



Vita Sapien
at one with Earth

Guy Lane

at one with Earth

Guy Lane

Vita Sapien
at one with Earth
by Guy Lane

Guy Lane is a part of nature that teaches people
about the Anthropocene and Vita Cosmvision.

Published June 2022
by Vitae-planeta Ltd

Published in Queensland,
Australia

<http://www.vitasapien.org>

ISBN: 978-0-6455243-0-7

Order copies:
guy@vitasapien.org

Trim size: 4" x 6"
Pages: 72



*This is a pass-around
pocketbook.*

Read it

Leave a comment in the back.

Pass it on to someone else.

Note: *If you put your contact details at
the bottom of the very last page, you
might get the book back 😊*

Part 1: Riddle me this...

According to science.....	1
A seabird called Sula	4

Part 2: Vita Sapien

What is Vita Sapien?	6
Why is this important?	10
Vita's Theory of Change	11
53-Million Latent Vitans	14
Fostering Mass Ecophany	16
Vita Awakening Programs	17

Part 3: Vita Cosmvision

Vita Worldview.....	22
Biosphere as Life Support.....	22
Anthropocene Crisis.....	23
Earthwork	26
The Long Future	27
The Verdant Age	28
Changing Trajectory.....	29
Vita Spiritual Philosophy	30
1. <i>Vitae-planeta</i>	32
2. The Golden Rule	33
3 Life's Big Questions	34
4 Transcendence	37
5 Inner Self	41
6 Higher Values	44
Vita Tenets.....	48
Why would I be Vita Sapien?	50
The Quendant	52
Vita's Invitation.....	61

Part 1: Riddle me this...

According to science...

Humans are unsustainable super-predators.

The unique ecology of human predators.

C. T. Darimont, *et al*, 2015.

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

The total amount of stuff made by humans now exceeds the mass of living things on Earth.

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

Life on Earth behaves in the manner of an organism in that it regulates the planet's temperature.

Atmospheric homeostasis by and for the biosphere: the gaia hypothesis. J. Lovelock & L. Margulis, 1974.

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

The Plankton make the clouds.

Oceanic phytoplankton, atmospheric sulphur, cloud albedo and climate.

R. Charlson, *et al*, 1987.

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

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

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

A seabird called Sula

One night, a seabird called Sula had a stomach-ache because it had accidentally eaten a piece of plastic that it mistook for a fish.

Seeking somewhere safe to spend the night, Sula came across a white boat, and landed on the front deck.

There, Sula ruffled its feathers and settled in for a long night.

On its mind were its stomach-ache, hunger, and how the ocean was unseasonably warm.

Seeing the bird land on his deck, the skipper of the boat stormed outside, shouting, and waving his arms.

“Get off my boat!” he yelled. “I won’t have you crapping on my deck!”

There was no chance of that happening, as the poor bird had not eaten for three days.

Afraid for its life, Sula flew away into the night.

We don't know what became of the seabird, although we know what is becoming of seabirds.

The skipper went back inside the boat, checked the gauge to see how much diesel fuel he had consumed, and then returned to his computer to see if his crypto had gone up.

Does this remind you of someone you know?

Part 2: Vita Sapien

What is Vita Sapien?

Vita Sapien is an idea that people who think, feel and sense in a particular way could help humanity deal with its biggest challenge ever: *the climate and ecological crisis*.

If you are Vita Sapien, then your primary motivations are aligned with the planet, the Living Planet, the biosphere.

It can be difficult to talk about spirituality for a number of different reasons.

First, spirituality is private, and some people take offense to these conversations.

Second, a lot of what passes for spirituality appears nonsensical to people who don't follow that particular theme, and so people who speak of spirituality often come across as odd, irrespective of what they say.

Third, the public generally has a low spiritual literacy, which is to say that they are not well versed *in the subject* of spirituality, and as such, they tend not to have common frames of reference.

Talking about spirituality is fraught with problems; and yet, despite this, Vita wants to talk about spirituality. In particular, Vita wants to talk about *eco-spirituality*.

Eco-spirituality refers to an individuals' spiritual connection to nature: to seabirds, to wildlife, to wilderness.

A spiritual connection to the Living Planet, Mother Nature, and the natural cycles of Earth such as the Moon and the seasons.

Vita Sapien

A spiritual connection to the science of the Earth System, and to the weather, no matter if it is calm or windy, rainy, or dry.

