

Vita Religion

Vita Religion

Religion involves a belief in a supernatural being, thing or principle, and the acceptance of canons of conduct which give effect to the belief.

Vita Religion has three core elements:

- Belief in *Vitae-planeta*
- Vita Practices
- Lifewise Philosophy

Lifewise Philosophy is a foundational document that contains rational knowledge and spiritual belief to create context for Vita Religion.

Vita Religion is distinct from the mainstream religions in the following ways:

- In Vita Religion, the supernatural is *Vitae-planeta*, the Living Planet.
- Vita Religion is grounded by environmental science and ecological spirituality.
- Vita Religion's mission is to Advance the Verdant Age, the potential future time when humans and the Living Planet thrive in synergy.

Vita Religion

- Vita Religion aspires for humans thrive on Earth for at least a Galactic Year, which is about 230 million Earth years.
- Vita Religion is framed more as a secular belief system rather than a religion in the classic sense, with Shinto Religion in Japan being a frame of reference.
- Vita Religion is non-exclusive which is to say that it can co-exist with other religious or spiritual beliefs. As such, there can be Buddhist Vitans, Atheist Vitans, Christian Vitans, Muslim Vitans, Hindu Vitans, and so on.
- Vita Religion is advised by science and is flexible so that it can attain and maintain cultural relevance over time and take on different forms according to the host culture.
- Vita Religion does not hold a position on the existence of God nor the everlasting soul.
- Vita Religion is not grounded in ancient foundational documents, as it was founded in 2020.
- Vita Religion is written to create the best chance of humanity surviving the Anthropocene Crisis and thriving deep into the Long Future.

On Spirituality

The capacity for humans to experience and express spirituality evolved around 70,000 years ago in Africa.

Evidence of the full expression of spirituality is first seen in Europe associated with the Upper Palaeolithic Revolution around 40,000 years ago, in the time of the Cro-Magnon people.

Spirituality co-evolved with a host of other cognitive abilities including those that allowed for engineering, mathematics, art, technological advancement, and so on. These abilities are emergent properties of an advanced central nervous system with language.

Since its origins about 70,000 years ago, spirituality has been mostly shaped by the biophysical environment that people inhabited. This ecosystem-based spiritual expression is the natural and innate form of spirituality for humans and is ecologically sustainable.

During the Axial Age around 2,500 years ago, many new spiritual beliefs were created that divorced people from their innate nature spirituality. Today, most spiritual beliefs are not ecologically sustainable.

All humans have spirituality, although it is expressed in different ways. People can believe anything, and what we believe translates into the physical world through our actions and inactions.

As our beliefs manifest into outcomes, it is incumbent to believe sensible things if we want sensible outcomes. The freedom to believe comes with a responsibility to believe things that are good for our future.

Pananima

At the heart of Vita Religion is the belief that all life on Earth forms part of a single living entity.

Vita Religion ascribes the name *Imperium vitae-planeta* to this planet-sized organism (note the capitalization and italics).

This name is contracted to *Vitae-planeta*

Imperium vitae-planeta roughly translates from Latin to *Empire of the Living Planet*, and *Vitae-planeta* roughly translates to *Living Planet*.

The prefix *pan-* means *all* or *every*. The word *anima* is suggestive of a single organism, so *Vitae-planeta* can also be called *Pananima*.

Someone who believes in *Vitae-planeta* will see themselves as a cell in the greater body of Pananima.

The wellbeing of the individual is intimately tied to the well-being of the host organism.

For this reason, Vitans (followers of Vita Religion) have moral concern for the wellbeing of the environment and are motivated to take expedient action to ensure the integrity of the biosphere.

The widespread adoption of Vita Religion could be the difference between ecological collapse and the Verdant Age, the potential future time when humanity and Pananima thrive in synergy, deep into the Long Future.

Core Teachings

There may never be perfect answers to the questions of the origins of the universe and life on Earth, however, the best source of information is the scientific method.

All the living things on Earth including the oceans, atmosphere, and soil are regarded as forming a single, living organism called *Vitae-planeta* or Pananima of the Living Planet.

Humans owe their existence to *Vitae-planeta* as the cradle of our evolution and our life-support system, and *Vitae-planeta* is the object of devotion of Vita Religion.

Inherent in the devotion to life on Earth is the devotion to human life and human wellbeing.

The health of *Vitae-planeta* is intimately tied to the well-being of humanity.

Vitae-planeta is alive, but not sentient.

Planet Earth orbits within the habitable zone of the Sun and will continue to do so for another 1 - 2 billion years, a time called the Long Future.

Beyond this time, the Sun will deplete its fuel, swell into a Red Giant, and *Vitae-planeta* will die on Earth.

With wise governance of the Earth System, humans could survive a Galactic Year, about 230 million Earth years.

To achieve this longevity, it is necessary to enter the Verdant Age, the future time when humanity and the Living Planet thrive in synergy.

Advancing the Verdant Age is the mission of Vita Religion.

Vita Religion

We may have already committed humanity to extinction by disturbing the balance of nature; however, as it is not certain, we should pursue biosphere restoration as a matter of survival.

For most of our existence humans have had no impact on *Vitae-planeta*, however, over the past few thousand years human influence has been increasingly harmful.

Humans can be beneficial to *Vitae-planeta*, firstly by cleaning up the mess that we have made. We also have the capacity to protect *Vitae-planeta* against planet-killing space rocks.

It is even conceivable that humans could help *Vitae-planeta* survive the Red Giant by taking Earth species to another planet or moon in the solar system.

When humans die, the minerals and energy in their bodies ought to return to the biophysical flux from where they came, through burial in the ground or at sea or cremation. In this way, the minerals can be *revitalised* by being absorbed into other organisms.

