

PLOFF AWARENESS

Thoughts & Quotes On Our Daily Existence Insights For Social Awareness

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Introduction:

I was walking along Lorne Street in the middle of downtown Auckland, New Zealand, when I got to see a tiny sign which said “Jason Books” with a little arrow pointing towards a long wooden staircases which lead to a first floor. There I went, to find myself inside a beautiful huge wooden saloon. I felt special, motivated... like I *had to find* something good. I searched and searched until I struck against this astounding title: “**After the Clockwork Universe – The Emerging Science and Culture of Integral Society**”, Sally. J. Goerner. Floris Books, 1999. Printed in Great Britain by Page Brothers (Norwich) Ltd, Norwich, which I will quote from now on with an asterisk (*) during your next minutes of reading.

Books sometimes tend to arrive at you with no previous planification. This is one of the most influential books I have ever read in my life, and I found it in a hidden second hand book shop in that amazing cosmopolitan city. Auckland, New Zealand, a place where cultural biodiversity manifests itself constantly. It was a very special trip for me, as my older brother, my only brother, had invested a lot of his time in order for me to escape the social inertia of my native city – Capital Federal, Buenos Aires, Argentina -, and in a kind of way, to find myself again, or part of myself, mature, absorb. I will always be grateful to my brother Alexander for those months with him. They were my own turning point, when I decided to start listen a little bit more to the voices inside my head.

That is why I decided to collect the passages that cultivated my thoughts on those days, in order to share them and, at the same time, nourish once more my own concepts. My idea is to reinforce Goerner’s own concepts along with the vision of several other authors, with my words as a binder of those ideas.

*“Upon this gifted age, in its dark hour,
falls from the sky a meteoric shower of facts...
They lie unquestioned, uncombined.
Wisdom enough to leech us of our ill is daily spun;
but there exists no loom to weave it into fabric...”*

Edna St. Vincent Millay (1892 – 1950)
[First woman to receive the Pulitzer Price in Poetry] p.25*

Indeed, we live in an era where the evidences of a better world are more at reach for everyone, but it seems that no one has time to connect the loose ends. There is no time to engage esoteric conversations, there is no time to look for points in common; all that matters is to check the weather forecast, if there is any riot cutting the way between you and your job, calculate any possible delays and how many of them are contemplated in your salary at the end of the month. Sleep, in order to go to work, in order to eat, in order sleep and keep on working.

No longer does anyone stop to contemplate the wisdom left by thousands and thousands of minds all along the history of mankind. *I just want to get home...* scream the inertial faces in the subway... and I refuse to fall on that state of mind... I want to try and join the dots that are *right there*, and show them to everyone.

Personally, during all my life I was very mentally structured, and I kept on making the decisions of my life in a structured manner, or following the common social guidelines, and I always felt that I was left with my hands empty in an emotional level. It was only until I began to make decisions with my heart that things started to go better. When I say “decisions with the heart” I mean making decisions on behalf of our inner dreams and with these being always in a useful manner to society. In my case, I have been always concerned by environmental issues and the mental numbness of individuals within a society. Consequently, I kept on studying diverse perspectives from diverse authors. Once the ideas started to flow harmoniously inside my head, the books, the authors and circumstances in which I met people seemed to arrive in a perfectly ordered and intended manner.

With this inertia going on, I start to deliver these lines to you, wishing them to be like a little voice inside the head of the reader. Or better yet, a friend that comes to share things to you that might interest you as a human being.

I want to make something clear before I begin: **by no means I intend to state the right path to be followed, nor postulate a method for *the good living*. I simply want to serve as a transmitter of information. There is no new contribution to what I write. It is *not* me who presents these concepts as *new*. I simply try to look for similarities among different minds, and try to shine a light over the points in common within each vision in order to weave a body of core ideas from all the spectrum of the human intellect.**

The stuck mind:

“I doubt whether there is more decisive moment for a thinking being than when the scale fall from his eyes and he discovers that he is not an isolated unit lost in the cosmic solitudes, and realizes that a universal will to live converges and is hominized in him”

Sir Julian Huxley (1887 – 1975)

[British biologist, writer and humanist,
First UNESCO Director y Aldous Huxley's brother]
p.223*

This is a moment everyone faces sometime. The problem is the *level of consciousness* one has when he has to *recognize* this moment in his life and give it the proper importance it deserves. They are moments in which you know that something is about to change... moments in which one is not happy at all with his current rhythm-style-form of life... but one is so stuck deep inside his daily routine, that he cannot *feel* what is going on.

When Huxley states “when the scale fall from his eyes”, he is referring to the importance of leaving aside any known parameter of space and time. When all that is defined by the human mind is surrounding us –publicity, transports, tools, communications, clothing- we start *defining* reality in purely quantifiable, measurable, labeled terms. In that way, we transform our lives in definitions, declarations which we state with a sense of identity... “I study in this University”, “I work for this company”, “I can do this and that” (*and you can't*)

In some point, I believe that the human body and the city (its surroundings) are related in a subtle but profound way. And, in the same way, our mental peace with our surroundings. I remember how obvious this seemed to me when I was informed in college that the actual absorbent ground in my city is of 2%. This means that urbanization, synonym of growth for the old-minded, has taken over 98% of the natural land, the soil, the minerals and organic matter dissolved in the original green. Is it audacious to state this obvious parallelism? If the mind is immersed in everything built/devised/thought by the human being, it can never relax and get connected with the vastness with which it connected itself seeking inspiration in the first place.

In the past, human beings couldn't be united as a species and posses a **planetary awareness** of themselves. This we have today, knowing who we are, where we are and how we affect biodiversity and, hence, the entire life... and how ephemeral is our existence in a geological scale of time, the movements of the planets out there, the creation of the Earth.

During a long time, humans rested on the assumption that Nature would give them anything they needed, that the Sun would give them warmth and hope, that the rains would bring strength to their growing food supply, that the rivers would quench their thirst. In those days, Nature was all around them. They did not have conscience of the sphere of life in which they lived, of the void and vastness of the Universe. And, of course, they did not get mad like we do when we are leaving to work at morning and we step on a loose tile, splashing our suit with water.

People used to remain all day connected with the ecosystem. They interpreted it with the body, by letting their senses absorb a mosaic of information; they interpreted it with the mind, by decoding that information; and they interpreted it with the spirit as well, by making a decision. If they did not interpret the entire information as a whole, they died. They lived in the mythic world, the world of the senses, of the intuition... far away from a calendar, through which we run looking backwards, to the past, and forward, to the future. With a lot of innate wisdom, they **knew and believed** –rational plane combined with the emotional plane- that they were connected to Nature.

“Consciousness takes its disguise from the forms until these ones reach such complexity that it gets lost in them. Nowadays, human beings’ consciousness is completely identified with its disguise. It only knows itself as a form and, consequently, it lives in fear of the annihilation of its physic or psychological form. This is the mind runned by the ego, and this is the point where a considerable disfunction is established. Now it seems as if something went wrong in some point of the line of evolution. (...) the pressure of the suffering created by this apparent disfunction forces consciousness to stop identifying itself with the form and awakens it from its dreamlike form: it regains self-consciousness, but in a much profound level than when it lost it.”

“El poder del ahora”, **Eckhart Tolle**, Capítulo 5, El estado de presencia.
Ed. Norma S. A. – pages. 123 y 124

It is necessary to *go back to our roots* in the most integral way possible. It is necessary to go back to values of cooperation and fraternity, harmony, serenity and respect with the surroundings. Some people feel that the anxiety of society is rising constantly. One gets tired and numbed by the surroundings, by publicity, by *what will they say of me?*, until you reach a point where you *need* to transcend all of that... in that moment, you give less importance to mental labels, you start to think in a different way than when you were immersed in societies’ prejudices. One starts to look for alternative roads for their daily living. If our thoughts are the fruit of our numbed mind, it is difficult to *think* creative solutions to our current situation, because these ones will be created with the same force weakened by the surroundings.

“You will never solve a problem if you use the same thinking that created the problem in the first place”

Albert Einstein (1879 – 1955)
p. 339*

The mentality that reached its climax by lowering the simplest human values shall not be the mentality which will magically appear with the solution to our problems. In terms of my mother: *don’t try to pull a hen’s teeth*. The mentality of actual humanity is saturated. It is filled with ephemeral issues that maintain it occupied –lying publicity, idiotic T.V. shows, the banality of the individual-. We must break the mental bond we have with the system just because it is only a projection of the mind, the reality we created for ourselves. We must be *aware*, live the awakening of consciousness, cross to the other shore of the river of life, surf the wave...

“The main strategy of the human mind consists in understanding dynamically: the principal strategy of the (...) organisms, the human beings, is not to establish itself in the desert, nor climb tall mountains, but to get to know, and above all, to know in advance. This human being can’t live of the solar light like the cactus, nor digest grass like the goats; nor posses the strength of an elephant, nor the claws of a bear, nor the teeth of a lion, nor the agility of a monkey, nor doesn’t get into trouble by flying like the birds. But his mind can get a picture of what is going on, extrapolate it in order to imagine what will happen in the future, and use all that knowledge to design ways to get past every circumstance in a positive manner.”

