

# **vita**

**humans thriving**



**guy lane**

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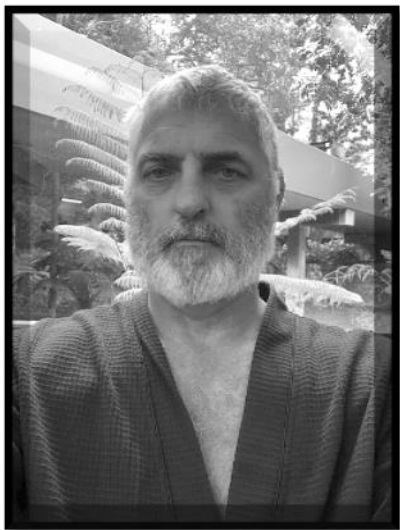
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## **Author's Note**

I am an environmental scientist, and for two decades I have been watching humanity degrade the Living Planet, our life support system. My enduring question has been, 'why?' Why not instead build a global society and ecosystem that thrives?

I had an insight on the 18th of August 2016 that the root of our man-made crisis was belief.

At the time, my response was that we needed a new religion, a religion devoted nature.

So, I wrote an article explaining how and why one might create a religion devoted to nature in Australia, where I live. I posted my essay on the social media platform Linked-in. A few days later, I got invited to talk about my proposed nature-religion in Kuala Lumpur, Malaysia. Thieves luck, I have been working on the idea ever since.

I registered Vita Religion in 2020 but soon understood that the idea was bigger than religion, as the spectrum of belief also included worldview, philosophy, and spirituality.

So, I started filling in all the blanks. And here it is, Vita Worldview, Lifewise Philosophy, Verdant Spirituality and Vita Religion all in one little book that takes about an hour and a half to read.

This book is designed as a companion to teachings on Stoicism, Buddhism, Taoism, Western Ecospirituality, and particularly

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Indigenous Worldview. Together, these ideas provide a system of belief that could help humanity survive the 21<sup>st</sup> Century and thrive in the 22<sup>nd</sup> Century and beyond.

Embracing Vita Worldview will help you see patterns in the growing chaos. You will be grounded by reality and alerted to dangers that lie ahead. You will understand how to contribute to building a bright future. You will find flow and connect with nature. You will understand the purpose of life, and your purpose in life.

If you read this book, I would ask that you don't just set it down afterwards and say, "Oh, that was interesting."

Instead, sit in quiet contemplation and ask yourself, "What should I do with the rest of my life?"

Guy Lane

5 May, 2024

Brisbane, Queensland, Australia.

## A Tale of Two Clans

*Southern France ~40,000 years ago.*

Two clans meet on the banks of a river. The grass is tall and lush, and the air is warm and alive with the sounds of insects and birds. 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 new to the area, having slowly moved their way in from the East. They are chatty and have a lot 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 specialize in finding minerals to paint with, and 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 artworks left behind in painted caves, carried as tiny statues, or worn as jewellery or facial paint.

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The other clan is called Heavy Stone. They have been in this region for thousands of years. They have little to say because they know few 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 just 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 in their hair, and a handful of coloured stones.

When Heavy Stone bury their dead, that's all they do. They dig a hole, push the body in, and cover it over. 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.

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 switch was flicked to the 'On' position inside the minds of the River Mussel clan, and this opened up a reservoir of intellect, curiosity, symbolism, innovation, and spirituality. All these things

are interconnected, intertwined, inseparable, and from the same source.

Let us call these new cognitive abilities thinking-feeling and view them as an emergent property of a complex central nervous system that arose through a subtle evolution in the wiring of the brain, and the advancement of language and culture.

*Homo sapiens* evolved around 300,000 years ago, for most of that time, our tools and practices differed little from our forebears.

It is not certain when thinking-feeling first arose in human populations, but if we were to say that it arose 70,000 years ago, we could back that up with evidence. At that time, an explosion in the human mind fostered a matrix of cognitive and transcendent abilities that created a pathway for engineering, mathematics, complex tool production, language, symbolic representation, art, funerary practice, and the full expression of human spirituality.

These new cognitive and transcendent abilities conferred huge advantage to the 'modern' humans, making it easier to communicate and cooperate, to find food

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and shelter and to survive a wider set of climactic conditions.

The revolution of the mind is believed to have begun in Africa and thinking-feeling people swept into Europe around 40,000 years ago and settled amongst the earlier *Homo sapiens* who had not developed thinking-feeling abilities.

The modern humans simply outcompeted the archaic humans, and before long the thinking-feeling became dominant.

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

The capacity for thinking-feeling is the origin of the full expression of cognition and spirituality in humans. Think of spirituality as the perception of being part of a greater thing, a quest for answers to imponderable questions, the ability to fall periodically into transcendent mental states, the awareness of death and holding a view of what comes after.

In its native and original form, spirituality was associated with nature: with landscapes, seasons, wildlife, plants, insects, rivers, and coastlines.

Let's call this nature spirituality.

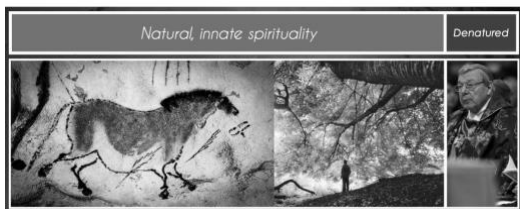
However spirituality is a vessel that can hold many different types of belief. Hunter-gatherer lifestyles gave way to agricultural communities in the beginning of the Holocene Epoch. Later, in a period referred to as the Axial Age, around 2,500 years ago, a new suite of beliefs took hold of human civilization and separated most of humanity from nature. Most of the religions and philosophies that exist today have their origins in this Axial Age.

So, for around 96% of the time that humans have been thinking-feeling, our spirituality has been expressed through nature, and we lived in balance with the ecosystem.

However, for the last 2,500 years, the dominant spiritual expression has been denatured.



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As a result of the behaviours that these denatured beliefs inspire, our planetary life-support system has been in decline.

A pathway to restore our Living Planet to full health is a spiritual reconnection with nature, and the acceptance of knowledge and practice that can guide us through the troubled times ahead. We need to renature our spirituality.

It is time for a new Axial Age, the Neo-Axial Age. Why, because our world is about to get thrown upside down, and the old ideas won't help us put it right.

### ***Sustainable Spirituality***

You may be shocked to learn that spirituality as it is practiced today offers little of practical use to address the Anthropocene Crisis.

Some do, but they are greatly outweighed by those that don't.

Today, the proportion of spiritual following amongst eight billion humans on Earth looks something like this:

Christian	31%	2.48 billion
Muslim	24%	1.92 billion
Agnostic / secular	16%	1.28 billion
Hindus	15%	1.20 billion
Buddhist	7%	0.55 billion
Indigenous / folk	6%	0.46 billion
Others	1%	0.1 billion

Most of the spiritualities on the list were founded in a period called the Axial Age around 2,300 to 2,800 years ago.

Axial age spiritualities and philosophies include the Abrahamic religions (Christianity, Islam and Judaism), Hinduism, Buddhism, Stoicism, Taoism, Confucianism, etc.

The point to make here is that these spiritualities were conceived over 2,000 years before the Anthropocene even began.

It is therefore no surprise that climate change and global ecosystem collapse are not referred to in the holy books.

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Back in the Axial Age, there were around 300 million people on Earth, and there was an abundance of nature and wilderness.

Today, there are eight billion people on Earth, nature is shrivelling-up fast, and the planet is overheating.

With respect to addressing the Anthropocene Crisis, there is value in Buddhism, Taoism, Shinto, Western Eco-spirituality, and particularly in Indigenous Worldview which predates the Axial Age by tens of thousands of years.

Buddhism, Taoism, and Shinto (Japanese folk religion) all have reverence for nature and observance of natural flows.

Indigenous spirituality is unique among all other spiritualities in that it identifies the practitioner as a part of the landscape and the ecosystem. Indigenous spirituality is the natural and innate spirituality of human beings.

Western Ecospirituality borrows from these traditions and includes practices such as home-grown food, organic growing, low consumption lifestyles and use of natural materials and nature immersion.

These five spiritualities - Buddhism, Taoism, Shinto, Indigenous & Western-ecospirituality - account for around 13% of the 8 billion humans in the world today.