Christianity and crystals don't fall within Vita's definition of eco-spirituality. Neither do most Buddhist nor Yogic teachings, although some do.

For many people, eco-spirituality takes the place of religion, church, and God.

Indeed, for most of the 200,000-year existence of humans on Earth - before the concepts of religion, church, and God became part of our culture - all human societies practiced eco-spirituality.

Around the world, eco-spirituality goes by different names, including Animism, Druidism, Paganism, Wicca, Neo-paganism, etc.

To this day, indigenous people practice eco-spirituality through their culture and reverence for country.

Humans are born with an innate spiritual connection to life on Earth because we evolved within this global ecosystem, surrounded by native plants, animals, and landscapes.

Eco-spirituality is the natural, intrinsic spiritual connection for humans, and everything else is culturally proscribed.

The problem is that the beliefs that underpin mainstream culture divorce us from our native spirituality.

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

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

Why is this important?

Human actions are motivated by what we know, what we think, and most importantly what we believe.

At the heart of our motivations are our most basic, foundational beliefs: spirituality.

Spirituality is expressed in different ways from one person to the next, and the way that individuals express their spirituality impacts the material world through their actions and inactions – the things they do and the things they don't do.

As an example, a person who believes that seabirds are sacred will likely make personal sacrifice to protect them. Or maybe just leave it alone when it sits on the deck. On the other hand, someone who thinks that plastic boats are sacred will chase away seabirds who land there, even if the

bird is hungry and tired and on its way to extinction.

Today, most people are spiritually disconnected from nature. This goes some way to explain why we are so accommodating of the political and economic systems that are destroying our biosphere which is the life support system for the human race. What we do is important.

Vita views eco-spirituality as a powerful engine that can drive massive and wide-spread environmental behaviour change to prevent the collapse of the global ecosystem. But to make good this powerful engine, we must re-establish our innate spiritual connection to nature.

Vita's Theory of Change

One hundred years ago, if you wanted spirituality, you went to the Church. Today, there is a *spiritual marketplace*

Vita Sapien

with many offerings to satisfy inner cravings, including:

...crystals, dreamcatchers, yoga, UFOs, pets, yetis, phenomenology, pop music, the occult, flying saucers, heaven, muscle cars, Vikings, quantum vibrations, world religions, fishing, sage, incense sticks, Druids, the Flying Spaghetti Monster, fitness, crop circles, channelling, Jesus, the after-life, talk-shows, the Inca calendar, chakras, Feng Shui, God, archangels, footy, the holy trinity, tarot, crop circles, Nephilim, angel cards, unicorns, meditation, runes, Atlantis, crucifixes, the cosmos, mermaids, aliens, angels, sound healing, chemtrails, shoes, the everlasting soul, ayahuasca, Buddhism, Zen, Stonehenge, Taoism, extra-terrestrials...

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

There is nothing wrong with any of this. However, unfortunately, very few of these spiritual offerings have

anything meaningful to say about the relationship between humans and nature. As a result, most people have no internal monologue telling them that the destruction of the biosphere is fundamentally wrong.

Fostering *spirituality augmentation* is a pathway to changing these people's views and fostering right action to make things better.

When people undergo *spirituality augmentation*, they are primed to undergo behavioural change. We all know examples of this: people being recruited by Born Again Christians, or having a near death experiences.

If eco-spirituality can be fostered in people, this creates the space for pro-nature behavioural change.

Evidence shows that radical pro-environmental behavioural change can be bought about in people when

Vita Sapien

spiritual enlightenment to nature is paired with a deeper understanding of how nature actually works (e.g., environmental education).

Most people have no inner voice telling them that the destruction of the biosphere is wrong.

53-Million Latent Vitans

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

Vita believes that there are around 53 million people in the West who are:

- Spiritually connected to nature
- Advised by science and reality
- Taking mindful action to make things better

People who exhibit these three characteristics are called Vitans, based on *Vitae*, the Latin word for life, and *sapiens*, Latin for wisdom.

Thus, the Vita Sapiens are wise about life: personal life, and life on Earth.

- **You care** deeply about the condition of the natural world, and you have a spiritual connection to nature.
- **You are** intellectually grounded by science, reality, and traditional wisdom, and you seek a deeper understanding of life on Earth.
- **You are** engaged in mindful and expedient activities to make things better, acknowledging the challenges ahead.

