



VITA

A NEW PHILOSOPHY
FOR PEOPLE & PLANET

Vita

A New Philosophy
for People & Planet

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This is a pass-around pocketbook.

Carry it in your pocket or purse.

Once you have read it, leave your comment in the back, and pass it on to someone else.

In this way, more people can receive Vita's important message.

Many new words and phrases you will learn in this book are described in the *Glossary of Terms* at the back.

**Please open your
mind to new ideas.**

Welcome	1
Vita Spirituality	3
<i>Vitae-planeta</i>	9
Seven Tenets	10
Vita Calls	12
Vitaflow	14
Anthropocene Crisis	15
The Verdant Age	17
Vitaflux	18
Big Questions	19
The Golden Rule	27
Earthlife Spiral.....	28
Vita in Practice	29
Long Future	31
Big Talk.....	32
Vita Icons	34
Vita Concepts	41
Vita Diagram	49
53 Million Latent Vitans	50
Lunar Congress	51
Am I Vitans?	55
Thank You... ..	56
Glossary of Terms	58

Welcome

Vita is a new spiritual philosophy grounded in reality, environmental science, humanist & biocentric values.

Vita's core belief is that all the living things on Earth belong to a single life-force of which we humans are a part.

Vita was formed as a response to the deep trauma that is unfolding upon Earth & her people as a result of the climate & ecological crises.

Vita believes that the root of this so-called *Anthropocene Crisis* is that people in modern industrialised societies have lost their *innate* connection to nature.

Vita's role is two-fold:

- Foster the adoption of nature-based spirituality in those who do not have it already.
- Create a common spiritual & cognitive frame of reference for people who already have a nature-based spirituality.

Spirituality is a powerful driver of human behaviour, and *spirituality change* is a

massive opportunity to bring about the *behavioural change* that is necessary to avert collapse of the global ecosystem & human extinction.

Vita gives spiritual people a frame for reference to help convert woo-woo into a positive influence the material world.

Vita is a pathway to avert the worst of what is to come in the Anthropocene, and to create a new world beyond: the *Verdant Age*.

To properly get your head around Vita, it is necessary to refer to many terms that you may be unfamiliar with. We ask that you be patient, and approach this with an open mind.

It is believed that there are about 53 million people in the West who would identify as Vitan once the idea is put before them in a compelling manner.

Are you a Vitan? The chapter *Am I Vitan* will help answer this.

Vita Spirituality

Spirituality is difficult to define, but can be thought of as an umbrella concept that shelters a number of core ideas:

the meaning of human existence ... awe, wonder & peak experience ... the inner self ... sacred values ... our individual purpose in life ... the sacred & divine ... the concepts of God, spirit, soul & the afterlife ... timelessness & flow ... beliefs in things unknowable ... origins of the Universe ... our relationship to life on Earth ... answers to the Big Questions: where did we come from, and why are we here?

A *spiritual philosophy* is a body of knowledge that describes a particular spiritual view of the world.

Spirituality can be understood logically. However, more importantly, it can be *felt*.

Have you ever felt awe at seeing a Full Moon rise, or a waterfall in the forest? Have you ever felt that sensation when a wild animal calmly approaches you? Have watched in fascination a time lapse video of a seed sprouting, or a spider spinning a web? Have you ever felt a walk on a beach

to be a sacred event? These are examples of feelings that come through a spiritual connection with nature.

Spiritual Fulfilment

We all hunger for fulfilment, and it can be found in many ways. Seeking spiritual fulfilment is like a hunger for food. You can eat greasy fast-food or a healthy and nutritious meal. While both will end the hunger, there are consequences for health & the environment depending on how the hunger is eased. It is the same with spiritual fulfilment.

Spiritual fulfilment with no grounding in nature fosters behaviour that undermines the natural living world: our planet's life-support system.

Similarly, if one has a nature-based spirituality without understanding how nature functions, one can't be assured of acting in a positive way towards nature.

Cognition & Reality

Vita seeks to help advance nature-based spirituality with a frame of reference that fosters positive action for the biosphere.

Many people who identify as *spiritual* dismiss the objective understanding of

reality (e.g. science). This is problematical because humans are capable of believing anything (for example the *Flying Spaghetti Monster*), and all beliefs manifest in a physical form through the actions *or the inactions* of the believer.

Vitasense

As Vita spirituality embraces science, it fosters a *synergy* between spiritual belief and right action for avoiding climate & ecological collapse.

Vita fosters *a spiritual & cognitive synergy* that we refer to as *Vitasense*, and it fuses two definitions of the word *sense*:

- **sense**: intuition, to feel, to be sensitive (spiritual)
- **sense**: common sense, sensible, and logical (cognitive)

Vitasense is useful for *understanding and feeling Vitae-planeta* so that we might be inspired to take right action towards her.

What is Natural?

If a chimpanzee modifies a stick to use it to get insects out of a hole, we could say that the chimp's technology was as natural as the chimp itself. As humans are as natural as chimps, one might say that a

thermonuclear bomb is as natural as the chimp's stick. The formation of black holes is also a natural event, using this broad definition of 'natural'.

When Vita uses the term 'nature' or 'natural' in the context of nature-based spirituality, it clearly isn't seeking for people to see black holes and nuclear weapons as sacred.

Instead, the word nature is used to denote the natural processes that take place within Earth's biosphere, and those factors that influence the biosphere, such as the Sun, Moon and tectonic processes.

Spiritual Locus

Vita encourages people to *shift their spiritual locus* towards wildlife: wild animals, plants and ecosystems. A locus is the centre, or the main part of something.

In the second instance, Vita encourages the reverence of awe-inspiring events such as sunrise, sunset, Moon phases and volcanoes and extreme weather, and natural biophysical processes, in general.

Western Spiritualities

Western people are free to adopt whatever spiritual philosophy they choose.