However, even combined, these spiritualities do not provide us with all the tools we need to address the Anthropocene Crisis.

They do make a good starting point for a new spirituality - Verdant Spirituality - that is designed specifically to resolve the Anthropocene Crisis in a single generation.

Through Verdant Spirituality, Vita seeks to establish a new relationship between humans and nature, a relationship that will endure the test of time.

A question arises, “What has spirituality got to do with sustainability?”

Simple. People are motivated to act on the basis of what they know and what they believe. Of the two, beliefs are the greater motivator of action. We do what we believe because belief begets behaviour.

If you believe that our Living Planet is sacred, you will make effort to protect her.

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Alternatively, if you believe that our Living Planet is simply a resource to be exploited, you will act accordingly.

If we want people to care for nature - our life support system - we need them to have nature at the heart of their spirituality.

Our Living Planet is dying, and the widespread uptake of Nature Spirituality can save it.

In this instance, the word 'nature' means 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, Moon, the climate, weather, and tectonic forces.

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

Around the world, nature spirituality goes by different names including Animism, Druidism, Heathenry, Paganism, Wicca, etc. Indigenous people to this day practice nature spirituality through their culture and reverence for country.

Verdant Spirituality draws on these ideas, and weaves in new ideas to make a spirituality that is rooted in the past, but flowering with the modern world.

While the capacity for nature spirituality is innate in all humans, there are many other competing and distracting spiritual beliefs.

The lifestyles and beliefs that underpin mainstream Western culture separate us from our proper relationship with nature, and we are blind to the harm that we are doing to Mother Nature.

Verdant Spirituality holds that this is the primary driver of the global climate and ecological crisis: our spiritual disconnection from nature.

As such, Verdant Spirituality seeks to re-establish people's connection 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.

To advance a new spirituality, let us understand where spirituality came from and what it is.

## ***Spiritual Marketplace***

There are many spiritual beliefs that distract us from caring about the environment.

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:

...Gods, UFOs, crystals, dreamcatchers, yoga, yetis, phenomenology, the occult, flying saucers, heaven, Vikings, quantum vibrations, deities, sage, incense sticks, the Flying Spaghetti Monster, crop circles, channelling, Jesus, the after-life, Ganesh, the Inca calendar, chakras, Feng Shui, archangels, the holy trinity, tarot, crop circles, Nephilim, Pentecostalism, angel cards, unicorns, Islam, meditation, runes, Atlantis, crucifixes, the cosmos, Judaism, mermaids, the Bermuda Triangle, aliens, angels, sound healing, chemtrails, the everlasting soul, ayahuasca, Buddhism, Zen, Stonehenge, Taoism, extra-terrestrials, rune stones...

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

In addition to these things there are other distractions that have a spiritual-like following including:

...pets, muscle cars, bikes, shopping, fishing, football, tennis, fashion, fitness, shoes, the Cult of Self, pop music, holidays and so on...

To be clear, there is nothing wrong with any of these things, really.

Each of these pursuits fills the spiritual vessel inside of us, gives a sense of meaning, and access to transcendence.

The problem is that very few of these things have anything meaningful to say about resolving the Anthropocene Crisis.

Mother nature is calling out to us, but we can't hear her over the roar of the engine, the beep of the credit card machine, the pulse of the music, or the sound of our own breathing.

As a result, most people have no sense that our Living Planet is dying and that if she dies, we die with her.

There is a powerful article titled *Drowning Doesn't Look Like Drowning* by coast guard Mario Vittone. It says that most people don't



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know what a drowning person looks like. This explains why so many people drown a few meters from family and friends.

Similarly, most people don't know what a dying planet looks like, even though we are living on one.

More importantly, people cannot feel that the planet is dying because we are spiritually disconnected from nature.

Verdant Spirituality proposes that we augment our spiritual views to include a reverence, a passion, a love for nature.

This is because nature spirituality fosters moral concern for nature, and this is the most direct pathway to creating right action to make things better for our planet and our future.

Because of the relationship between spirituality and behaviour, when people undergo radical spirituality change, they are primed for radical behavioural change.

Radical pro-environmental behavioural change can be bought about in people when spiritual enlightenment to nature is paired

with a deeper 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 nature - 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 a future, environmentally sustainable civilization referred to as the Verdant Age.

It is believed that millions of people would adopt Verdant Spirituality once it is put before them in a compelling manner.

In fact, there are around 53 million potential followers of Verdant Spirituality in the western world alone.

This number represents a quarter of the Cultural Creative adults.

Fifty-three million people is a significant political and economic force: about 8% of the adults in Western countries.

According to literature that underpins the Extinction Rebellion movement, non-violent rebellions don't fail when 3.5% of the public becomes 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.

So what are some of the ideas that underpin Verdant Spirituality.

The big idea is called *Vitae-planeta*.

### ***Vitae-planeta***

The biosphere is the name that describes all the things that live on Earth.

It's called biosphere because the word 'bio' means life, and all that life is on the surface of the planet, in the shape of a sphere.

*Vitae-planeta* is the idea that all the living things on earth, plus the ocean, atmosphere and soil actually form a single living being.

So, we humans are a part of *Vitae-planeta*, like cells in a body.

When you see yourself as a part of the Living Planet - as opposed to being apart from the living planet - your perspective changes.

When you see yourself as a part of the living planet, you understand that there is no 'away'

to throw things to, and polluting the environment is like polluting yourself.

Here are some of the characteristics of *Vitae-planeta* as taught by Verdant Spirituality.

***Not God*** - *Vitae-planeta* is not a God, a deity, or the creator of the universe. Instead, she is an emergent property of the laws of nature playing out on a planet within the habitable zone of its star.

***Not Conscious*** - *Vitae-planeta* does not have consciousness, intent, or free will except to the extent that humans confer it. Humans are the part of nature that has free will.

***One of Trillions*** - *Vitae-planeta* is an emergent property of the laws of nature playing out on a planet within the habitable zone of its star.

Pananima is the name given to a biosphere that is sufficiently interconnected to have homeostasis. Homeostasis means that it is self-correcting, and able to withstand and recover from severe shock, such as large volcanic activity or an asteroid strike.

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*Vitae-planeta* is the name of the Pananima of Planet Earth, and there are probably trillions of Pananimas in the Universe.

**Wide & Thin** - *Vitae-planeta* has the shape of a thin-walled sphere, with the wall thickness about 0.5% of the diameter of the sphere. Think of *Vitae-planeta* as a ping-pong ball full of rock. The skin of the ping-pong ball is the *Vitae-planeta*.

**Above & Below** Above *Vitae-planeta* is the frigid depth of space, and below *Vitae-planeta* is the Earth's mantle and molten rock. *Vitae-planeta's* wispy outer boundary is about 100 kilometers above the ground, and its lower depth is some kilometers below the seafloor in the Earth's crust.

*He, She, or It?* - Technically, *Vitae-planeta* would be referred to as an 'it' as it is a gender-less, non-human species. However, out of reverence *Vitae-planeta* is referred to as 'she'.

**Very Old** - *Vitae-planeta* has endured about 3.8 billion years because she maintains internal chemical and thermal equilibrium that is conducive to life.

If the Universe is 13.8 billion years old, that makes Vitae-planeta about one-quarter the age of the Universe.

***Not judging*** - *Vitae-planeta* is not conscious and she doesn't judge us for our actions. However, she does respond to them - at the global scale. If we continue to pump 40 billion tons of heat trapping gas into the atmosphere, we can expect a dramatic reaction.

***We are welcome here*** - Humans came to be in *Vitae-planeta* in the same way as the trees and the bees, the whales, and the snails, and we are welcome here. However, unlike all the other organisms, humans have free will, and this enables us to step outside the Basic Law of Life: pursue your personal interests in a manner that enhances the wellbeing of the whole.

***Habitable for Humans*** - Over the past 3.8 billion years, Vitae-planeta has existed in many forms not all of which were suited to human habitation. At times in the past, it has been both too hot and too cold on Earth for humans.

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Vitae-planeta's climate has been ideal for the growth of human civilization over the past few million years, but our actions are shifting Vitae-planeta into a new phase that will be hostile to humans.

***A Species*** - *Vitae-planeta* is a species name, and the binomial is *Imperium vitae-planeta*. Vitae-planeta is a unique species in that it is comprised of just a single individual.

