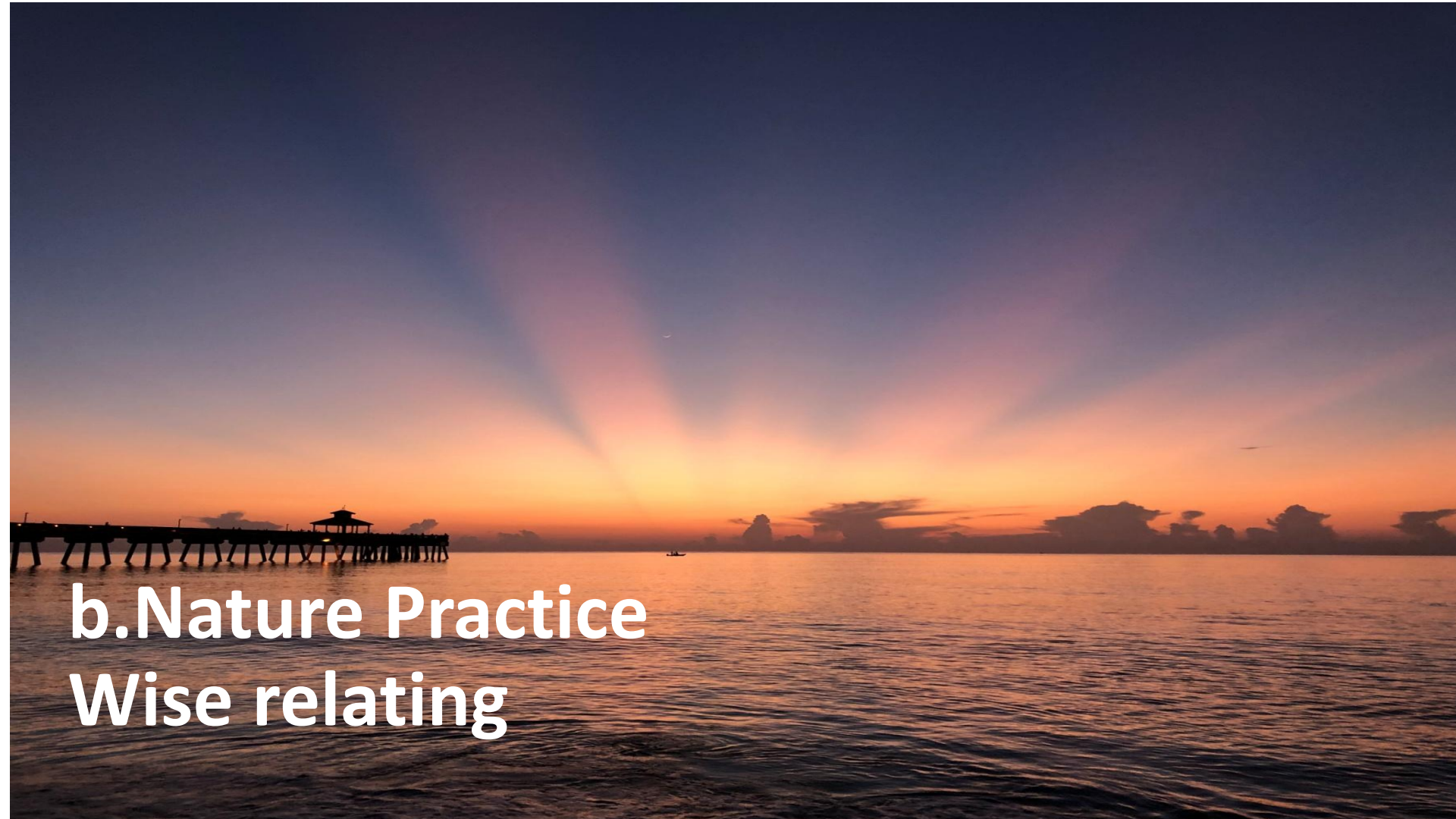
non-judgmentally”

~ Jon Kabat-Zinn



The 9 Attitudes of Mindful Awareness

- Non-Judgment
- Patience
- Beginner's Mind
- Trust
- Non-Striving
- Acceptance
- Letting Go
- Gratitude
- Generosity



b. Nature Practice
Wise relating

Neuroplasticity, Nature and Mindfulness



The brain's ability to adapt and change in response to thoughts, emotions, behaviors and our environment.

“Neurons that fire together, wire together”

“The brain works like Velcro for the negative and Teflon for the positive.”



The Healing Power of Nature

- **Improved mental health:** reduce stress, anxiety, depression, isolation; improve mood, self-esteem, and overall well-being.
- **Improved physical health:** improve cardiovascular and respiratory function, lower blood pressure, and improve sleep quality.
- **Faster healing and stronger immune systems:** patients who had a view of trees from their hospital window healed faster.
- **Increased empathy and cooperation.**
- **Improved focus, attention and mindfulness, creativity and performance.**

Our Documentary: Healing People Heal the Planet

Book a film
Screening
and
Regenerative
Storytelling
circle
[HERE](#)



B.Nature 2025

An eight-week online journey from embodied presence to embodied action for the well-being of people and planet

Register to attend free orientation [HERE](#)



Designed for global and local leaders, mindfulness advocates and youth changemakers building a better world through compassionate action.

Mindfulness-based, nature-centered practices and strategic action planning for personal, community and planetary well-being.