Marcelo Cerejido, “Elogio del desequilibrio, en busca del orden y el desorden en la vida”. Siglo Veintiuno Editores. Page 25

“Note: het mind is a magnificent tool if used correctly. However, if used inadequately, it becomes destructive. To put it more accurate, its not that you use it inadequately, rather than you don’t use it at all. The mind uses you. That is the sickness. You think you are your mind. That is the trick. The tool has taken control over you.”

“El poder del ahora”, **Eckhart Tolle**, Capítulo 1, Usted no es su mente.
Ed. Norma S. A. Page 36

Change as a natural process of all things:

So, we are in front of a society which is reaching its own limits. And as evidences of this appear, more and more individuals slowly appear after awakening by these notions. And it seems as if the people are arriving to the same conclusions. Conferences are being held worldwide establishing parallelisms between the oldest oriental beliefs and the latest scientific discoveries; there are increasingly more evidences about the emotional aspects involved in cancer within human beings; each day there are new discoveries in energetic efficiency in order to end the dark age of non renewable energies... Solutions seem to be emerging with more frequency in the last years.

This is because society behaves as a living system. Hence, it is under constant change influenced by the environment. Consequently, there are cycles within society, as in every system that undergoes changing processes – nothing remains static forever. Sally J. Goerner defines five instances within a complete cycle in a social system (p. 69 y 70*). She calls them:

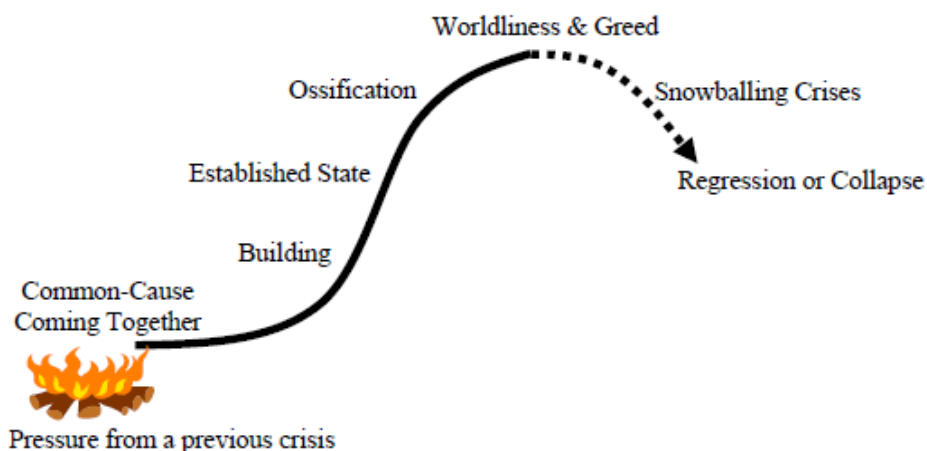
“Coming together for Common Cause. A sense of struggle, pressure and danger defines beginning times. There is a struggle to understand why a once great society is failing. There is a struggle to find new ways and a struggle to remain afloat in what is often a hostile sea. Still, somehow pressures and ideas coalesce into a new way. A sense of common cause is usually the binding force.

Building. A sense of joy defines the building phase. Even if there is much to overcome, energy is flowing and the path seems clear. If cultural weavers succeed, threads are woven into a society which works in ways which the old one did not.

Establishment. A sense of fulfillment defines the phase of establishment. Social success is witnessed on all sides, from art to politics. Old demons are vanquished and power is now moving out. People at all levels take pride in their society. Most assume it will remain noble forever.

Ossification. A sense of habit which no longer serves defines the ossification phase. Once upon a time, the society’s beliefs were tools which its people used to build a world which worked. Institutions, however, tend to convert good ideas into immutable truths which cannot be questioned. Interpretations become dogmas used regardless of whether they work. The dream of making a better world is replaced by devotion to institutional control.

Worldliness and Greed. A sense of social dysfunction which cannot be stopped defines the worldliness phase. It is a short step from ossification to corruption. Self-serving people use cherished icons and institutional power to amass personal power regardless of its effect on the society at large. Social tension rises along with confusion and malaise. If the self-serving gain enough power, they will thrive while the rest of the society sinks into greater despair.”



¹ Cycle of Big Change. Figure taken from the “.pdf” version of the same Sally J. Goerner’s book.

We find ourselves immersed in a global reality that is, for the moment, lost and adrift... It looks like everything is reaching a climax point in our planet: the monetary system's credibility, our political representatives' credibility, the education system, the energetic policies implemented by our government, the differences between the official information delivered and that which circulates in different intellectual niches... Everything seems incorrect from an intuitive point of view. We know that things are wrong, yet we lack the necessary manifested consciousness required to change them.

The evidences that we are approaching the final stage of human social life are listed in the seventh chapter, "Cycles of Civilization", of Goerner's work, and include the following items (page 304*):

- *"Elite power and wellbeing increases and is manifested in displays of wealth — castles and palaces in the times of kings, churches in the times of faith, commercial buildings and private homes in the times of business.*
- *Elites become heavily focused on maintaining a monopoly on power inside the society. Laws become more advantageous to elites. Privileges become more pronounced and penalties more violent.*
- *The sense of belonging to a community diminishes. Previously mutual benefit systems become increasingly dominated by patronage systems. The very wealthy support their pet causes, while large numbers of people are unable to find a role.*
- *The middle class shrinks and there is an increasing gap between the haves and have-nots. The quality of life in most of the society drops. Outbreaks of disease become more massive and virulent as malnutrition and over-crowding increase. Life span decreases. The misery index mushrooms — witnessed by homicide, suicide, drug/alcohol abuse, and increasingly senseless and horrific internal violence.*
- *Ecological disasters increase as short-term focus pushes ravenous exploitation of resources. Forests are razed and land is worked to exhaustion. Exhaustion of home resources pushes elites to conquer and exploit farther and farther a field.*
- *The system becomes much harder to manage. Long-standing social patterns end and chaotic dynamics emerge.*
- *There is a resurgence of conservatism and fundamentalist religions. The society's golden theory is brought back to help ward off disaster, but it is usually in a corrupted form that serves primarily to preserve status-quo power relationships."*

Goerner proposes some very interesting parallelisms between energetic systems of low complexity and others of higher complexity – in our case: society. In particular, she analyzes how the energy flow changes inside a pot with water heating up until it reaches its boiling point, and highlights how the heat flow goes through the water changing the distribution of the molecules – which is to say that by implementing external pressures to the system, changes are generated inside the system; this changes are generated *simultaneously* in all the system (with no particular starting point). In Goerner's words:

*"Change often emerges in parallel because of similar pressures felt throughout. When the context is unstable, one sees lots of little hot parcels rising – much as one sees many little experiments with new society rising today. Thus, percolating change and parallel development are not just phenomena of boiling water. When a human system reaches its limits, searchers rise up from everywhere. In human systems, people call this Zeitgeist." p. 146**

I believe this is what is happening in our times. Our human system is reaching its limits... but to these pressures, people are beginning to organize and think in a new way.

In the absence of graduate careers that focus on global issues, students access to more extracurricular courses than before to reinforce their intellectual formation, even if it implies emigrating from their native town. Neighbors are grouped in their neighborhoods to take turns taking care of the youngest from crime. Some building administrations are starting to divide their trash for recycling, regardless the fact that they are still not protected by the law. A new generation shouts art and expression, gathering in terraces to share bubbles in time, which print courage in the spirit. The density of power in the traditional hierarchical pyramid is beginning to change, as NGOs gain more protagonism.

And all this comes from people who feel the change approaching, people who begin to see the flaws of the system and assumes the responsibility of being born in this particular time of human history. The human being is a magnificent living creature. Everytime he searched: he found, he invented, he imagined...

*“The light arrives to he who extends his conscious perception
a little further than what it seems possible.”*

B. K. S. Iyengar. “Luz sobre la Vida”. Editorial Kairós. 2005. Page 90
(B. K. S. Iyengar is one of the most important yoga masters of the World
and is founder of the Iyengar Yoga Method)

The flow of energy:

The entire existence consists of forms that the energy has of expressing itself. Energy seeks to flow, to extend itself until it reaches new forms... energy swings, comes and goes, and drops.

We actively intervene in its flow. By using our consciousness in an intellectual manner, we transform elements present in Nature in order to create new organized ways of energy: objects, tools or all the technology that provides social communication. It was like this that we got surrounded by our own creations seeking to enhance our quality of life. This represented an evolutionary leap.

But this becomes a problem if we forget the interconnectedness of all things. After some generations have past, the core values of the human being got lost in time. Consequently, we took individualism and separatism as a daily order, making us feel isolated, making us compete among each other, betraying us by making us feel we must survive in order to live... to have a few coins in your pocket before the month comes to an end.

Evidently, this must not be like this. Every single one of us has felt that humans lost their path within this planet; that something is wrong. At the same time, we all have felt once the natural serenity given by stopping one's routine and looking to the small huge things that surround us.

You only have to sit on the shore of a river, lake or sea and perceive how the water flows slowly but steady. And observe the movement of the waves formed by every leaf that falls over its surface or anything that distorts its initial state of quietness. See how the waves cancel each other, distorting a reflected scenery in a harmonious manner, looking up and seeing the infinite comes and goes of trees with their different patterns, textures and greens, all immersed in a quiet energy exchange.