***Spiritual Belief*** - *Vitae-planeta* is not a scientifically validated idea, although it is very close to the concept of Gaia. Gaia Theory says that life on Earth behaves in the manner of the single organism in that it maintains homeostasis. *Vitae-planeta* is the idea that life on Earth does not just behave like an organism, but actually is an organism. This is not science, it's a spiritual belief that is close to science.

You see, science and spirituality are natural partners.

Science is at the heart of Vita Worldview. So let us consider what modern science can tell us about the world today.

## According to the Science

Through the fusion of modern science, ancient wisdom, and observations of nature, it becomes possible to develop a sustainable life philosophy that can assist humanity in navigating the challenges of the 21st Century.

Let us begin by examining what modern science tells us about humans and our planet. There is both good news and bad news, but each provides insights into how we should behave to live sustainably on Earth.

There are many science papers being published every week. Here are twelve science papers provide a broad-brush overview of where things stand, and a brief commentary about what we might learn from them.

### *By and for the Biosphere*

Lovelock, J. E., & Margulis, L. (1974). **Atmospheric homeostasis by and for the biosphere: the Gaia hypothesis.** *Tellus*, 26(1-2), 2-10.

Many people have heard the expression Gaia Hypothesis, but few have ever seen or read the actual paper itself perhaps because it was



published in a Swedish science journal that specialised in Earth System Science. The Gaia Hypothesis was a scientific breakthrough and also helped trigger the 1970's environmental movement, by giving a name to Mother Nature. Gaia, in this instance refers to Gaea, the Ancient Greek Earth Goddess.

While that name is poetic, the argument in the paper is grounded in physics, with an emphasis on entropy.

The Gaia Hypothesis tells us that all we need to maintain a stable climate is to ensure that there are sufficient natural landscapes and stop adding carbon to the atmosphere by burning fossil fuels. Nature has provided us with a planet with an excellent air conditioning system and all we need to do is look after her.

### ***Plankton Make the Clouds***

Charlson, R., Lovelock, J., Andreae, M. et al. **Oceanic phytoplankton, atmospheric sulphur, cloud albedo and climate.** Nature 326, 655–661 (1987).

In later work, Lovelock would go on to explain some of the biological mechanisms by which life on Earth regulated the climate. For example, plankton help to form clouds over the ocean by producing cloud condensation nuclei. These are tiny molecules that water vapour condenses on, forming water droplets. The paper goes on to say that by doubling the cloud condensation nuclei [perhaps by doubling plankton growth] it will be possible to create more and thicker clouds that will reflect away excess sunlight, assisting to manage climate change.

This paper is future evidence that we ought to work with nature to help her restore the balance of life on Earth. If we stopped acting like unsustainable super-predators, that would be a good start.

## ***Unsustainable Super-predators***

Darimont, C. T., Fox, C. H., Bryan, H. M., & Reimchen, T. E. (2015). **The unique ecology of human predators**. *Science*, 349(6250), 858-860.

Darimont and others found that humans kill adult prey at much higher rates than other predator species. This interferes with the reproductive success of the prey species. In

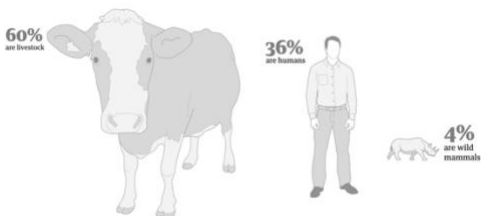
addition, humans use advanced technology that way outcompetes their rival predators. As such, human hunters and fishers can be regarded as unsustainable super-predators.

Humans have been predators from our earliest days, and the advent of archery 70,000 years ago has given us a competitive advantage over our species. Whilst we may have been super-predators a long time, not all human cultures are unsustainable in their predation. We need to learn from the sustainable hunters, the indigenous people.

### ***Only 4% Wild Mammals***

Bar-On, Y. M., Phillips, R., & Milo, R. (2018). **The biomass distribution on Earth.** Proceedings of the National Academy of Sciences, 115(25), 6506-6511.

Back in the time of the two clans by the riverbank, if you weighed all the mammals on Earth (mammalian biomass) you would find that humans represented just a tiny fraction of the total. Today, the situation is very different, indeed: just 4% of mammalian biomass is wildlife and 96% is humans, our pets, and livestock.



This means that there are now 15 times more livestock than wild animals. This is a good reason to adopt a low meat diet.

One of the reasons that wildlife is shrinking is that we have paved the planet and replaced natural habitat with human habitat to such an extent that there is now more stuff than life.

## *Technosphere > Biosphere*

Elhacham, E., Ben-Uri, L., Grozovski, J., Bar-On, Y. M., & Milo, R. (2020). **Global human-made mass exceeds all living biomass.** *Nature*, 588(7838), 442-444.

Okay, so this paper is insane. Over the past century the mass of material produced by humans - the technosphere - doubled every twenty years or so, while the mass of the biosphere remained relatively steady. In 2020, the mass of the technosphere exceeded the mass of the biosphere.

This means that there is now more stuff on Earth made by people, than there are living organisms that grew here.

There is twice as much plastic on Earth as there are animals. More buildings and infrastructure than trees and shrubs. And twenty years from now there will be twice as much. Perhaps we have built enough.

## ***No Stars for You, Tonight***

Falchi, F., Cinzano, P., Duriscoe, D., Kyba, C. C., Elvidge, C. D., Baugh, K., ... & Furgoni, R. (2016). **The new world atlas of artificial night sky brightness.** *Science advances*, 2(6), e1600377.

Another aspect of the technosphere - those things made by humans - is artificial light. Artificial light creates Artificial Night Sky Brightness or Skyglow. As a result of Skyglow, the Milky Way is hidden from more than one-third of humanity, including 60% of Europeans and nearly 80% of North Americans. In some places like Singapore, there is never full-dark, but a permanent twilight at night.

Skyglow diminishes human flourishing, and it is terrible for wildlife, particularly birds and insects. We need to reduce Skyglow and

allow people to contemplate the cosmos that lies above the biosphere. This will also help make things better for wildlife.

## ***More Trash Than Stars***

Nirmala, K., Rangasamy, G., Ramya, M., Shankar, V. U., & Rajesh, G. (2023). **A critical review on recent research progress on microplastic pollutants in drinking water.** Environmental Research, 115312.

Supposing for a moment that you could find a place with zero skyglow on a cloudless night, you could gaze in awe and wonder at the Milky Way and contemplate the vastness of space and the extraordinary number of stars. You might also contemplate that there are now over 51 trillion pieces of microplastic trash in the ocean, which is 500 times more stars than in Milky Way galaxy.

It is time to stop producing non-biodegradable petroleum-based plastics, rapidly transition to sustainable bioplastics and clean up the mess we have made by pulling plastic trash out of the ocean and off the beaches. While you are pondering how to get all that microplastic out of the ocean, you might also have a think about how to get a

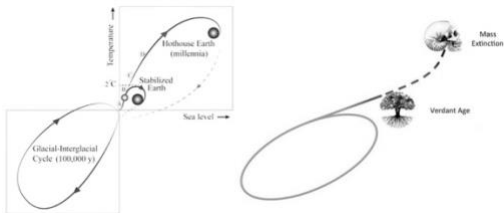
trillion tons of CO<sub>2</sub> out of the atmosphere, as we are heading towards the hothouse.

## *Heading to the Hothouse*

Steffen, W., Rockström, J., Richardson, K., Lenton, T. M., Folke, C., Liverman, D., ... & Schellnhuber, H. J. (2018). **Trajectories of the Earth System in the Anthropocene**. Proceedings of the National Academy of Sciences, 115(33), 8252-8259.

Somewhere between 1 & 2 degrees Celsius above pre-industrial temperatures lies a cascade of climate tipping points that will drive our planet into the hothouse and kill-off most life on Earth. As we are already about 1.3°C above baseline, we are well within the Hothouse Danger Zone.

The diagram from the Trajectories paper has been adapted into the Vita Sapien diagram showing two potential futures, Mass Extinction, or the Verdant Age.



## ***Highway to Heat-death***

Hansen, J. E., Sato, M., Simons, L., Nazarenko, L. S., Sangha, I., von Schuckmann, K., ... & Li, J. (2022). **Global warming in the pipeline.** arXiv preprint arXiv:2212.04474.

