



LIFEWISE

Sustainable Life Philosophy

by Guy Lane

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Part 1: Introduction

According to the Science...

Modern science gives profound insights into the relationship between humans and the Living Planet...

Humans are unsustainable super-predators. *The unique ecology of human predators.* C. T. Darimont, *et al*, 2015.

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Humans have killed off 68% of wildlife since the 1970s. *The Living Planet Report 2020.* WWF, 2020.

The total amount of stuff made by humans now exceeds the mass of living things on Earth. *Global human-made mass exceeds all living biomass.* E. Elhacham, *et al*, 2020.

Life on Earth behaves in the manner of an organism in that it regulates the planet's temperature. *Atmospheric homeostasis by and for the biosphere: the gaia hypothesis.* J. Lovelock & L. Margulis, 1974.

Between 1 & 2 degrees Celsius above pre-industrial temperatures lies a cascade of climate tipping points, and we are already over 1.2 degrees above baseline. *Trajectories of the Earth system in the Anthropocene.* W. Steffen, *et al*, 2018.

The plankton make the clouds.

Oceanic phytoplankton, atmospheric sulphur, cloud albedo and climate.

R. Charlson, *et al*, 1987.

There are 500 times more pieces of plastic in the ocean than all stars in our galaxy. *A global inventory of small floating plastic debris.* E. Seville, *et al*, 2015.

Over 75% of all fossil fuel reserves cannot be burned. *Unburnable Carbon: Are the World's Financial Markets Carrying a Carbon Bubble?* Carbon Tracker Initiative, 2011.

Just 4% of mammal biomass on Earth is wildlife, and 96% is humans and livestock. *The biomass distribution on Earth.* Y. Bar-on, *et al*, 2018.

A tale of two clans

Southern France ~35,000 years ago.

Woolly mammoths and cave lions share the landscape with Neanderthals and *Homo sapiens*.

Two *Homo sapiens* clans meet on the banks of a river. It is high season, and there is a lot of food in the environment, so there is nothing much to compete over. The two clans sit down to talk.

River Mussel clan are chatty. They have lots to say. The clan leader points to his people one-by-one. He describes the archer, the one who makes bows and arrows. He points to the needle maker who can sew form-fitting clothing. He points to others who specialise in finding minerals to paint with. Others specialise in medicinal plants. River Mussel clan are identifiable from the shells that they wear as jewellery, the sophistication of their tools, the extent of their vocabulary, and the detail and beauty of their

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artworks painted in caves, carried as tiny statues, or worn as jewellery or facial paint.

The other clan is called Heavy Stone. They have less to say because they know less words and their minds aren't sharp enough to form complex thoughts. They can't really plan ahead, so they have not mastered archery, and they hunt with sharpened stones on the end of sticks, like the Neanderthal. The landscape offers less for them to eat. They lack sewn clothing, and the extent of their artistry is a few coloured feathers and a handful of coloured stones. When they bury their dead, that's all they do. They dig a hole, push the body in, and cover it over.

The River Mussel clan, on the other hand, have extensive funerary practices which involve burying the dead with artifacts in specific locations and with ritual involved.

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One might think that these two clans were from a different species. But in reality, they are anatomically identical. The singular difference between them is that a genetic switch had been turned on inside the minds of the River Mussel clan, and this has opened up a reservoir of intellect, enquiry, engineering, innovation, art, and spirituality.

All these things are interconnected, intertwined, inseparable and from the same source.

The source of these cognitive and spiritual abilities is an evolutionary enlightenment that came to the humans in Africa about 80,000 years ago and made its way through migration and interbreeding to Europe about 40,000 years ago.

The origin of cognition and spirituality in humans may be an evolution in the wiring of the brain, or maybe as a result of the development of language.

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For the want of a name, humans with these cognitive and spiritual capabilities might be referred to as *cognispiritual*.

So, River Mussel Clan are cognispiritual, Heavy Stone are not.

In Europe, the rapid increase in the sophistication of tools and art is referred to as the *Upper Palaeolithic Revolution* and was first observed in the people of the *Aurignacian culture*. The Cro-Magnon people are from this culture.

In this original and innate form, spirituality was associated with the landscape, the seasons, the wildlife, with nature. This is evidenced in the artwork of the period.

However spirituality is a vessel that can hold many different types of belief. About 3,000 years ago – the Axial Age – a new suite of beliefs separated most of humanity from nature. Since then, the global ecosystem – our life-support system – has been in decline.

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Lifewise Philosophy seeks to reconnect people to our natural, original, innate nature spirituality.

In doing so, this will enliven people to do what is necessary to prevent the collapse of the global ecosystem and avert the heat-death of the Living Planet.

Lifewise Philosophy was conceived from deep contemplation of the question:

Why are people so accommodating of the political & economic systems that are destroying our life support system on Earth?

Our global political and economic system is unsustainable, no doubt, but the bigger question is why? Why did we make it that way? Why do we allow it to persist? Why have we not yet risen up and overthrown the destructive systems of power that are sending our civilization and our magnificent Living Planet to oblivion.

The answer has to do with what we know and what we believe. What we

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believe is a more powerful motivator of action than what we know.

The unsustainable systems of today do not fundamentally conflict with inner-monologue of modern society because for most people, their beliefs are unsustainable. How can beliefs be unsustainable you ask?

Well - for example - if you believe that climate change is a hoax, you will not participate in the transition to sustainable renewable energy. If enough people believe that climate change is a hoax there will be a social movement to run interference with the transition, and to cast doubt on the science and the scientists.

Beliefs can be thought of as either rational or spiritual.

Rational means logical. Things like whether you believe capitalism or socialism to be a better socioeconomic

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model are rational. You can debate it using reason.

Spiritual refers to the inner-self, the personal search for meaning, and the quest to be part of a Bigger Thing.

While both the corporeal and the spiritual beliefs are important in shaping the way that we behave, Lifewise Philosophy teaches that the spiritual has the greater impact, as spirituality is a primary motivator for human behaviour, and thus influences the physical world through our actions and inactions.

As such, Lifewise Philosophy has three parts:

- World View advised by the environmental sciences
- Spiritual View advised by ecological spirituality
- Practices advise by observations of leaders who make profound change

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If one believed that nature was sacred, one would undertake extraordinary effort to protect her. If one did not believe that nature was sacred, one would be prepared to see it die.

Drowning doesn't look like drowning, and most people don't know what a dying planet looks like even though we are living on one.

Lifewise Philosophy holds that spirituality is a hugely important factor in fostering an ecologically sustainable civilization, but for some reason, it has been profoundly overlooked as a means to foster pro-environmental change.

There are four potential reasons why spirituality has been ignored by the environmental movement:

First, spirituality is deemed to be private, and many people take offense to conversations about the subject as it is seen to be intrusive.

Second, a lot of what passes for spirituality can appear nonsensical to

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people who don't follow that particular theme. People who speak of spirituality often come across as cranks, irrespective of what they say.

Third, spirituality is typically thought of as the realm for religious people, indigenous people, and the types of people who frequent crystal shops (New Age spirituality). By and large, the regular people who make up the majority of the population are regarded as not having any spirituality at all.