An entire tree, defined as such by us. But, intrinsically, infinite amounts of live cells that align themselves in a singular and irrepitable manner by convenience and cooperation, in order to capture, transform and give energy. All the tree tops mixing and cooperating with each other creating a dance in the cosmos. Trees, vegetables, flora, fauna, animals, humans... and the Earth, conserving its sweet union with all the biodiversity. Kinetic energy, elastic and gravitational potential energy, and all the thermodynamics coordinating the flow of every process.

Our bodies also express energy exchanges. It is simple: in the same way as everything natural that surrounds us, we are part of that cosmic dance. We are, scientifically and spiritually, *one with the whole*. The difference between our way of life, with who we are as human beings, is that through our consciousness, energy found a new way of expressing itself. Our mind, and our particular capacity of being able to be conscious of all that is flowing around us, of the things we are doing as a species and how we affect the future, are qualities that allow us to be like hydroelectrical power plants that contain energy, and by awaking to these notions we transform ourselves in energy channels.

We reach like this to the innate wisdom of the human being, to remain serene upon any experience, in order to be aware of all the possible opportunities that come to us, and make decisions which align with one's own truth. In this way, we would begin to be happier, because our energy as human beings would flow in a very different way. Just a more positive attitude, one of cooperation, with respect and good vibes, ecologically moral and globally ethic, an attitude of laughter and friendship.

The energy that flows around the world is like the flow of a river with logs all over the way which produce turbulence, curves and shifts in speed. By taking away one log, the river is the same, but it flows in a different way. So, it all ends up in a change of attitude. The new generation will have to adopt new ways of seeing life in a daily basis. The first step is now being taken worldwide, and this is to be awake and start being aware of all the reality around us,

What we can learn from energetic systems:

In order to comprehend the parallelisms between the energy laws of kinetics in this world and the social systems –us- we must first aboard a few concepts referred to energy by itself. It is necessary to find a definition of energy, or at least understand it. But before I get into this, I wish to make myself clear on what I mean with “system”. Hence, I quote again the words of Marcelo Cerejido, doctored in Medicine in Buenos Aires University, who worked in the CONICET and Harvard University, and was a professor in the New York University. For those who like labeling, this author has a spectacular way of explaining the science of life, that only someone who loves the simple and beautiful things of life can have. I strongly recommend to read some of his articles...

“The first thing one does when heading to study something is, of course, to specify the object in study. America? The crusades? School desertion? The pendulum? The Perito Moreno’s Glacier? Hipólito Yrigoyen’s second presidency? The Moon? Life? The teleost fish? The eggplant plague? The extraterrestrial life? Well, an investigator can take one of those topics and convert it into a system. He will choose that which has a peculiarity he wishes to study. Borges explains that “a system is nothing more than a subordination of all the aspects of the Universe to a random aspect of the system”, that is to say that if I decide to study the schizophrenics, it will end up least important if they are fat or slim, Serbians or Ecuadorians, black or redheads.”

Marcelo Cerejido, “Elogio del desequilibrio, en busca del orden y el desorden en la vida”. Siglo Veintiuno Editores. Page 33

Going back to trying to define energy, we must understand that we are trying to label a very volatile, vast and live concept. To understand *what* energy is, we must abstract ourselves a little bit and try not to put the definition inside a box. In other words, we cannot assign energy with a fixated definition as it is better understood as being a protagonist in various **processes** – and not mere punctual events. Regarding processes, Cerejido comments:

“Any concrete structure always changes through time. (...) Mountains, continents, planets and stars era ephemeral if we choose a geological or cosmic scale of time. (...) there are no things, but processes. We call “process” to any change in matter, energy or information in a system. It is also de temporal sequence of the diverse structures of the system”

Marcelo Cerejido, “Elogio del desequilibrio, en busca del orden y el desorden en la vida”. Siglo Veintiuno Editores. Pág. 35

Energy is present everywhere, and it forms part in every changing process in everything. That is why, in order to define energy, we must find a group of words that allows us to comprehend the energy as a Whole, or better still, as a binder of that Whole. Referring to the energy in the Biosphere, Cerejido says:

“From seaweed to lambs, from man to the weeping willow tree and from arthropods to the bacteria that appear after a corpse putrefaction which can break down the molecules from the horns and hoofs, the living creatures depend upon one and other. From this point of view, life can be considered as a special flow of energy and matter, a tangled group of processes in which all living creatures occupy a special place within the chains of cyclical exchange. Better still: the creation itself of life in this planet was the fruit given by that flow.”

Marcelo Cerejido, “Elogio del desequilibrio, en busca del orden y el desorden en la vida”. Siglo Veintiuno Editores. Pages. 93 and 94.

Dr. Goerner’s vision on this matter is very nourishing:

“(...) energy pressing to flow is behind all organization. It flows through our veins and those of the biosphere and the universe at large.

(...) Any biologist will tell you that energy is what makes eco-systems work the way they do. It is the tie that binds and the life’s blood which sustains. It is the reason all is One.

*(...) Energy is the fluid in which we float. It permeates everything. It shapes everything. It drives everything. What we call evolution is really an energy process involving the whole biosphere.” Page 150 and 185**

I am delighted to say that Dr. Cerejido is actually being a professor and investigator in cellular and molecular physiology of biological membranes in de Mexican Investigation Center. The similarities in both visions of the role of energy in life are no surprise. In order to take these similarities among visions one step further, I am interested in sharing the vision of the yoga master Iyengar, who takes the relations between different human beliefs to a harmonious homeostatic state of mutual company:

“Everyone wants more vital energy. If energy could be packed up and sold in a store, it would be the greatest business in history. The only thought of energy excites and vitalizes people. Everyone wants to know where to get it. Obviously not in packages or stores, as it is, first, everywhere, and second, for free.

We give God a lot of names, although it is One. The same happens with energy. There is nuclear, electric, muscular and mental energy. They are all vital energy or energy of life, which in Sanskrit is called pranic energy, or simple prana. Prana is called chi in China and ki in Japan. There are those who suggest that the closest occidental concept to prana is the Holy Spirit of Christianity, a sacred power both immanent and transcendent. Prana is oftenly called wind or the vital air. (...)

Every vibratory energy is prana. All the physical energies such as heat, light, gravity, magnetism and electricity are also prana. It’s the hidden and potential energy that is within every living being, which is liberated as a response to any threat against its own survival. It’s the prime motor of any activity. The energy that creates, protects and destroys.”

B. K. S. Iyengar. “Luz sobre la Vida”. Editorial Kairós. 2005. Pages 101 and 102

Personally, it’s fascinating to me that so many points of view converge in these concepts... In order to torn ourselves a little more technical, it is interesting to show the point of view in Physics, which tells us that the processes in which energy takes part are infinite. To comprehend those processes better, we relay on **thermodynamics**. This is a branch of physics that studies the changes of magnitudes, such us pressure, volume and temperature, within the systems in a macroscopical level.

One of the fundamental principles in thermodynamics is that **energy isn’t created nor destroyed, only transformed**. This is called the “conservation law of energy”. This means that we can transform energy from one kind, capture it, store it and utilize it for our needs in another kind of energy. For example, to play football, we consume food and our body takes care of transforming that food into energy, which the body stores, keeping it until we use it. In that moment, the energy we kept inside our body is consumed, but does not disappear, because by kicking the ball to the air, the ball starts having energy by being moving through the air – the energy is transformed in kinetic energy (movement) and in gravitational potential energy as well (height).

Generally speaking, the conservation law of energy makes us understand that the energy might be lost from one place, but gained in another. Our body looses energy, but the ball gains it; the electricity looses energy, but the light bulb gains it in light and heat; you loose energy to heat up water, but the water gains thermal energy by increasing its temperature to enjoy ourselves a good *mate*, tea, or whatever infusion we like, etc.

This implies an almost philosophical conclusion, and that is that in every energy exchange process, “what you invest, is never the same as what you win, there is always a loss”.

This means that if you pay \$5 in spinach, and when you prepare your pie you use a little bit less than what you purchased because you dispose some of it in the selection process of cooking, you are receiving less than what you originally paid for. Another way of seeing it is that what you pay in electricity just for light is not received proportionally back, as in the energy transformational process from electricity to light, you “lose” some energy in form of heat, hence, burning yourself when you touch a lighted light bulb.

In many cases, what you lose is heat. Hence, in Nature, heat is one of the most influential motivators in the change from one state to another inside a system – like in the example of the pot with water heating up.