Broadly speaking, the spiritual beliefs of most Western people fall into two camps: mainstream (e.g. monotheistic god) or New Age (e.g. cosmos, self, yoga etc). Western people also find fulfilment in many quasi-spiritual practices such as shopping or organised sports.

Despite some fleeting references, *none of these spiritualities address the fact that we humans live in a biosphere that is collapsing, and that all the animals and plants that we share this planet with, are our life support system.*

As our spiritual beliefs guide our actions, the absence of a widespread nature-based spirituality is one of the core reasons why Western people are accepting of political and economic systems that are destroying the biosphere.

Vita's role is to help people identify the biosphere and the Earth system as sacred, and then act accordingly.

Ecological Collapse

As a result of the havoc that we have wrought on our home planet, we may have already committed the human race and most life on Earth to annihilation in

the coming decades through climate and ecological collapse.

To avoid human extinction, we must make every effort to set things right. While there are many social and economic problems that bedevil humanity, the environmental problems are existential: they are threats to our very existence.

You need Earth's life support system intact in order to fix social and economic problems.

Long Future Sustainability is the name given to the enquiry into the existential threats to humanity and nature.

It is incumbent upon us all to have *at least a basic knowledge* of the main themes of Long Future Sustainability. These are referred to as **Big Talk**, and a later chapter lists the main themes.

Many of these themes will be unfamiliar, but please do not let this dissuade you from opening your mind and learning.

Vita encourages you to be curious.

*Curiosity kills the cats,
but saves the humans.*

Vitae-planeta

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

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

The binomial ascribed to the single organism that makes-up life on Earth is *Imperium vitae-planeta*.

This roughly translates to the *Empire of the Living Planet*. A shortened version is *Vitae-planeta*. Shorter still is the word: Vita.

You and I are parts of the Living Planet, cells in Vita's body.

You can sense this clearly in certain times and places, for example, sunset on a beach, in a rainforest, or when in proximity to wild animals, such as dolphins.

A human's right relationship to Vita is described in the *Seven Tenets*.

Seven Tenets

Vita spiritual philosophy can be summarised into seven tenets.

- i We humans & all that dwell on Earth are parts of a planet-sized life-form called Vita.
- ii Vita maintains the ocean & the atmosphere to foster an abundant Living Planet.
- iii All that evolved enhances Vita's life-support system, but humans neglect our duty.
- iv Greenhouse emissions & the destruction of nature threaten our race & the Living Planet.
- v It is our duty to fix this crisis by swiftly restoring

our wounded Earth to full health.

- vi Then, we may enter the Verdant Age, when humans & the Living Planet thrive together.
- vii For a good life before we die, advancing the Verdant Age is how we can belong to Vita.

The remainder of this book expands on these tenets to foster a deeper understanding of Vita spiritual with particular reference to the *Anthropocene Crisis*.



Vita Calls

Vita Calls are those instances when nature intervenes into your consciousness. Some examples Vita Calls are listed here. How many of these have you experienced? What would you add to this list?

Vita 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...a bird on a branch with an insect in its beak ... a possum climbing up a tree turns to look at you ... the Full Moon rising above the ocean horizon ... 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 your pot-plant ... a bird lands on
your windowsill and looks inside ... a
thousand green ants carry a locust to
their nest ... white light shimmers off
the sea surface ... seawater moves
over corrugated sand ... the hiss of
water as a stream flows over a fallen
tree ... brilliant rays of sunshine burst
through the clouds ... you feel the wind
increase and the cumulus swell ... the
cicadas in the bush are loud but
invisible, no matter how hard you
look... looking out upon a forested
valley ... you see a butterfly land on a
leaf, close by ... you wake to the music
of songbirds in the trees ... you see
track marks on the beach, and wonder
what animal made them ... finding a
beautiful seashell on the beach ... **Vita
calls many times a day.***

Do you know the sound of her voice?

Vitaflow

Vitaflow is a form of meditation that has two key characteristics:

- 1) the sensation of being absorbed or distracted by something and losing the sense of time.
- 2) the *something* is natural or pertains to Vita, somehow.

Examples of Vita Flow include:

- A walking meditation through a forest
- Getting engrossed in reading and understanding environmental science
- Staring in fascination at the comings and goings inside a fish-tank
- Engaging Big Talk conversations without interruption
- Staring at the ocean and feeling the rumble as waves crash on the shore
- Being mesmerised by the behaviour of animals in a nature documentary

People are encouraged to experience Vitaflow regularly as it can have a calming and/or educational effect.

Anthropocene Crisis

If you have seen the movie *Jurassic Park*, you may know that the Jurassic is a period, millions of years ago, when Velociraptors and other dinosaurs roamed the Earth.

Jurassic is a name given by geologists who study *stratigraphy*: the science that links rock layers to time.

Stratigraphers tell us that the time since the end of the last Ice Age, 12,000 years ago, is called the *Holocene Epoch*.

However, since about the 1950s, humans have disturbed the global ecosystem to such an extent that we risk destroying the life support system upon which we all depend.

These changes have prompted stratigraphers to suggest that a new geological era is upon us. They call this the *Anthropocene Epoch*. This translates to time of the humans.

The term *Anthropocene Crisis* describes not only the climate and biodiversity crises, but all the other global problems that

threaten the existence of human civilization and our natural living world.

These include nuclear weapons, over-population, pandemics, global pollution, marine plastics, space nukes and many others.

Vita seeks to help people *feel & understand* the Anthropocene Crisis, and to help resolve it.

Have you ever watched traffic stream past with all its noise and fumes, and felt that this was somehow wrong?

This is a spiritual insight into the Anthropocene Crisis.

The Anthropocene Crisis is the material manifestation of the way that our civilization gains spiritual fulfilment, today. It can be resolved by shifting the *locus of our spirituality* toward nature.

