

# The Wellness Spiral

## A Living Spiral of Regenerative Projects

### Nourish Community

#### Bubba Eats

More than a diner—Bubba Eats is an invitation to reweave community through shared meals and seasonal joy. Featuring farm-to-table comfort foods, a scratch bakery, and a playful, nostalgic environment, Bubba Eats collaborates with Spiral chefs across multiple projects to serve quality, ethically sourced food. It's a hub for connection, celebration, and nourishment—where healing begins around the table. From herbs to honey, each plate carries the touch of Spiral-grown ingredients.

#### Meraki Apothecary

Meraki Apothecary bridges ancient healing and modern wellness. Offering herbal remedies, seasonal tonics, fungi-based therapeutics, and energetically attuned tools for both humans and animals, Meraki helps reconnect people to natural rhythms and Earth-based wisdom. Rooted in the harvests of B3, Meraki's offerings support the health needs of Spiral participants while extending online and retail access to the wider world. This is where metaphysics, medicine, and maker culture coalesce.

#### B3 Agriculture & Conservation

B3 is the living ecosystem of the Spiral—a regenerative agriculture and land stewardship project dedicated to healing soil, water, and food systems. Through innovative farming techniques, conservation practices, and micro-ecology modeling, B3 grows nourishing, chemical-free food that supports other Spiral initiatives including The Dagaz Project, Meraki Apothecary, Bubba Eats, and Tails & Tea. Beyond agriculture, B3 is committed to biodiversity preservation, species protection, and education in land-based wisdom for future generations.

#### Wish Granted Fund

Once activated by foundational funding, Wish Granted will directly fulfill the heartfelt needs of individuals, families, and communities aligned with the Spiral's mission. Through micro-grants, strategic support, and rapid-response resourcing, this project brings tangible change quickly and compassionately. The Guardian protocol will serve as a key compass for evaluating alignment, integrity, and impact of each wish fulfilled.

#### Franklin Fund

The Franklin Fund invests in mission-aligned entrepreneurs—especially veterans and first responders—who are ready to birth values-driven businesses. Providing seed capital, mentorship, and long-term support, the fund catalyzes small enterprises rooted in ethics, service, and innovation. In exchange, Wellness Wishes receives small equity stakes, sustaining the fund's regenerative cycle. The Guardian protocol ensures all investments resonate with core values.

### Restore What's Been Lost

#### The Dagaz Project

A sanctuary and retreat environment for veterans, first responders, trauma survivors, and others on the path of healing, including their families. Dagaz blends nature-based therapies, integrative wellness, and metaphysical practices to restore body, mind, and spirit. Participants engage with animal partners, wilderness immersion, holistic food, and guided experiences designed to reignite purpose and foster family restoration. A wolf sanctuary and species bridge support deeper ecological connection and advocacy.

#### Animal Wishes

Animal Wishes is the original spark that gave birth to the Spiral—a deeply rooted mission to rescue, rehabilitate, and rehome animals in need. Beyond traditional rescue, this project also mobilizes during natural disasters, provides sanctuary for the unadoptable, and creates community through animal ambassadors. Specialized programs support survivors of domestic violence who need temporary care for their pets. With a vision of zero-kill shelters and trauma-informed animal care, Animal Wishes works in partnership with other Spiral projects to ensure holistic well-being for all sentient beings.

#### Tails & Tea

Tails & Tea is a cozy, heart-centered adoption café designed to help animals find their forever families. Guests are invited to sip tea, enjoy light seasonal fare, and meet adoptable animal companions in a relaxed, home-like setting. In partnership with Animal Wishes and Bubba Eats, this space fosters connection, compassion, and community. Every adoption supports the broader mission of zero-kill shelters and humane treatment for all.

### Wellness Wishes

#### Structural Anchor

*Founded in 2011, Wellness Wishes serves as the integrative heart of the Spiral – a nonprofit foundation dedicated to advancing innovative, whole-system solutions for personal, community, and planetary well-being. Acting as both steward and harmonizer of the Spiral's expanding projects, Wellness Wishes fosters collaboration across sectors including health, food systems, education, environmental restoration, and compassionate care. It is the central portal through which aligned partners, donors, and visionaries are welcomed into a shared mission of impact and regenerative transformation.*

#### Powered by "The Guardian" Protocol

At the heart of Wellness Wishes is The Guardian – a proprietary ethical operating system and harmonic business protocol designed to protect integrity, prevent misalignment, and guide projects toward regenerative outcomes. The Guardian functions as both compass and shield, ensuring each initiative within the Spiral remains rooted in coherence, transparency, and service. As new partners, funders, and ideas emerge, The Guardian is applied to assess resonance, refine structure, and support strategic growth across the entire ecosystem.

### Regenerate Systems

#### Mall Market Project

A visionary culmination of all Spiral projects, the Mall Market reimagines abandoned malls as thriving local ecosystems. These indoor community markets host apothecaries, eateries, gardens, classrooms, artisan vendors, and animal sanctuaries—offering an immersive experience in wellness, education, and community regeneration. It is a blueprint for post-capitalist, post-isolation revitalization. Anchored by Wellness Wishes and funded by mixed sources, this is Spiral living made tangible.

#### Green Phoenix Fund

Designed to uplift communities and reimagine forgotten spaces, the Green Phoenix Fund supports entrepreneurs reclaiming abandoned buildings and urban/suburban landscapes. This fund sparks rebirth through conscious development, sustainability, and cultural reactivation. Each funded initiative not only revives place, but strengthens local economy and spirit. The Guardian ensures every project embodies ecological integrity and social equity.