“So, what happens when there is heat? The three main points are:

- *Energy concentrations create a pressure to flow faster. An energy build-up (like concentrated heat) creates a force which presses the system to move faster.*
- *Organization arises to help energy move faster. You can think of this as a bucket-brigade activity. Passing energy in an orderly fashion makes it move faster. This leads to a new perspective on organizational itself.*
- *All organizations are flow structures. They exist to make energy flow. Energy is the glue which holds an organization together and the fuel which makes it move. When there is no energy flowing through, the organization falls apart. When energy flows poorly, the system becomes fragile. What we see as ‘organization’ is actually nothing but energy flow.”*

Page 141*

We can start to see that, as the energy flow increases inside a system (from a pot with water, to an entire country or the whole planet), its organization changes as well in order to let the energy flow at best. These organizational changes are not subtle, but abrupt. It's as if the system takes a leap and shifts its lane. This makes me think on how easy the circumstances are given to make a sudden thinking paradigm shift in the entire world, taking into account that all the problems are growing exponentially: poverty, hunger, analphabetism, demographic growth, crime, natural disasters, the exhaustion of our natural resources, soil, water, air, everything... The “patience” of the planet with this system is reaching its limits. On this matter, Goerner gives her opinion:

“Clockwork thinking tends to emphasize smooth continual change and portrays abruptness as the result of an outside force. Here, however, abrupt change is often the result of the system's own internal dynamic.

(...) What makes a system switch? In general, a system switches when the web of forces gets stretched to its limits, making the old way unstable. This is a very generic process. A horse, for example, goes faster and faster within one gait until it can not go any faster in that gait. It then shifts to a new pattern of leg motion that allows a faster speed – walk to trot, trot to gallop. The pressure to run faster drives a horse to more intricate gaits.”

Page 157*

“Societies too are intricate dynamic systems. Apparently we too must figure out how to stay small, well connected and flowing.”

Page 164*

“Energy prefers small tight circles which are well linked because this helps it cycle rapidly and robustly throughout. This is why your body is fine-grained and highly interwoven. It is also why the biosphere is filled with cycles great and small”

Page 214*

“The best way to survive frequent change is to pool information, synthesize it by communication and then change one’s behavior based on a new view.”

Page 241*

We can now start conceiving society as a system through which information flows. The better information flows inside a society, the more efficient its processes will be, and consequently the greater its health will be. There are two factors which facilitate the flow inside societies: the diversity of entities that represent the interests and values of the citizens and the technology regarding actual communications worldwide.

Diversity as a social aptitude:

The NGOs (Non Governmental Organizations) are a key factor to comprehend the change in paradigm. It is important to *use Nature* in order to consult new ways of social organization. Hence, if we consider the concept of *biological biodiversity* within Nature, we get to understand that it is the main characteristic that allows life to flourish and die and flourish once again in new forms, surpassing any particular conditions of each environment. The plurality of species is what guarantees the continuity of life. This is due to the existence of each living species to supply the physiological necessities, so to speak, of the biosphere and Nature itself. This can be by forming part of the food chain of a particular biome, or by distributing the pollen of one type of flower of a specific region, or by dying and forming part of the organic matter that gives fertility to the soil, etc.

Likewise, the NGOs provide *diversity* to the flow of information inside a society. In other words, inside the traditional pyramid, the NGOs are an intermediate of representation of the individuals of a society, with the benefit that there exist thousands of NGOs around the world, each one trying to solve little scaled problems for particular regions. Hence, each NGO is in charge of a little share in the informational transaction inside a society.

“These new times represent the emergence of a new culture in which what is of value in one system can be synergized with parallel values in others”

Carlos Warter, M.D., Ph.D. “Recovery of the Sacred. Lessons in Soul Awareness”.
Health Communications, Inc. 1994. Page 161

In this way, different organizations all over the world are generating a big web of relationships, solid, dense, and principally, loaded with values. As, generally, the NGOs are integrated by professionals who start to agglomerate with each other searching for an alternative to the mental numbness of the actual global society.

So, when a single citizen seeks representation, help or counsel in the intermediate step of the pyramid, he doesn't find a unique body, dogmatic and severe. On the contrary, the search for solutions is facilitated, precisely, by the intellectual synergy that the institutional diversity provides. In Goerner's words:

“(...) distributed intelligence and authority is crucial since speed and quality are of the essence. Sending ideas up a chain of command and waiting for instructions to come down is too slow for fast times.

(...) Commitment and creativity come best from sharing power, risks, returns, and wellbeing. (...) Diversity increases creativity and heightens the chance of success. Commitment and stability are heightened by broadly shared risks and benefits. When risks are shared, the whole web sustains the failures and the whole web benefits from success.

(...) Real power hinges on one's ability to positively aid the web, and not on formal authority or rank. Similarly, leadership is witnessed by the ability to help many others add value, not by the ability to manipulate or control.

(...) We all know the problems. The larger and more conventional the organization, the more information is lost on the long dissipating trip, up and down the chain. Bonds break vertically and the top becomes effectively disconnected from the bottom. Absurdity is common. So is disproportional gain and resentment”

Pages 369 and 378*.

The actual informational systems and their incidence in planetary awareness:

It is obvious that all this organizational process could not be taken ahead without the presence of a global connector. This connector involves two moments. The first one is the creation of a complex informational system, which we achieved in creating as a species; this is, our means of communication which allow us to have an audio and visual communication from any part of the world and in present time. This allows us as a species, in simple words, to be constantly aware of what's going on in our world, and more importantly, it allows us to communicate to get organized and act in consequence.

The second moment of this global connector, is the fact of being aware that all the human race over this planet, has the same social issues (in a material and psychological level), and, besides, we can now add the undeniable fact of climate change, with its catastrophic consequences shown through natural disasters. All this produces a new feeling of connection that is awakening people slowly – *or so I hope*.

The main difference that human beings have nowadays as a key tool to put forward this change of paradigm in the belief system in society, is the existence of Internet as a connecting/unifying agent of the planetary selfawareness which we want to regain. The *cosmovision* – understanding this as the global frame of the basic beliefs of oneself and the environment – of the ancient people was more local, in comparison with the level of awareness we could achieve, with our capacity of analyzing the future, of visualizing and creating any necessary tool for any task.

The cosmovision of our indigenous people is correct, as they always knew the existing relationship between the living creatures and Nature and the consequent role we must play in order to allow flow between them. The difference we can make now – if we want to – is that we can make that cosmovision go from local to global, thanks to our technology. What we must achieve, once and for all, is to change the actual paradigms of thought and create a new one, but this time fundamented in the most natural essence of the human being. In this way, the paradigm of thought achieved would not stop being a cosmovision, but now with language and science. By these terms, the job of the NGOs would flow as something natural, as its participants would have access to technology (and the emotional back up) to realize its operations in an optimal way. This is, in a sustainable fashion and on behalf of society.

The Economy is afraid of not being ignorant:

Fortunately, governments and multinational companies don't stand a chance against these changes. Because every day there are more and more organizations of this type, with more and more individuals that are fed up the present global situation, creating a web with strong values that make it incorruptible. Most of the NGOs start in the same way: young professionals and students that use the little spare time they have to look for sustainable alternatives for each social problem... it is only when the NGO created finally catches up flight, that these individuals can drop off their previous inertial jobs and dedicate all their time to the issues that really matter.

It is very interesting to talk about "high value vs. high volume", which is proposed by Goerner, in order to present one more concept that fundamentals the irreversible change that is upon us:

"(...) high-quality, customized goods and services cannot easily be duplicated by cheap-labor competitors around the World. Thus, while competition around mass-produced goods tends to reduce prices, wages, quality and profits, high-value goes in exactly the opposite direction. Prices, profits, wages, and quality all stay sound together. Uniqueness helps open millions of niches in which quality and innovation are the biggest differentiators. As in nature, the economic eco-system stays strong by building quality within an endless array of specialty slots. Head-to-head competitors over price, fades.

(...) people who are fortunate enough to have had an excellent education followed by on-the-job experience doing complex things can become steadily more valuable over time. (...)

In a high-value economy, a nation's wellbeing depends more on its people's skills than on the profitability of its core corporations.

(...) As economies convert from high-volume to high-value, the best measure of a nation's economic wellbeing will be the skills its people bring to the global economy."

[and not the GNP...]

Page 368 and 370*

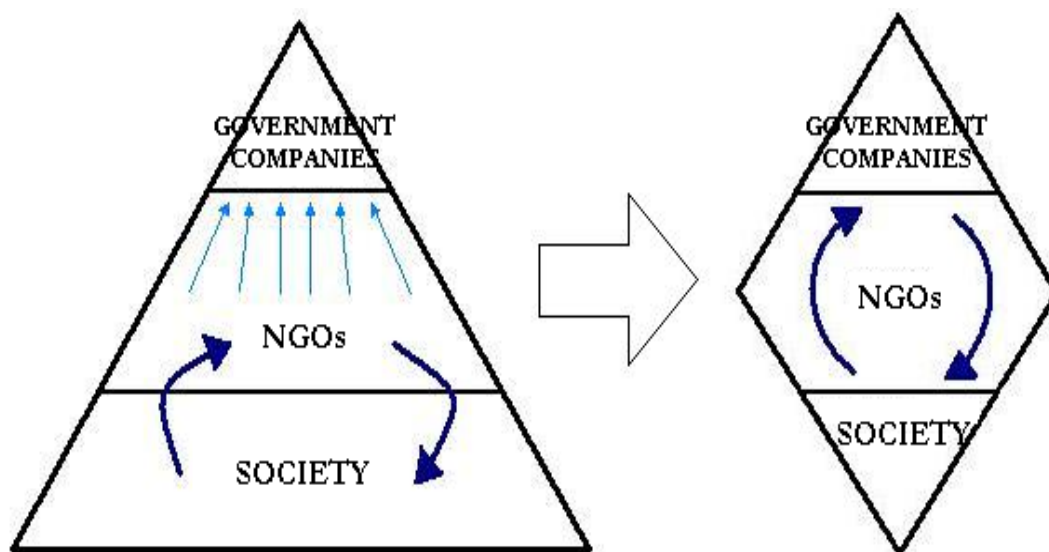


Image: my own drawing

To understand the failure of the actual economic system, which I think is quite evident, we simply have to open a little bit our heads and think in a planetary way. Nevertheless, it is still a complex issue, which is why I prefer to present first some opinions. Because, when it comes to economy, you generally give your opinion and you are instantly criticized, or worst, you are given political labels and you are compared with old politicians... and you never end up in something productive. Yes... I shield myself with others' quotes. Nothing best than starting to share some opinions.

