

The Flourish Model

It's all about Relationship

“Human flourishing refers to a wholeness - of being and doing, of realising one’s potential in helping others to do the same, of acting with honour and treating others with dignity, of living with integrity.” - Francis Su, Mathematics for Human Flourishing

Through revealing the interconnected nature of human development, evolution, behaviour and sustainability, the Flourish Model aims to provide an interdisciplinary road map explaining the relational foundations of human capacities and potential and how these promote and optimise sustainable wellbeing.

We are not born as blank slates. Instead, we are both carrying forward the patterns of the past and contributing to the creative unfolding of life in forms of ever-increasing diversity and complexity. Every other living species has a fixed nature - in that they are simply operating on the basis of their natural instincts. Human beings, however, have come with the incredible capacity for transforming and transcending these instincts - and that means that we are literally co-creators of the future.

We can choose to maintain the old forms that have shaped us and to live within systems that diminish us, or we can choose to work together to create new and more powerful possibilities. It is disconnection – from our selves, each other and the natural world that prevents us from being able to flourish, and it is relationship that reveals the path to wholeness. There is a dynamic ecology of wellbeing that needs to be understood if we want to ensure a sustainable world for the generations yet to come.

Relational Memory

Relational Consciousness

Relationship of the Inner
with the Outer

Relational Presence

Relational Attunement

Relational Development

Relational Responsibility



Relational Memory

Of all the 113 billion human beings that have ever existed each one has been totally unique, and that is due to the evolutionary nature of memory. Evolution is accumulated memory that has constantly built upon itself to reach higher and higher possibilities of life.

There are different sorts of memory though, and most are unconscious.

Evolutionary Memory (Unconscious) The fact that we are a specific species and carry with us all the biological survival information that has been steadily built up since the first living forms existed.

Epigenetic Memory (Unconscious) The biological information that we carry forward from the environmental experiences of our own direct ancestors.

Genetic Memory (Unconscious) The biological information that we carry forward from our own parents and which is then moulded by our unique personal environmental experiences.

Sensory and Intellectual Memory (Conscious) The neurological structures and connections that are shaped by our unique environmental experiences.

Relational Consciousness

Honouring the natural spiritual urge to perfect ourselves i.e., to optimise our unique capacities and potential.

Honouring the natural human predisposition to connect with the world relationally i.e., as intimately connected to the wider field of others and the natural world.

Awareness of the relational nature of our bodily sensations, thoughts and emotions, the impact of language and shaping of cognition and the cultural agreements we both sign-up to and create.

Becoming increasingly mindful about the fact that we are constantly radiating our own information into the wider system and what we would want our long-term contribution to be.

Understanding that love is our natural condition and the grounding of our existence as human beings within the larger unified field. It is the relational matrix that is always calling us towards wholeness and growth.

Understanding that we are social beings and that to develop and grow we need the love and support of others.

Developing compassion towards the natural world in acknowledgment that human values, beliefs and behaviours are constantly impacting the wellbeing of the ecosystem.

Our individual and joint responsibility to identify and transform potentially damaging values, beliefs and behaviours.

Relationship of the Inner with the Outer

Understanding the world from 'Inside-out'

How our own backgrounds, experiences, values, thoughts and emotions influence our mindsets, behaviour and activities and how these then ripple out into the wider system.

The fact that we are carrying forward the patterns of the past and that these may not be serving the best interests of the future.

The primary importance of early human development in both determining whether potentially limiting patterns and tendencies are reinforced or dissipated, and in preventing the life-long impact of adverse childhood experiences (ACES).

Developing self-compassion as a primary tool for moving beyond old patterns to ones that better serve our own wellbeing and hence that of others and the wider system.

Promoting psychological flexibility and resilience i.e., being able to authentically own and experience all sensations, thoughts and feelings, both positive and negative, as important information that is helping us to develop and grow.

And 'outside-in'

How the external pressures and expectations of the systems that we live within (i.e., families, communities, political and religious systems and cultures) influence our thoughts, emotions, worldviews, values and behaviours.

How the people that are running these systems are, themselves, the results of their own family and cultural backgrounds and that we need to understand the world from their perspective in order to effectively influence them.

Developing compassion towards others as a tool to understand the underlying patterns that lift us away from conflict and judgement to an awareness of our mutual interconnectedness.

Our joint responsibility to identify and transform inhibiting structures and organisations, so that we can create a more peaceful and sustainable world.

Relational Presence

Understanding the power of being 'fully here' and how being mindful of the relational quality of our everyday moments helps to cultivate a sense of gratitude and compassion towards the natural world and our role within it.

Recognising that between each stimulus and the predictable response there is a space - and that increasing our awareness of this space provides the possibility to choose different.

Recognising wisdom is the ability to feel from that space of presence and awareness (which lies beyond thinking) and to fully experience, non-conceptually, how everything is interrelated and what might best serve the whole.