There is already enough carbon in the atmosphere to take global temperatures 10°C above baseline and “impacts on people and nature will accelerate as global warming pumps up hydrologic extremes.” Let’s not forget, the Paris Agreement seeks to limit global warming to 2°C above baseline, beyond which lies cascade of climate tipping points. Hansen believes that we will reach 2°C before 2050.

James Hansen is one of the most senior and respected climate scientists and is renowned for his book *Storms of My Grandchildren* that describes the ferocious weather that is coming our way under climate change.

This paper - *Global Warming in the Pipeline* - demonstrates that we are in a deep crisis of civilization - heading towards the heat-death of the biosphere. *Vitae-planeta* is getting heat stroke.



How do we get out of this mess? We need to euthanize the fossil fuel industry as soon as possible, and drawdown a trillion tons of CO<sub>2</sub> from the atmosphere to restore the climate.

## ***Ghastly Complicated***

Bradshaw, C. J., Ehrlich, P. R., Beattie, A., Ceballos, G., Crist, E., Diamond, J., ... & Blumstein, D. T. (2021). **Underestimating the challenges of avoiding a ghastly future.** *Frontiers in Conservation Science*, 1, 9.

As if we din't have enough on our plate as we hurtle to 2°C and beyond, we also have to deal with a collapsing biosphere. This paper holds the following chilling insights:

“...future environmental conditions will be far more dangerous than currently believed. The scale of the threats to the biosphere and all its lifeforms—including humanity—is in fact so great that it is difficult to grasp for even well-informed experts.”

As a matter of great urgency we need to get busy transforming the global economy and the human relationship with nature to make it ecologically sustainable. This paper and the 10°C paper above ought to make you immediately leap out of your skin and start

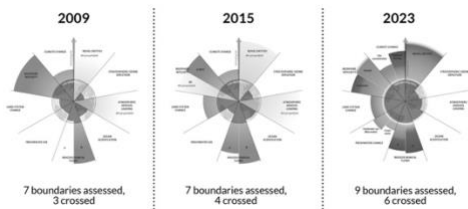
doing everything in your power to save this sinking ship.

All-hands-on-deck!

## ***Six Boundaries Broken***

Richardson, K., Steffen, W., Lucht, W., Bendtsen, J., Cornell, S. E., Donges, J. F., ... & Rockström, J. (2023). **Earth beyond six of nine planetary boundaries.** *Science advances*, 9(37), eadh2458.

Now that you are up, pay attention to this paper. It is not just climate and biodiversity that we have to worry about. According to Johan Rockström there are nine dumb ways to die on planet Earth and we have blundered into six of them, already.



The Planetary Boundaries framework seeks to identify the key processes that regulate the stability and resilience of the Earth system.

In 2023 the framework has quantified all boundaries and concluded that six of the nine boundaries have been transgressed.

“Crossing boundaries increases the risk of generating large-scale abrupt or environmental changes. Drastic changes will not necessarily happen overnight, but together the boundaries mark a critical threshold for increasing risks to people and the ecosystems we are part of.”

Each of the Planetary Boundaries are discussed later in the book. However, a takeaway message is that we need a civilization designed to honour all nine Planetary Boundaries. We need a civilization that is Nine-Boundaries Safe.

## *Going Down Sooner*

Willcock, S., Cooper, G. S., Addy, J., & Dearing, J. A. (2023). **Earlier collapse of Anthropocene ecosystems driven by multiple faster and noisier drivers.** *Nature Sustainability*, 1-12.

Just to reinforce the urgency of our predicament and the need for immediate and sustained action, this paper says that major ecosystems may collapse much sooner than we had thought possible.

We need to get busy transforming the global economy and the human relationship with nature as a matter of great urgency. This is not something to put on the to-do list, this means action, now. Do the biggest little thing you can do today and do something grander tomorrow. And just keep doing that until you die content in the knowledge that you honoured your responsibility to Mother Earth.

This is a tall order for some people. Scratching their heads, going, “What? Where did this come from? How come I’ve not heard this stuff before?”

Good question. The reason that this is new to you is that we have all grown-up infused with a suite of unsustainable philosophies and beliefs that have guided our actions.

Not to be without a solution, here is a philosophy that has been devised to give humanity the best chance of surviving the 21<sup>st</sup> Century and thriving thereafter.

This is Lifewise Philosophy.

## Lifewise Philosophy

Lifewise Philosophy provides a holistic framework by which to understand the world and the place of the humans in it.

Lifewise Philosophy is a companion to Stoicism, Buddhism, Taoism, Western Ecospirituality and Indigenous worldview. Put all these things together, and you have the philosophical foundation to contribute to Advancing the Verdant Age.

There are three parts to Lifewise Philosophy.

- **Worldview** focuses on material aspects advised by the environmental sciences.
- **Spiritual View** is presented through the *New Spiritual Framework* and includes *Verdant Spirituality*.
- **Practices** consider activities one could undertake to Advance the Verdant Age.

## ***World View***

Worldview is advised by the environmental sciences.

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. Changing Trajectory
9. Earthwork

## **Biosphere as Life Support**

The word 'biosphere' describes the totality of life on Earth. As the name suggests, the shape of the biosphere is a thin-walled sphere, located on the outer surface of our planet. The biosphere includes all the animals, plants, and other living things, plus the ocean, atmosphere, soils, and other substrates that are the habitat of life.

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

Gaia Theory tells us that animals and plants behave in a manner that maintains the condition of the atmosphere to ensure that the planet doesn't get too hot or cold. Life on Earth maintains conditions suited to life on Earth. It is as though all the living things in the biosphere behave in the manner of a single living being that self-regulates its own temperature.

The biosphere self-regulates and thus acts as a life-support system for humanity through a variety of mechanisms. For example, ocean

plankton help to create the rain that falls onto our crops; plants produce atmospheric oxygen for us to breathe; plants also produce food, pharmaceuticals and materials like wood, hemp, and cotton.

The biosphere is the life-support system for the human race. Destroying the biosphere is a form of collective suicide. And yet, that is exactly what *Homo sapiens* have been doing for the past 10,000 years or so.

### ***Homo sapiens***

Our species, *Homo sapiens* evolved around 300,000 years ago. However, it was only about 70,000 years ago that our central nervous system and language became sophisticated enough for the thinking-feeling awakening that fostered innovation, engineering, mathematics, art, spirituality, culture and so on.

The native spiritual expression for humans that sustained us for 60,000 of the last 70,000 years is a connection to wild animals and plants, ecosystems, forests, lakes, shorelines, clouds, storms, and the rain, thunder, and lightning that the storms bring.



However, through the Axial Age, humans began to synthesise spiritual beliefs that involved Gods, statues, symbols, activities and ultimately machines that run counter to nature. It was from this point that human behaviour began to have a negative effect on the biosphere.

The human footprint on nature is now so profound that the entire global ecosystem is in severe decline, placing billions of humans and millions of species at risk of extinction in the coming decades. Much of this harm has been caused in the last few human generations, the modern era, the time of the humans: the Anthropocene.

## **The 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 dinosaurs roamed the Earth.

The people who make up names like Jurassic are geologists who study stratigraphy: the relationship between rock layers and past time. The name given to the 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 claimed that we had entered a new geological epoch called the Anthropocene: the *Age of the Humans*.

However, after nearly a decade of debate, the official ruling came through in March 2024: the Anthropocene *does not* exist as a geological Epoch, we are still in the Holocene.

Whilst the geologists are arguing over nitty-gritty of rock science, the rest of society who knows about these things were having a field day with the Anthropocene concept.

Some believe that the Age of Humans began 12,000 years ago with the advent of agriculture. Others hold that the Anthropocene began when Columbus brought guns germs and steel to south America. Others hold that the carbon pollution of the industrial revolution is the beginning of the Anthropocene. The original proposal from the geologists held that the Anthropocene began in 1952, as evidenced

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by the radioactive fallout of nuclear bomb tests.

Not wanting to miss out on this debate, Vita Worldview has its own interpretation of when the Anthropocene began.

Vita 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 moment in time also serves as the beginning of the Vita Calendar and is thus the date and time of the Vita New Year celebration, a night of Fire and Wine.

