

### *Intimate Insights, an Emerging Care Model*

#### The Turn-Over

It happened: November, 2002.

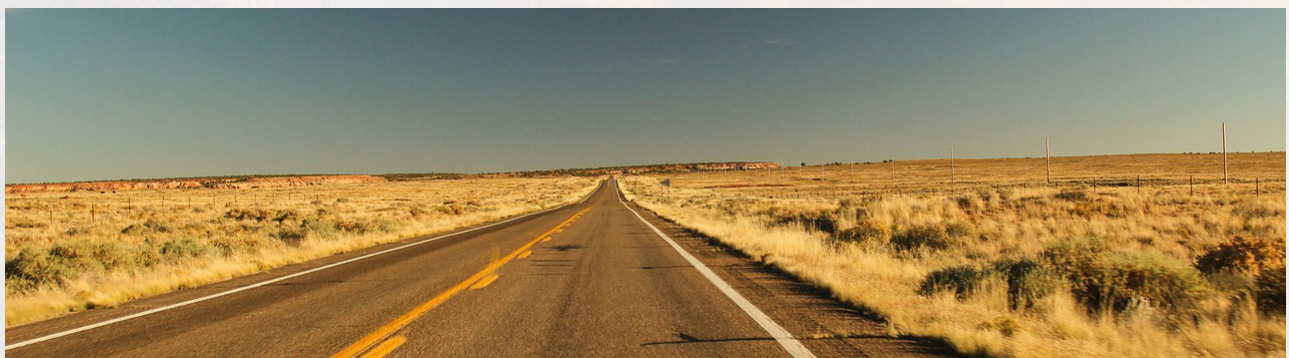
The screeching tires, crunching metal, tearing earth, sprays of dirt, rubber and blood had come to rest, and the quiet afternoon calm of a warm Arizona early winters day closed back in around the scene.

Emerging from the wreckage of the torn vehicle, a young woman, tossed and disoriented began to make sense and appraisal of the tragedy surrounding her. Stumbling about, she began to call out to her companions, a kind of roll call to see who might be there to answer.

Sadly, two of her compatriots lay dying, unable to respond. As she called the name of the third, "Kabir!" A voice echoed back from somewhere inside the twisted wreck... "Kabir here..."

The brief call and response echoes in my mind, a memory reconstructed only a handful of times in the 17 years since that fateful day. My friend, the young woman, walked away from that accident that day. Our two other friends passed that day from this life. I came away alive, but no longer walking, paralyzed from the chest down.

Today, it's still true, "Kabir here."





### Re-balancing 'Self' without Limbs

I lived under my brother's loving care for the next two years.

The time was spent, for the first year, getting to three hours of intensive recovery therapy five days a week. The process of getting me up for this and down again on our return, as well as travel between added another three hours.

This recovery center was a space of community. This was my first experience in how important the empathic, reciprocal caring relationships in treatment and recovery are for well being.



### Mind Building

The year was now 2006. I began to expand my horizon to include aspects of life beyond disability. I was now responsible to manage a household and my care, raise my daughter as a single father, build a new life and manage funds received from the accident settlement.



I entered into a world class leadership development program (GTC) and this couldn't have come at a better time. This learning supported me to navigate a paralyzed body, while managing not only its care and recovery, but also begin to create a community culture of the 24/7 staff of people that helped make this new life possible.