Created and facilitated by Knellee and Piero. Certified senior Mindfulness teachers with over 50 years of combined experience and practice. Representatives to the United Nations on sustainable development and well-being

Orientation: Sept 11 at 12 pm EST and Sept 18 at 6 pm EST
Course: Every Thursday, Oct 2 - Nov 20, 2025 from 12 - 2 pm EST
All-day Retreat: Saturday Nov 8, 2025

More info at www.ahameducation.org/bnature



ACT NOW



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Want to shift to a more regenerative culture?

b.Nature Online Course 8 weekly sessions Solo silent day retreat

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b.Nature themes we will explore...

Eco-awareness, Sensing, Being Nature

From Disconnection to Communion

Wise Relating and Reciprocity

Healing Intergenerational Patterns of Solastalgia

Restoring and Regenerating

Ego to Eco - Living With Compassion and Circularity



b.Nature is grounded in...

- Mindfulness and positive psychology
- Ecopsychology and ecospirituality
- Ancestral and indigenous knowledge
- Volunteerism and acts of kindness



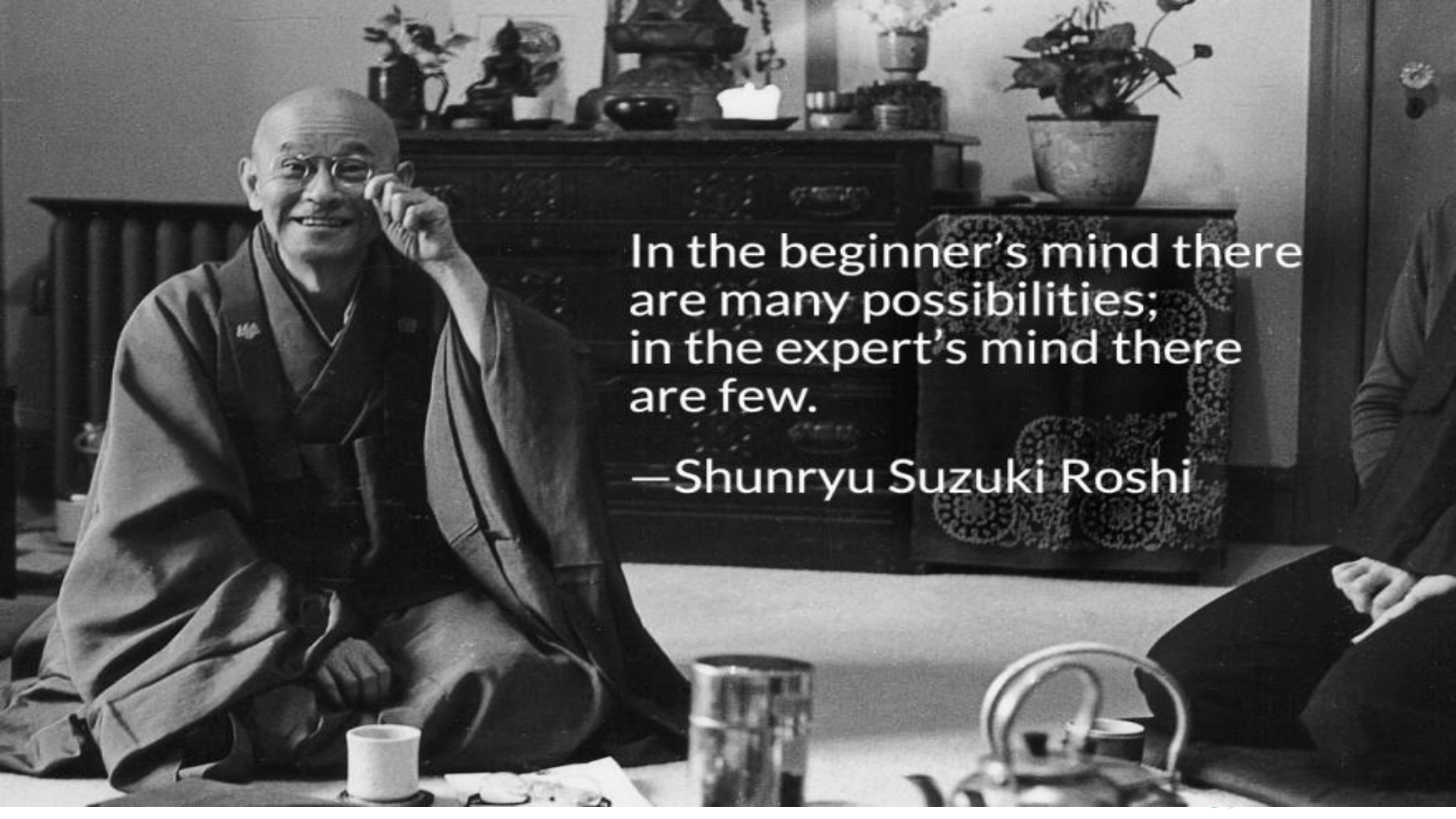
b. Nature will allow you to...

1. **Improve** well-being, reduce stress and eco-anxiety.
2. **Expand** into a mindful, regenerative lifestyle.
3. **Integrate** regenerative mindsets and culture.
4. **Execute** embodied, regenerative local actions, policies and practices, aligned to SDGs.



b. Nature Community of Practice, Retreats & Leadership Certification

- **Monthly community of practice**
 - Cultivate regular awareness practice
 - Receive support for regenerative and mindful projects
- **In-person retreats**
 - Rocky Mountain Ecodharma Retreat Center, May 19-24, 2026.
 - **Pre-register: <https://tinyurl.com/bnatureretreat>**
- **Leadership certification**
 - Facilitate or integrate in organizational/systems
 - Online course, in-person retreat, advanced training



In the beginner's mind there
are many possibilities;
in the expert's mind there
are few.

—Shunryu Suzuki Roshi

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