

# VITA SAPIEN PHILOSOPHY



## INTRODUCTION

We all know that our planet is suffering and many people are feeling the pain.

The challenges ahead of us are so vast that many people give up hope or are wracked with grief.

Vita Sapien Philosophy helps you grow faster than collapse, and positions you as someone who helps resolve the crisis.

It is believed that around 53 million people are ready for this message.

Read on to find out if you are a Vitan.



# VITA SAPIEN



# Wisdom of the Cave Men

*Homo sapiens* evolved around 300,000 years ago and for most of that time not much changed. However, around 70,000 years ago we underwent a *Cognitive Revolution* that saw great advances in technology, art and spirituality.

From this time we experienced a nature-based spirituality focussed on the landscape, the wildlife, the seasons, the rivers and coasts. Since 12,000 years, spirituality was increasingly influenced by agriculture. Only in the last 2,500 years have mainstream religions existed.

Nature-based spirituality is thus the natural spiritual expression for humans and it fosters moral concern for nature, which in turn provokes pro-nature behaviour.

Pro-nature behaviour helps protect our life-support system and ensure a long and prosperous future.



# Mainstream Religions



Most people on Earth today follow mainstream religions that were founded around 2,500 years ago, a long time before there was a scientific understanding of our Living Planet.

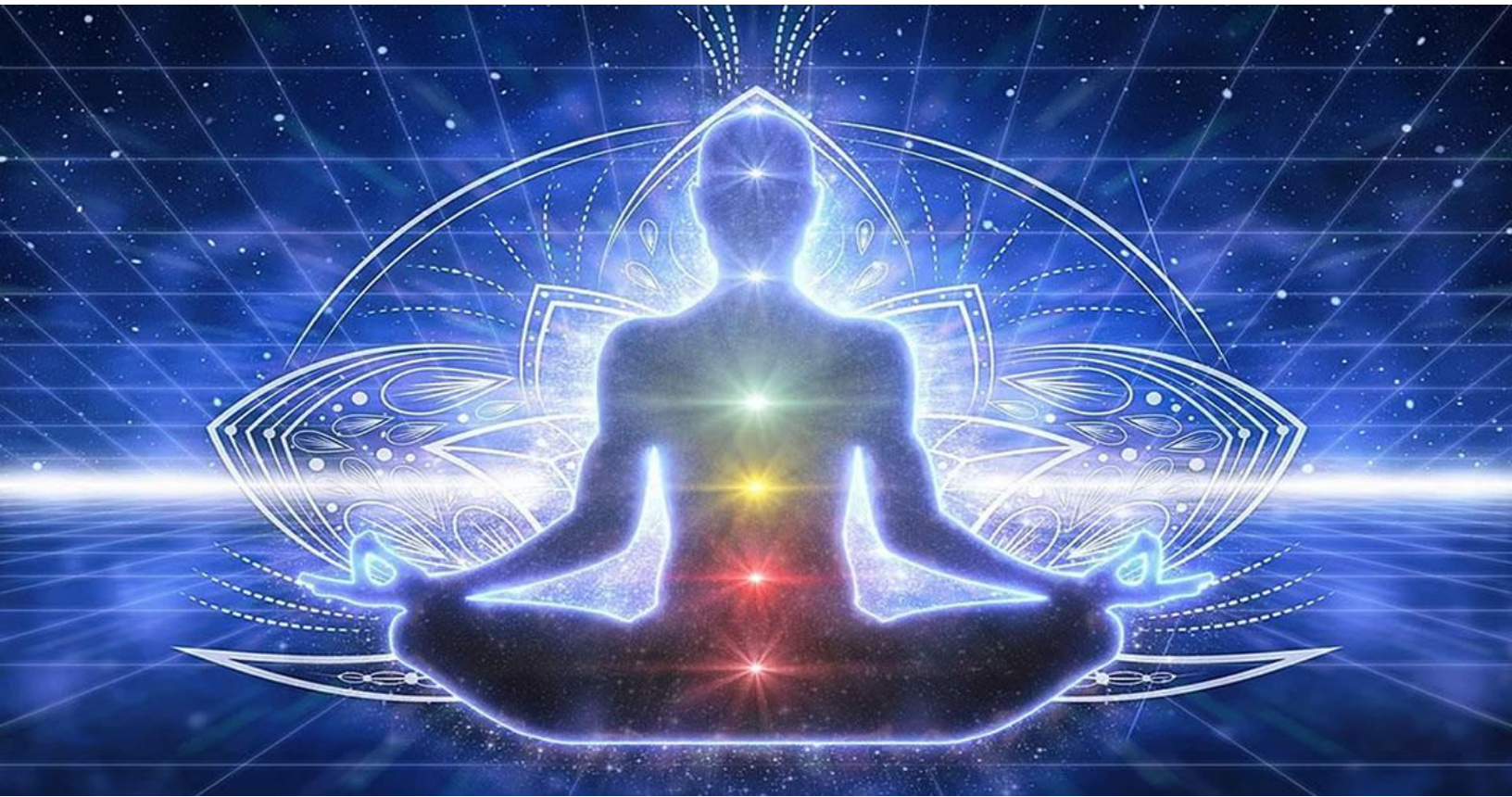
Back then there were only around 300 million people on Earth, whereas today, there are 8 billion more people and nature has been severely reduced.