Finally, the public has a low *spiritual literacy*, which is to say that they are not well versed *in the subject* of spirituality, and as such, they tend not to have common frames of reference to aid discussion. As such, they don't spend much time contemplating or speaking about the subject.

Spirituality is the overlooked superweapon in the fight to save our biosphere from collapse.

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So, we ought to talk about spirituality. Specifically, *spirituality that fosters radical pro-environmental behaviour change.*

Why? Because our Living Planet is dying, and an *ecologically sustainable life philosophy* grounded in environmental science and ecological spirituality can save it.

Ecological Spirituality

To be clear, when we speak of spirituality, we are not speaking of Gods, crystals, the Cosmos, or *woo-woo*. Instead: *spirituality inspired by nature.*

In this instance, the word 'nature' has a specific usage: *the living organisms, ecosystems and natural processes that take place within Earth's biosphere, and those factors that influence the biosphere such as the Sun, the Moon, and tectonic forces.*

The formation of black holes is a natural phenomenon, but it is outside of the frame of reference of Lifewise Philosophy.

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Lifewise Philosophy offers new ideas about how individuals can connect spiritually to nature, and in doing so unleash the extraordinary power within to do the kind of insanely audacious things that will prevent the collapse of the global ecosystem.

Lifewise Philosophy didn't invent ecological spirituality, but simply innovates on the idea with new and unique ideas.

Indeed, for most of the 80,000 years that spiritualised humans have walked the Earth – before religion, church, and God became part of our culture – all human societies practiced ecological spirituality.

Around the world, this innate eco-spirituality goes by different names, including Animism, Druidism, Paganism, Wicca, etc. And of course, indigenous people to this day continue to practice eco-spirituality through their culture and reverence for country.

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There is still much to be learned about the evolution of humans, however spirituality seems to have appeared in humans around 80,000 years ago as an emergent property of a complex central nervous system with language. Human spirituality emerged within the global ecosystem, surrounded by plants, wild animals, and landscapes.

Thus, ecological spirituality is the natural, intrinsic, innate spiritual path for humans.

While ecological spirituality is innate in all humans, there are many other competing spiritual views. And herein lies the problem: the lifestyles and beliefs that underpin mainstream culture separate us from our natural spirituality.

Vita believes that this is the primary driver of the global climate and ecological crisis: *our spiritual disconnection from nature.*

As such, Vita's mission is to help re-establish people's spiritual connection

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to nature and to do this in a manner that is fun, and cool, and funky, and exciting, and innovative and compelling. And while there's still time.

Life Philosophy is accompanied by all the necessary accoutrement (symbols, concepts, practices, ceremonies, etc.) to spread it rapidly around the world.

This global movement doesn't exist in a vacuum. The spiritual marketplace is crowded, and so Lifewise Philosophy needs help to rise above the noise.

Spiritual Marketplace

One hundred years ago, if you wanted spirituality, you went to the Church. Today, there is a *spiritual marketplace* with many offerings to satisfy inner cravings, including:

...God, UFOs, shopping, crystals, dreamcatchers, yoga, pets, yetis, phenomenology, pop music, the occult, flying saucers, heaven, muscle cars, Vikings, quantum vibrations, deities, fishing, sage,

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incense sticks, Druids, the Flying Spaghetti Monster, fitness, crop circles, channelling, Jesus, the after-life, the Cult of Self, the Inca calendar, chakras, Feng Shui, archangels, footy, the holy trinity, tarot, crop circles, Nephilim, Pentecostalism, angel cards, unicorns, Islam, meditation, runes, fitness, Atlantis, crucifixes, the cosmos, Judaism, mermaids, aliens, angels, sound healing, chemtrails, shoes, the everlasting soul, ayahuasca, Buddhism, Zen, Stonehenge, Taoism, extra-terrestrials...

Go and visit a crystal shop, and you will see all these things for sale.

There is nothing wrong with any of this. However, very few of these spiritual offerings have anything meaningful to say about a right relationship between humans and the Living Planet. As a result, most people have no internal monologue telling them that the annihilation of the biosphere is fundamentally wrong.

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So, Lifewise Philosophy helps people augment their spiritual views to include a reverence, a passion, a love for nature.

Fostering ecological spirituality is a pathway to creating the space for right action to make things better for our planet.

When people undergo *spirituality change*, they are primed for radical behavioural change. The *Vita Hypothesis* states that radical pro-environmental behavioural change can be brought about in people when spiritual enlightenment to nature is paired with a scientific understanding of how nature actually works, and guidance for right action.

If millions of people align their hearts, minds, and efforts to the wellbeing of our life support system *it is possible to shift the trajectory of human civilization* away from the extinction abyss that faces us today, and towards an ecological civilization referred to as the *Verdant Age*.

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It is believed that there are millions of people around the world who would adopt Lifewise as their primary life philosophy if it were put before them in a compelling manner.

It is calculated that there are around 53 million potential followers of Lifewise Philosophy in the western world alone.

This number represents a quarter of the *Cultural Creative* adults. You can come to a similar number by assuming that half of the people who are *spiritual but not religious* adopt Lifewise Philosophy.

53 million people is a significant political and economic force, representing about 8% of the adults in Western countries.

According to Extinction Rebellion literature, non-violent rebellions don't fail when 3.5% of the public get involved. Imagine the change for good when 8% of the public tap into the raging forcefield that is unleashed through a spiritual awakening to our Living Planet.

Part 3:

Lifewise Philosophy

Lifewise Philosophy provides a complete holistic framework by which to understand the world and the place of the humans in it. There are three main structural elements:

- World View
- Spiritual View
- Practices

Lifewise Worldview focuses on the material aspects of the philosophy advised by the environmental sciences.

Lifewise Spiritual View considers the non-material, spiritual aspects of our place on Earth advised by observations of nature.

Lifewise Practices advise by observations of people who make profound environmental change

Lifewise World View

Lifewise Worldview describes focuses on the material aspects of the philosophy advised by the environmental sciences. There are nine key themes:

1. **Biosphere as Life Support**
2. *Homo sapiens*
3. **Anthropocene**
4. **Planetary Boundaries**
5. **Fostering Mass Ecophany**
6. **The Long Future**
7. **The Verdant Age**
8. **Earthwork**
9. **Changing Trajectory**

Biosphere as Life Support

The word 'biosphere' describes the place where life exists on Earth. It can be

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viewed as a thin-walled sphere, located on the outer surface of our planet. The biosphere includes all the animals, plants and bacteria.

Some bacteria are known to live in clouds, and some live in rocks deep below the sea floor. So the biosphere stretches from the sea floor to the clouds, about 30 kilometers at its thickest point.

Gaia Theory tells us that animals and plants working together maintain the condition of the atmosphere to ensure that the planet doesn't get too hot or cold. So, life on Earth maintains conditions suited to life on Earth.

The biosphere acts as a life-support system for humanity in many ways. For example, the biosphere regulates the climate; plankton help to create the rain that falls onto our crops; plants produce atmospheric oxygen for us to breathe; plants also produce food and pharmaceuticals and materials like wood. Since the dawn of our species

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around 300,000 years ago, everything that *Homo sapiens* needed to survive on Earth has been provided by the biosphere. Thus, the biosphere is the human life support system and ought to be regarded as sacred and deserving of personal sacrifice to protect it.