If enough people engage spiritually with nature and get their head around the Anthropocene, it is possible that we will be able to *Advance the Verdant Age*.

The Verdant Age

The Verdant Age is a potential future era where human civilization and the Living Planet thrive together.

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.

If we can create a new civilization and restore balance with nature, it may be possible for humans to live on this planet for tens or even hundreds of millions of years into the future.

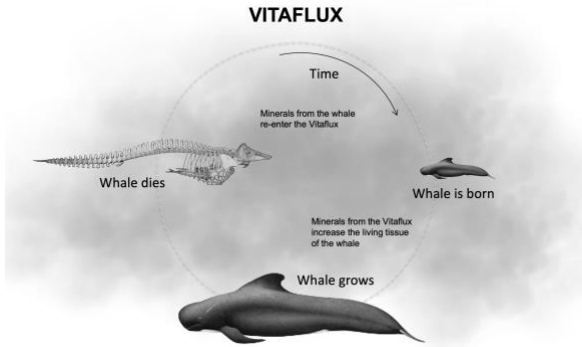
Imminent human extinction is not foretold. It is neither logical nor necessary.

The concept of the Verdant Age is consistent with scientific frameworks such as: Gaia 2.0 - Class 5 Planets - Earth System Stewardship

Advancing the Verdant Age is the fundamental mission of the Vitans.

Vitaflux

We are surrounded by a biochemical flux of minerals and molecules from which living things are composed: the *Vitaflux*. Living organisms collect this high-entropy flux and give it order and corporeal structure inside their bodies. When the organism dies, it's body breaks down and the minerals return to the flux. This is true for all living organisms, including humans.



Everyone and everything that has ever lived on Earth is still here in a mineral sense, even though they no longer exist in the corporeal sense. From the Vitaflux we came, and to the Vitaflux we shall return.

Big Questions

Vita spiritual philosophy offers answers to Life's Big Questions. These answers are advised by the quiet contemplation of nature and an understanding of Earth System Science.

Where did we come from?

We came from the same place as the trees and the bees, the whales and the snails: a long process of evolution that goes all the way back to the first organisms that formed from minerals on Earth about 3.8 billion years ago.

Why are we here?

As we humans came from the same place as the other organisms on Earth, the answer to *Why Are We Here?* can be found by asking *Why Are They Here?*

The other organisms on Earth are here to fulfil a role that contributes to the functioning of the global ecosystem. We are here for the same reason: to positively contribute to the wellbeing of the biosphere that is our life-support.

This is a very abstract concept, so let's reframe it. If a sperm whale's role in the

biosphere is to cycle nutrient from the deep ocean to the sunlit sea surface where it can foster the growth of phytoplankton, what is the specific role of the humans?

There are two answers to this:

- **First**, humans have free will, and so we can individually choose the manner in which we positively influence the biosphere. Some people plant forests, others develop clean technology. There are many ways for individuals to positively influence the biosphere.

- **Second**, if we individually chose not to engage in such activities, it is incumbent upon us to not harm the biosphere.

What happens when we die?

The minerals that make up our body return to the Vitaflux, either through the air (cremation) the soil (burial), or the sea (sea burial).

How ought my dead body be treated?

Upon death, our bodies ought to be returned to the Vitaflux so that the biosphere might have the benefit of the nutrient and minerals in our remains. These nutrients and minerals can then be

VITA: A New Philosophy for People & Planet

taken up in the bodies of other organisms and this way our remains can be seen to have been reincarnated. Vita refers to this as *reanimation*.

This might be achieved by burial in soil, cremation or sea burial.

This funerary process ought to be conducted in a manner that does not degrade the biosphere with fossil fuel carbon emissions, plastics or toxic chemicals as is often the case.

What happens to our spirit upon death?

Upon death, your spirit lives-on in the things that you left behind. If you planted a forest, then the forest is a representation of your spirit.

Do we have an eternal soul?

Vita does not have an opinion on the existence of eternal soul, expect that concept is unnecessary for people to live healthy, happy, productive lives without fear of death.

Is there an afterlife?

There may be an afterlife for the minerals in your body if they are taken up in other living organisms after they have been released into the Vitaflux.

Is there a God or Gods?

Vita does not have an opinion on the existence of God, expect that concept is unnecessary for people to live healthy, happy, productive lives without fear of death.

Do I have to be heterosexual?

No. In nature there is a great variety in sexuality including homosexuality and gender transformation. There is also great diversity within human sexuality. Binary definitions do not accurately describe the great diversity in human sexuality. Humans are sexual animals, and this is something to be celebrated.

How should I live?

Practice a life that is good for you, good for other people, and good for the planet.

Where did the Universe come from?

It is believed that the Universe was formed about 13.8 billion years ago through the Big Bang. It is unclear what existed before the Big Bang, but it wasn't space, time or matter. The formation of the universe is the result of fundamental forces that long predated human existence and may never be fully understood by humans.

When will life on Earth end?

It is believed that in a few billion years, the Sun will expand, and our planet will become too hot for life to continue.

Should humans colonise other planets?

Eventually, the Sun will expand and kill off life on Earth. If humans are to survive this, they need to go to another planet, like Mars, for example. However, the heat death of Earth is not for over billion years or so. So, we should stop trying to go to Mars now, and focus on preventing the collapse of our biosphere.

Are there other civilizations?

There are probably millions of civilizations throughout the Universe. The ones that survive develop synergistic partnerships with their biosphere.

Why are we here?

We are here because of a sequence of events that preceded us. Now that we are here, we should make good use of our lives by acting as guardians of the Living Planet and helping to Advance the Verdant Age. In this process, we ought ourselves to live a good life.

Where did humans come from?

Humans evolved from the closest

biological relatives, who in-turn evolved from theirs, a chain of evolution that goes all the way back about 3.8 billion years to the first flickers of life on Earth.