While many of these religions have End Times mythologies that are inconsistent with long term sustainability they also have calls to care for that which their creator created. Here is an opportunity for mainstream religion to advance a sustainable future.





# New Age Spirituality



New Age Spirituality combines themes from Mainstream religion with many new ideas.

Given the innovation found in New Age Spirituality and its popularity, this is fertile ground for the nature-based spirituality – referred to as Ecosystem Spirituality – found in Vita Sapien Philosophy.

Belief in the 'Cosmos' or the healing power of crystals may seem inconsistent with a scientific understanding of the world, but these demonstrate people to have an enquiry about spirituality, and that is a positive thing.

Mainstream and New Age spirituality are excellent starting points for a journey into Vita Sapien Philosophy because it includes a spiritual view of the world called Ecosystem Spirituality.



# Ecosystem Spirituality



Ecosystem Spirituality offers spiritual solace and comfort in nature. This can be found by the river or the waterfall, in the forest or the beach, or just gazing upon a pot plant.

Given that spirituality is intimately tied with intellect – as per the Cognitive Revolution – learning about the Earth system is itself a spiritual practice.

Similarly, environmental activism is a spiritual practice, as well as a way to effect positive change.





# Multiple Spiritual Belonging

A form of Ecosystem Spirituality is already evident in the Western World, as seen here in the picture showing Extinction Rebellion activists in London, 2019.

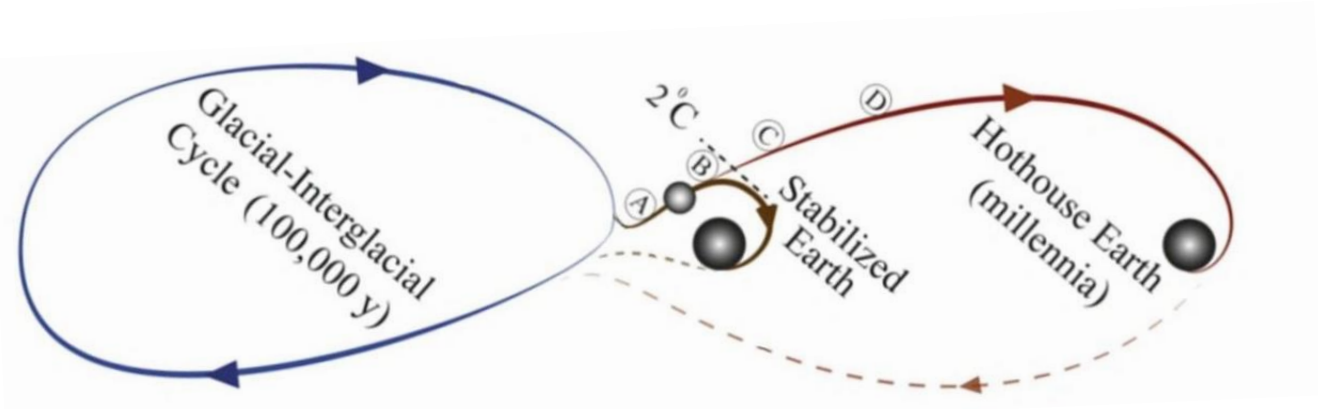
The spiritual beliefs of these people are likely a matrix of eco-spirituality, Christianity, Buddhism, and New Age all mixed together.

Vita Sapien Philosophy sees this as evidence of the beginning of a spiritual philosophy that is firmly set in addressing the challenges of the future.



# The Looming Hothouse

A big challenge for the future is the climate and ecological crisis that Vita Sapien refers to as the **Anthropocene Crisis** – the Anthropocene being the modern era.