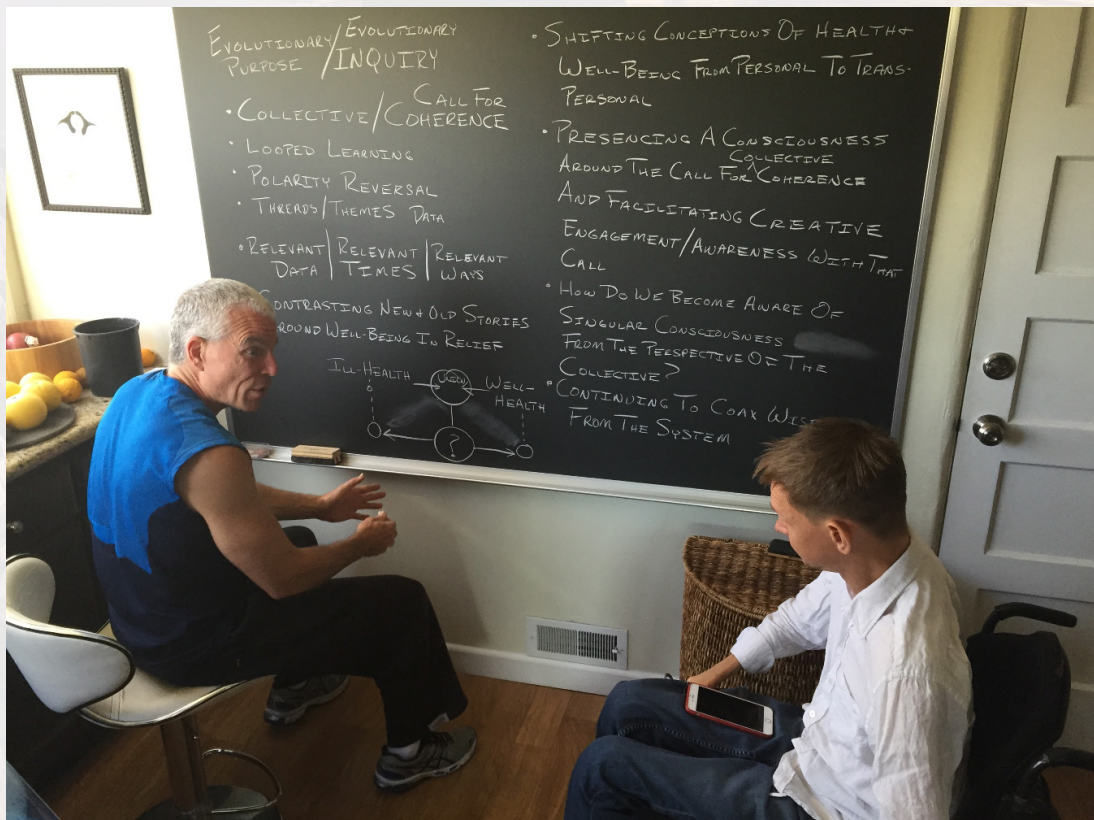
### Community Building

With a vibrant daughter and an increasing mix of friends, family, and hired care necessary for daily function, I began to experience a thriving community.

I had moved from the primary focus of physical recovery to establishing a foundation of well-being. This new view served not only my life in San Diego, but also now a GTC cohort of internationally diverse leaders where I became a Mentor.



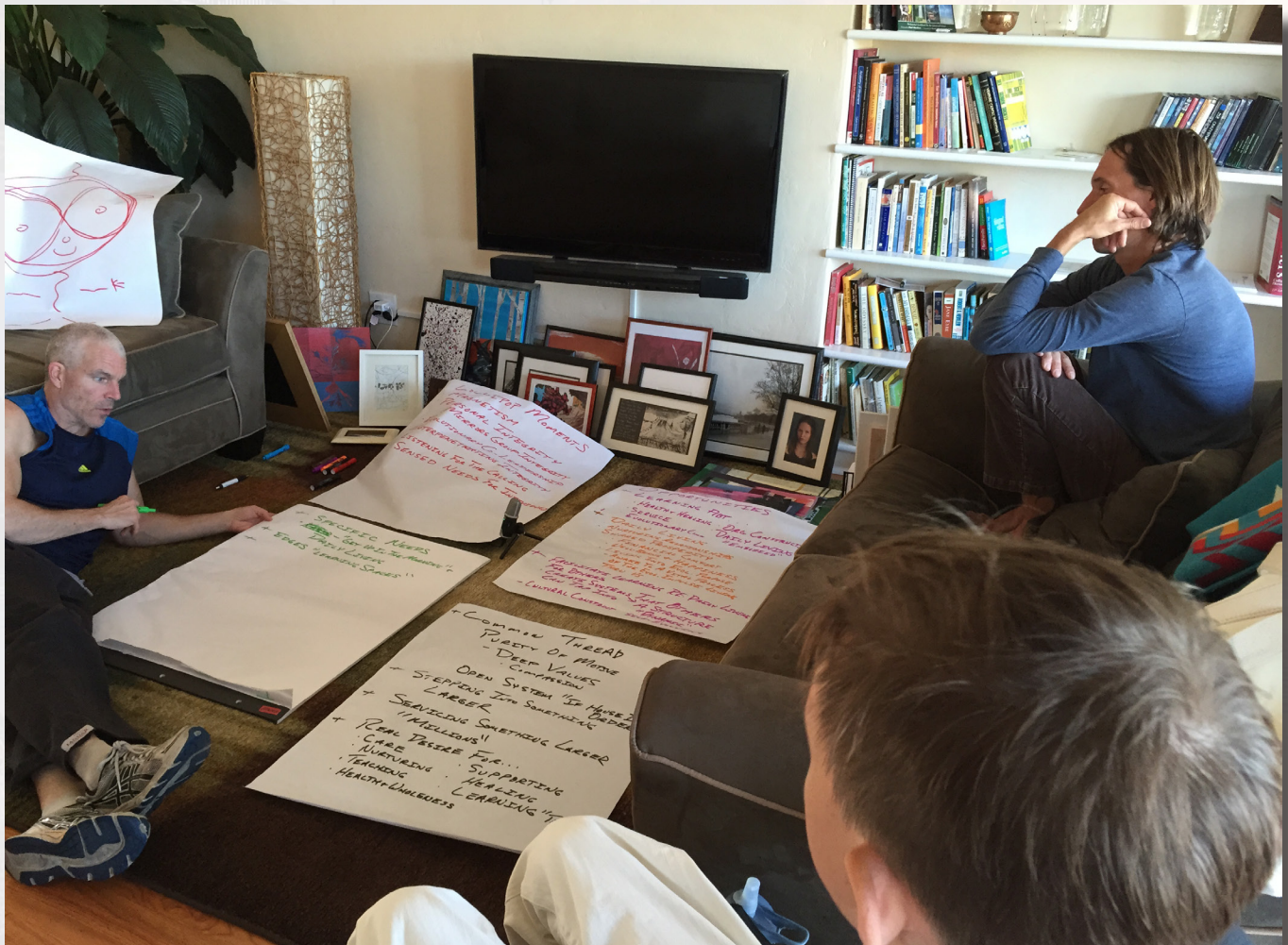
A key actor, David Clemmons, entered this community as a caregiver. Working together with his capacity of observation and documentation of process and systems, we begin to see that this Field of Care has a value beyond my own experience. Our focus shifted to questions of how we might start to leverage our successes and learnings for the wider world.