“Progress’, as defined by modern economies, is destroying the very natural systems upon which we depend for health and prosperity.

(...) the accounting methods used to produce GNP ignore the destruction of forests, soil, water supplies, and other natural assets. A country can be on the brink of ecological bankruptcy and still register GNP growth, and thus appear to be making progress”

Sandra Postel

Vice-President for Research at the Worldwatch Institute
“The Gaia Atlas of Green Economics”, Paul Ekins. Ed. Anchor Books. page 43

“By GNP accounting, for example, Indonesia has been a phenomenal success story since the 1970s. But it achieved this status by clear cutting its forests, exhausting its soil with intensive farming and selling off precious non-renewable mineral wealth. In short, it sold off its future to pay for boom numbers, just as the economic establishment said it should.”

Page 336/7*

“Reforming this situation may be beyond the democratic process, for the purveyors of finance have great power, with a grip on government and economic performance that may prevent the necessary radical reforms. In which case, the best hope for change may be the establishment of popular viable alternatives to the present financial system”

Paul Ekins, “The Gaia Atlas of Green Economics”. Ed. Anchor Books. page 148

“Fritz Schumacher, writing in ‘Small is Beautiful’, saw large scale technologies as: ‘... a denial of wisdom. Wisdom demands a new orientation of science and technology toward the organic, the gentle, the non-violent, the elegant and beautiful...”

(...)

*“I know of no better way of changing the ‘system’ than by putting into the World a new technology – Technologies by which small people can make themselves productive and relatively independent – **Fritz Schumacher**”*

“The Gaia Atlas of Green Economics”, Paul Ekins. Ed. Anchor Books. page 176 and 177

“It would be a great step forward if we could begin to understand sustainability as a combination of new technology and common sense”

Craig Morris, “Energy Switch. Proven Solutions for a Renewable Future”. New Society Publishers. Page 179

"(...) a boy born in the United States represents a destructive impact in the ecosystems of the world and in the services given by these as twice as much as a boy born in Sweden; 3 times as much as a boy born in Italy; 13 times as much as a boy born in Brazil; 35 times as much as a boy born in India; 140 times as much as a boy born in Bangladesh or Kenya and 280 times as much as if he was born in Chad, Rwanda, Haiti or Nepal [these numbers are based in the 1986 statistics from the WRI and the IIED, World Resources, 1988-89, Basic Books, New York, 1988.]

These statistics are enough to through over board any myth about the demographic problems being held by the rapid growth of under development countries, although their impacts are still important. They serve to make us remember that it is mostly important for the developed countries to reduce their demographic volume, as every birth that does not take place in those countries brings more ease to natural resources exploitation and the environment than those frustrated births in under developed countries.

(...) Briefly, our super population is degrading the ecosystems of the Earth very quickly in both developed and under developed countries. Most probably, the future of mankind depends more on the health of the ecosystems of the globe than the public health in the traditional sense of the term. Civilization can not subsist without the ecosystems' services, which are heavily threatened by the magnitude of human activities."

Paul R. Ehrlich y Anne H. Ehrlich,

"La explosión demográfica. El principal Problema Ecológico. Capítulo VI: La Salud del Ecosistema Mundial". Ed. Biblioteca Científica Salvat. 1993. Pages 140 and 141.

"Those who study ecological economy must acquire the basic knowledge, regarding that the top priority is to conserve the natural order of Nature. They must learn that the key to do so is to reduce the number of people until we reach a stable number in order not to destroy our home. The formation of the economists must include a considerable instruction on the basis of the physic-biological function of the world. If not, they will keep on sending wrong messages to the politicians and business men. And these, at the same time, will keep on contemplating economic global growth like the remedy, and not like the sickness, and not worrying about the consequences of the demographic explosion."

Paul R. Ehrlich y Anne H. Ehrlich,

"La explosión demográfica. El principal Problema Ecológico. Capítulo VIII: La población, el afán de crecimiento y la seguridad nacional". Ed. Biblioteca Científica Salvat. 1993. Page 180

"Nowadays, economies are more complex and the resources are scarce, but, except for a war generated destruction, an economic transformation could be achieved in a little bit more than a decade, on the one condition of the effort of all of us.

There is nothing better than an informed citizenship in order to achieve quick progresses in the resolution of the demographic problem and of any other composing the human related issues. The media has got to make the politicians believe they live inside fishing-bowls. It is necessary that the informed voters about demographic and environmental issues raise their heads to watch inside the fishing-bowl and check whether the fishes are doing what they have to do in order to limit the demographic volume and resolve the other elements of the human issues."

Paul R. Ehrlich y Anne H. Ehrlich,

"La explosión demográfica. El principal Problema Ecológico. Capítulo XII: Lo que Usted puede hacer". Ed. Biblioteca Científica Salvat. 1993. Págs. 255

For me, this economical issue is quite delicate... but I think that there are **10 basic insights** that we need to state as the minimum a citizen must know to have social responsibility, in order to get informed and modify his consumption habits, hence, making changes in the mind of the decision makers. Here they come:

1° basic insight: the *development as the wellbeing of a nation is a completely old and mistaken concept.* By no means can we keep considering “developed” those countries which dig their own grave by obtaining high profits in the short term.

*“In many cases, it is not lack of ‘development’ that has brought impoverishment, but ‘development’ itself, as when natural resources that provide a decent subsistence livelihood for large numbers of people are turned into industrial raw materials that benefit relatively few.” p. 346**

Paul Ekins, Economist, Birbeck College, England.
Autor del libro *“The Gaia Atlas of Green Economics”*
‘El Atlas Gaia de la Economía Verde’

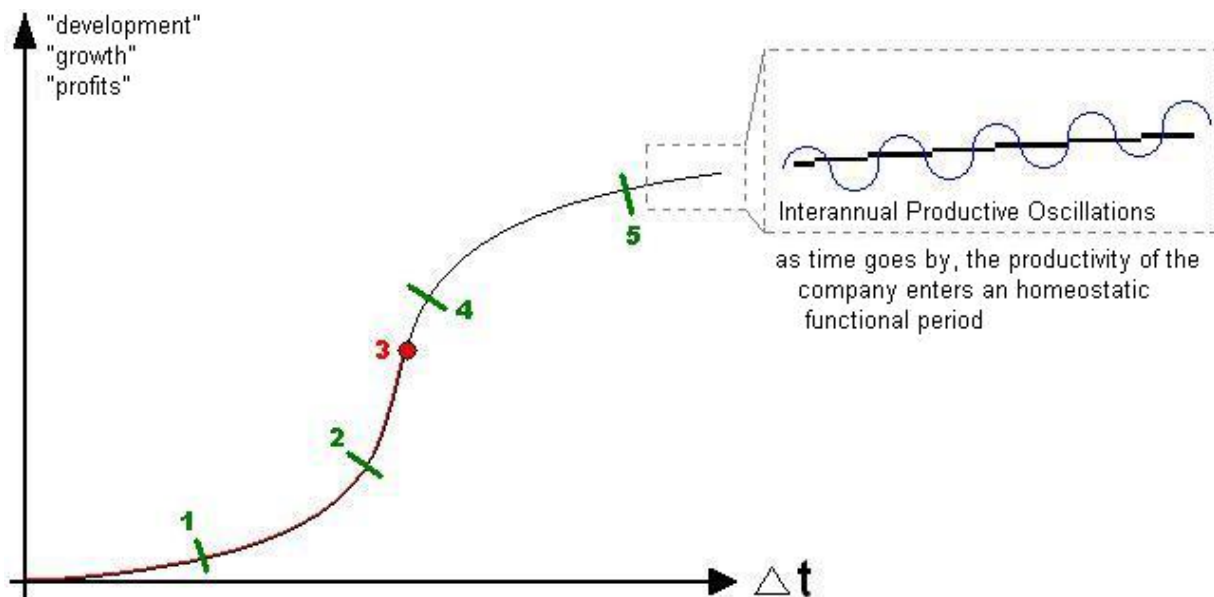
If I sell my clothes in summer to gain cash, I will spend cold in winter. If I export all my energy outside my country, I will have energy shortage in the consumption peaks of the day; if I extract all the minerals from my soil, these will remain empty and with little earth to provide a productive land; if I fish more fishes than those who will be born next year, I shall have less fishes to eat; if I chop down all the trees from the woods to sell furniture to foreign families, I will have more asma cases in children getting inside the hospital; if I sell the entire Patagonian lands to people abroad, my Patagonian lands as a citizen will consist only of paved interprovincial roads – its basic logic.