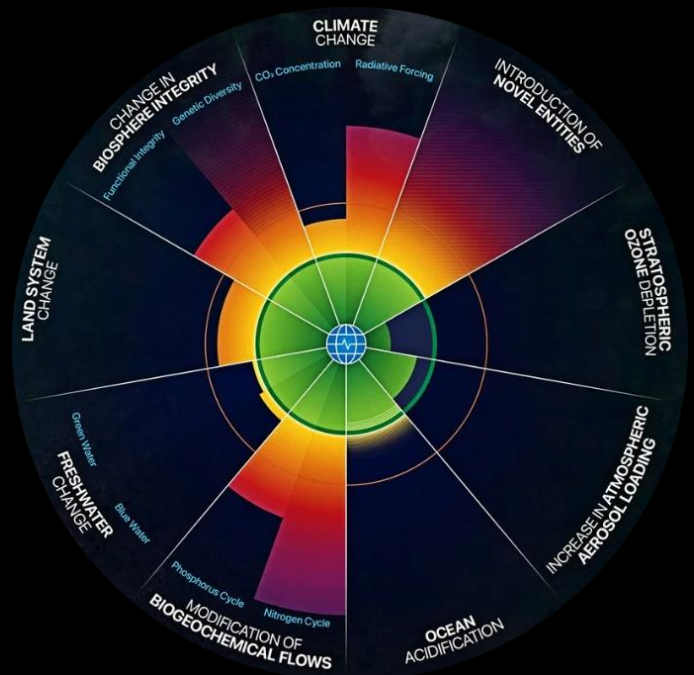


The diagram above is from a 2018 science paper that shows Earth's temperature heading toward the Hothouse, a condition too hot for humans to survive. The alternative is Stabilized Earth. Vita Sapien refers to Stabilized Earth the Verdant Age.

And that's just climate change which is just one of nine Planetary Boundaries under threat.

Combined, these represent the heart of the Anthropocene Crisis.

How do we face this crisis so that we can keep busy fixing it and not burn out? We need the right philosophy.





# The Stockdale Paradox



An insight into the philosophy is advised by Navy Commander James Stockdale who was captured in the Vietnam war and endured years of hardship in prisoner of war camps.

He saw many of his countrymen perish and noticed that those who survived held a contradictory philosophy that is now referred to as the *Stockdale Paradox*:

*"Retain faith that you will prevail in the end, regardless of the difficulties. And at the same time confront the most brutal facts of your current reality, whatever they might be."*

# Facing Collapse



The science is clear, our civilization and biosphere is facing a critical phase.

To reduce the harm and begin the healing process as soon as possible, we need the right philosophy.

The Stockdale Paradox calls upon us to confront the most brutal facts of our reality AND maintain an unwavering faith that we will prevail.



This faith needs to be backed up with expedient action – action that delivers the most benefit.

Vita Sapien Philosophy includes a call action.

Get involved with caring for Planet Earth – we call this Earthwork.



# Transition Plan

This is the big picture action plan that we humans need to undertake to set things right – the transition to an ecologically sustainable future.

- **Climate Reset:** Transition away from fossil fuels to the efficient use of sustainable, clean energy, and safely drawdown 1 trillion tons of CO<sub>2</sub> to restore the climate to how it was before the industrial revolution
- **Wild Revival:** nurture endangered species back to stable populations, and rewilding 1/3 or more of the planet to restore biosphere integrity
- **Planet Detox:** Transform the waste left behind by 250 years of industrial civilization including landfills, marine plastics, chemical and nuclear waste
- **Circular Future:** Create a fair and efficient, ecologically sustainable global socioeconomic system so that all humans can thrive
- **Nature First:** Foster a spiritual and intellectual bond to nature in all cultures to ensure that we don't end up at the brink of the abyss again

# Vita Sapien Quests

You can play your part in the transition through the Vita Sapien Quests – twelve practices that help connect you intellectually, spiritually and practically to nature.