Where did life on Earth come from?

Vita believes that life arose spontaneously on Earth from non-living minerals when the conditions were right. This process is called abiogenesis.

Is it wrong to kill animals?

Animals kill animals. And we humans are animals. Killing animals is not in itself wrong. However, we humans behave like *unsustainable super-predators* and kill too many of the wrong ones. For example, with respect to fisheries, we target the big, breeding fish and this greatly affects population numbers. The question is not whether we should kill animals, but which animals, how many, how, and what for?

One very dangerous aspect of capitalism is that when a valued animal becomes scarce, it becomes more valuable.

Consider the bluefin tuna whose stocks are around 5% of what they used to be. Individual fish now sell for hundreds of thousands of dollars, and this incentivises increased fishing effort.

To circumvent this extinction spiral, Vita holds that wild animals are sacred, and they become more sacred as they move along the extinction path.

Do I have the right to die?

Vita believes that if you are of sound mind and believe that you are no longer able or willing to fulfil your life's purpose then you have the right to choose the time and manner of your own death.

Should men dictate women's fertility?

With reference to fertility, women ought to make the substantive choices, not men.

Should I pray to Vitae-planeta?

You can pray to *Vitae-planeta* if it makes you feel better, but your prayers are unlikely to materially affect the biosphere. A more certain way to influence the biosphere is to take action.

What is the purpose of the firm?

The purpose of the firm is to help Advance the Verdant Age, to foster human well-being, and maybe also make profit if it is ethical to do so.

Is the Earth alive?

The centre of the Earth is inert and lifeless; however, the outer portion is riddled with

life. The biosphere extends from the tops of the clouds to kilometres below the seafloor. Earth can thus be seen as a living planet, and Vita believes that all this life is a single organism: *Vitae-planeta*.

What is Vita's Mission?

Vita's mission is to help Advance the Verdant Age, a time when humans and the Living Planet thrive in synergy.

Is *Vitae-planeta* God?

No. *Vitae-planeta* is not God. Instead, it is the Living Planet of which you are a part, and that acts as your life support system.

Are humans a parasite on Earth?

No. Humans are as natural as the trees and the bees, the whales and the snails. We have as much right to be here as any other natural living thing. Humans are not parasites, however, as a rule, we are not doing our jobs of being a positive force in the biosphere.

The Golden Rule

Vita's Golden Rule is advised by the Golden Rule used in most of the world's spiritual philosophies: *treat people how you want to be treated.*

What is fundamentally missing in this statement is reference to our life support system: the Living Planet.

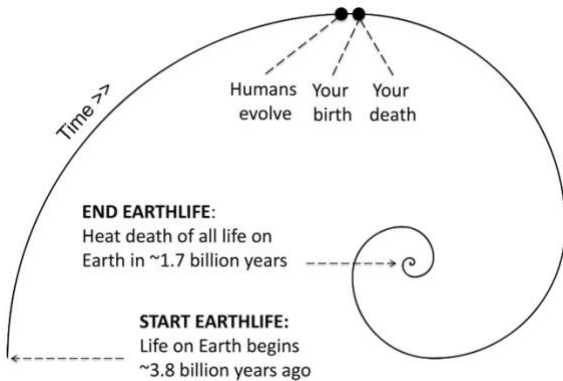
Thus, Vita's Golden Rule is:

Treat people
& the Living Planet
the way you
want to be treated.

Earthlife Spiral

Life on Earth began about 3.8 billion years ago. In about 1.7 billion years, life on Earth will be extinguished as the Sun expands.

Our own lives can be seen in this context as just a tiny 'blip'. We live and then we die, and the Universe continues, regardless.



For the time that we are alive, we are a part of a vast, living entity called Vita. Our responsibilities are the same as all other things that live: to contribute to the betterment of the biosphere that is our life support system.

Vita in Practice

Some practices have been identified that Vitan's might weave into their lives. These are not obligatory, just ideas.

Say Thanks:

At least once a day say "Thanks Plankton" or something else that acknowledges your gratitude for the role that *Vitae-planeta* plays in your life.

Live with Earthity:

As you are a cell in a super-organism, be a good cell. Be a good neighbour; don't be racist, misogynistic, or homophobic. Be a good environmentalist and live lightly on the Earth. Honour the host: *Vitae-planeta*. Leave her in a better condition than when you arrived.

Vitamission:

Dedicate a part of your time and energy to nurturing *Vitae-planeta*. Actively help to keep the Living Planet intact and Advance the Verdant Age.

Celebrate the Moon:

Every month, celebrate the rise of the Full Moon as a way of connecting with nature's regular natural cycles and gathering with

fellow Vitans for a night of fun and Big Talk.

Reinvent the New Year:

Celebrate the New Year on a date that has a direct relevance to *Vitae-planeta* as a way of recognizing the importance of annual cycles to the natural living world.

Cosmos & Volcano:

At least once, visit or stay overnight in a location where there is a 'dark sky' allowing a clear view of the Milky Way, and contemplate what lies beyond *Vitae-planeta*. Also, at least once, visit a volcano to observe magma or lava and contemplate what lies below *Vitae-planeta*.

Know your White Horse

Vita regards the British Bronze-age hill art called the *Uffington White Horse* as sacred. Vitans are encouraged to know where their sacred places can be found. They may be standing on the beach watching the surf, a beautiful sunrise or sunset, in a forest, or in a corner of your garden. Vitans should know where to find solace.

Long Future

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 temperature control.

Earth's orbit is said to lie within the *Habitable Zone* and will do so for another 1.75 billion years.

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

Vita refers to these 1.75 billion years as the Long Future. This suggests that it is possible for humans to inhabit Earth for potentially tens or hundreds of millions of years into the future.