According to actual economy, “development” implies more poverty, less middle class, less job opportunities, less fresh air, less pure water, less fertile ground, less aquatic life, etc.

2° basic insight: the *exponential growth of profit within a company is unreal when the whole planet is considered into account.* *We can never go on and on and on selling and selling and producing more and more and earn more and more profits* because, simply and inevitably, the Earth will, at some point, stop providing us with materials to build, nor the land to cultivate our food, nor fresh air to breathe...

The exponential growth of the profits inside a company has to be seen as a “moment”, a stage in the life of the company, something like the quick growth in height when we are kids, and NOT as an infinite direction to follow.

In other words, the company emerges... until it reaches a point where it starts going fine and its starts earning *more and more and more* and there is an illusion that growth will be forever... *I am going to get rich!!!* – some think – but as **the exponential growth is only a moment**... the accelerated growth decreases until it reaches an equilibrated state with the environment. THAT IS WHERE WE HAVE TO STOP. That is to say, when the company arrives an optimal activity, in which all the workforce works efficiently and – primarily – its happy within the company, and a feeling of unity exists in the daily work, and they earn good, and the company has a constant wide range of clients and investors, that is when the company achieved its purpose, and it doesn't have more left to do than continue in that path, providing its grain of sand to beach of society, by delivering its service. When the company starts to get massively big, the irregularities begin, the quality of what is provided to the world is lost, the connection between the investors, suppliers, workers, directors and the company is degraded. I'll try to explain this notion with a “development” graphic of a company time goes by.



1. Till this point, the company, the company has a steady, almost linear, growth;
2. Then, the processes begin to accelerate and an exponential growth begins to unfold;
3. This is the point that matters to us, as it is the point where people get blind and think that unlimited growth exists. Here is where they must create a turning point towards the sustainability of the actions of the company;
4. Here, the needed administrative reforms were put through, in order to reach sustainability in the mid term;
5. Finally, the productivity of the company reaches a homeostatic functional level.

To understand and accept these Concepts, one has to feel again the frugality of life and the wise use of the available resources, innate in every human being, previous to any label, to any fashion, to any formality. Our ancestors would deliver us a hell of an uppercut if they saw us today.

"I have lived through much, and now I think I have found what is needed for happiness. A quiet secluded life in the country, with the possibility of being useful to people to whom it is easy to do good, and who are not accustomed to have it done to them; then work which one hopes may be of some use; then rest, nature, books, music, love for one's neighbor – such is my idea of happiness. And then, on top of all that, you for a mate, and children, perhaps – what more can the heart of a man desire?"

Leo Tolstoy, "Family Happiness"
 "Into The Wild", Jon Krakauer. First Anchor Books Edition, February 1997. Page 169

3° basic insight: the GNP is not an honest and real measurer of a nation's wellbeing – it doesn't take some parameters into account which act against society in the long term, like, for example, the deliberate use of non renewable resources. It doesn't take into account any moral parameter, such as counting the money that it would cost us to do everything house wives do at home: cooking, ironing, cleaning, educating our kids, etc.; nor does it take into account the flow of money that is impulsed by NGOs and all the work that is being done by citizens in a voluntary manner – let it be clear for everyone: the GNP does not take into account nothing of this, it only takes into account the “positive balances” that are done by the addition of all the profits of all the companies inside one country – THIS IS AN ARCHAIC VISION OF PROGRESS. Full stop.

4° basic insight: it is imperative to find a new measurer → an option would be the CDI – *City Development Index* or commonly know as Sustainability Measurer. This measurer is more complete, as it integrates 5 parameters (one of them is an economic parameter given by the GNP) that allow the stats given to each nation to be more realistic. If you access Internet you can prove the difference between the GNP's country ranking, and that provided by the CDI.

These differences are so because of the 5 parameters it offers:

- a) GNP: the purely economic parameter of this measurer
- b) Infrastructure: it measures the built environment of the citizen. That is to say, the presence of hospitals, schools, hydroelectric power plants, drainage systems, sewers, etc.
- c) Trash: how society treats its rubbish after consumption, including recollection, storage and, better yet, recycling.
- d) Health: the state of public and private hospitals throughout the country, as well as the general quality of life of the citizens, within the environment.
- e) Education: the analphabetism rate of the country, state of public and private education, school desertion, job offers available for graduates, etc.

5° Basic insight: it is always more expensive to replace the ecosystem's benefits, rather than conserve them. This is an obvious fact, but unfortunately unknown to the common public simply because no one speaks about them with us (not even at school, nor in television, or anywhere). One chops down a tree, and makes from it, say, 8 wooden office desks, he sells them and makes an X quantity of profit. Now, how much does it cost us to invent a devise that extracts carbon dioxide from the air and transforms it into oxygen non stop during 50 years?

The ecosystem services are all those things Nature does for us for free – As stated by the United Nation's Millennium Ecosystem Assessment:

“Ecosystem services are benefits that humans obtain from ecosystems, and they are produced by interactions within the ecosystem. (...) These include provisioning, regulating, and cultural services that directly affect people”

“Ecosystems and Human Well-being – Opportunities and Challenges for Business and Industry”, Millennium Ecosystem Assessment. Page 3

Regarding this inform, this division includes:

- Provisioning: of food, fresh water, wood, fuels, etc.
- Regulating: of the climate, the floods, the diseases, the purification of water, etc.
- Cultural: spiritual, educational and recreational purposes.

If the real post environmental impacts were taken into account within the costs of the company – in every productive cycle they do – the economic operations in the world would be very different. (I recommend www.stroyofstuff.org to study more about this)

"We meditate about the idea of the White man buying our lands. But, can a man be owner of his mother? My people ask: what does the white man want to buy? Can you buy the air or Earth's warmth, or the agility of a reindeer? How can we sell you those things? And how can you buy them? Do you think you can do whatever you want to with the land, only because a red skin signed a piece of paper to a white man? If we don't possess the freshness of the air, nor the reflection of the water, how can you buy them? Are you going to be able to buy the bison once you have killed the last one?"

Quote from the letter **written by the Chief of the Seattle Tribe** when, in 1854, the U.S. president, Franklin Pierce, sends him an offer to his tribe, the Suwamish, to buy their lands northeast from the U.S., where today is the Washington State. The chief responds in 1855 (I recommend to *google* this letter for its complete reading. It is excellent).

6° basic insight: absolutely EVERYTHING we need to do in EVERY social, economic and environmental aspect of the Planet would be easier if we invest in EDUCATION. The education system contains obvious flaws, it's scarce, basic. Diverse subjects are being taught, by separate. There exist "integrated" exams. But, what do they integrate?

We don't have integrated subjects. The wars are taught within the "official" stories, but the "whys" from a human conscious point of view are not. We know little about relations between actual economies and the ecology. We are not taught how the addiction to our modern excessive way of life is affecting the tiniest towns, which leave aside their cultures and roots in order to "produce". There are no subjects in school about natural resources and how to do to preserve them, nor about renewable energy technologies.

I am sure that the coming generations would flourish from this knowledge and would act in a very different way comparing to what is being done by inertial societies, this is, societies numbed by trivial issues, waking up each day to live routine days with no vocation at all.

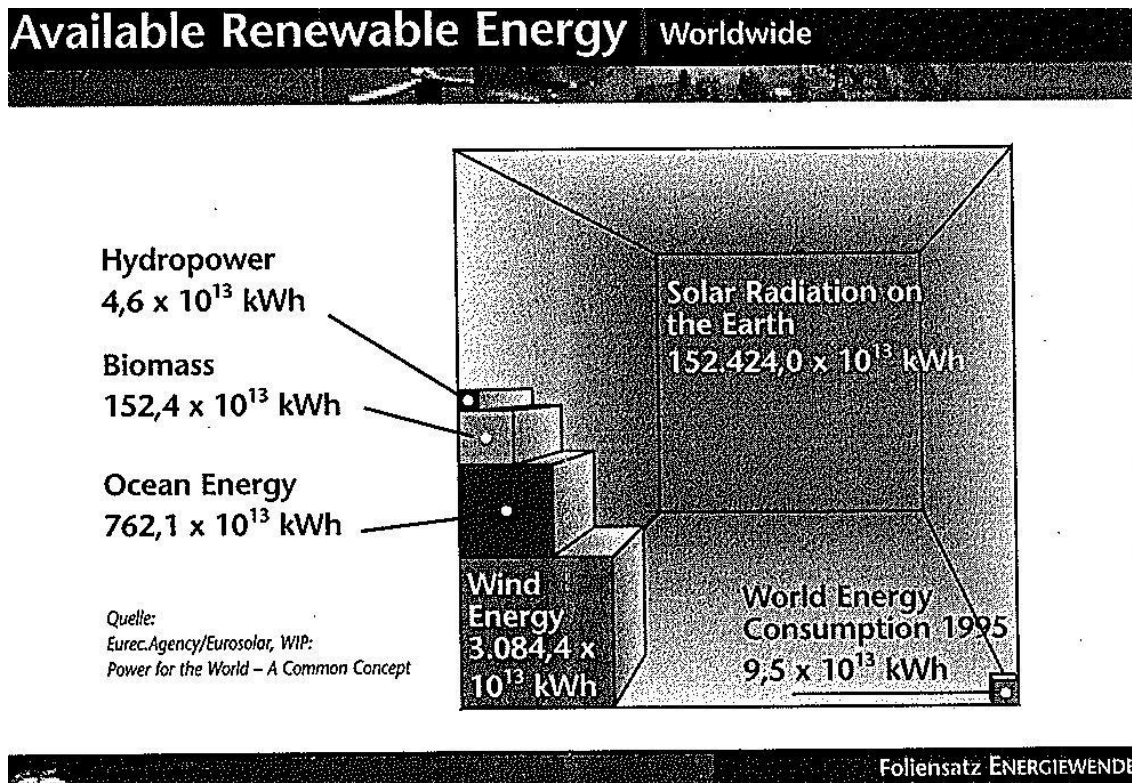
But instead of telling them true life stories to cultivate motivation and inspire them to personal growth, we flood the new generation's intellects with attitude competition strategies, individualism, publicity and the law of who is stronger. Hence, creating a disconnected society, with resentment, stucked inside a box, and... the weakest point: with fear of failure.

