

# Practicing the Art of Capacity Building

**At its core, this work is about Capacity Building. We build capacity to build capacity to build capacity...**

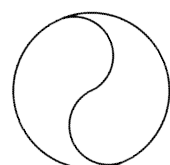
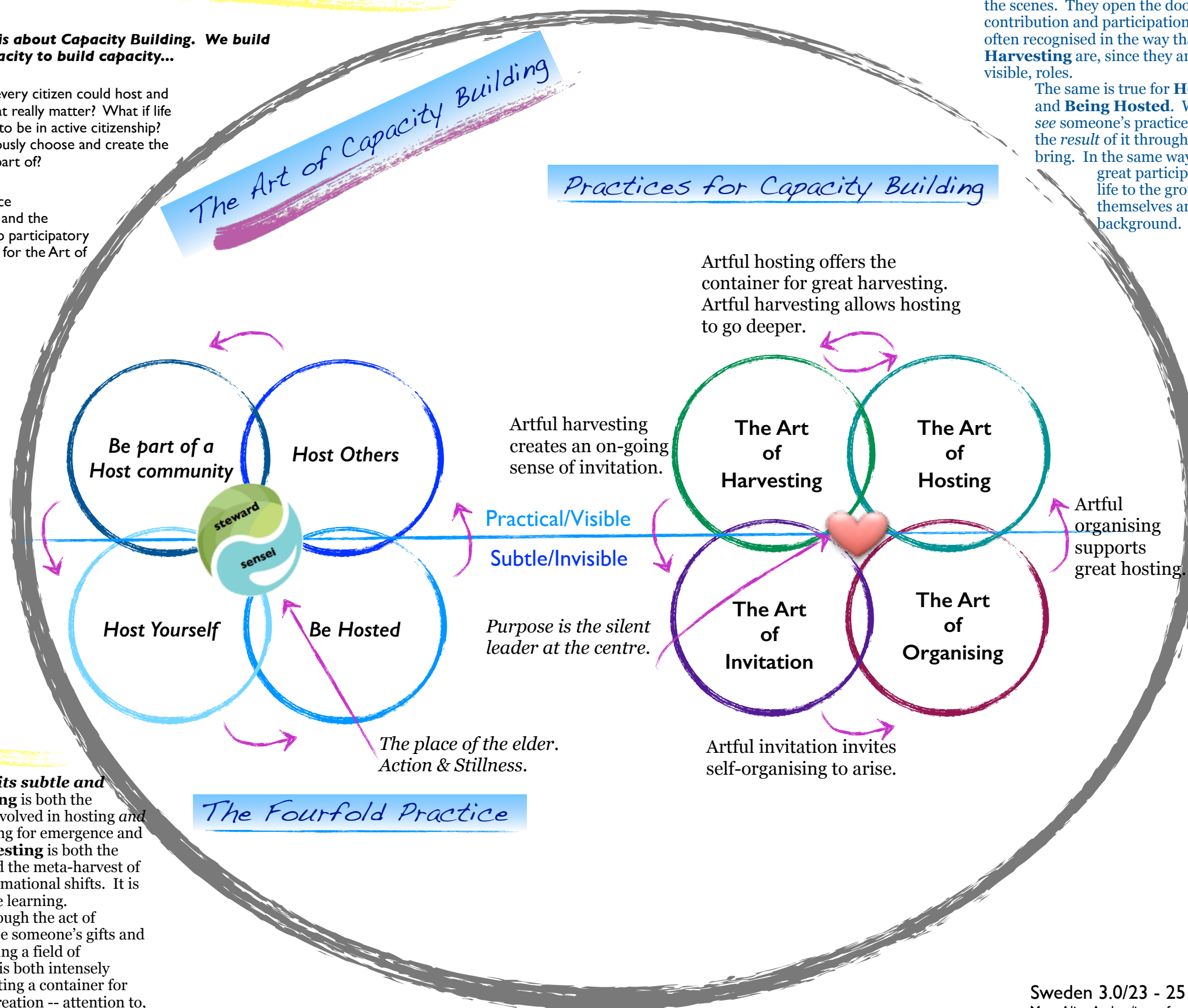
What would it be like if every citizen could host and harvest conversations that really matter? What if life were offering a new way to be in active citizenship? What if we could consciously choose and create the society we dream to be part of?

Both the Fourfold Practice ([www.artofhosting.com](http://www.artofhosting.com)) and the various arts that make up participatory practice, are foundations for the Art of Building Capacity.

## Above and below the line

Some of our practice is visible and practical and some of it is invisible and subtle. **Invitation** and **Organising**, for example, often happen behind the scenes. They open the doorway to contribution and participation, but they aren't often recognised in the way that **Hosting** and **Harvesting** are, since they are "up front", more visible, roles.

The same is true for **Hosting Yourself** and **Being Hosted**. While you might not see someone's practice, you can experience the *result* of it through the presence they bring. In the same way, someone being a great participant helps to bring life to the group, even if they themselves are quietly in the background.



**Each practice has both its subtle and practical nature. Hosting** is both the practice + methodologies involved in hosting and the hosting of space + hosting for emergence and of the subtle realms. **Harvesting** is both the harvest of group activity and the meta-harvest of subtle patterns and transformational shifts. It is both tangible and intangible learning. **Invitation** comes both through the act of inviting and the ability to see someone's gifts and call them into service, creating a field of contribution. **Organising** is both intensely practical and the art of creating a container for learning and collective co-creation -- attention to, and the intention of, space and beauty that serves emergence.