*Vita believes that it is
the birth-right of the human-race
to thrive deep into the Long Future.*

Big Talk

We all ought to be well-versed in *Long Future Sustainability*.

Conversations about these things are referred to as **Big Talk** (the opposite of small talk).

We ought to be familiar with a core body of knowledge referred to as **Baseline**.

Baseline includes these and other themes:

The Anthropocene Crisis ... The Bugsplatter Paradox ... Collansition ... The Nine Planetary Boundaries ... 443 Nuclear Reactors ... The Insectapocalypse ... The Technosphere ... Ocean Acidification ... The Superclass ... The Sixth Extinction ... The Verdant Age ... Cascade of Climate Tipping Points ... Skyglow ... Biosphere Integrity ... The Habitable Zone ... Rewilding ... Drawdown ... Earth System Stewardship ... Aerosol Masking Effect ... Ocean Acidification ... Marine Plastics ... FSO Safer ... Soil Carbon ... Solar Radiation Management ... Phytoplankton DMS ... Class 5 Planets ... Ozone Depletion ... Stratospheric Soot ... Gloomers v. Doomers ... Solastalgia Care ... Novel Entities ...

VITA: A New Philosophy for People & Planet

*Fukushima ... The Blue Ocean Event...
Destabilization of Antarctic Ice Sheets ...
The Amazon is now a Carbon Source...
Arctic Methane ... AMOC slowing down ...
Atmospheric CO2 at 420 ppm ... 40% of the
plankton are gone... Destabilization of the
Northern Polar Jet Stream ... 75% of
Wildlife Lost Over Three Decades ... Vita
Spiritual Philosophy ... 17,000 Nuclear
Weapons ... Radiative Forcing ... Fostering
Mass Ecophany ... Renewable Energy ...
Permaculture ... Half Earth Movement ...
Extinction Rebellion ... The Doomsday
Glacier ... Cosmos 1818 ... Mars
Colonisation ... Bitcoin's Carbon Footprint
... The Birthstrike Movement ... The
Ecological Footprint of War ... The Wisdom
of the First Nations People... The Quenn...
The Strahanding...*

***These are the things that we ought
to be talking about, if we want the
humans to survive on Planet
Earth.***

Vita Icons

You probably know the symbol for *Coca-Cola* or *Toyota*, but do you know the symbol for climate change or ocean acidification?

Probably not.

That's because before Vita created them, they didn't exist.

Vita's icons seek to help communicate important ideas that are vital to the survival of the human-race.

These include:

- * Verda
- * Quenn
- * Ocean Acidification
- * Climate Change
- * Entro
- * Sixth Extinction

Vita produces these icons in laser-cut stainless steel for pendants. Wearing Vita icons helps to prompt Big Talk, as people will often comment on the jewellery, particularly the Quenn. See the Vita website for details.

Verda

The Verda is the symbol of the Verdant Age, a potential future time when human civilization thrives in-synergy with the biosphere.



The Verda is also the logo of Vita Spiritual Philosophy.

The symbol is formed from the intersection of the three inner circles of the Quenn. This is suggestive that the Verdant Age can be formed from the Anthropocene.

The Quenn

The Quenn is the symbol of the Anthropocene Epoch, the modern age in which the humans are the main drivers of change in the environment and climate.



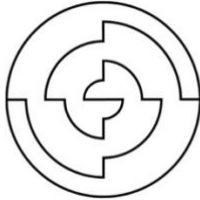
The lower circles represent (left) Human Civilization and the (right) Living Planet.

The outer circle represents continuum. However, this circle is incomplete in recognition that humans are not yet living in balance with nature.

The Verda symbol is also inside the Quenn, suggesting that the Verdant Age could emerge from the Anthropocene.

Entro

The Entro symbol represents the natural balance between *entropy* and *negentropy* as described in the first scientific paper on the *Gaia Hypothesis* by James Lovelock.



The Entro also represents the simultaneous existence of the *collapse* of the global ecosystem and the *transition* to a sustainable global society.

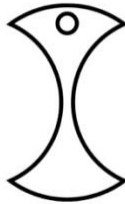
Combining the words *collapse* and *transition* gives us the word *Collansition*.

The symbol might also be considered the *Anthropocene Yin Yang*.

Ocad

About half of the CO₂ emitted by human civilization is absorbed into the ocean.

When CO₂ mixes with seawater it forms carbonic acid. As a result, the global ocean is becoming more acidic, and this is causing havoc with marine life.



Ocean Acidification is viewed as the evil twin of climate change, as they both have the same source: carbon emissions from fossil fuels.

The name of this symbol is the shortened version of Ocean Acidification.

Can you see a fish in this symbol? A fish that has been eaten away.

Ceecee

The Ceecee icon is formed from three overlapping circles in a row. These represent the molecular structure of the CO₂ molecule.



CO₂ that is produced by burning fossil fuels and forests is the main cause of global heating, which causes climate change.

The solution to climate change is climate restoration: stop adding carbon pollution to the air and pull several trillion tons of CO₂ out of the atmosphere to restore the climate back to how it was at the time of the industrial revolution: 300 ppm CO₂.

It may also be necessary to deploy some form of solar radiation management in order to counter the heat that has already built up in the Earth system.

Sixee

Since life began on Earth, there have been five mass extinction events where large proportions of species have gone extinct.

A sixth mass extinction event is underway, driven by the humans.

This is referred to as the *Sixth Extinction* and is represented by the symbol, below: the *Sixee*.



The symbol is suggestive of the tree of life, denuded of branches and leaves.

Vita Concepts

Several core concepts help to flesh-out Vita Spiritual Philosophy.

Solastalgia Care

Vitans suffer the pains of regular life, but they are also burdened with the knowledge of what has happened and what is yet to unfold to our global environment. Some call this solastalgia, eco-grief or climate grief. Vitans should offer care to fellow humans who feel these things. The word *solastalgia* is made from the words solace and nostalgia: a homesickness for the way things were.