The Anthropocene is a core element of Vita Worldview. The name Anthropocene Crisis refers to the multiple, interconnected crises of the modern era including climate change, ecological collapse, nuclear weapons, plastic contamination, global inequality, late-stage capitalism etc.

A big concern of the Anthropocene Crisis is that human activities are damaging key Earth Systems that are necessary to maintain a safe operating space for humanity. We are breaking through the Planetary Boundaries.

## Planetary Boundaries

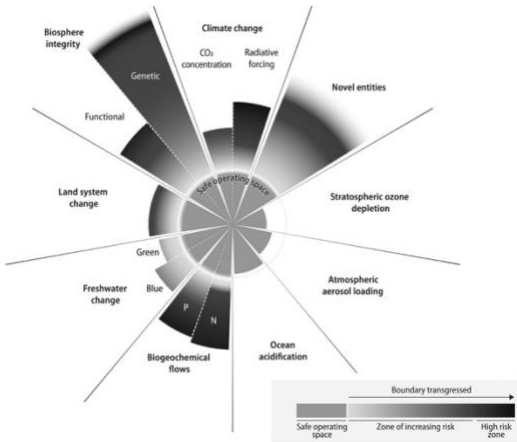
Scientists have identified key environmental issues that determine whether Planet Earth remains a good home for humans. Think of these as the warning lights on a planetary dashboard. There are nine key Earth systems, and the safe boundaries of six have already been crossed (bold) as a result of human activities.

- **The amount of atmospheric CO<sub>2</sub> and the energy imbalance of the atmosphere.**
- **The integrity of the biosphere / the health of the Living Planet.**
- **The amount of nitrogen & phosphorous in the ocean.**
- **The abundance of forest cover around the world.**
- **The amount of freshwater used by humans at the expense of ecosystems.**
- **Things humans created and released into the environment,**

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**that nature doesn't know how to deal with.**

- Ozone in the upper atmosphere.
- The concentration of particles in the atmosphere that block sunlight.
- The acidity of the ocean.



Vita Worldview holds that the primary cause of the Anthropocene Crisis – and breaking through the Planetary Boundaries – is that people are disconnected from nature, spiritually, emotionally, and intellectually. An

enlightened civilization would never allow Planetary Boundaries to be crossed, in the first place. Why would they risk it?

Thus, a solution to the Anthropocene Crisis is a global mass-movement to renature our spirituality and motivate people 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, a mass-awakening to nature.

## **Fostering Mass-Ecophany**

One of Verdant Spirituality'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.

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Ecophany is emotionally challenging, but it is a necessary pathway to enlightenment: understanding how things really are.

The term *Fostering Ecophany* suggests creating conditions suited to helping people experience ecophany. To this end, programs can be 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 Vita seeks to achieve. 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 also needed is a rudder to set the direction of the vessel, a chart, and a plan of how to get to a desired destination.

All these ideas can be brought together in programs that include the following elements:

- Spiritual enlightenment to nature

- A deeper understanding of the Earth System
- A map for the future (Transition)
- A destination (the Verdant Age)
- Duties for the crew to achieve the mission

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

## **The Long Future**

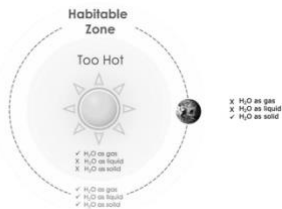
Planet Earth is suited to life because our planet's temperature makes it possible for water to exist in all three phases – ice, liquid water, and atmospheric vapour. The temperature is right on Earth because the planet's orbit is neither too close, nor too far from the Sun, and because nature has mechanisms for regulating greenhouse gases for temperature control (Gaia Theory).



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Earth's orbit is said to lie within the Habitable Zone – or the Goldilocks Zone – and will do so for another two billion years or so.

In the Habitable Zone, temperatures are suited to water existing in all three phases: gas, solid, & liquid.



Beyond this time, the Sun will massively expand into a Red Giant as it ages and consumes its fuel. Eventually Earth will be baked dry and lifeless.

Verdant Spirituality refers to the timeframe of future habitability of Planet Earth as the Long Future. The takeaway message is that Earth could still be habitable for humans for potentially hundreds of millions of years – if we don't destroy the planetary ecosystem that is our life-support system, first. A subset of the Long Future is the Verdant Age.

## The Verdant Age

The Verdant Age is a potential future time when human civilization and the Living

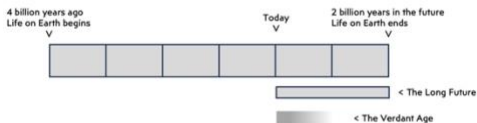
Planet thrive in synergy. Let's break that down because it is important.

- Thrive suggests not just surviving but prospering.
- In synergy means that each party is better off with the other.

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
- Ecozoic Era
- Ecological Civilization

One might ask, how long could the Verdant Age last?



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A year, as we all know, is the time it takes for our planet Earth to orbit the Sun. What is less well known is that our solar system is entrained within the Milky Way Galaxy that rotates around its galactic core every 230 million years or so. This is referred to as a Galactic Year.

Verdant Spirituality holds that the Verdant Age could last at least one Galactic Year. So, Vita Worldview holds that humans could be living happily on Earth more than 200 million years from now.

Verda is the symbol of the Verdant Age, the potential future time when humans and the biosphere thrive in synergy deep into the Long Future.



Advancing the Verdant Age so that human civilization might survive a Galactic Year is the *raison d'être* of Vita Worldview.

A nice aspiration, indeed, but if you chart the current trajectory of human civilization, you will see that we are heading rapidly towards the abyss. If we are to enter the Verdant Age, we need to change trajectory.

## **Changing Trajectory**

Our civilization is heading toward a cliff edge, and accelerating, as the cliff edge gets closer. As the global economy grows at around 3% per annum, so does its energy metabolism and its toxic waste by-products. Most of the global economy's energy comes from fossil fuels, and humanity spews around 40 billion tons of carbon dioxide pollution into the atmosphere every year as we hack-down, chop-up, rip-out, obliterate, annihilate, and poison the global ecosystem that is our life support.

We get closer to the precipice every day, and we are now in the final few years of maintaining agency over our destiny.

No person in their right mind wants to live through global ecological collapse. And yet, we are all part of the cause and the consequence of this situation.

Fortunately, there is an alternative.

The alternative is to change trajectory and restore the global ecosphere to full health. This can be advanced by completing the following Five-Step Plan:

1. Euthanize the fossil fuel industry and restore the climate by drawing down a trillion tons of CO<sub>2</sub> from the atmosphere to reduce the chance of the cascade of climate tipping points leading to the Hothouse and the heat-death of most life on Earth.
2. Clean up the mess left by 200 years of industrial civilization that is poisoning the planet including the millions of tons of plastics in the ocean, on the streets, and in landfills and radioactive waste and transition to sustainable materials.
3. Bring endangered species back to safe population numbers and rewild a third of the Living Planet to restore the integrity of the biosphere. Rewilding often means just leaving it alone and let nature do its work.
4. Establish a fair and efficient socioeconomic system worldwide that honours people and planet.

5. Enshrine nature spirituality at the root of all societies, worldwide to ensure that we don't end up at the brink of the abyss again.

In addition to cleaning up the mess we have made, we humans might actually be useful to the biosphere in unique ways.

Humans provide the biosphere with a threat management capability, i.e. looking out for Earth-killing asteroids, and destroying or deflecting them.

Humans could conceivably help the biosphere to reproduce by taking Earth species to another part of the solar system, and thereby extending the life of Earth biota beyond the Long Future.

Finally, a poetic benefit:

Humans give the biosphere consciousness, a capacity for self-awareness. It was, after-all humans who in 1968 took the first Biosphere-Selfie, the famous Earthrise photo from the Apollo-8 mission. It wasn't the dolphins or white mice that took that photo, we did.

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One could argue the benefits of a biosphere being aware of itself, but as components of the biosphere, we humans gain a deeper understanding of ourselves from Biosphere-Selfies.

The first Earth Selfie was black and white with the Moon in the foreground. A few minutes later the iconic, colour Earthrise Photo was taken.



Today, there is a satellite positioned at a location in space called L1 that provides a daily Earth Selfie. You can see these images on the website. Just google EPIC DSCOVER.