Simple Exercise: *Ask someone you know if they align with these statements. And if they do, give them a copy of this book.*

Vita Sapien

Vita seeks to reach out to these people to help interconnect them, and to enrol others to adopt this mind set.

53 million people is a significant political and economic force, representing about 8% of the public.

According to Extinction Rebellion literature, non-violent rebellions can't fail when 3.5% of the public get involved. Imagine the change for good when 8% of the public find a common cause in protecting the biosphere.

Fostering Mass Ecophany

Ecophany is an *ecological epiphany* - an emotional, spiritual, or intellectual awakening to nature. Ecophany is a one-way street.

Once you comprehend what humans have done to the planet and what the planet is soon to do to us, you can't unsee it. It will change your life. You

will find yourself reconsidering everything that you previously thought was important. Ecophany is emotionally challenging, but it is a necessary pathway to enlightenment.

Mass-Ecophany is the concept of Ecophany occurring in millions of people. *Fostering Mass-Ecophany* suggests creating conditions suited to helping people have ecophany.

Fostering mass-ecophany is ultimately what Vita is about. Once people are enlightened spiritually to nature, they are likely to act to protect her.

Vita Awakening Programs

Vita Awakenings are programs that are designed to foster ecophany in individuals. Specifically, they are intended to help individuals develop a spiritual connection to nature and a deeper understanding of the Earth System.

Vita Sapien

If conducted properly, the Awakening Program will be a lightning rod in someone's life, a powerful, transformative event that will forever change their behaviour. Vita Awakening Programs are modelled on the kind of experiences that trigger people to rekindle their innate eco-spirituality and are framed around the constructs of Vita Spiritual Philosophy, described below.

To date, five Awakening Programs have been conceived and developmental work has already begun on some of them. It is intended to develop dozens of Awakening Programs to find those that are the most successful in fostering radical, pro-environmental behavioural change.

The Vita Awakenings described here include:

- Plankton Meditation

- Vita Vantage
- Vita Bubbles
- Vita Float
- Vita Awakening Pocketbook

Developing, deploying, and continually improving Vita Awakening Programs is the material duty undertaken by Vita Organisation. For this we need your help. See the final chapter for details.

Vita Awakening Programs are a pathway for people to learn about *Vita Cosmovision*.

Part 3:

Vita Cosmovation

Vita Cosmovation provides a complete holistic framework by which to understand the world and the place of the humans in it. Vita Cosmovation has three core themes:

- Worldview
- Spiritual Philosophy
- Tenets

Vita Worldview focuses on the material aspects of the Cosmovation grounded in the environmental sciences.

Vita Spiritual Philosophy considers the non-material, spiritual aspects of our place on Earth.

Vita Tenets draws all these ideas together into a seven-point plan for the future.

What is the origin of this native Earth wisdom?

Vita turns to science for the things that can be answered by science, acknowledging that science builds on itself and shifts its answers gradually over time. For those questions that can't be answered by science – for example, what happens when we die – Vita makes observations from nature.

Vita Worldview

Vita Worldview describes the material aspects of the Vita Cosmovation.

- Biosphere as Life Support
- Anthropocene Crisis
- Earthwork
- The Long Future
- The Verdant Age
- Changing Trajectory

Biosphere as Life Support

The word biosphere technically refers to the place where life exists on Earth, however, it is often given a broader meaning of the totality of life on Earth.

Gaia Theory tells us that the biosphere maintains atmospheric conditions suited to the needs of the biosphere, itself. It does this primarily by regulating the concentration of greenhouse gases in the atmosphere.

Besides temperature regulation, the biosphere acts as a life support system for the human race in other ways. For example, rain falls onto our crops, atmospheric oxygen remains in the right concentration, fibre and food grow from the ground, pharmaceuticals are produced by plants, and so on.

Since the dawn of our species 200,000 years ago, everything that humans need to survive on Earth has been provided by the biosphere.

Thus, the biosphere is the human life support system and ought to be regarded as sacred and deserving of personal sacrifice to protect it.

Anthropocene Crisis

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

Vita Sapien

ago) in which the dinosaurs called velociraptors and the Tyrannosaurus rex lived.

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

Stratigraphers are in the process of defining a new epoch called the *Anthropocene* (the Age of the Humans) that recognises that humans have significantly modified the Earth over the past half century or so.

In short, the Anthropocene is the era in which humans are destroying the biosphere, our life support system.