Belonging

Most people would accept that a shoe does not belong in the fridge, or that a ballerina with sprained ankle does not belong on the stage. The *concept of belonging* is common to us all.

In the same manner, it is true to say that a culture that does not respect the Living Planet that supports it, does not belong on that Living Planet.

Unless Western Culture can be augmented to make it ecologically sustainable, it will

collapse the biosphere and in so doing destroy itself. Such is the cost of not belonging.

Vita seeks to help people belong to the Living Planet. If enough people belong, then their civilisation will belong, too.

Fostering Mass-Ecophany

Ecophany is an *ecological epiphany* - an emotional, spiritual or intellectual awakening to the realization that humans are an integral part of nature, and that we must change our ways if we want to live in balance with her.

Ecophany is a one-way street. Once you see what we 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. This is a key solution to assist humans to help restore the planet and Advance the Verdant Age.

Naturepass & Quietus

Naturepass is the large-scale death of animals, plants and ecosystems that is a key feature of the Anthropocene Epoch.

Witnessing Naturepass, and the performance of rituals are referred to as *Quietus*.

Some Naturepass events are particularly relevant, such as mass whale strandings, high volume roadkill, large scale deforestation, and the loss of endangered species or critical habitats.

Quietus has several important functions for Vitans, including:

- enhancing empathy, wisdom and experience for Vitan Leaders
- fostering an intense emotional experience that reinforces ecophany
- informs them so they can accurately communicate the events to others

- emotionally prepares them for their own death (*Memento Mori*)
- provides opportunity to give Solastalgia Care to others
- where possible, trying to make it better

Going to Mars

A billion years from now, our Sun will expand and burn-off all life on Earth. If humans are to survive beyond this time, we will need to relocate to another planet, accompanied by Earth species. The closest planet is Mars.

While Mars is a cold, dark, airless, toxic planet that is bombarded with cosmic rays and micrometeorites, some people have set their minds to establishing human settlements on Mars in the coming years.

Vita believes that these efforts are hugely premature, and that the trillions of dollars of public money that will be spent on these efforts come at the expense of protecting the biosphere and the transition to the Verdant Age.

If we are to go to Mars, we should do it at the proper time.

Doomers v. Gloomers

Many people who learn about Long Future Sustainability conclude that humans are doomed, irrespective of what we do.

These people are referred to as *Doomers*.

Doomerism is a powerful disincentive to action and is usually driven by a particular psychological profile, and less by evidence. Doomerism is a spiritual black hole.

Vita holds that the future is gloomy, but that there is a chance for humans to transform our civilization, avoid extinction, and Advance the Verdant Age.

So long as there is even the slightest chance of success, it ought to be pursued with vigour.

Thus, by definition, Vitans are not Doomers. Instead, they can be thought of as *Gloomers*.

Innate

Humans weren't sent to this planet from a spaceship; we evolved here over hundreds of millions of years from the first life on Earth. The biosphere is in our blood. However, from the day we are born, we

are subjected to a culture that has totally lost its connection to the Living Planet.

*Vita's mission is to assist people
to rediscover our innate connection
with nature.*

When this happens, we will enact the transformations that are needed to protect what remains of our biosphere, before it is all swept away.

Our planet need not be dying, and yet today, it is falling apart at the seams from climate change, biodiversity collapse, ocean acidification...

All these are caused by humans. As we cause them, so too can we fix them and find a way to thrive in synergy with our Living Planet: our only life-support system, our only home.

Skyglow

Humans produce a lot of artificial light that shines into the sky. Tiny particles in the air reflect some of this light back to Earth creating a faint glow in the night sky. This is skyglow or Artificial Night Sky Brightness.

Skyglow makes the night sky so bright, that it becomes impossible for many people to see the stars.

Seeing the stars in all their glory is important to remind us of what lies above Vita, a vast and mostly empty universe.

In some places, such as Singapore, skyglow is so intense that the night is a permanent twilight, and the cosmos is never visible.

Seeing the cosmos in all its glory is a deeply spiritual peak experience and a powerful reminder of our origins and our place amongst the stars.

Our Place Amongst the Stars

Astrophysicist Adam Frank has calculated that there are likely millions of planets in the universe that have civilizations. He also calculates that most of them go extinct for the same reasons that we may: the destruction of their biospheres. Those civilizations that survive are those that develop a synergistic relationship with their biosphere. Frank refers to these as Class 5 Planets.

Due to the massive distances between stars, it is possible that our civilization on

Earth – one of millions in the universe – will never get to meet a civilization from another planet.

Thus, we are all alone in a crowded universe.

Cassandra Effect

Humans are innately wary & disbelieving of bad news. This so-called *Cassandra Effect* is why many people avoid **Big Talk**.

Overcoming the Cassandra Effect and encouraging people to talk about these things is vital if we are to address the problems.

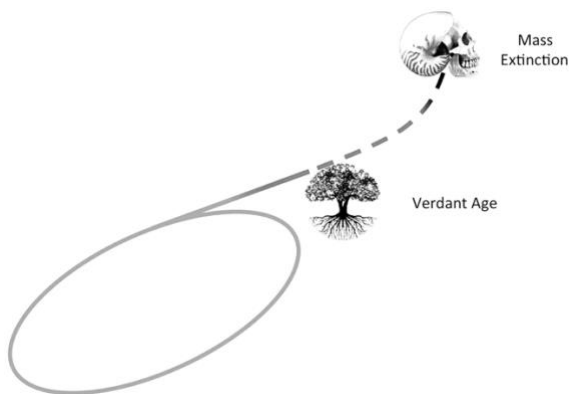
The Cassandra Effect is really important, so it is worth rephrasing this statement.