7° basic insight: we have to *cut the crap* and start to invest in the formation of professionals who start to transform the energetic system in a totally mixed system combining all renewable energies.

Let see if it is clear enough: THERE IS PLENTY ENOUGH ENERGY, and it is not ONE type of energy which will save us... what needs to be done is combine all of them, changing the capturing methods according to which part of the globe we are. For example, in my country, Argentina, we could take advantage of our wind potential in the Patagonia (all the south region of Argentina), combining it with the solar potential in the north area, as well as geothermic energy beneath the Andes chain of mountains, or the tidal energy available along our coasts.

How many jobs would be created by taking forward this shift in the energy matrix? (During the professional formation, the installation and maintenance) How much money would the country save by not having to import energy from abroad? How much money could be reinvested in hospitals, schools and housing?

For the skeptics:



– Image scanned from “Energy Switch. Proven Solutions for a Renewable Future”, Craig Morris. New Society Publishers. Page 88. Graphic of the energy available. The energy exists; the human intellect must learn efficient ways of capturing it.

8° basic insight: the fossil fuels, oil and plastics don't have to be eradicated dogmatically, but used efficiently, and only for specific and irreplaceable ends. In other words, we are not going to run out of disposable syringes.

9° basic insight: taxes must be reallocated, reducing them in citizenship and increasing them in companies with a considerable environmental impact. This is not a political issue, so don't label me as right handed, left handed, hippie, or against capitalism... it is simply to charge what's necessary to a company that is contaminating the planet, and stop intimating a family that has no credit to start a tiny business for his family, nor even to pay the electricity bill, which is provided thanks to the energy liberated from burning coal, degrading the nutrients from the soil of a town located 1500km away and emitting gases that capture heat easily, rising up the temperature of the Earth, increasing the greenhouse effect, hence, rising even more the temperature of the Earth and altering the correct flow of Nature, producing more natural disasters. It is this way; we should accept it once and for all.

10° basic insight: it is necessary to stop the demographic explosion. This is also obvious to me, although this topic is not covered at home, inside the schools, nor in the drugstore around the corner. My mother told me the other day that when she was 24 years old she was already married, graduated and living by herself with my Dad. I try to explain to her that in the 40 years that passed, 4 billion people were added to the planetary system. And the system can't pull it through. I asked my mum how many of the sons of her friends, and my own friends as well, were living by themselves nowadays... and *silence gives consent*.

We can trust that society worldwide will change its thought paradigm in order to form a truly noble in essence bureaucratic body, by which power, wealth and wellbeing are not ascending linearly, but circling constantly.

“Utopia eludes us, but each time we move a notch forward” (p. 432)*

“In the art of acquiring riches its end has no limits, for its object is money and possessions; but economy has a boundary, for acquiring riches is not its real end... For the mere getting of money differs from natural wealth and the latter is the true object of economy”

Aristóteles

“The Gaia Atlas of Green Economics”, Paul Ekins. Ed. Anchor Books. p. 38.

“Schumacher fomented a non-violent economy, that cooperates better with Nature, instead of exploiting it. In the mid fifties, during the most optimistic moments of technological optimism, when growth and expansion were best friends, and when natural resources seemed unlimited, he already recommended the implementation of renewable energies. Against the powerful cultural current that reined at that time, Fritz Schumacher”, prophet of the ecological movement that emerged two decades afterwards, who raised patiently his wise voice, highlighting the importance of human scale, quality, <<the job well done>>, an economy based on permanency, with solid ecological principles and <<a technology with human face>>

The key idea of Schumacher’s economic philosophy consists in introducing values expletively in the economic thought,

(...)

The actual economy, affirms Schumacher categorically, is debris from the nineteenth century line of thought, incapable of resolving any of the modern authentic issues. It is fragmentized, reductionist and it limits itself only into purely quantitative analisis, denying the true nature of all things.

(...) <<You only need a simple act of introspection to realize that the material consumption’s infinite growth in a finite world is impossible. >>

(...) <<Ecology should be an obligatory subject for all economists. >>

Fritjof Capra, “Sabiduría Insólita, Conversaciones con personajes notables”. Ed. Kairós, Barcelona, 1990. Pages 250 and 251.

What was achieved with this system and where are we headed:

*"I have an idea diddling around since a while
How is possible that progress is so violent?
A flower, a tree, a scent, the birds
Are values that are slowly disappearing.*

*They ax, throw, break, take out, put and make noise
With their non worthy senseless projects.
The demoled the block that was beside the park
To make a big cheesy shopping mall*

Save yourselves. He who can, save himself.

*They change the facade of the house, they feel ashamed with it
No one taught us the heritage value.
The street, the warehouse, the store, I recognize them
If they take them away I feel I don't belong here.*

Save yourselves. He who can, save himself.

*The strawberries, the tomatoes, are no longer so tasty
Because they inserted I don't know what cursed gen
Ah, the roses! They were spiny and perfumed
Now they don't hurt, but have the smell of nothing*

Save yourselves. He who can, save himself.

I see, hear, smell, touch, feel, think."

Translation from **Juana Molina's** "Sálvese quien pueda".

By this point, I hope I could paint a simple picture showing why the system we have in front of us does not work anymore. But, independently from the evident, I think there is something worse in the system, and that is how it goes changing us in a psychological level, from generation to generation... We believe more and more that the system is unmovable. Throughout years of manipulated publicity, corrupt politicians, never ending impunity... through all that, the common citizen's mind really believes that *this is all there is*. And they don't have the courage to ask more from life, they remain with *the half empty glass*... they lower their heads and obey. And this is the worse, because in this way, people are afraid to what is new, they do not want to step out of the routine, they are afraid that things can go worse than how they are now, and don't play it true to what they really believe.

"- The only idea of detaching myself from everything I know gives me the chills – I said

"- You have to be kidding me! What should give you the chills is not having anything to wait for, rather than a life doing everything you have always done. (...) We are men, and our fortune is to learn and be thrown to new worlds, unconceivable."

Carlos Castaneda – "Una Realidad Aparte". Ed. Fondo de Cultura Económica. México, 2009. Page. 177.

Fear of failure is the executioner of the faith we have to ourselves. The fear of failure prevails today in the decision making of the individuals who make a society. And by making decisions with this fear over their shoulders, people tend to follow a wrong life path. This path, is conditioned by external things -external to our true capacities-, it is conditioned by *what the others will say*, hence, by a feeling that we don't have what it is needed to put forward our dream.

However, the life path we must follow is one motivated by our dreams, and it must have a good set of values and ethics. And when you have to make a decision, you have to ask yourself which of the two paths presented is truly aligned with your values and the dream you set ahead. On the contrary, when someone makes a choice with fear of failure, he ends up following the easiest path, the one which resembles more the social preset guidelines, the one that buries the will for living. This can not go on any longer and has to be clarified by our environment since we are young, that is to say, from a solid education and, most importantly, from a nourishing familiar education.

“You must always keep in mind that a path is only a path. Each path is only one of a million paths. If you feel that you must not follow it, you must not stay in it under any circumstances.

Any path is only a path. There is no affront to yourself or others in dropping a path if that is what your heart tells you to do.

But your decision to keep on following a path or to leave it must be free of fear and ambition. I caution you: look at every path closely and deliberately. Try it as many times as you think necessary.

Then ask yourself and yourself alone this one question. Does this path have a heart?

All paths are the same. They lead nowhere. They are paths going through the brush or into the brush or under the brush of the Universe. The only question is: Does this path have a heart? If it does, then it is a good path. If it doesn't, then it is of no use.

There is no path leading you nowhere, but one has heart and the other one has not. One makes your trip joyful; as long as you follow it, you are One with it. The other one, will make you curse your life.