Homo sapiens

Human beings evolved roughly 300,000 years ago. However, it was only about 80,000 years ago that our central nervous system and language became sophisticated enough for us to enjoy innovation, creativity, and spirituality. From this awakening came engineering, mathematics, art, religion, culture and so on. From 80,000 years ago when our capacity for spirituality arose, up until about 3,000 years ago, the spirituality of human beings was intimately linked to nature.

The natural and innate spirituality for humans is a connection to animals and

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plants, ecosystems, forests, lakes, shorelines, clouds, storms and the rain. When we ground our spirituality in nature, we are content and whole and our behaviour tends towards sustainability.

However, about 3,000 years ago humans began to invent synthetic spiritualities that included Gods and statues and machines and activities that were not of nature. It was from this point that human activities began to have a negative effect on the biosphere. This negative effect is now so profound that the entire global ecosystem is in severe decline. Much of this harm has been caused in the modern era, a time that has a name: the Anthropocene.

Anthropocene

If you have seen the movie Jurassic Park, you may know that the Jurassic is not a type of dinosaur, but instead, a period of time (201-145 million years ago) in which

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the dinosaurs called velociraptors and the T-Rex roamed the Earth.

The people who give names to periods of time are geologists who study stratigraphy: the relationship between rock layers and past time. The name given to the last 12,000 years since the end of the last Ice Age is the Holocene Epoch. This is a time with a stable climate in which human 'civilization' grew.

In 2016, stratigraphers gathered in South Africa to debate an idea that humans had so changed the world that we were no longer in Holocene like-conditions. It was agreed we had entered a new geological epoch called the Anthropocene: the Age of the Humans. Stratigraphers continue to debate the formal date of when the Holocene ended and the Anthropocene began.

One leading idea is that the Anthropocene began in 1945 when humans began to explode nuclear bombs

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in the atmosphere, contaminating the planet with highly enriched uranium and plutonium.

Ponder for a moment the spiritual significance of this statement: *the marker for the beginning of the Age of the Humans is a layer of radioactive waste.*

Until the start date of the Anthropocene is officially confirmed, Lifewise Philosophy holds the Anthropocene began with the detonation of the first nuclear bomb - the Trinity Bomb Test - in New Mexico, USA, on 16 July 1945 at 6.29am Mountain Daylight Time.

This date as its New Year and the beginning of the Lifewise Calendar. So, year zero in the Lifewise Calendar is 1945, which means that this booklet was produced in Year 78.

The concept of the Anthropocene is a core element of Lifewise Philosophy. The multiple, interconnected crises of the modern era including climate change, ecological collapse, nuclear weapons,

plastic contamination, inequality, late-stage capitalism etc., are referred to as the *Anthropocene Crisis*. A big concern of the Anthropocene is that human activities are damaging key Earth Systems that are necessary to maintain a safe operating space for humanity.

Planetary Boundaries

Scientists have identified 9 key Earth systems and their respective *Planetary Boundaries* that ought not be crossed. Unfortunately, human activities have crashed through six of these nine Planetary Boundaries, and this threatens to make Earth uninhabitable for humans. The biggest concern are the Planetary Boundaries of Climate Change and Biosphere Integrity (the health of the biosphere).

Lifewise Philosophy holds that the primary cause of the Anthropocene Crisis is that people are spiritually disconnected from nature. Thus, a

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solution to the Anthropocene Crisis is a global mass-movement to connect people spiritually to nature and motivate them to undertake the actions necessary to restore the Planetary Boundaries and return our Living Planet to full health. To do this, we need to rapidly foster Mass-Ecophany.

Fostering Mass Ecophany

One of Lifewise Philosophy's core concepts is ecophany, or ecological epiphany. This is an emotional, spiritual, or intellectual awakening to nature.

Ecophany is a one-way street because once you sense what humans have done to our Living Planet and what the planet is soon to do to us, you can't unfeel it. It changes your life. You will find yourself reconsidering everything that you previously thought was important. Your behaviour will change.

Ecophany is emotionally challenging, but it is a necessary pathway to

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enlightenment: understanding how things really are.

The term Fostering Ecophany suggests creating conditions suited to helping people experience ecophany. To this end, Awakening Programs are being developed that invite people to open their heart to nature and our Living Planet.

Mass-Ecophany is the concept of ecophany occurring in tens of millions of people. So, Fostering Mass-Ecophany is ultimately what Lifewise Philosophy is about. And given the urgency of our climate and ecological crisis, Fostering Rapid Mass-Ecophany is what we need to do. But that is not enough.

A spiritual enlightenment is like hoisting a huge spinnaker sail on a yacht. What's needed is a rudder to set the direction. The direction comes from the environmental sciences. And again that is not enough. What is also needed is

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chart and plan of how to get to a destination.

The Awakening programs have intertwined elements that include:

- Spiritual enlightenment to nature
- Deeper understand of the Earth System
- A map for the future (the Verdant Age)
- Directives for right action

What is needed is a powerful spiritual enlightenment to nature for hundreds of millions of people around the world, framed by environmental science and directed towards expedient action to prevent the collapse of the global ecosystem. Then, human civilization may enter a Verdant Age that will extend deep into the Long Future.

The Long Future

Planet Earth is suited to life because our planet's temperature makes it suitable for water to exist in all three phases – ice,

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liquid water, and atmospheric vapour. The temperature is right on Earth because the planet's orbit is neither too close, nor too far from the Sun, and because nature has mechanisms for regulating greenhouse gases for temperature control (Gaia Theory). Earth's orbit is said to lie within the Habitable Zone - or the Goldilocks Zone - and it will do so for another two billion years or so.

Beyond this time, the Sun will expand into a Red Giant, and eventually Earth will be baked dry and lifeless. Lifewise Philosophy refers to these two billion years as the Long Future. The concept of the Long Future suggests that Earth could be habitable for humans for potentially hundreds of millions of years into the future - that is if we don't destroy the planetary ecosystem that is our life-support system, first.

The Verdant Age

The Verdant Age is a subset of the Long Future, a potential future time when human civilization and the Living Planet thrive in synergy. To reach the Verdant Age, it is necessary to resolve the Anthropocene Crisis with as much of the Living Planet intact as possible, and a high-enough proportion of people with nature-based spirituality.

By necessity, a sustainable civilization has a sustainable population, and sustainable patterns of consumption.

The concept of the Verdant Age is not just wishful thinking but is consistent with scientific frameworks such as: Gaia 2.0 - Class 5 Planets - Earth System Stewardship - the Ecozoic Era - Ecological Civilization.

Lifewise Philosophy aspires for the Verdant Age to last a Galactic Year. A year, as we all know, is the time it takes for our planet Earth to orbit the Sun.

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What is less well known is that our Solar System is also in orbit. It travels around the centre of our Milky Way Galaxy once every 230 million years.

Lifewise Philosophy holds that the Verdant Age could last at least one Galactic Year from the beginning of the Lifewise Calendar. If this aspiration comes to fruition, there will be humans thriving within a healthy and robust biosphere on Planet Earth 229,999,922 years from now.