i, biosphere



Live with Earthity



Practice Vitamission



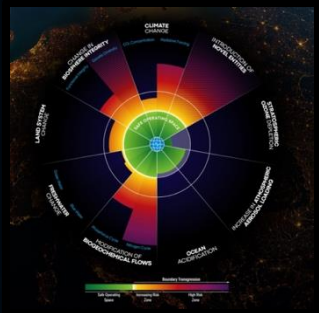
Grow Something



Be in Nature



Embrace the Storm



Know Your Boundaries



Celebrate the Moon



Cosmos & Magma



Reinvent New Year



Know Your White Horse



Return to the Flux



# Vitans

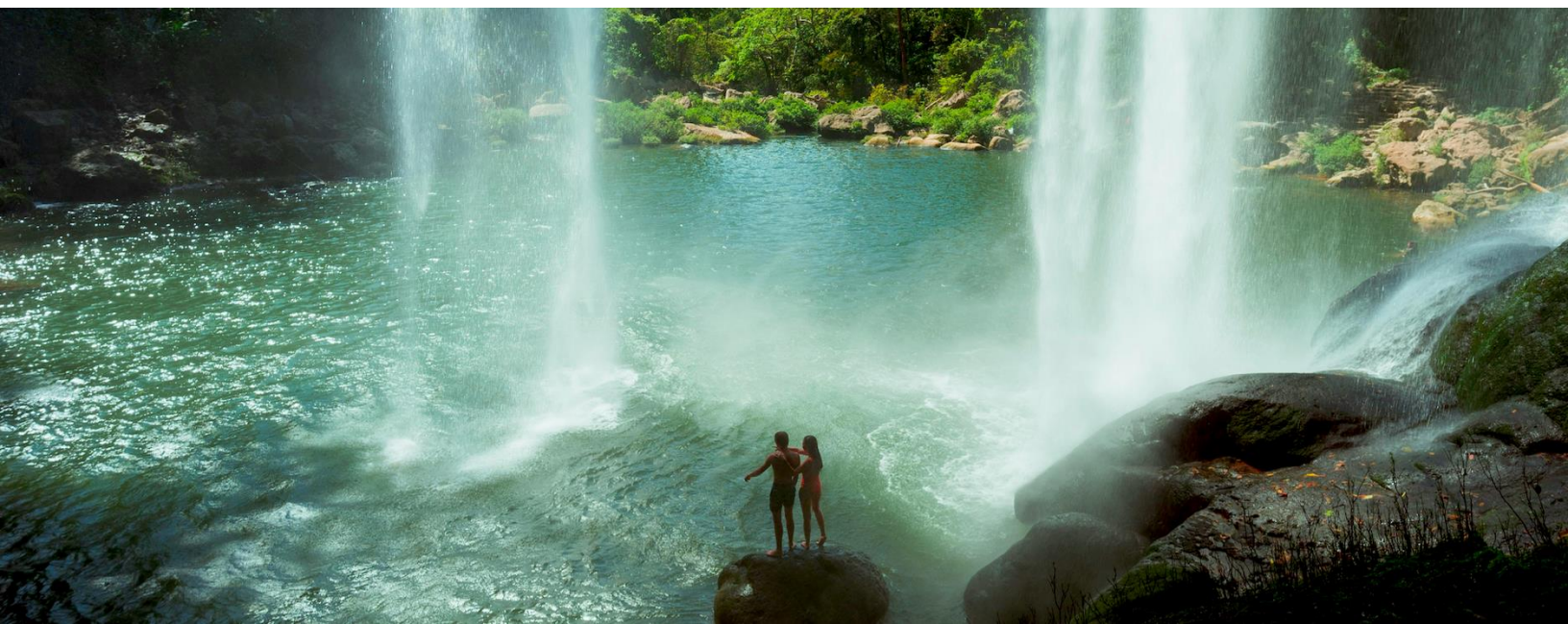
A Vitan is a person who has a deep love and reverence for the natural world, someone who frames existence through reality and science, and takes action to keep our Living Planet healthy enough to sustain an abundance of life.

Vitans: Love Nature - Trust Science - Take Action

If this describes you, you're part of a growing movement of people seeking a deeper Earth connection and a unifying philosophy that simply makes sense in the face of a bewildering and complex world.

Vita Sapien offers a unifying, sustainable life philosophy that helps advance the Verdant Age, the future time when humans and the Living Planet thrive in synergy deep into the Long Future.

Vita Sapien is the philosophy of the Vitans.

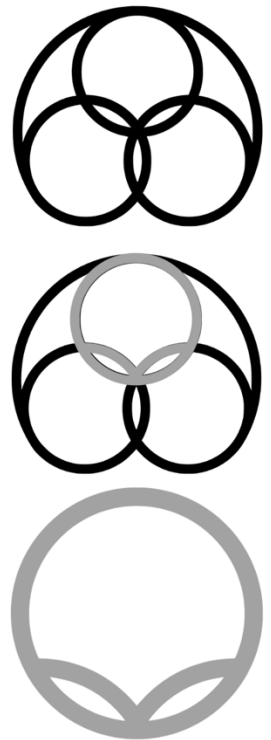


# The Quenn Pendant

To get involved and support Vita Sapien you might wear a Quenn Pendant like Nick, here.