Vita Religion doesn't hold a position on the existence of an eternal soul that is distinct from the physical body.

However, the spirit of a human is evident through their lives and can live-on through the things they leave behind, for example books, planted trees, and memories of others.

In Vita's cosmovision, the calendar begins on 16 July 1945 at 21:29 AEST, which is coincident with the detonation of the first nuclear bomb test. This event is regarded by Vita Religion as the beginning of the Anthropocene Epoch.

Practices

There are eight core practices that under-pin Vita Religion, described below.

Touch Base

Touch Base is a regular recognition of the extraordinary wonder of life on Earth and the zany idea that in the vastness of space there is a rock that has life on it. Touch Base by saying, *Thanks Plankton*, shaking a branch of a shrubbery, saluting a tree, or saying *Hi* to a cloud. Touch Base can be frivolous but serves as a powerful reminder of the frailty to life on Earth.

Live with Earthity

As you are a cell in the body of Pananima, be a good neighbour with the other cells. Don't be racist, misogynist. Be a good environmentalist and a decent human being. Look after each other and the Living Planet.

Practice a Vitamission

All cells in a body have a specific function that contributes to the wellbeing of the host organism. You should find your specific role in helping to Advance the Verdant Age.

Celebrate the Moon

Celebrate a phase of the moon as a way of synchronising to the cycles of nature. Use this opportunity to gather with likeminded people and to strengthen community.

Contemplate Above and Below

Be contemplative of what lies above and below the biosphere. Below are thousands of kilometers of molten rock, and above are billions of lightyears of cold space.

We humans only get to be on Earth by virtue of a functioning biosphere, and our biosphere has dangerous neighbours.

Contemplate Above and Below can be achieved by visiting an active volcano and spending a cloudless night in a place with zero artificial night sky brightness where you will be able to clearly view the cosmos.

Reinvent New Year

Reinvent New Year is an exhortation to support the reinvention of all institutions, as it is the combined weight of institutions that has fostered the climate and ecological crisis.

Know Your White Horse

Know Your White Horse is an exhortation to know where to go to find solace and spiritual enlightenment. This is a personal quest.

Return to the Flux

Return to the Flux suggests that upon your death, the minerals and energy in your body ought to be returned to the biophysical flux from where it came. That can be achieved through green burial and other means.

Rituals & Ceremonies

Over the past three years, numerous rituals and ceremonies have been developed. These are just the beginnings.

Earth New Year

The Vita New Year turns at 21:29 AEST on July 16 and is acknowledged with the Trinibomtess ceremony in which a small device is activated to commemorate the first nuclear bomb test in 1945. This ceremony matches the Practice Reinvent New year.

Moon Party

On the night before, of, or after the full Moon, people gather to watch the Moon rise and to socialise. The Moon Party is a safe space for Big Talk and where people can express ecogrief and find solace for their concerns about the future. This ceremony matches the Practice Celebrate the Moon.

Cosmos Night

The syzygy of the Sun, Earth and the Galactic Core occurs once a year. Consult a Skyglow Map and on night around the syzygy visit a location at night where there is zero Artificial Night Sky Brightness. If the skies are clear of cloud and smoke, it will be possible to view the cosmos in all its glory. This ceremony matches the Practice Contemplate Above & Below.

Vitan Archery

Vitan Archery is an archery tradition where the bow, arrows and other accoutrements are only made of materials that are grown. No synthetic materials are used.

Profound Insights from Science

The things that humans have made now outweigh all the living things on Earth .

Global human-made mass exceeds all living biomass. Elhacham, et al, 2020.

Humans and livestock account for 96% of the mass of all mammals, and wild mammals account for just 4%.

The biomass distribution on Earth. Bar-On, et al, 2018.

Microplastics are so abundant that they are now even found in the human placenta.

Plasticenta: First evidence of microplastics in human placenta. Ragusa, et al, 2021.

Humans behave in the manner of unsustainable super-predators.

The unique ecology of human predators. Darimont, et al, 2015.

Humans behave in the manner of an energy-hungry, carbon-emitting super-organism.

Economics for the future—Beyond the superorganism. Hagens, 2020.

Humans are on course to climate tipping points that pose severe risks for the habitability of Earth.

Trajectories of the Earth system in the Anthropocene. Steffen, et al, 2018.

Due to artificial light, the Milky Way is hidden from more than one-third of humanity.

The new world atlas of artificial night sky brightness. Falchi, et al, 2016.

The scale of the threats to the biosphere is so great that it is difficult to grasp for even well-informed experts.

Underestimating the Challenges of Avoiding a Ghastly Future. Bradshaw, et al, 2021.

53 Million Latent Vitans

It is believed that there will be 53 million early adopters of Vita Religion.

These *Latent Vitans* represent a quarter of the Cultural Creative adults in the Western world and comprise a significant political and economic force for change.

Sharing Vita Religion with the Latent Vitans is primarily a communication challenge.

Besides sharing knowledge, Vita Religion seeks to share feelings, in particular, a spiritual awakening to nature.

When people have a spiritual connection to nature, they are motivated to do extraordinary things to protect her.

A crucial concept is that of *Fostering Ecophany*.

Ecophany is a spiritual awakening to our Living Planet.

When conducted on a large scale, quickly, this is referred to as *Fostering Rapid Mass-Ecophany*.

Fostering Rapid Mass-Ecophany is a prerequisite to ignite a global movement to protect Earth's ecosystem from collapse.

Absent such a movement, Planet Earth will lose homeostasis and slide into the Hothouse in the coming decades, resulting in the annihilation of most life on Earth.

Vita Religion can be instrumental in avoiding collapse and instead foster the Verdant Age when humans and the Living Planet thrive in synergy deep into the Long Future.

Vita Religion is advanced by Vita Sapien organization:
vitasapien.org