To reach the Verdant Age, it is necessary to resolve the Anthropocene Crisis with sufficient amount of the Living Planet intact, and a high-enough proportion of people with renatured spirituality. By necessity, a sustainable civilization has a sustainable level of population and consumption and if we

have learned anything from the Anthropocene, it is where the limits lie.

Activities that lead to these outcomes is the highest form of Earthwork. To achieve this in the narrow window of time remaining, the widespread uptake of a sustainable life philosophy grounded in nature spirituality is required.

Remember that 80% of the world's energy comes from the fossil fuel industry, and the super-wealthy corporations, families, individuals, and their enablers have zero intention of protecting the global ecosystem whilst they are gorging themselves from the multi-trillion-dollar fossil fuel trough.

These are the agents of the hyperthreat, and the business model of the elite is to continue growing the global economy based on fossil fuels. That's it.

We need to mercifully euthanize this industry before it mercilessly kills us all. The sustainability crisis is a crisis of power. They wield it effectively. We don't. Yet. Overthrowing the destructive systems of power will require a herculean effort that



only a spiritual motivation can provide, so 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 interests in a manner that supports the wellbeing of the whole.

Unlike 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.

By reconnecting people spiritually to nature, it is possible to transform their behaviour to become pro-environmental.

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. Efforts towards this end are referred to as Earthwork. An enabler of Earthwork is a spiritual connection to our Living Planet.

## ***Spiritual View***

Vita Worldview views the term ‘spirituality’ as an umbrella concept that shelters many themes.

There are six core themes, plus subthemes, that make-up the Spiritual View.

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. Journey Within

- Inner Self
- Grounding
- Self-Actualisation

5. Transcendence

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

## 6. Higher Values

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

Vita 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 foster radical pro-environmental behaviour change.

This 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 Vita Worldview 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.

## The Bigger Thing

One of the most common concepts 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 for others, say professional athletes, it is their sport.

People's behaviour is guided in part by their efforts to contribute to the success or advancement of the Bigger Thing.

People can be part of multiple Bigger Things.

Vita holds that we should see ourselves as a part of the biosphere and seek to be a part of movement to Advance the Verdant Age.

As with the trees and bees, the whales and snails, the belief in *Vitae-planeta* holds that we humans are cells in the body of the Living Planet.

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

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When you identify with the *Vitae-planeta* and the social movement to protect her, you are advancing your own life support system.

This is not only spiritually rewarding, but wholly logical, as well.

Adopt *Vitae-planeta* and the social movement to protect her as your Bigger Thing.

### **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 which goes something like this: *Do unto others as you would have them do unto you.*

The problem with this 'Do unto others' statement and all the others is that they fail to take into consideration the Living Planet that is our life support.

Vita's Golden Rule is thus:

*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 imponderable questions, particularly those relating to 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.

Vita Worldview 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

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that our understanding gets better year by year. The best theory for the origins of the 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 with the trees and the bees, the whales, and the snails. 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.

Vita Worldview 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 our societies and the well-being of the Living Planet, our collective life support system. That's why we are here.

***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.

Vita Worldview holds that when the body dies, we die with it. However, the compounds and energy that was in our body may be revitalised by being taken up by other organisms. In this way, the end of our life begets the beginning of new life. While we are alive, the flow of blood and electrical energy pulsing through our bodies and our breathing in and out, is our spirit.



Evidence of an individual's spirit can be seen while we are alive, and by what we leave behind after death. 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 Gough's spirit lives large today in coffee table books and art galleries. 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.

## **Journey Within**

The Journey Within has three categories:

- Inner Self
- Grounding
- Self-Actualization

### **Inner Self**

Inner Self refers to that part of each human that is unique and that can be explored through introspection, typically when alone in quiet contemplation. Inner Self includes meditation and mindfulness: cultivating focus

to find calmness, healing, and insights. It also includes Symbolic Representation which describes the way in which an individual ascribes meaning onto symbols and objects in your spiritual journey, such as crystals, art, and music.

## **Grounding**

Grounding refers to recognizing our interconnectedness with place, knowing where home is, where to find a sense of place and belonging. It also includes a reverence for ancestors: honouring and learning from the wisdom of those who came before us. Grounding also includes a commitment to the wellbeing of those who will come after us.

## **Self-Actualization**

Self-Actualization refers to striving to reach one's fullest potential and live authentically in alignment with one's values and purpose. This calls on us to reflect on our thoughts, emotions, and beliefs to gain self-awareness and to know ourselves.

With respect to Inner Self, Vita Worldview holds that through Vitan Meditation it is

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possible to help sync our inner self with that of *Vitae-Planeta*, and in so doing, gain a deeper understanding of our life and our place amongst life on Earth. Be mindful of your life, seeking to live with Earthity.

With respect to symbolic representation, contemplate how it is that you have come to associate meaning to things. Often the meanings that we ascribe to things does not help advance our lives, instead, they distract us from the things are truly meaningful, like protecting the biosphere.

Take responsibility for what you believe. Beliefs can change. Change your beliefs to Advance the Verdant Age.

With respect to Grounding, seek to find your sense of place in natural settings as this will help you to develop a deeper understanding and empathy of nature. Even in an urban area, there are often places where you can go to find solace, surrounded by vegetation and running water. Learn of your immediate ancestors, but also consider your Palaeolithic forebears. If you if you have European ancestry, that's the Cro-Magnon. These people lived in a time before modern culture and represent a native version of humans

untroubled by religion, nationalism, social media, two-party politics, and ideology.

For Self-Actualization, focus on becoming empowered in Earthwork, on the restoration of life on Earth and constantly work on your expediency to become more effective and influential over time.

## **Transcendence**

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

- 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 and trough experience can often be sensed during the

same situation (think of a roller-coaster ride). Extreme experience – whether perceived as good or bad – opens a doorway to spirituality change, and therefore, potentially to the adoption of nature 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 uplifting experience. A pathway to a fulfilling life is to regularly enjoy peak experience is. 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, physical assault, attack by wild animals, etc. Trough experience is not pleasant, but it can 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, become 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

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

Vita 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 won’t point your spiritual compass towards the Living Planet.

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

Vita holds that harming people, and the biosphere is wrong, and actions that help people and Advance the Verdant Age are right. Of equal importance, inaction in the face of wrong-doing is itself wrong.

The word evil describes 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 simply something that lacks sacredness, such as the

everyday and mundane. Sacredness is not implicit but is granted by one's beliefs.

Vita holds that we can choose what we hold to be sacred and if we are to Advance the Verdant Age, the following need to be seen as sacred:

- Places of ecological significance are sacred as are acts of personal sacrifice on behalf of the biosphere.
- Natural biophysical processes that underpin our life support system are sacred, and we should act accordingly by protecting them.
- Indigenous cultures and endangered species are sacred and ought to be revered and protected.

### ***Raison d'être***

Raison d'être 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 cartoonists from the French

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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.

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.

Once you have fused your identity with the biosphere, you might undertake Earthwork. Here are some practices that you might consider.

## Vita Practices

Described below are a number of practices that can help give effect to Vita Worldview.

1. I, Biosphere
2. Live with Earthity
3. Practice a Vitamission
4. Grow Something
5. Celebrate the Moon
6. Lava & Cosmos
7. Reinvent New Year
8. Know Your White Horse
9. Return to the Flux

## I, Biosphere

We are all part of the biosphere, and the biosphere is part of us. The acceptance of this idea is called *I, Biosphere*.

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. This might be through a guided or unguided Vitan Meditation, or through a conversation with a stranger about Vita Worldview (maybe prompted by wearing a Quenn Pendant).

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 the leaves and bark. Maybe say "Hi" to a cloud.

Feel free to create your own *I, Biosphere* 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.

There is a simple *I, Biosphere* poem that you might like to recite as a way of confirming that you identify as part of the biosphere.

I am human I come from Earth  
In a little bubble of gas  
With molten lava below  
The freezing depths of space above  
I am one organism  
Made of billions of organisms  
Amongst trillions of organisms  
In a vibrant community  
A biological sphere of life  
The biosphere  
I am part of the biosphere  
I, biosphere  
You, also, are part of the biosphere  
You, biosphere  
We are all in this together  
The humans and all else that lives on Earth  
We, biosphere

We are all part of the biosphere  
And the biosphere is part of us  
So, we should care for the biosphere  
We really can't live without her

This short poem could become part of an initiation ritual into a Vita Pod, which is a group of people who put Lifewise Philosophy into practice. See more about pods, below.