### Continuous Learning

Each new participant in the care field brought with them not only new perspectives, tensions, and insights, but their own existing fields of care and community. We documented this process.



A remarkable community development movement in Sri Lanka offers the slogan of inherent reciprocity, “We build the road, and the road builds us.” This has held true in our experience that we now refer to as “MettaCare”.

### Aggressive Inquiry and Opportunity for Action

MettaCare is, quite simply, Just Better Care. Nationally, globally, in this time of pandemic, we are facing the ballooning care needs precisely at the moment where our healthcare systems have exceeded their own capacity to care for the individuals operating within them.



We all need a community of Care and MettaCare stands ready to be a new model, a new system for improved quality of life, improved lifecare.

### ***Current State and Project Description***

Today MettaCare stands as a decade-long and continually refined practicum that lives in the oral tradition. Millions of dollars have been invested, and countless lives changed. Participants in the experiment have gone on to become clinical psychologists, health coaches, nurses, writers, and entrepreneurs. Others continue to plumb the depths of home care for the priceless gems found within old age, disability, and isolation.

We are engaged with physicians as well as a variety of other health and wellness practitioners, business people, and substantive mentors.



<https://www.youtube.com/watch?v=DullbthWMI>

Along the way, many documents have been written about the journey and its revealed insights, outlines and even prototypes of processes to facilitate each participant in a Care Field to contribute their greatest good to the common well-being of all.

We now stand ready to refine and cohere this broad range of artifacts, wisdom, and intelligence as an offering to the fields of health and well-being (and beyond.)

A detailed and descriptive project proposal document has been begun and a core team assembled to begin launching MettaCare into the world.



“Launching MettaCare” into the world is a very specific set of actions.

- ***Solidifying Core Team*** — an existing central group focusing on this initiative already, will begin to devote more “full-time” attention to the initiative, additionally others acting primarily as caregivers will be brought on as partners in moving the project forward.
- ***Strategy and Analysis*** — completing the White Paper; documenting the processes, principles, and moment to moment intent within the practice; creating a narrative history that demonstrates the impact on the health and well-being of participants.
- ***Education*** — finalizing the existing frameworks for online courses; outlining with detail a syllabus for a MettaCare overall training initiative for caregivers, family, medical professionals, nucleus of care (formerly patient), and other community members.
- ***Convening the Commons*** — identifying and enrolling institutions and high-profile individuals in the San Diego bioregion to participate in a collaborative and ongoing development of wisdom and practices of care, in the home, business, and the community at large. Convene these partners in public symposium.

MettaCare creates leaders caring for each other and a better world.



Please [Contribute](#), We need your help to build this bridge.