Stratigraphers seek a chemical marker in the rocks and soils to define the end

of one geological era and the beginning of another. A leading contender for the chemical marker that signifies the beginning of the Anthropocene Epoch is the presence of uranium and plutonium contamination in the soil that came from the hundreds of nuclear bomb tests that began in 1945 and continued through to the 1960s.

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

The concept of the Anthropocene is a core element of Vita Cosmivision. Vitans are encouraged to seek to end the Anthropocene and foster a new geological epoch where humans and nature thrive in synergy. This can be achieved through Earthwork.

Earthwork

Humans arrived on Earth through the same evolutionary pathway as the trees and 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 the other organisms, however, humans have free-will and this allows us to act outside of biologically programmed instinct. Because most people have lost their innate spiritual connection to nature, much of their behaviour is detrimental to the biosphere. This is the root cause of the Anthropocene Crisis.

By reconnecting people spiritually to nature, it is possible to transform their behaviour to become pro-environment. When conducted on mass-scale, this will allow humanity to undo the harm

that has been caused to the biosphere and to live synergistically with nature.

Vita calls these biosphere-affirming duties **Earthwork**.

The Long Future

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

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

Vita Sapien

Beyond this time, the Sun will expand, and eventually Earth will be baked dry and lifeless.

Vita refers to these two billion years as the Long Future. The concept of the Long Future suggests that Earth could be habitable for humans for potentially tens or hundreds of millions of years into the future – that is if we don't destroy it, first.

The Verdant Age

The Verdant Age is a subset of the Long Future when human civilization and the Living Planet thrive in synergy.

To reach the Verdant Age, it is necessary to get through the Anthropocene with as much of the Living Planet intact as possible, and a high-enough proportion of people with nature-based spirituality.

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

Advancing the Verdant Age is the *raison d'être* of the Vita Sapiens.

Changing Trajectory

Presently, human civilization is heading toward a cliff edge. As we annually spew more than 30 gigatons of carbon dioxide into the atmosphere and degrade the global ecosystem, we get closer to the precipice every day.

The alternative is to change trajectory and restore the global ecosphere completing the following missions by mid-century:

- Euthanize the fossil fuel industry
- Drawdown 1 trillion tons CO₂
- Restore climate to 300ppm CO₂

Vita Sapien

- Rewild one third of nature

Undertaking activities that lead to these outcomes is the highest form of Earthwork that cannot be achieved with the spiritual philosophy you find in Churches and crystal shops. To achieve this requires the widespread uptake of *Vita Spiritual Philosophy*.

Vita Spiritual Philosophy

Vita views the term spirituality as an *umbrella concept* that shelters many themes. Six core themes describe Vita Spiritual Philosophy.

1. The Golden Rule

3. Life's Big Questions

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

5. Inner Self

- Individuality
- Ecological-self
- Self-actualisation

2. *Vitae-planeta*

4. Peak Experience

- Awe, Wonder & Amazement
- Emotional State
- Timelessness & Flow

6. Sacred Values

- Right & Wrong
- Sacred & Profane
- Biosphere Integrity

Vita does not claim that these themes represent the totality of spiritual experience. The purpose of these themes is to create a common frame of reference to make it easy to talk about the subject of spirituality. In this way, we are better able to understand the role that *spiritual augmentation* has in shaping behaviour change.

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

People are encouraged to believe *Vita Spiritual Philosophy* in addition to what they already believe. Where there is conflict between these philosophies, this is okay, as humans have an innate ability to hold conflicting ideas.

In this manner, there are atheist Vitans, Christian Vitans, Buddhist Vitans, New Age Vitans, even Pastafarian Vitans.

Vita philosophy can augment traditional spiritual philosophies that do not have strong ecological components. For example, Christianity was founded before the climate and ecological crisis, and the Bible makes no reference to these things. Vita can augment this spiritual tradition.

1. *Vitae-planeta*

At the heart of Vita is the belief that all life on Earth – the biosphere – forms a single living organism. This means that you and I are cells in a body. This belief profoundly changes our relationship to the environment, as we see that the environment is us: an interconnected, holistic, oneness.

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

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

A shortened version is *Vitae-planeta*. Shorter still is the word: Vitae (as distinct from Vita, the organisation).

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

Vitae-planeta is like Gaia except that Gaia is a scientific theory, whereas *Vitae-planeta* is an article of spiritual belief.

2. The Golden Rule

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

Vita Sapien

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

The problem with this statement is that it fails to take into consideration *Vitae-planeta*, the biosphere which is our life support system.