## **Live with Earthity**

The name Lifewise has two connotations:

- wise about our personal life
- wise about our place amongst life on Earth

While much of Lifewise Philosophy is concerned with our personal relationship with the biosphere it is through Earthity that we deal with personal and interpersonal issue. Earthity has three components:

- Live Lightly on the Earth
- Be Kind to Others
- Be Kind to Yourself

### ***Live Lightly on the Earth***

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 Philosophy calls upon people to be good neighbours and good environmentalists.

Western lifestyles are unsustainable because the dominant systems of social, political, economic, energy and materials are unsustainable. With that said, it is relatively easy to slash one's material and energy consumption through conscious consumption and this should be done as a matter of course. This book does not delve into the details of Live Lightly on the Earth because it is so well covered elsewhere, for example, google 'sustainable lifestyles' to get started.

### ***Kind to Others***

Living with Earthity also means being decent to people who are and aren't like you. You can be anything, so start by being kind. Don't hate people. Don't be racist, homophobic, transphobic, misogynistic, sociopathic, etc. So many of the world's problems are caused



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by people who simply aren't kind to other people. Thieves, murderers, rapists, and abusers of men, women and children fit into this category. Many people are bought up around violence and use violence as a daily tool. Rise above this. The word Sapien means wise. So, use wisdom to defuse conflicts.

Kind to Others calls upon us to be okay with the lifestyles of people who aren't like you. If you don't like the idea of gay marriage, that's fine, don't marry a homosexual. If drug taking offends you, that's fine, don't take drugs.

Lifewise Philosophy holds that people ought to be free to live their lives without others interfering because their moral values sit in judgement. If people let people live their lives, everyone could just get on with living their lives.

On the matter of war, it is accepted that sometimes war is a necessary pursuit, for example to repel an invading force. However, there is nonetheless a need for that war to be just and to be fought justly. Wars where soldiers attack soldiers are bad enough without soldiers abusing civilians or captives.

Kind to Others may seem simple and straightforward, but there are some nuances. As an example, there are training courses that help people identify racism and sexism in their behaviour that they may not have seen, themselves. In addition, there is a field called Non-violent Communication that similarly helps people communicate in a non-confrontational matter. Living with Earthity Kind to Others calls on people to familiarise themselves with these things and bring them into practice through their lives.

Many spiritual traditions promote charitable giving as a way of sharing the bounty that comes to an individual and help ameliorate social problems caused by systemic wealth disparity. Lifewise Philosophy condones this and accepts that changing the system that creates wealth disparity is the ultimate resolution of the problem. Charitable donations ought to be considered with reference to the concept of ‘expedience’. This suggests that we ought to seek to do as much good with the donation as possible.

### ***Kind to Yourself***

While we live surrounded by other people who engage in reciprocity and cooperation, at

the end of the day we were born alone, and we die alone. In between, there are many decisions that are made that either advance our personal interests or run counter to them. Being Kind to Yourself is important.

Kind to Yourself covers the whole spectrum of what is referred to as Personal Development which includes personal finances, plus health and fitness, mental health, and so on. Avoiding harmful addictions is a part of Kind to Yourself.

On the subject of wealth creation, it is important to consider how wealth is made and how it is consumed. For an extreme example, someone who makes money from oil exploration (in a climate crisis) and spends his money shooting elephants (in a biodiversity crisis) ought not ever earn another dollar. On the other extreme, someone who makes money advancing sustainable energy and spends their money advancing noble causes, ought rightly do well for themselves. Personal wealth can be hugely beneficial to Advancing the Verdant Age if it is earned and spent honourably.

## **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 might be the primary focus of your attention.

There are many ways to support our Living Planet including removing plastic from beaches, climate activism, developing new technology, or researching who's responsible for bad governance and holding them accountable. However, 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 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. This is referred to as expedience. Your actions should be expedient.

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

## **Grow Something**

Growing something helps to connect people to Elan Vital, the life force that drives organisms to prosper. If you are not familiar with growing things, start with a Swiss Cheese Plant - *Monstera deliciosa*. There is a big *Monstera* community on Youtube. That's a great place to start. To get going, find someone who has a *Monstera* and ask for a cutting.

You might also take an interest in a home aquarium or a frog pond in the back yard. Frog ponds are good as they can enhance local ecosystems. Maybe combine the *Monstera deliciosa* with the frog pond.

In this way, you can connect directly to the wellbeing of other organisms and learn how to make them comfortable. If plants are

comfortable, they grow and flower. If fish are comfortable, they breed.

## **In Nature, Find Yourself.**

Periodically immerse yourself in nature.

Ideally, you would find a place where the technosphere is absent. No roads, and no traffic noise. It's hard to escape aeroplane noise, however. In Australia, such places are easy to come by even a little way from the city. If you can't escape a city, then go to the botanical gardens, or some place that is overgrown. Immersing yourself in nature helps reconnect you to wilderness which is a sensation that has been with modern humans for most of the last 70,000 years but has been largely lost through urbanization. When in nature, find yourself, contemplate your inner self, and find the wilderness with your spirit.

## **Celebrate the Moon**

O the Full Moon, gather with friends and associates and use this auspicious event to engage in an evening of Big Talk. A gathering on the Full Moon has a number of key attributes.

### ***A Peak Experience***

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

### ***Joins Us Together***

The Moon is a great leveller of humans as 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 the same as the Moon that we see today.

### ***Reminder of Life***

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

The Moon has a huge influence on living things as the 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 and how precious it is.

### ***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.

To learn how to calculate where and when the Full Moon rises, look at the section in this book called Moonscoping.

### **Cosmos & Lava**

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



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light from homes, business, streetlights, motor vehicles, factories, oil production facilities and fishing vessels. This artificial light strikes tiny particles in the atmosphere and reflects back to Earth. This makes the sky glow a little bit, and this skyglow makes it impossible to see the dimmest stars. As a result, the night sky is a grey blur with maybe one or two of the brightest stars visible.

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.

Vita is primarily concerned with the right relationship between humans and the biosphere. Outside of the Sun, Moon and space rocks, there is little of consequence out there in the cosmos.

However, the Cosmos reminds us of the bigger picture - Earth is a planet of one star, amid trillions of stars in a vast expanding bubble of vacuous space. This is where we live, and to see the stars of our galaxy, the Milky Way, on a clear night is extraordinary to behold and serves to remind us of the frailty of our blue/green planet.

What lies above the biosphere is a vast expanse of space that is a frigid -273 degree Celsius. Not a 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 map for this, so google Skyglow Map.

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

Alternatively, visit hot springs. This is where water is heated by magma and finds its way to the surface. There are many hot-springs around the world, some that you can bathe in, others that are too hot.

Maybe you can find hot springs that are in a place with zero skyglow and contemplate what lies above and below the biosphere at the same time.

There is a takeaway message of these contemplations of the Cosmos and the Magma. The biosphere has dangerous neighbours and yet is able to maintain internal temperatures within a narrow range despite the extremes of temperature on either side. We ought not tamper with that ability.

## **Reinvent New Year**

Imaging going back in time to the year 1700. Back then, human civilization was ecologically sustainable. Sure, we'd knocked down a ton of forests, but our energy came from nature (trees, peat, and water wheels), our materials were all organic or recyclable

(e.g. steel, bronze). And our populations were low, at around a billion people. There was no climate and ecological crisis, and no threat of Artificial Intelligence catastrophe or nuclear war. Fast forward to 2024 and we now witnessing the annihilation and heat death of the global ecosystem that is our life support.

To go from ecologically sustainable to edge of the cliff in 300 years requires that all institutions were somehow participating in the madness.

At the heart of the practice *Reinvent New Year* is this recognition that all institutions are ecologically unsustainable and must be transformed to Advance the Verdant Age.

The term institution is broad and includes a wide range of entities, practices, and norms that structure social life such as banking, finance, energy production, governance, public holidays, New Years... All institutions need reinventing to align with a sustainable civilization.