Advancing the Verdant Age so that human civilization might survive a Galactic Year is the *raison d'être* of Lifewise Philosophy. For this to happen, we need to get busy with Earthwork.

Earthwork

Humans arrived on Earth through the same evolutionary pathway as the trees, the bees, the whales, and the snails. As such, we have the same responsibilities to the Living Planet: *to pursue our own*

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interests in a manner that supports the wellbeing of the whole.

Unlike the other organisms, however, humans have free-will and this allows us to act outside of biologically programmed instinct. Because most people have lost their innate spiritual connection to nature, much of their behaviour is detrimental to the biosphere. This is the root cause of the Anthropocene Crisis.

By reconnecting people spiritually to nature, it is possible to transform their behaviour to become pro-environment. When conducted on mass-scale, this will allow humanity to undo the harm that has been caused to the biosphere and to live synergistically with nature deep into the Long Future.

Lifewise Philosophy refers to these biosphere-affirming duties as **Earthwork**.

Changing Trajectory

Presently, human civilization is heading toward a cliff edge. As we annually spew more than 30 gigatons of carbon dioxide into the atmosphere and hack down, chop up, and poison the global ecosystem, we get closer to the precipice every day. No person in their right mind wants to live through a global ecological collapse. And yet, that's where we are all headed.

The alternative is to change trajectory and restore the global ecosphere to full health. This can be advanced by completing the following missions by mid-century:

- Euthanizing the fossil fuel industry and replacing the energy and materials they provide with sustainable alternatives.
- Cleaning up the mess left behind by 250 years of industrial civilization.
- Restoring the climate by safely drawing down 1 trillion tons of CO₂.

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- Restoring the global ecosystem by rewilding much of the world.
- Embedding Ecological Spirituality into all cultures worldwide.

Undertaking activities that lead to these outcomes is the highest form of Earthwork. To achieve this in the narrow window of time remaining, widespread uptake of a sustainable life philosophy with a spiritual component is required.

This is because only spirituality provides the motivation to overcome all the adversity that can be expected on this noble journey.

Remember that 80% of the world's energy comes from fossil fuels, and these vast, super-wealthy corporations have no interest in protecting the ecosystem. Overthrowing the destructive systems of power will require a herculean effort that only a spiritual motivation can provide.

To enrol tens of millions of people into Earthwork, it is necessary to foster rapid,

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mass-ecophany and thereby inculcate an ecologically sustainable spiritual philosophy: Lifewise Spiritual View.

Lifewise Spiritual View

Lifewise Philosophy views the term 'spirituality' as an *umbrella concept* that shelters many themes. Lifewise Spiritual View is described through six core themes

1. The Bigger Thing

2. The Golden Rule

3. Life's Big Questions

- Where did we come from?
- Why are we here?
- What happens when we die?

4. Inner Self

- Personality
- Ecological-self
- Self Actualisation

5. Transcendence

- Peak & Trough Experience
- Awe, Wonder & Amazement
- Timelessness & Flow

6. Higher Values

- Right & Wrong
- Sacred & Profane
- *Raison d'être*

Lifewise Philosophy does not claim that these themes represent the totality of spiritual experience. Instead, they form a frame of reference to make it easy to talk about *the subject of spirituality*.

In this way, we are better able to discuss the potential for *spirituality change* to

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foster radical pro-environmental
behaviour change.

Lifewise Philosophy is not a competitive belief system, but a co-operative system of belief that encourages people to care about the Living Planet, our life support system, and act accordingly.

People are encouraged to adopt Lifewise Philosophy in addition to what they already believe. Where there is conflict between these two philosophies, this is okay, as humans are able to comfortably hold conflicting ideas.

For example, many Christians hold that God created the life on Earth in six days, whereas Lifewise Philosophy holds that the life arose around 3.8 billion years ago through a process called *abiogenesis*. This is no reason to not honour and respect life on Earth.

In this manner, there can be Atheist Vitans, Christian Vitans, Muslim Vitans, Hindu Vitans, Buddhist Vitans, New

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Age Vitans, even Pastafarian (Spaghetti Monster) Vitans.

Lifewise Philosophy can augment traditional spiritual philosophies that do not have strong ecological stance. For example, Christianity was founded before the scientific revolution and the climate and ecological crisis. As such, the founding documents of the Christian faith make no reference to climate and ecological collapse.

Lifewise Philosophy can augment ancient or New Age spiritual traditions to help make them ecologically sustainable.

The Bigger Thing

One of the most common phrases that describes spirituality is an individual's quest to be part of something bigger than themselves. For some people the Bigger Thing is God and the Church, for others, say professional athletes, it might be their sport. People can have multiple

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Bigger Things that they aspire to.
People's behaviour is guided in part by
their efforts to contribute to the success
of the Bigger Thing.

Lifewise Philosophy holds that the Bigger Thing that we should aspire to be part of is the biosphere and the social movement to protect it.

Lifewise Philosophy holds that all life on Earth forms a single living organism. Some might call this a super-organism or even an *omni-organism*. This means that you and I are cells in a body.

Holding this belief profoundly changes our relationship to the environment, as we see that the environment is us: an interconnected, holistic, oneness. An interbeing.

There is no *away* in this model to throw our waste to. When we pollute the ocean or the atmosphere, we are, in effect, polluting ourselves.

In the field of biology, all organisms are given a scientific name called a binomial. This is written in Latin, has

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two words, and is descriptive of the organism.

The binomial that Lifewise Philosophy ascribes to the single, super-organism that makes-up life on Earth is *Imperium vitae-planeta* which roughly translates to the *Empire of the Living Planet*.

A shortened version is *Vitae-planeta*.

As with the trees and the bees, the whales and the snails, we humans are parts of the Living Planet, cells in *Vitae-planeta's* body.

Other names for *Vitae-planeta* are the biosphere, Mother Nature, Pachamama, and Gaia. These are all more or less the same thing, although there is some nuance. For example, Gaia is slightly different from *Vitae-planeta* in that Gaia is a scientific theory and *Vitae-planeta* is an subject of spiritual belief.

Some people find the name *Vitae-planeta* so let us use the name Living Planet. The social movement to create a healthy, robust Living Planet with a synergistic relationship with human

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civilization are Lifewise Philosophy's Bigger Things.

The Golden Rule

A Golden Rule is a central, guiding statement that frames ethical and rational decision making.

The world's major religions all share a common Golden Rule. Most people will be familiar with the statement: *Do unto others as you would have them do unto you.*

The problem with this 'Do unto others' statement is that it fails to take into consideration the Living Planet which is our life support system.

Lifewise Philosophy's Golden Rule is:

Do unto others and the Living Planet as you would have them do unto you.

Phrased another way:

Be good to people and the Living Planet, and they will be good to you.

Life's Big Questions

Spirituality offers answers to existential questions of origins, meaning, and ultimate outcomes. There are many Big Questions, but three are particularly important.

- Where did we come from?
- Why are we here?
- What happens when we die?

Where did we come from?

What are the origins of the human race?