Vita's Golden Rule

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

Or, put another way:

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

3 Life's Big Questions

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

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

Where did we come from:

What are the origins of the human race?

To answer this, speak to cosmologists and biologists. They will tell you that our Universe formed about 13.8 billion years ago with the Big Bang. Humans arose through a long process of evolution from the first living things that formed from non-living compounds on Earth about 3.8 billion years ago. We humans and the other living things alive today are the survivors of five Mass Extinction Events. We are made of what Earth is made of. We grew here. We belong here.

Why are we here:

What is the purpose of human existence?

Vita Sapien

Humans are here on Earth for the same reason as the trees, the bees, the whales, and the snails: to pursue our individual life goals in a manner that makes a positive contribution to the well

being of the Living Planet, our collective life support system.

What happens when we die:

What happens to our bodies upon death?

Death is like sleep forever without dreams. When we die the organic compounds in our bodies are released into the Vitaflux (the soil, water, and the air) from where they originally came.

These compounds may be revitalised by being taken up by other organisms. Vita does not hold a fixed position on the existence of an eternal soul but evidence of one's spirit can be defined by what we leave behind.

If we plant a forest our spirit can be said to reside within the trees. If we wrote books our spirit can be said to reside on bookshelves around the world.

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

4 Transcendence

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

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

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

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

Peak Experience in Vita

Peak experience comes in many forms, but when we seek 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: these are natural experiences where we feel connected to a *global life force* shared by all other creatures and plants.

Awe, Wonder & Amazement

The words awe, wonder and amazement are used interchangeably, and refer to the instances when we feel overwhelmed or taken aback by the vastness or extraordinariness of an experience. People find awe in many different places including from such obscure sources such as watching YouTube videos of rocket launches or the manufacturing process of golf balls. Alternatively, find awe in nature.

Awe, Wonder & Amazement in Vita

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, spiders spinning webs or the formation of tropical revolving storms. Seek awe in 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 listening going “*Ommm*,” but these won’t point your spiritual compass towards the Living Planet.

Timelessness & Flow in Vita

Seek timelessness and flow in the practice and presence of nature: a waterfall, a walk on a beach, the sights and sounds of life on Earth. Develop a bond to the biosphere, your life support system. Get into flow by reading a document on the Earth System. Lose

yourself in conversations about the Verdant Age.

5 Inner Self

The Inner Self refers to that part of each human that is private, can only be sensed by the individual, and is unique in all of us. Inner Self has three categories:

- Personality
- Ecological Self
- Self-actualisation

Personality

Part of a full life is coming to know the unique, individual personality that we grow into. Our personality influences the way that we are affected by experiences (e.g., our response to music, movies, etc), and the choices we make on life's journey. Some personalities innately accept the natural Earth wisdom described in this

Vita Sapien

document, while for others it takes concerted effort. Personality includes the way our emotional states are triggered by stimuli.

Personality in Vita

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

Ecological Self

Ecological self is the manner in which our personality synergises with the biosphere, our global life support system. For most people, the ecological self is frail or non-existent and this is

evident through the blind consumption of fossil fuels, plastics, and bad ideas.

Ecological Self in Vita

Seek to grow your ecological self to connect spiritually to nature and find the strength and inclination to do what is necessary to protect her.

Self-Actualisation

In a general sense, self-actualisation relates to the realisation of one's talents and aspirations, our ability to achieve what we want. Here, self-actualisation refers to an individual's capacity to keep pace with the Anthropocene Crisis and act accordingly. For example, you may be well versed in recycling and worm farms, but as you learn about abrupt climate change, how are you adapting to fight it?

Self-Actualisation in Vita

Continually strengthen your self-actualisation by learning and doing and focussing on right action: that which achieves the objective most effectively. As the climate and ecological crisis deepens you will need to grow emotionally to keep up.

6 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
- Identity Fusion

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.

Right & Wrong in Vita

Efforts that harm people and the biosphere are wrong, and actions that help Advance the Verdant Age are right. Of equal importance, inaction in the face of ecological collapse is wrong. If you know what is coming down the pipeline, and you are not taking action to help prevent it, this is wrong.

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. We can choose what we hold to be sacred.