Humans are innately wary and disbelieving of bad news: the *Cassandra Effect*. This makes many people reluctant to engage in conversations about climate & ecological collapse. If we are to address these existential problems, it is vital that we overcome the Cassandra Effect.

*This is an invitation for you to **be brave** and start learning about the condition of our planet, what is baked-in to the future, and how you can help make it better.*

Vita Diagram

The Vita Diagram is inspired by a diagram in the 2018 science paper titled *Trajectories of the Earth System in the Anthropocene*. It shows the relationship between global average temperatures and sea level.



The diagram suggests that after 1.2 million years of ice ages, the Earth has departed this cycle, and is now heading towards heat death and mass extinction through the cascade of climate tipping points. The alternative outcome is for humans to become stewards of the whole Earth system and redirect this trajectory towards the Verdant Age.

53 Million Latent Vitans

Vita believes that there are about 53 million adults in the Western world who would identify as Vitan should the idea be put to them in a compelling manner.

This number represents a quarter of the Cultural Creative people, or about 8% of the adult public in the West.

Those people who would identify as Vitan are referred to as *Latent Vitans*, and they potentially form a massive political and economic force to foster rapid change in society to Advance the Verdant Age.

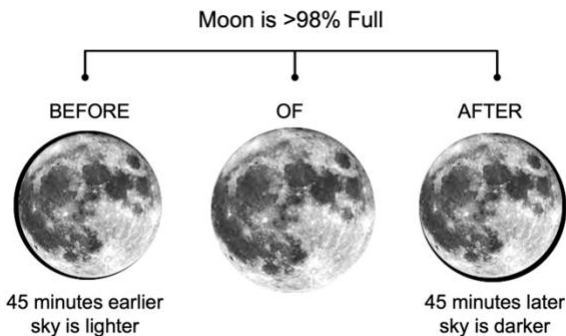
Enrolling Latent Vitans can be achieved by having engaging and enrolling conversations about Vita such that they are touched, moved and inspired by the possibility of helping to Advance the Verdant Age.

You might consider enrolling Latent Vitans at a Lunar Congress.

Lunar Congress

Every four weeks comes an opportunity for Vitans to gather and celebrate the rise of the Full Moon. This gathering is referred to as *Lunar Congress* or a *Moon Party*. Here are 5 steps to have one:

Moonscope: Scope-out when and where the Full Moon will rise. Vita sees the moon as being full over three nights: the night *before*, the night *of*, and the night *after* the official Full Moon. Choose one of the three nights for the party at a location where the Moon Rise can be viewed.



Guest List: Draw up your guest list. There is no perfect recipe, but you'll want a diversity of people to get a buzz going. You'll also need enough people versed in

Big Talk to help keep the conversation focused. Be careful not to invite too many small talkers, as this is the lowest common denominator in society to which the congress will descend.

Plan: For a cost-effective congress, invite a bunch of people to bring refreshments and some simple whole food. You'll need some music, maybe some bedding so that people can overnight if the congress goes till late, and an itinerary. The itinerary allows you to add some structure to the congress. Plan to offer Solastalgia Care to those who need it. Climate grief is real, and a Lunar Congress is a place where people can come to get solace.

Invite: Send out the invites and don't forget, everyone loves a good party, so you can rise in social hierarchies if you invite people from other social circles. Maybe you'll get invited to their parties and you can share Vita, teach them Big Talk and enrol them into the Verdant Age.

Enjoy: With the right invitees and itinerary, you should be able to foster conditions suited to a night of fun and Big Talk. Most of all, everyone should enjoy

the event, so that they will be happy to do it again, next Full Moon.

The Anthronaut

The Anthronaut symbol is comprised of a human skull and a nautilus shell. The nautilus is a marine creature that has survived over 500 million years.



The Anthronaut symbol calls upon us to consider two things:

- How we humans might survive millions of years on Earth, like the nautilus.
- *Omnideath*: the death of most life on Earth due to the human induced

thinkvita.org

climate change and ecological
crisis.

Am I Vitan?

This book has outlined a new spiritual philosophy that connects humans with nature.

Many ideas have been expressed, and it's unlikely that anyone would agree with all of them. This is not important.

Vita doesn't seek to control what you think, but to foster nature-based spirituality and appropriate action.

However, there are three core ideas that are foundational to Vita Spiritual Philosophy. If you accept these three ideas, you could rightly identify yourself as Vitan.

- *I see myself as a part of the Living Planet*
- *I want to help Advance the Verdant Age*
- *I am curious about Vita*

Is this you? Are you Vitan?

Thank You...

Thank you for taking the time to learn about Vita Spiritual Philosophy.

You will now understand that our industrial civilization stands at the edge of a precipice.

One misstep will be fatal for humanity and most life on Earth.

Through a reawakening to our innate connection with nature, Vita allows our civilization to take a step back from the cliff.

This spiritual revolution must spread rapidly around the world by enlightened people.

By having read this far, you have been enlightened to the nature of our global crisis and a pathway to the solution.

To continue with this journey, we invite you take the next step by opening a channel of communication with Vita and sharing Vita with others.

VITA: A New Philosophy for People & Planet

Vitae-planeta

viewed from space on 31 May 2021



Google: "EPIC DSCVR" to see
daily updated satellite photographs of Earth from a satellite
located at 'L1' which is a position about 1 million kilometres from
Earth, between Earth and the Sun.

Glossary of Terms

Abrupt Climate Change

For a long time, climate change had been thought to be a slow, gradual phenomenon. However, it is now known to be rapid and non-linear, and happening much faster than had been planned for.

Anthropocene

The Anthropocene is a term used by scientists to describe the modern era (since the mid-fifties) in which humans are the main drivers of change in the environment and climate system.