Lifewise Philosophy has taken up this challenge and has reinvented New Year. New Year is an arbitrary date. After-all, when is the natural beginning and end of an orbit

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around the sun? There isn't one. So, around the world, cultures ascribe different dates to the beginning of the New Year.

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

Vita 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 so-called Trinity Bomb Test. This event is significant because radioactive contamination from atmospheric bomb tests has been identified as a potential chemical marker of the beginning of the Anthropocene Epoch, and this was the first such bomb test. For Lifewise Philosophy, the New Mexico

nuclear bomb test was the beginning of the Anthropocene Epoch.

Every year over the past six years, Vita has held a New Year celebration on 16 July. The turn of the New Year is 9.29pm AEST, which correlates to 5.29am Mountain Time in New Mexico.

At 9.29pm, the Gadget is detonated and creates a small explosion created from dry-ice in a soft drink bottle submerged in a bucket of water with a bright LED light shining behind. When the Gadget detonates, it throws a bubbling plume of aerated water into the air, and the LED light illuminates this as a bright white flash.

This ceremony is called Trinibomtess and it is planned to scale-up the Gadget with the help of professional explosives experts to replicate a broiling mushroom cloud in addition to the bright white flash, as per the original New Mexico bomb test.

It is fitting to align the Earth New Year with the beginning of the Anthropocene Epoch, as Vita 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 first nuclear 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 widespread in Western culture and religious traditions. It is therefore refreshing to hear 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.

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 the belief in *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 horse is elevated, giving a commanding view over the Oxfordshire landscape.

The practice *Know Your White Horse* is not an exhortation to visit the Uffington chalk-figure *per-se* but represents whatever or wherever an individual goes for spiritual renewal in nature. If you do not yet know how to find spiritual 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.

Many people find solace on the beach, walking by the lake or watching the Full Moon rise. Spiritual solace in nature needn't be outside. A balcony full of pot-plants will do the trick for some. If you are unable to escape the bounds of the city, nature-spiritual solace can be found online, maybe watching underwater videos of fish schooling, for example.



## **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 so that other life forms might get the benefit of them.

This might be done through cremation, being aware of not using fossil fuels or plastics in the casket.

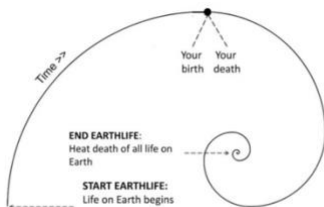
Alternatively, one might be buried in a casket that allows the soil to absorb the body easily. There are various 'Green Funeral' practices that you might consider. This might include a simple practice like burial in a forest with a tree planted on your grave. Alternatively, there are more complex technological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

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 Revitalisation. A Vitán funeral will help add new life to that which was once part of you.

Consider this. Life has existed on Earth for around 3.8 billion years and will likely remain for another 2 billion years. Let's call this Earthlife and assume to be 6 billion years in total. As a human being, you get to play in the biosphere for maybe a hundred years if you are lucky. That's it. 100 years out of six billion years, and that's if you are lucky. That's enough. That's all you need.

You were unalive for billions of years, you had some decades of life, and then you become unalive for billions more years. That's just how it is on Earth.



## Being Vitan

This chapter shares some ideas about how to adopt Vita Worldview into your life and participate in the changes necessary to Advance the Verdant Age.

It is believed that there are around 53 million adults in the Western world alone who will adopt Vita Worldview as their primary way of relating to the environment around them. Maybe you are one of them?



### How to be Vitan

- A spiritual bond with nature
- Framing reality with science and reason
- In action to make things better

To change the world, you need to be able to hear nature calling out to you. Can you hear her?

## 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 rises above the ocean horizon ... 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 ... a thousand green ants carry a locust to their nest ... sunlight shimmers off the sea surface like a thousand swirling stars ... seawater moves over corrugated sand ... the hiss of water as a stream flows around a fallen tree*

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*... brilliant rays of sunshine burst through the clouds ... a storm rises and 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 and realise there is a crab living inside ... a butterfly flutters through the air and you watch it go ... the clouds part, revealing the Full Moon rising about the horizon ... a little animal scurries away in your peripheral vision ... you open a cupboard to find that a potato has thrown a shoot into the air ... green algae grows on the glass in your fish tank*

...

Nature is all around us. She is calling out to us. Asking us to care for her. Can you hear her?

## **Connecting to Nature**

When people fill their spirituality with nature this guides them towards right action to Advance the Verdant Age.

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

- Practice Vitan 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 listening to a Vita guided meditation.

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

- When it rains, find somewhere to watch the water fall from the sky. Maybe stand in the rain. Embrace the hydrological cycle.

- Do a Moonscope to determine when and where the Full Moon rises, and then watch the Full Moon rise. Experience the Moon Illusion alone or with friends.

- 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 about nature, concentrate on learning the new information, then ponder it deeply.

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- 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 ancient paintings 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.
- 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 and ponder the extent to which your spirituality is aligned with nature.
- Lay on your back in the grass and watch the clouds. Ponder the process by which invisible atmospheric vapor becomes a trillion water droplets to form the cloud.
- Learn about the different ways that the plankton make the clouds.

- When a storm comes, watch the way it moves the trees and the way that light plays across the landscape.
- Go to the beach and experience the raw power of waves crashing on the sand 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 cosmos and contemplate the vast, cold, empty space that lies above the biosphere.
- Visit an active volcano or hot springs and contemplate the magma rising to the Earth surface beneath 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, marvel at how life on Earth evolved and has sustained itself 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 on annihilating most life on Earth by fostering climate and ecological collapse over the coming decades.



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- Visit a waterfall and sit in quiet contemplation with the sound of the falling water.

Then ask yourself, what should I do with the rest of my life?

### **Sharing Vita Worldview**

There are many ways to share Vita Worldview.

Visit the Vita Sapien website and social media, and like, follow, and share.

Host a party on the Full Moon and talk about Vita Worldview to your guests.

Invite people around for lunch to share Vita Worldview, Lifewise Philosophy and Verdant Spirituality.

Wear a Quendant - a Quenn Pendant - and when people comment on it, talk to them about Verdant Age.

Maybe form a Pod, a local gathering, to undertake Vita Practices and share the message.

Take your friend or acquaintance to a place where there is no sight or sound of human

activity and ask them to notice the sounds of nature.

## **Vita Religion**

In Australia, a religion involves a belief in a supernatural being, principle or thing, and the acceptance of canons of conduct that give effect to the belief. If you were to believe in Vitae-planeta, and follow the practices described above you would be practicing Vita Religion. If you have a calling, you might also become a Vitan Minister through the process of ordination described on the Vita Sapien website.

## **The Quenn Pendant**

Vita Sapien Organisation (ViSO) is an Australian registered charity that shares Vita Worldview. To spread these ideas ViSO needs resources to function. An excellent way of demonstrating your support is by wearing a Quendant, like Nick and Srey, [here](#).

## Vita: Humans Thriving



A Quendant is a Quenn Pendant.

The standard Quendant is made of laser-cut stainless steel with a stainless wire and magnetic clasp. They are a tried and tested piece of robust, attractive jewellery.



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 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.

Verda represents the Verdant Age, the potential future time when humans and the Living Planet thrive in synergy.



The Quenn is the symbol of the

## Vita: Humans Thriving

Anthropocene, and 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 space for a conversation about Vita Worldview.

If you want to wear a Quendant, you can get them through the Vita Sapien 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.

Learn more on the Vita Sapien website:

[vitasapien.org](http://vitasapien.org)



I am constantly discovering aspects of my own spirituality and learning how the biosphere functions.

I make a living Resolving the Anthropocene. It's not without challenges, but I have never been happier.

I dedicated my life to Advancing the Verdant Age.

I live with Earthy, and I practice a Vitamission. I am so content.

Tonight, I'm hosting a Moon Party where people are free to Big Talk.

I Vitameditate by gazing wistfully into the pond in my backyard.



We are governors, and we coordinated a corporate take-over to transform an oil company into a provider of low-cost sustainable energy.

It wasn't like turning a ship. It was more like turning a ship into an airliner.

We pulled it off, though.

We got big bonuses, both financial and spiritual.



We work middle management in a big corporation.

We convinced the CEO to shed fossil fuels across the whole supply chain.

It took a while, but we got there.

Now, the firm is saving money, and is less exposed when the price of oil goes through the roof.