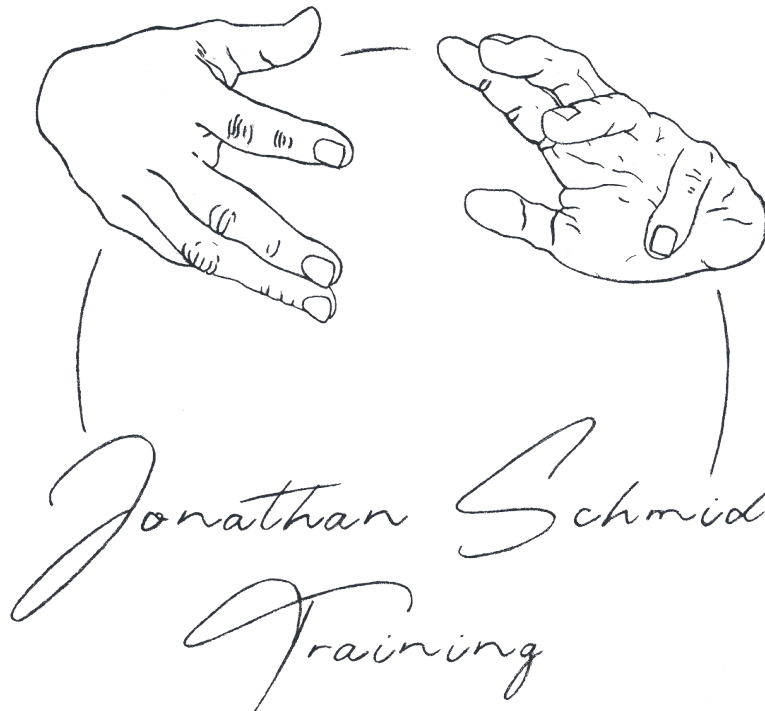


# Jonathan Schmid Training

## *Basic Information*



### Offers

Intensive Group Hamburg

One-to-One Training

Online Support (1-1)

Intensives & Workshops

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YOUR NAME + selected offer

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# *Introduction*

As much as we care about us, we also should care about nature and our environment. We have to build a culture in which we give the best to us, but also to the nature and nature can give the best to us. It should be a fair exchange as well – for yourself and for mother earth.

The external layer in our general practice deals mainly with the surroundings and environment that means with nature, animals and life outside our being. This life, however, is an essential component of our being. We can also be a positive and important part of our environment as it is of us.

To get through this wonderful life healthy and long, we need awareness, our body in best possible function as well as an intact nature. Just as in the physical and cognitive practices we dedicate ourselves mainly to the mind and the body, so in this practice we dedicate ourselves to a healthy circular economy of nature and through it for ourselves.

Through the practice of the external layer we explore our surroundings and environment. We learn how we can interact in a respectful and positive way with it and what we can do to respectfully treat the earth and the existing and to protect, care for and promote it in its existence. This work is mainly influenced by the ecological philosophy of **permaculture**.

## Permaculture

Our industrial society is increasingly confronted with the issue of a sustainable way of living and using our living spaces. Under the credo "problems can never be solved with the same way of thinking that created them", the concept of permaculture describes an alternative way of thinking to answer these emerging questions of sustainability.

### **What is permaculture?**

Permaculture describes a sustainably applicable concept of living and habitat design, which essentially deals with the interrelationships between living beings and their environment.

The basis of life are intact and permanently usable ecosystems, which are designed on the basis of some basic principles, individually, location- and society-adapted. Working together with natural developments and functions, understanding them and combining them in a useful way are the tools for the active design of such habitats. Simply put, taking into account the individual site and social characteristics, edible and usable landscapes are designed which require less energy input from humans than they provide in terms of output.

For this purpose, an understanding of the elements, functions, interactions and their development in the system must first be available in order to work with them in a meaningful way. To generate and maintain this knowledge is part of the teaching of permaculture.

### **Why permaculture?**

In order to understand permaculture, the reason for its necessity must also be understood. The basis of our life is the services we take from the ecosystems we live in. These are raw materials, food etc. The way we manage this system determines the extent to which these services will be available in the future. It is a narrow straight line to use a system without passing the point where the system degenerates or where ecosystem services offer a lower and lower energy level.

If we look at our way of life today, we can see that it is shaped by a war and post-war generation. Their emergency situation created identification, quantification, specialization and the desire for sustained economic growth. This is the basis for the economic and land use system that prevails today.

The problem is that the application of scientific/linear/mathematical methods to the complexity of nature does not work. A simple linear system such as that of economics, in which most variables are known and business success is measured by short-term operating results, cannot be applied to nature, where complex interrelationships cause multiple reactions in one action, which cannot be measured so easily and are sometimes delayed or applied elsewhere. By this short-sighted way of land use we damage the basic pillars of these natural production systems, which consist of the conditions of growth. These parameters (water availability, light, nutrient availability, temperature, PH) are strongly interconnected and the deterioration of one or less will lead to deterioration of all of them.

The constant decrease of soil fertility due to lack of biomass, erosion and deterioration of soil structure, as well as the increase of climatic extremes, due to lack of buffers of a diverse and lush vegetation, are only some of the consequences of this development. This concatenation of events leads to an ever decreasing productivity of the land. Such management simplifies and instabilities ecosystems, which ultimately deprives us of our own livelihood.

Since intact ecosystems form the basis of our lives, for true sustainability it must be taken into account that in their use the preservation of complexity and multifunctionality is given higher priority than short-term operating profit. The concept of permaculture meets exactly this requirement.

## *Outro*

The idea of this practice is to pass on and teach people experience and knowledge so that they are able to take sustainable care of themselves (body and mind) as well as the natural and animal world and food production.

Instead of one large farmer in a large area, there should be several individuals and or families who practice agriculture on a small area. In exchange with other families, a maximum supply should be created. By agreement, family X can grow certain things that are not possible for family Y and vice versa.

Because several people are involved in this process and have knowledge in this area, each of these people can also pursue other work and leisure things and does not only have to be a farmer.