Some people hold that humans were created by God. Others hold that we evolved from forbears called *Homo erectus*. Some Australian aboriginal cultures hold that rain and cloud spirits called *Wandjina* created life on Earth, including humans.

Lifewise Philosophy holds that to answer this Big Question we ought to speak to cosmologists and biologists. They will tell you that these questions can be answered by science and that our understanding gets better year by year. The best theory for the origins of the

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universe and life on Earth are that the universe formed around 13.8 billion years ago with the first observable evidence being the Big Bang. Humans arose through a long process of evolution from the first living things that formed from non-living compounds and elements on Earth about 3.8 billion years ago. From this *abiogenesis*, evolutionary pressures selected some organisms to survive and adapt to changing conditions.

We humans and the other living things alive today are the survivors of five *Mass Extinction Events*. We are made of what Earth is made of. We grew here. We belong here.

Why are we here?

What is the purpose of human existence?

Some people hold that humans are placed on Earth to serve God. Others hold that we are here to have a good time, or to share love. The philosophical movement called *existentialism* holds that there is no meaning to human existence.

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Lifewise Philosophy holds that humans are here on Earth for the same reason as the trees, the bees, the whales, and the snails: to pursue our individual life interests in a manner that makes a positive contribution to the well-being of the Living Planet, our collective life support system.

What happens when we die:

What happens to us upon death?

Some people believe that when you die you either go to heaven or hell for eternity. Others believe that there is an eternal soul that occupies another body and returns in an after-life.

Lifewise Philosophy holds that death is like sleep forever without dreams. When we die, the organic compounds in our bodies are released into the soil, water, and the air from where they originally came.

These compounds may be *revitalised* by being taken up by other organisms. In this way, the end of our life begets the beginning of new life.

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While we are alive, the pulse of blood and movement of electrons flowing within us is our spirit. When we die, it stops. Evidence of one's spirit can be seen while we are alive, and by what we leave behind.

If we plant a forest our spirit can be said to reside within the trees. If we wrote books our spirit can be said to reside on bookshelves around the world. *Van Gogh's* spirit lives large today. However, the spirit of the baker from whom he bought his bread is harder to define.

If we spread joy and wisdom our spirit can be said to be the fond memories and the knowledge in the people that we leave behind.

Inner Self

Inner Self refers to that part of each human that is unique. There are three categories:

- Personality
- Ecological Self
- Self-actualisation

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Personality

Part of a full life is coming to know the unique, individual personality that we grow into. Our personality influences the choices we make on life's journey, and the way that we are affected by experiences. Some personalities intuitively accept the natural Earth wisdom described in this booklet, while for others it takes concerted effort to overcome mistrust.

Personality includes the way our emotional states are triggered by stimuli, for example, how we deal with the knowledge of the ecological crisis and what's coming down the pipeline. Our personality determines the way that different music and art affect us. Some people are enraptured by classical music, others by thrash metal.

Personality also determines how we deal with the unknown. For example, some people regard the idea of UFOs with scepticism, seeking hard evidence upon

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which to make an opinion. Others, immediately join the counterculture and adopt the narrative of alien visitation without question.

Lifewise Philosophy holds that resolving the climate and ecological crisis requires many different personalities. Our personality dictates the stimuli that trigger extremes of emotional state. Rage, for example, ought to be directed at the people who open new coal mines or gas fields, and not the waiter in a restaurant. Seek to shape your personality to be effective in advancing life on Earth.

Ecological Self

The ecological Self is a term introduced by Norwegian philosopher *Arne Naess* to describe the potential for people to identify with other living beings, widening and deepening our sense of who we are to include all life on Earth.

Ecological Self determines the extent to which we identify as part of *Vitae-planeta*, the Living Planet. For most

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people, the ecological self is non-existent because they have not learned to understand or feel the global ecosystem of which they are a part.

Lifewise Philosophy holds that for most people, the Ecological Self is frail or non-existent and this is evident through their blind consumption of fossil fuels, plastics, and bad ideas.

Seek to grow your Ecological Self to connect spiritually to nature and find the strength and inclination to do what is necessary to protect her. See yourself as a part of nature, and act accordingly.

Self-actualisation

Self-actualisation relates to the realisation of one's talents and aspirations, our ability to achieve what we set our mind to. Self-actualised people are better able to adapt as conditions change. Being adaptive to change is regarded as fitness, in an evolutionary sense.

Lifewise Philosophy holds that the Anthropocene Crisis is dynamic, fast,

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and deadly, and it is coming for us all. You will need to bolster your emotional fortitude to protect yourself from the sorrow of things that you love that will be lost. Continually strengthen your self-actualisation by learning and doing and focussing on expedient action. Expedient action is that which achieves an objective most effectively. As the climate and ecological crisis deepens around you, you will need to grow emotionally and cerebrally just to keep-up. *Keep-up* means to stay alive in these dangerous times, but also to continually reframe what is expedient action for you, as conditions unfold. A big part of self-actualisation can be ensuring that you have the resources (including financial) to allow you to do what is necessary.

Transcendence

Transcendence refers to those times when you feel yourself to go beyond the normal experience of life. Three subthemes are identified:

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- Peak & Trough Experience
- Awe, Wonder & Amazement
- Timelessness & Flow

While these subthemes are given distinct names, in reality, they are often experienced overlapping with one-another.

Peak & Trough Experience

Peak & Trough experience refers to intense pleasurable or painful experiences that powerfully shape us. Peak experience and trough experience can often be sensed during the same instance. Extreme experience - whether perceived as good or bad - opens a doorway to spirituality change, and therefore, potentially to the adoption of ecological spirituality.

Peak Experience

Peak Experience refers to those moments of euphoria and bliss when you are detached from your normal reality and become enthralled and entranced by an

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uplifting experience. Regularly enjoying peak experience is a pathway to a fulfilling life. Peak Experiences can be stumbled upon by chance, or they can be fostered.

Lifewise Philosophy holds that when we enjoy peak experience through nature, we more closely bond with the Living Planet, our life support system. Sunsets and sunrises, waves breaking on a beach, a Full Moon rising over a lake, catching a wave: these are natural experiences where we feel connected to a global life force shared by all other creatures and plants.

Trough Experience

Trough Experience refers to those instances where you are flattened, rendered helpless, approaching what seems like death. This can be bought about through near-death experience, witnessing a tragic accident, exposure to war, attack by wild animals, etc. Trough experience is not pleasant, but it can

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trigger a substantial shift in our spirituality.

Lifewise Philosophy holds that trough experience can be a powerful driver of behavioural change. However, as people generally don't go seeking trough experience, it is hard to shape the direction of the change.

With that said, trough experience can open a path to ecological spirituality. People who get dumped by massive waves, for example, change their behaviour and are much more reverent of the surf. Similarly, people who have bad experiences around wild animals tend to respect them more afterwards.

Awe, Wonder & Amazement

The words awe, wonder and amazement are used interchangeably, and refer to the instances when we feel overwhelmed or taken aback by the vastness or extraordinariness of an experience. People can find awe in many different places including from such obscure sources such as drag races or watching

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YouTube videos of rocket launches or the manufacturing process of golf balls. Others find awe in nature.