Also called a QUENDANT, the jewelery piece symbolizes our moment in history. The broken outer ring represents the Anthropocene - our civilization out of balance with nature. Within it, the Verda symbol holds the aspiration for the Verdant Age, when humanity and the biosphere thrive in synergy.

Like the Stockdale Paradox, the Quenn reminds us to confront brutal reality while maintaining unwavering faith we will prevail.



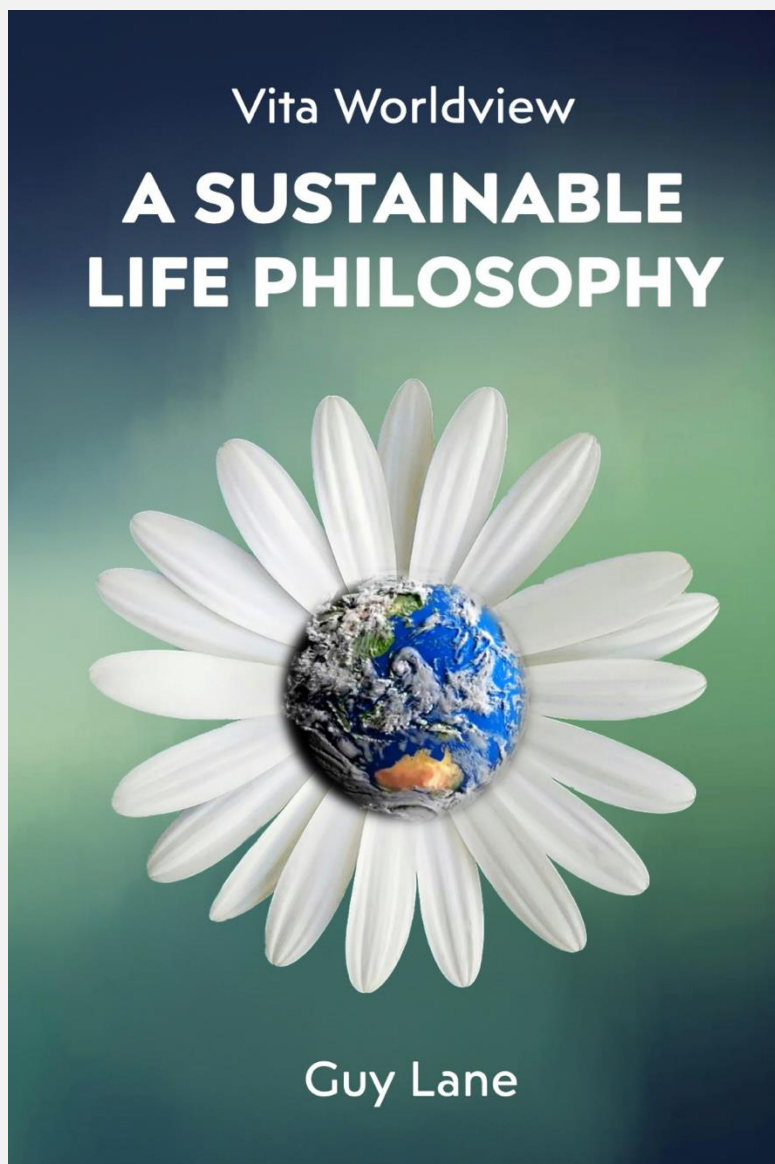
Wear your commitment to our Living Planet and start conversations with people who comment on the piece.

[vitasapien.org/quendant](https://vitasapien.org/quendant)



# Vita Worldview Pocketbok

To get a deeper understanding of Vita Sapien Philosophy consider reading the Vita Worldview Pocketbook. This 200 page pocketbook deep dives into the philosophy with pictures, tables, science and spirituality.



**Read Me  
Today**



Vita Worldview is available in ebook and paperback formats:

[vitasapien.org/worldview](https://vitasapien.org/worldview)

# Support Vita Sapien Monthly

Vita Sapien is an Australian registered charity working to share this philosophy with millions of people seeking a deeper connection to our Living Planet.

Your monthly support helps create content, build community, and spread the message.

Every contribution matters in advancing the Verdant Age.



Support Vita Sapien from just AU\$10/month

[ko-fi.com/vitasapien/tiers](https://ko-fi.com/vitasapien/tiers)