Trusting the process.

Expanding the horizons of caring to include all human beings and the global ecosystem.

Relational Attunement

Becoming increasingly aware and present to the fact that other people's actions and behaviours (why they are the way they are) have also been shaped by their family and cultural backgrounds.

Becoming increasingly present to our own cognitive biases and learnt responses, so that we can allow new and more positive behaviours to emerge.

Acknowledging that caring for others (people, animals and other living things) is the single most important thing that gives meaning and value to our lives. Cultivating compassion towards Self, Others and the Natural World.

Valuing the simple: realising that things that seem mundane and irritating about everyday life are actually those that give it meaning and context.

Living lightly: not taking yourself too seriously – realising that nobody cares as much as we think and that everybody else is busy inhabiting their own lives.

“Evolutionary science suggests that the human spirit is part of a generative creative field, with every element materializing the form that best suits its nature, together with the circumstances that enable it to grow and perfect itself. Wholeness is a dynamic and unified system of active, energetic forces that combine together to shape the future.

What we are suggesting is a relational, participatory, and evolutionary vision of reality and human existence in which individuality, relationality, and generative creativity are all understood as interdependent dimensions of this unfolding evolutionary process. When unfolding naturally they manifest as the pattern language of beauty, flow and love.”

Relational Development

Optimising our physical, emotional, mental and spiritual growth through integrating seven core human evolutionary needs and motivations.

We all need . . .	
Growth	to expand who we are and what we know
Contribution	to contribute to something greater than ourselves
Fulfilment	to test our skills and know that we can overcome challenges
Engagement	to explore and take risks in order to learn
Independence	to feel a sense of self-worth
Relationship	to love and be loved
Security	to have a safe and secure place to live



In order to . . .	
Growth	positively impact a dynamically interconnected world
Contribution	be able to follow and fulfil our unique purpose
Fulfilment	be able to fully optimise and express our skills and capacities
Engagement	be fully playfully and creatively involved
Independence	develop a sense of personal mastery and agency
Relationship	develop a sense of connection and belonging
Security	be able to develop healthy bodies and minds

Relational Responsibility

Stepping back from potentially damaging personal and group values, beliefs and behaviours, so that we can become the best version of our selves.

Sharing the individual and group responsibility for creating the processes through which the values that we need to see in the world are identified, nurtured and sustained.

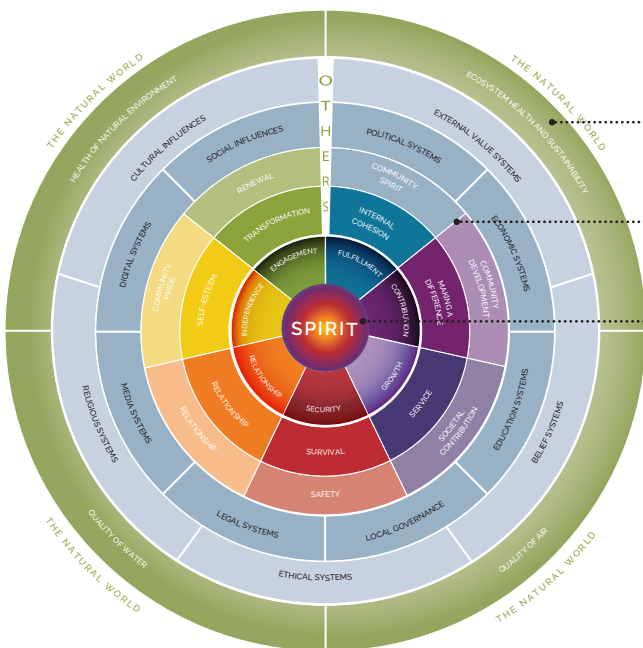
Identifying and transforming inhibiting structures and organisations, so that we can create a more meaningful, peaceful and sustainable world.

Redefining success, so that it reflects personal, community and organisational integration and wholeness.

Taking responsibility for our everyday actions that compromise the wellbeing of others and the sustainability of the planet.

Connecting with millions of other people around the world who are using technology, collaboration and the power of community to bring in a new and more meaningful future.

Love in action: becoming a living example of compassion for Self, Others and the Natural World.



One unified relational field

The wider cosmos/deep time

The patterns and influence of the wider universe

The natural world

Relating to other living systems on the planet

Others

Connecting to family, community, society

Self

Optimising potential

Wellbeing as Relationship

From the relationship with our own personalities, to how we are influenced by the wellbeing of other human beings and all species on the planet and beyond, our lives are intimately ones of connection and interrelationship.

The Flourish Values Model is a new and powerful framework for understanding and mapping human values and wellbeing that promotes community engagement and whole-systems thinking.
©Flourishproject, 2021

www.flourishproject.net