Lifewise Philosophy holds that we should seek awe, wonder and amazement from storms and landscapes and coastlines and forests and lichen growing on a rock. Technology can enhance our awe of nature for example, videos of schooling fish, or close-ups of spiders spinning webs, or the formation of tropical revolving storms. Seek awe, wonder and amazement in social movements that advance the Verdant Age such as the growing rebellion against extinction.

Timelessness & Flow

Timelessness comes when circumstances are so distracting that one loses track of the passage of time. Flow has similar characteristics. This is where one is engaged in effortless action with total focus. One could fall into timelessness and flow watching your underwear in a tumble dryer or sitting under a metal triangle chanting 'ommm,' but these

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won't point your spiritual compass towards the Living Planet.

Lifewise Philosophy holds that we should seek timelessness and flow in the practice and presence of nature: a waterfall, a walk on a beach, kayaking across a lake, the sights and sounds of life on Earth. Get into flow by reading books or articles about the Earth System. Lose track of time in the garden or a forest or in conversations about how to Advance the Verdant Age.

Higher Values

Higher values are those values that are strongly held, and for which one will make sacrifices to defend. There are three considerations for Higher Values:

- Right & Wrong
- Sacred & Profane
- *Raison d'etre*

Right & Wrong

Right and wrong signifies actions that either help or hinder achieving a desired

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state. A desirable state for human civilization is a healthy biosphere populated by healthy, happy people for millions of years into the future.

Lifewise Philosophy holds that efforts that harm people and the biosphere are wrong, and actions that help people and Advance the Verdant Age are right. Of equal importance, inaction in the face of ecological collapse is wrong. If you know what is coming down the pipeline, and you are not taking action to help prevent it, this is wrong. Evil is a term that Lifewise Philosophy uses to describe the unconscionable behaviour of people who hold power, wealth or influence and deploy it in a manner that works against the well-being of people and life on Earth. Evil is wrong and should be opposed.

Sacred & Profane

The sacred are those things that are perceived to be imbued with unique and higher qualities and values, and for which distinct rules apply. Profane is

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simply something that lacks sacredness, such as the everyday and mundane. Sacredness is not implicit but is granted by one's beliefs. We can choose what we hold to be sacred.

Lifewise Philosophy holds that places of ecological significance are sacred as are acts of personal sacrifice on behalf of the biosphere. We ought to see natural biophysical processes that underpin our life support system as sacred, and act accordingly by protecting them. Indigenous cultures and endangered species are particularly sacred and ought to be revered and protected.

Raison d'etre

Raison d'etre is a French term for *reason to be*. Some people attach themselves to a cause so tightly that they experience a visceral sense of oneness between themselves and their belief. This is called *identity fusion*. This can be a positive or negative for the Living Planet. For example, the people who massacred the

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cartoonists from the French satirical comic *Charlie Hebdo* had fused their identity with a cause unrelated to the biosphere. On the other hand, activists in the rebellion against extinction fuse their identity with a cause that Advances the Verdant Age.

Lifewise Philosophy holds that the Anthropocene Crisis calls upon us to set our *raison d'être* to the highest levels of Earthwork: Advancing the Verdant Age rewilding vast stretches of the planet, euthanising the fossil fuel industry, and drawing down a trillion tons of CO₂ by mid-century.

Your *raison d'être* will determine what rituals and ceremonies are meaningful to you. Your *raison d'être* will determine the causes you support and those people who you regard as significant others.

If you are to fuse your identify, fuse it with the integrity of the biosphere and the proper function of the Earth System as these are fundamental to life on Earth and for human civilization.

Lifewise Practices

Described below are a number of practices that can help give effect the Lifewise Philosophy.

- 1. Touch Base**
- 2. Live with Earthity**
- 3. Practice a Vitamission**
- 4. Celebrate the Moon**
- 5. Magma and Cosmos**
- 6. Reinvent New Year**
- 7. Know Your White Horse**
- 8. Return to the Flux**

Touch Base

We wouldn't be here if it wasn't for biosphere, so every-day, in some way, say thanks or take some time to connect-in with nature.

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This might be through a guided or unguided Vitan Meditation, or through a conversation with a stranger about Lifewise Philosophy (maybe prompted by wearing a Quendant).

If you are in a big hurry, maybe just say "*Thanks Plankton*" as a way of recognising the wonderful things that the biosphere provides for us.

Maybe just stop by a tree for a few moments and contemplate the colours and textures of nature.

Maybe say "*Hi*" to a cloud.

Feel free to create your own *Touching Base* routine and share with others.

The more we acknowledge, connect to, and give thanks to our Living Planet, the more we realize that we just can't live without her.

Live with Earthity

At all times live with honour and respect for the Living Planet and your fellow

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humans. We call this living with Earthity.

As cells in the body of *Vitae-planeta*, we have common responsibilities to our fellow cells, and that means to other people and to nature. *Lifewise* calls upon us to be good neighbours and good environmentalists.

Here are some things you could do to live with Earthity:

- Use public transport over motor vehicles or walk, cycle or use innovative new low-energy transport modes.
- Get solar power for your home that connects with the grid or uses batteries to store energy.
- Make your home energy really efficient.
- Support the efforts of environmental groups.
- Eat organic foods grown locally to reduce chemical use and transport energy.

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- Reduce meat consumption, particularly red meat and seek the ethical treatment of animals.
- Wear non-synthetic clothes as synthetic microfibers get into the water ways.
- Get plastic out of your life as much as you can, particularly single use plastic.
- Do your part to euthanize the fossil fuel industry by getting fossil fuels out of your life.
- Learn about the First Peoples of your region as traditional owners have knowledge of how to live in balance with nature and have much to teach Western People.
- Do a carbon audit of your life and cut your carbon emissions to zero.
- Do a waste audit of your life and cut your waste to zero.
- Turn your garden into a forest or a farm.

Practice a Vitamission

Every cell in a body is tasked with a specific mission. So it is with us humans, except that we have agency, which means that we can choose our own mission. What is your self-chosen mission to help Advance the Verdant Age.

Given that climate change and biodiversity are the two biggest threats to the Living Planet, these could be the focus of your attention.

There are many ways to support Living Planet including removing plastic from beaches, climate activism, developing new technology, or researching who's responsible for bad governance and holding them accountable.

Supporting environmental efforts should not come at the expense of human well-being, and vice-versa.

Ideally, a cause could foster more than one benefit. For example supporting

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women to plant trees in developing countries helps to eradicate poverty, sequester carbon, and improve biodiversity.

Seek to make your Vitamission as impactful as possible and seek to continually increase your efficacy.

Devote your life to your Vitamission to become a powerful force in the transition to a sustainable global civilization.

Celebrate the Moon

One way to get in touch with natural cycles is to observe the rise of the Full Moon. So, on the Full Moon, gather with friends and strangers and use this auspicious event to engage in an evening of Big Talk.

A Gathering of Like-minded People

The rise of the Full-Moon provides a peak experience - the Moon Illusion - that can be shared, and this helps to bond people together.