Sacred & Profane in Vita

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

Identity Fusion

People can attach themselves to a cause so tightly that they experience a visceral sense of oneness between themselves and their belief. Identity fusion can be a positive or negative for the Living Planet. For example, the people who massacred the cartoonists from the French satirical comic *Charlie Hebdo* had fused their identity with a cause unrelated to the biosphere. On the other hand, for example, activists from Extinction Rebellion fuse their

identity with a cause that Advances the Verdant Age.

Identity Fusion in Vita

If you are to fuse your identity with a cause, ensure that it is one that helps to Advance the Verdant Age. Consider, for example, rewilding 30% of the planet, euthanising the fossil fuel industry, and drawing down a trillion tons of CO₂ by mid-century. Identify with that. The highest level is to identify with the integrity of the biosphere and the proper function of the Earth System as these are fundamental to life and for human civilization.

Vita Tenets

Vita Cosmvision can be understood through seven tenets.

1. We humans and all that dwell on Earth are parts of a planet-sized life form called *Vitae-planeta* or the Living Planet.
2. All that lives on Earth has an innate biological duty to pursue their individual life goals in a manner that makes a positive contribution to the wellbeing of the Living Planet.
3. Despite being a natural part of the biosphere we humans neglect our duty to *Vitae-planeta*, and we destroy our own life support system.
4. Today, human-caused greenhouse emissions and the destruction of nature threaten

our race and the stability of the Living Planet.

5. It is our duty to fix this crisis by swiftly restoring our wounded Earth to full health, euthanising the fossil fuel industry and drawing down a trillion tons of CO₂ by mid-century.
6. Then, we may enter the Verdant Age when humans and the Living Planet thrive in synergy deep into the Long Future.
7. For a good life before we die, advancing the Verdant Age is how we can each individually belong on our beautiful planet, Earth.

Why would I be Vita Sapien?

Imagine you are on a cruise ship that is sinking, and the captain puts out a call for help from the passengers.

Do you want to be one of the people drinking in the bar, denying that the ship is in trouble? Or do you want to be one of the people, down below, manning the pumps, keeping the ship afloat.

If you are the drinking, denying type, then you probably won't want to be Vita Sapien. And that's fine. This is not for everyone.

But, if you feel a sense of responsibility and courage and commitment, of course you want to be manning the pumps.

- Because you want to be on the right side

- Because you are prepared to delay gratification for the greater good
- Because you want to be one of the people who helped prevent the ship from sinking

Plus, you're an extra hand, helping to man the pumps, which means that it's more likely that the ship will stay afloat and you'll survive.

The term Vita Sapien is not meant to suggest that you are a subspecies of *Homo sapiens*. It's just a term to denote someone who is spiritually aligned with the Living Planet, advised by science and reality, and working to make things better. You could say, "*I am Vita Sapien.*" Or you could just say, "*I am Vitan.*" It's all the same thing. It's not important what you say. Just what you do.

The Quendant

The Quenn is Vita's symbol for the Anthropocene Epoch (see below).



Vita Organisation manufactures Quenn pendants - *Quendants* - from laser-cut stainless steel. These are attractive and durable jewellery pieces that attract attention.

Symbolically, the Quenn can be described in the following manner. The upper inner circle represents the rocky part of Earth (the lithosphere), the lower inner circles represent the Living Planet (biosphere) and human civilization (technosphere). The outer circle represents continuum, the ability to continue through time. The outer circle

is broken because the relationship between humans and the Living Planet is incomplete. Thus, the Quenn is a symbol of the imperfect relationship between humans and nature ☹️

Quendants come with a stainless-steel string and magnetic clasp. The magnetic clasp holds the string closed but can easily be removed with a movement called the Pluck.

Performing the Pluck

Grip the Quenn firmly with your index finger and thumb covering the jump hoop that connects the Quenn to the string, and tug gently forward. The magnetic clasp will disconnect, and the string will waver hypnotically in front of you.

People who identify as Vita Sapien wear Quendants to demonstrate their empathies and to invite Big Talk with strangers.

Vita Sapien

When people see the Quendant and say, “That’s an interesting piece,” pluck the Quendant and invite a conversation about the state of the planet.

To describe the Quenn, you might say:

- The Quenn is a powerful environmental symbol.
- The Quenn speaks to the relationship between humans and nature.
- The Quenn invites us to live in balance with our Living Planet.
- The Quenn is a symbol of the modern age when humans dominate the climate and ecological systems on Earth.
- The Quenn is the symbol of the Anthropocene Epoch.