Belonging

In the same way that a shoe does not belong in the fridge, Western culture does not belong on a planet with a biosphere. Vita seeks to augment Western culture so that it can belong on Earth.

Biosphere

The outer part of planet Earth is riddled with living things. From the tops of the clouds to deep below the ocean floor, this sphere of life is called the biosphere.

Cascade of Climate Tipping Points

As the planet heats up, natural processes

foster an increase in heating. The process could run-away, like dominos falling, and driving global temperatures way higher than life can survive. Rapid decarbonisation and drawdown is necessary to avert the cascade from tipping.

Collansition

As the global ecosystem collapses under the extinction and climate crisis, humans continue to innovate sustainable solutions. The co-existence of collapse and the transition is referred to as Collansition.

Biocentric

The view that the rights and needs of humans are not more important than those of other living things.

Bugsplatter Paradox

The paradox that the places with the highest amounts of roadkill, are often the places with the healthiest ecosystems. For this reason, dead animals splattered across the windscreen and the side of the road can viewed as a good sign.

Climate Restoration

A plan to restore atmospheric CO₂ concentrations to 300 ppm by 2050.

Decarbonisation

Most of the energy consumed by humans comes from fossil fuels that produce carbon emissions. It is necessary to rapidly decarbonise the world's energy systems by transitioning to renewable energy and rigorous energy efficiency.

Drawdown

Atmospheric CO₂ concentrations are too high and must be reduced by drawing CO₂ out of the atmosphere. This can be achieved by fostering the growth of the biosphere.

FSO Safer

A FSO (floating storage and offloading) ship called Safer, is moored off the coast of Yemen, and filled with over 1 million barrels of oil. The ship is contested in the war between Houthis and the Yemeni Government and hasn't been maintained. The UN advises that the ship could explode or sink at any moment. This would unleash a massive ecological disaster and wipe out many of the world's remain corals that are tolerant of ocean heating.

Imperium vitae-planeta

A proposed scientific biological name for

the Living Planet that roughly translates to *Empire of the Living Planet*.

Insectapocalypse

The massive die-off in insect populations around the world caused by pollution, habitat destruction, climate change and increased atmospheric CO₂.

Naturepass

The mass-death of wildlife, forests and ecosystems in the Anthropocene.

Nuclear Crisis

There are about 17,000 nuclear weapons in the world today, most of which are far more powerful than the weapon that destroyed Hiroshima. Even a small nuclear war could result in the destruction of humanity through nuclear winter. In addition, there are around 450 nuclear power stations that are vulnerable to civilization collapse as they take so much time and resources to safely decommission.

Ocean Acidification

About half of the CO₂ that humans add to the atmosphere is absorbed into the oceans. Adding CO₂ to water produces carbonic acid, so the oceans are becoming more acidic through human actions. This

is a crisis for marine life, on the same scale as climate change.

Peak Experience

Experiences can be mundane or profound. Those profound experiences are referred to as Peak Experiences. People can enjoy Peak Experience in many ways. Vita seeks that people find Peak Experience in nature.

Planetary Boundaries

Earth system scientists have identified nine biophysical systems on Earth that are necessary for the maintenance of a robust global ecosystem. For each of these systems, there are identified boundaries beyond which the Earth system becomes unstable.

Quendant

A pendant with the Quenn symbol: a Quenn necklace.

Quenn

The Vita symbol for the Anthropocene. Formed from three inner circles, and an incomplete outer circle.

Quietus

The observance of the mass death of wildlife and associated ceremonies.

Sixth Extinction

Since life began on Earth 3.8 billion years ago, there have been five major events when most species went extinct. Humans are creating the sixth and most rapid mass extinction of life on Earth.

Skyglow

Artificial night-sky brightness caused by human light sources. This prevents many people from seeing the cosmos at night.

SRM

Solar Radiation Management. A plan to add material to the upper atmosphere to reduce the amount of incoming solar energy. This is increasingly seeming like a necessary technology to avert the Blue Ocean Event.

Superclass

Some of the most powerful and influential people on the planet behave like sociopaths, and their influence and reluctance to foster rapid transition to zero carbon and the regrowth of nature threatens to kill off most life on Earth.

Technosphere

Humans produce stuff, and all this stuff is scattered around the world and even in orbit around the planet. This sphere of

human-made stuff is referred to as the technosphere.

Verdant Age A possible future scenario where humans and the Living Planet exist in a synergy.

Vita

Vita is both the name of the spiritual philosophy, and the name of the Living Planet, itself.

Vitaflux

The biochemical flux that surrounds us; and from which living organisms are formed as they grow, and to where they go when they die.

Vita in Action

For the Vita spiritual revolution to spread rapidly, an abundance of effort and resources are required. There are many ways that you can help engage with and spread Vita, including:

- Visit the Vita website and add your name and email to receive our communications
- When the communications arrive, take time to read them
- Send Vita an email to *vitaepaneta@gmail.com* and let us know your thoughts on Vita and whether you would like to be involved
- Read every page of the Vita website thinkvita.org and watch the explainer videos
- Leave a comment at the back of this book and pass it on
- Host a Moon Party and share Vita with your guests
- Wear a Quenn pendant or one of the other symbols
- Find a place in nature to sit in quiet contemplation and consider how you can help Advance the Verdant Age.
- Ask for a Vitant to present to a group of people you have organised
- Volunteer for Vita or offer goods and services
- Donate to Vita to help extend our reach

- Purchase copies of this book and send them to people who you think are open to the message
- Identify yourself as Vita
- Host a luncheon with friends and associates and share Vita with them
- Consider volunteering for Vita organisation
- Learn about Long Future Sustainability
- Pay attention to how the stories on the world news either help or hinder the Verdant Age
- Study each of the terms in the chapter on Big Talk, so that you are competent to speak on each of them
- Participate with every minute in the day and every fibre in your body in the rebellion against extinction

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

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