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Joins Us Together

The Moon is a great leveller of humans - it joins us together across space and time. The Moon looks the same, no matter where we are. A Full Moon in Malaysia occurs on the same night as a Full Moon in Australia, for example. The Moon has looked the same to all humans over the entire course of human history. So, when Shakespeare wrote "*The moon's an arrant thief, and her pale fire she snatches from the sun*" he was referring to the Moon that looked identical to the Moon that we see today.

Visible Reminder

The Moon offers a visible reminder that we do not just live in a constructed society, but we are part of an ancient archaic natural system that has been here long before us.

Reminds us of Life

The Moon is dead, inert, and lifeless, reminding us that life is the exception, not the rule, in our solar system.

Influences Life

The Moon has a huge influence on

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living things as the influence of its gravity moves trillions of tonnes of sea water around, causing the rise and fall of the tides. The Full Moon floods the night with light, making landscapes and seascapes visible in the dark. So, every time you see the Moon think of life on Earth.

Renewable Energy

The tides, caused by the influence of the Moon's gravity, can be harnessed to provide clean renewable energy. The Moon reminds us to euthanize the fossil fuel industry and advance sustainable renewable energy.

Cosmos & Magma

According to the 2016 paper *The New World Atlas of Artificial Night Sky Brightness* about 30% of humans will never see the Milky Way from their homes due to night sky light pollution.

Artificial night sky brightness is a feature of human activities caused by the over-spill of light from homes, business,

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streetlights, motor vehicles, factories, oil production facilities and fishing vessels.

Lifewise Philosophy believes that seeing the Milky Way is an integral part of the human experience, and this night sky pollution is an important psychological component of the global sustainability crisis.

What lies above the biosphere is a vast expanse of space that is a frigid -273 degree Celsius. Not a very welcoming environment for life.

To manifest this contemplation visit a place where artificial night sky brightness is minimal or zero to view the cosmos. You will need to find a Skyglow Map for this.

Under the night sky, it is possible to view the Milky Way and contemplate the vast scale of the Universe. This helps to frame in people's minds the distinctive nature of Earth as a planet with life. It also helps to demonstrate the

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important role that the Living Planet plays in maintaining conditions suited to life on Earth.

You might also contemplate what lies below the Living Planet. This contemplation might be advanced by actually visiting a volcano. However, there is an ecological footprint to travel (consider your Earthity), and volcanoes can be dangerous; so one might simply ponder volcanoes and lava through a book, a website, or a documentary.

What lies below the Living Planet is a bubbling cauldron of molten rock - the magma - at a temperature of around 1,000 degrees Celsius.

The takeaway message of these contemplations of the Cosmos and the Magma is that the biosphere is able to maintain internal temperatures within a narrow range despite the extremes of temperature on either side.

Reinvent New Year

The looming collapse of the global ecosystem is exacerbated by many institutions. *Reinvent New Year* is an exhortation to reinvent ALL institutions to align them with Advancing the Verdant Age. Banking, finance, energy, materials... all institutions need reinventing to align with a sustainable civilization.

Lifewise Philosophy has taken up this challenge and has reinvented New Year.

New Year on 1 January is actually a Christian celebration that does little to connect people to nature.

New Year is an arbitrary date. After-all, when is the natural beginning and end of a circle? There isn't one. So, around the world, cultures ascribe different dates to the beginning of the New Year.

Lifewise believes that it is auspicious to celebrate New Year on a date that

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advances the conversation about the Living Planet and the Verdant Age.

This might include a Solstice or Equinox, or **Cosmos Day**, the day that Earth aligned with the Sun and the Galactic Core. Or it might recognize an Anthropogenic event that is significant to Living Planet such as the beginning of the Anthropocene Epoch.

Vitan Sapiens are encouraged to invent their own New Year date.

Lifewise Philosophy Foundation Pod celebrates New Year on 16 July. The minute of the end of one annual cycle and the beginning of the next is 9.29pm Australian Eastern Standard Time (AEST).

At that time in 1945 in New Mexico, USA the first nuclear explosion was detonated - the Trinity Bomb Test. This event is significant because radioactive contamination from atmospheric bomb tests has been identified as a potential

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chemical marker of the beginning of the Anthropocene Epoch, and this was the first such bomb test.

It is fitting to align the Earth New Year with the beginning of the Anthropocene Epoch, as Lifewise Philosophy seeks to help foster the creation of a subsequent era, where humans thrive in synergy with nature. We refer to this subsequent epoch as the Verdant Age. The sooner that starts, the better.

Commemorating the bomb test is also appropriate because there are many prognostications about the world ending in fire due to Climate Change, Armageddon, Nuclear War, etc. These ideas are widely circulated in movies and by many religious institutions.

It is therefore refreshing to create a narrative in which the fireball occurs at the beginning of the story and leaves the end date for humanity to be decided deep into the Long Future.

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Lifewise Philosophy Pods (groups of people who practice Lifewise Philosophy) are invited to accept the Foundation Pod's New Year date or to propose their own. The choice of their New Year needs to be backed by a rational justification of how this date relates to *Vitae-planeta*.

Know your White Horse

The Uffington White Horse is a Bronze-age artwork etched into a hillside in Oxfordshire, UK that is regarded as sacred by many people. Every year, thousands of people visit the White Horse to undertake maintenance. This involves removing weeds, cutting the grass, and adding new chalk which is pounded into the ground with a hammer.

The exhortation to *Know Your White Horse* is that you should know where to go for your spiritual renewal. If you do not yet know how to find spiritual

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renewal in nature, this is your next adventure. Our civilization is heading into a pressure cooker of climate and ecological collapse and it is important that we all know how to regenerate from the battles that we choose and those that are thrust upon us.

Return to the Flux

Our bodies are the receptacles of minerals and energy borrowed from the Living Planet. When we die, we ought to promptly return the energy and minerals to the Living Planet.

This can be done either by cremation but being aware of not using fossil fuels for the heat, or plastics in the casket.

Alternatively, one might be buried in a casket that allows the soil to absorb the body easily. There are various 'Green Funeral' practices that you might consider. This might include a simple practice like burial in a forest with a tree planted on your grave. Alternatively,

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there are more complex processes such as Recompose which is an technological decomposition process.

When the minerals in your body return to the biochemical flux from where they came, you are contributing to the growth of new life. Who knows what living organism may come to be the beneficiary of the minerals that you once were composed of?

This is the principle of Revitalisaiton. A Lifewise funeral will help add new life to that which was once part of you.

Part 4: In Conclusion

Nature Calls

Nature Calls are those instances when nature intervenes into your consciousness. How many of these have you sensed? What would you add to this list?

Nature Calls when: ...you sense the wind change as the storm approaches ... the sound of small animals rustling in the grass ... the multicoloured glow of a rainbow in a waterfall's mist ... the spangles of dappled sunlight through a forest canopy ... the unique colour and texture of lichen on a boulder ... a bird lands on a branch close to you, taking you by surprise ... you come across a fallen tree covered in fungi and moss as it returns to the soil ... you see a bird on a branch with an insect in its beak ... a possum climbing up a tree turns to look at you ... the Full Moon rising above the ocean horizon ...