Now, if you are going down the Anthropocene path you will open up a big bag of worms, because most people have not heard the term, and many

people don't like big words. So, here is an example conversation to train you for sharing the Anthropocene with the Quenn.

"That's an interesting necklace."

Pluck the Quenn, and say, "Can I tell you the story?"

"Wow. Sure."

"Have you ever seen the movie Jurassic Park?"

"Yeah. It was awesome."

"So, what is a Jurassic?"

"Umm. It's a type of dinosaur?"

"The Jurassic is a period of time. About 200 - 145 million years ago when those dinosaurs walked the Earth."

"Oh, okay."

"The Jurassic is a name given by geologists who mark time periods according to layers in rocks."

“Okay.”

“So, trick question, what is the name of the time period we live in now?”

“Umm. I don’t know.”

“Well, most geologists will tell you it is the *Holocene*, a time period that began at the end of the last ice age about 12,000 years.”

“Okay.”

“However, a few years ago, the geology community recognised that the *Holocene* had ended, and that we were in a new geological era called the *Anthropocene*. This is the era when humans dominate the climate and environmental conditions on Earth. So, Anthropocene means *Age of the Humans*.”

“Right! That’s awesome.”

“Yep. The Quenn is the symbol of the Anthropocene Epoch.”

“Okay. Cool.”

“And it’s also the symbol of Vita, a new movement to connect people to nature.”

By this stage, you will have wither bamboozled them, or piqued their interest. If you want to go further with the Anthropocene story, you might say:

“Presently, the geologists are debating when the Anthropocene began. They are looking for a Golden Spike, a chemical marker that shows the end of one period, and the beginning of the next. A leading candidate is uranium and plutonium contamination from the nuclear bomb tests that began in 1945, through to the sixties. So, just think about that for a moment, the beginning of the Age of the Humans is marked by a layer of nuclear waste. Makes you wonder whether modern humans are spiritually connected to our Living

Vita Sapien

Planet, doesn't it? Makes you wonder whether we belong here, huh?"

And that's the power of the Quenn. It is a symbol that opens up a conversation about important things. Big Talk. That's what Vitans call it.

Now, some people will tell you that the Anthropocene is a gloomy subject, and you ought to tell happy stories. That's fine. It's called the Cassandra Effect. Most people don't want to hear, and are disbelieving of, bad news. So, to lighten things up a bit, you might want to talk about the *Verda within the Quenn*.

The Verda

In Vitan mythology, on the other side of the Anthropocene is the Verdant Age. The Verdant Age is a potential future time when humans live in a synergistic relationship with the Living Planet. This means that the humans

and the Living Planet are better off with each other. Imagine that!



The Verda symbol is found in the upper inner circle of the Quenn. The symbolism is that from within the Anthropocene comes the Verdant Age.

So, while the Quenn symbolises a time of biosphere collapse, it also suggests that the human race will wake up in time and create a sustainable global economy and society.

Now, if this is to happen, it better happen really fast because we are already in the climate and ecological danger zone and no clear sign of stopping.

Vita Sapien

What we need now is a mass movement of people who are spiritually connected to nature, advised by science and indigenous wisdom, and taking mindful, expedient action.

That's the Vitans. The Vita Sapiens.

By the way, people who proactively promote Vita are referred to as Vitans Evangelists. Or Vitangelists.

Vita's Invitation

Our planet is dying because humans are killing it. Vita's mission is to foster behavioural change in tens of millions of people around the world in order to change the trajectory of human civilization and make it sustainable.

Vita's mission is to spark a global movement for eco-spirituality that will:

- Encourage people who are already undertaking Earthwork to redouble their efforts
- Encourage people who are not engaged in Earthwork to get involved

We invite you to talk about Vita and share the idea widely. We invite you to learn more about Vita by visiting the website and reading every page.

We invite you to accept our communications by joining our

Vita Sapien

newsletter, see the link on the Vita homepage.

We invite you to undertake Vita practices such as host a Moon Party (see website for details).

Vita is a registered charity and needs resources to function. So, we invite you to support Vita organisation by purchasing a Quendant or making donations.

We invite you to pursue your life interest in a manner that makes a positive contribution to society and the Living Planet.

We invite you to contact us if you would like to get further involved:
life@vitasapien.org

Good luck.

See you in the Verdant Age.

www.vitasapien.org

Please enter your thoughts on Vita and then pass this book to someone else.

Maybe start with: are you *Vita Sapien*?