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the sun sets in an orange sky ... a dolphin comes to the surface and you hear its breath ... a ray swims past, hugging the sea floor ... clear sea water washing against the green seaweed on the rocks ... the first sign of a new leaf on a pot-plant ... a bird lands on your windowsill and looks inside ... you watch a thousand green ants carry a locust to their nest ... white light shimmers off the sea surface ... seawater moves over corrugated sand ... the hiss of water as a stream flows over a fallen tree ... brilliant rays of sunshine burst through the clouds ... you feel the wind increase and the cumulus swell ... the cicadas in the bush are loud but invisible, no matter how hard you look... looking out upon a forested valley ... you see a butterfly land on a leaf, close by ... you wake to the music of songbirds in the trees ... you see track marks on the beach, and wonder what animal made them ... you find a beautiful seashell on the beach ...

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Earth Calls for your attention many times a day. Do you know the sound of her voice?

People ask: what does Lifewise Philosophy want us to do? Should we support the rebellion against extinction? Of course, that goes without saying. Should we live with Earthity, living lightly on the Earth? Yes. Of course. Should we find a mission for *Vitae-planeta* that resonates with our personality and Ecological Self. Absolutely you should.

But most importantly, sit in quiet contemplation and attune you spirituality to the biosphere, the sphere of life on Earth. She is calling out for you to help her.

There is little time left to win this battle. We need Earth Warriors. And to get Earth Warriors, we need people who are attuned to their innate spiritual connection with nature.

Connecting to Nature

These are some simple practices that help you connect spiritually to nature.

Practice Vita Meditation which is to lose yourself by looking at or listening to nature – whether this be closing your eyes and listen to birdsong, gazing into a fish tank or something else.

Note: Lifewise Philosophy is creating a series of guided meditations that combine ecological spirituality with environmental science.

Take your shoes off and walk on the ground, on the grass, in the mud, on the beach. This is called Earthing. Do it regularly.

When it rains, find somewhere to watch the water fall from the sky. Maybe go and stand in the rain. Embrace the sensation.

Do a Moonscope to determine when and where the Full Moon rises, and then

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watch the Full Moon Rise. Learn about the Moon Illusion.

Stand close to a wild animal and just look at it. See if you can encourage the animal to look at you. Maybe you can be friends.

Close your eyes for five minutes and then open them to gaze upon an old leaf.

Watch a documentary, uninterrupted, about nature, concentrate on learning the new information, then ponder it deeply.

Plant a seed in a pot, water it, and observe the seed sprout and grow. Maybe you can nurture the plant to become a tree that will outlive you.

Visit a cave that has Palaeolithic (ancient) paintings inside and ponder the motivations and the spirituality of the people who painted it.

Learn about climate change and then sit in quiet contemplation of this knowledge until you feel it.

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Go to a place where wildlife congregates and try to be accepted as an unfeared witness.

Meet with your local indigenous clan and learn about their spiritual connection to the land.

Learn about the subject of spirituality from the Lifewise Pocketbook and ponder the extent to which your spirituality is aligned with nature.

Lay on your back in the grass and just watch the clouds. Ponder the process by which invisible atmospheric vapour becomes a white cloud. Learn about lapse rate and cloud nucleation to enhance your sense of wonder.

When a storm comes, watch the way it affects the trees, maybe go to the beach and experience the violence of waves crashing on the shore or the rocks.

Find a Skyglow Map and visit a place that has full darkness on a night during Milky Way Season. Gaze upon the

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cosmos and contemplate that this vast, cold, empty space is what lies above the biosphere.

Visit an active volcano and gaze upon the magma rising to the Earth surface. Contemplate that this molten rock is what lies below the biosphere.

Find a place where the technosphere cannot be detected – i.e. you can't see or hear anything man-made. When you are in this Full Nature Place, contemplate the Cosmos and the Magma, and marvel at how life on Earth evolved on Earth and has sustained itself in this hostile environment for 3.8 billion years. Ponder the Gaia Hypothesis. Then, contemplate how much of an aberration it is that one species – *Homo sapiens* – should be intent of annihilating most life on Earth by fostering climate and ecological collapse over the coming decades. Then ask yourself, what should I do with the rest of my life?

The Quenn Pendant

Lifewise Philosophy has been developed through Vita Sapien, a registered charity based in Australia. Vita Sapien needs resources to function and spread the Lifewise message.

An excellent way of demonstrating your support of Lifewise Philosophy is by wearing a Quendant like Nick, here.



A Quendant is a Quenn Pendant.

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Quendants are made of laser-cut stainless steel with a stainless wire and magnetic clasp. They are a tried and tested piece of robust, attractive jewellery that attracts attention.



The Quenn is deeply symbolic with four key aspects.



The lower rings represent

- a) the Living Planet
- b) human civilization.

The outer ring represents continuum, the ability to continue on. This outer-ring is

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broken because civilization is out of balance with the Living Planet.



The upper circle, incorporating the tops of the two lower circles is the Verda symbol, representing the Verdant Age, the potential future time when humans and the Living Planet thrive in synergy.



The Quenn symbol is the Lifewise Philosophy symbol for the Anthropocene. Within the Anthropocene is the seeds of the Verdant Age.

If you wear a Quendant in public, people will comment on the piece, creating a

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space for a conversation about Lifewise Philosophy and other big-talk.

If you want to wear a Quendant, you can get them through the website where there are also Quendant explainer videos.

There is other cool stuff you could buy from Vita Sapien that helps to fund our mission. You could even make a regular donation. That would help a lot.

Really, though, what we would ask of you is to pursue your life interest in a manner that makes a positive contribution to society and the Living Planet.

Please contact us if you would like to get further involved or pledge support:
vitaepianeta@gmail.com

Good luck. See you on the road to the Verdant Age.

www.vitasapien.org

Lifewise Pods

Lifewise Philosophy is foundation of a social movement to Advance the Verdant.

One way you can participate in this movement is to create a Lifewise Pod.

A pod is a group of people who participate in Lifewise Philosophy activities.

There is no formal process for this, you can just jump in and do it.

Here are some of the things a self-directed Lifewise Pod leader might do.

Choose a name for your pod and invite people to become a part of it.

Host a monthly Full Moon party and use this as a place for socialisation, learning, fun, Big Talk and sharing Lifewise Philosophy with others.

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Organise luncheons to introduce people Lifewise Philosophy.

Learn about and participate in Lifewise Archery. This is an archery tradition where the bows and arrows are only made of natural materials.

Organise an event to take people to where they can see the stars at night.

Help people connect spiritually to the Living Planet.

Help people develop a deeper understanding of the Earth System and how human actions are influencing it.

Gather people together to share tips on Living with Earthity.

Help people to find their Vitamission and seek expedience, which means to become better and more effective at their mission.

Purchase a Quendant, watch the explainer videos and learn how to explain the symbol and perform “The Pluck”.

Help people deal with Ecogrief.

Lifewise Philosophy

Chose a date for a New Year and hold a party. Remember that this date needs to help people connect with the Living Planet. You can use Foundation Pod's New Year on 16 July, if you like.

Create new ceremonies and rituals that help people connect intellectually and spiritually and through practice with the Living Planet.

Connect with other Lifewise Pods. Foundation Pod can be contacted: vitaepaneta@gmail.com