One makes you strong; the other one weakens you”

Carlos Castaneda – célebre frase de “Las enseñanzas de Don Juan”

The quest for the greater good, the dignity, and the pleasure towards one's job, the neutral policies, an integrated economy that contemplates consumption and ecology, the population's general wellbeing... all this would flourish naturally from self-improvement motivated individuals. It wouldn't be “to beat the other one”, but “to give the best of me”.

In stead of rivalry for different thought views, either in politics, economy, or in any social aspect in which decisions are made on behalf of the people, team work would flow as something natural. An engineering approach, where the best solution is studied given the tools provided, would be the character that takes the debate within team work. But I am not referring to a debate in which the flaws of a presented idea are condemned, or where those who present them are over scrutinized. If the law of *who is stronger* prevails within team work, resentment is created among the members, enhancing the will to remark the flaws of others, and widening the segregation of ideas and disconnection between the solutions proposed. There must be consensus in team work's debates, always looking for INTEGRATION instead of SEGREGATION.

“(...) physicists have learned to see the evolution of the scientific knowledge in terms of a sequence of theories, or <<models>>, each one of them more precise and wider in reach than the one before, but none of them represents a complete and definite version of nature's phenomena. (...) the science of the future could perfectly consist in a mosaic of intertwined theories and models (...). None of them would be more fundamental than the others, and all of them should give consistency to one another. This kind of science would end up going further than any conventional disciplinary distinction and would serve as a proper language to describe the different aspects of the polyvalent and interrelated structure of reality”

Fritjof Capra, “Sabiduría Insólita, Conversaciones con personajes notables”. Ed. Kairós, Barcelona, 1990. Page 78.

The act of integrating is a very wide concept. In it, we find notions like UNITY, being this one a WHOLE made of the sum of individual parts. From *the greater good* perspective, the integration puts in evidence the equilibrated flow among different good ideas. None sovereign from the other

Nowadays, we see that the different branches of science are integrating with one another, finding bridges between them that connect concepts from one side to the other. We see that each branch is improving individually, deepening their concepts, giving them life, thanks to understanding their relationship with the other branches. If we analyze the incidence science had in the past in society's character, we can expect a positive change in the generations that will form future societies, the inhabitants of this planet.

"(...) people from different disciplines have frequently assured me that in their respective fields there was a change in the vision of the world taking place, similar to one produced in physics, and that a lot of the problems they confronted in their specialties were related somehow to the limits presented by the clockwork vision of the world"

Fritjof Capra, "Sabiduría Insólita, Conversaciones con personajes notables". Ed. Kairós, Barcelona, 1990. Pág. 80.

Until a few years ago, science was destined to help the evolution of the economy. In order to do so, science created technologies capable of accelerating the extraction of raw materials and natural resources which allowed to feed, clothe, transport and, most recently, numb the human intellect, by creating excessive commodities to maintain people occupied, working to maintain those commodities, and distracted, as they are numbed by a system that seems to have been imposed with no further notice. This numbness doesn't allow us to perceive the lack of feedback between the system and the real life, the life we live, the life that Nature gave us in this planet.

Luckily, humanity is already feeling a turning point getting closer by the inertia given by a conglomerate of ideas that appear through the integration of knowledge. Nowadays, the branches of science are understanding that they work better as a whole, conforming an integrated team work. In some cases, one branch can prevail over the others, but never without a solid ground of the others. In other cases, the contrary will happen, and that specific branch of science will act as a regulator of what is exposed by another branch.

The reason why integrated sciences acquire a more human-like character, more alive, is because the cooperative functioning between its parts is similar to Nature's millenary functioning, in which there is no isolated aspect. On the contrary, each element from Nature is related with the fluctuations of the different processes that surround it, creating balance in the unbalance, harmony, beauty... peace.

It is like this how we can redefine our social, economic, cultural, and any other system, according to how we shape a new mentality. What is important is not to worry about the changes that need to be done in others mentality, but only give attention to our own required mental shifts.

Decision making in a personal level:

The most practical, quick and efficient way of beginning to generate changes is paying attention to every action we make. And although it sounds methodic, ask yourself, each time you make a decision, what does align more with your own feelings. One must make decisions in harmony with himself and the environment.

“All life moves in harmony with the motions of the earth, the wind, the clouds, and the breeze over the grasslands. When the animals below move in harmony with the earth, there is no danger for them from the eagle. But when an animal moves disjointedly, out of harmony with the rest of nature, the eagle sees it and immediately pounces on it.

That is the gift to the eagle. The animal who moves out of harmony with nature is the sacrifice to the eagle. I realized that we today are moving out of harmony with the earth, so we shall be the sacrifice to the eagle.”

Fred Alan Wolf, “The Eagle’s Quest” – Touchstone Simon & Schuster, page 68 and 69.

I know that when someone begins to get informed on this things, he might get afraid... and might feel that its impossible to generate any changes at all. There is a documentary done by Ben and Dan Stewart, Esoteric Agenda, that made a great impact on me, as it filled me with discouraging data. But in the last chapter of the film, named “Illusion & Reality”, the highlights of the human actual situation are presented, which gave me tranquility. It starts saying that *the daily life we perceive with our five senses is not reality. Quantum physics has shown that space and time are illusions of perception. Therefore, our bodies cannot truly be a reality if they occupy the space.*

Indeed, with our five senses we end up short. Fred Alan Wolf – Ph.D. in Physics (UCLA) – offers us a very interesting insight about the ten senses of the human being, after spending some time with the Chumash Tribe from the United States, exchanging cosmovisions between quantum physics, consciousness, and the shamanic beliefs of the tribe.

“We have lost five of our senses. The senses of our imagination, five of our ten senses, have been removed from our education. The first five are the normal ones. Then you have the imaginal senses. These are the ten senses the Chumash work with.

(...)

1. **The sense of self-healing** – when you cut yourself your body heals. Our bodies have this sense and we can learn to recognize it. In other words, it is possible to recognize when you are healing yourself. I remembered that all of my healing took place with a great sense of emotional release. But to fully realize this sense, I had to literally enter another way of “seeing” (...). I had to reach into the mythic element of my own being. I had to release my controlling mechanical mind and, in a sense, “go crazy”.

2. **The sense of self-destruction** – if you always create problems for yourself, you will break yourself down and cause wars, illness, whatever. I was certainly aware of this sense. It overcame me in times of depression, times when I felt my self-worth was extremely low. During this time I would feel very much alone and isolated, regardless of where I was and whom I was with. It was only now that I recognized that this too was only another way of “seeing” – another way in which I went “crazy”.

3. **The sense of penetration** – to be able to penetrate other levels, other worlds, other dimensions. I had only a dim awareness of this sense, but I recognized that I was able to penetrate into the other way of “seeing” when I noticed, for example, extraordinary synchronicities in my life. These were messages from the mythic time of my own life. I would feel this only dimly at such times as when I fell in love or when I became aware of deep intuitive ideas. My ability to penetrate depended only, again, on my willingness

to release any preconceived ideas about what I thought the “real” world consisted of.

4. **The sense of perception** – to be able to perceive events and the surrounding world in a different light. Once I had entered into this other way of “seeing”, I was able to perceive normal events as extraordinary. Here, again, once I was able to release my mechanical mind, any event could be perceived in an extraordinary manner. To fully realize this sense, one had to trust one’s intuition even if the concepts one realized were totally “off the wall”. There were many times I could remember when I knew I was ignoring my “inner” sense. And invariably I made mistakes when I did.

5. **The sense of revelation** – to be able to understand what you have perceived in these other worlds, (to be able to use what you have perceived because it has been revealed to you). During those times when I have perceived things as extraordinary, I was able to grasp the information I had received and use it when my mind once again entered into mechanical thinking. In other words, I was able to bring my feeling-intuitive self into my thinking-sensation world. I was able to put into words my understanding of what was revealed to me.

(...)

It was apparent that shamans knew they had these other senses of imagination developed. We, in the Western world, not believing in the reality of the imagination, dismissed all of this to the world of fantasy. They didn’t. The imaginal realm was as real to them as what we call physical realm. I then realized that we, in the West, are now faced with two basic problems.

The first problem is our failure to believe in any worlds of experience outside of what we call reality. The first step in rekindling our lost senses is believing that they exist. You can’t see what you don’t believe is real. Once you believe that your lost senses still exist, you need to become aware of them and learn to develop them.

The second is that because we fail to believe in the imaginal realm, we also fail to recognize the information from it when it appears to us. Like our prenatal gills, we have given up half of our human senses, and in so doing we have become less human.

Fred Alan Wolf, “The Eagle’s Quest” – Touchstone Simon & Schuster, pages 163, 174, 193 and 194.

When Wolf refers to the mythic time, he refers to a new (*for us*) and important duality, which is the one of mythic vs. rational time. Basically, as space and time conform a four dimensional field -known as *continuum*- we can affirm that time is curved. Like when we make love, that time seems to fly; and if it were to be the same time lapse, but inside a waiting room of a doctor on a sunny Sunday, it would feel like *hours*. One could write a book about this duality, but basically, it is the difference between time in a calendar, in job shifts, payment deadlines, work to do; while the mythic time is recreational time, meditation, the contemplation and pure thought, practice sports, feel, imagine, express yourself, observe... the idea is to combine a little bit of both when it is necessary, so in the next time the bus is delayed, I can remain daydreaming still, looking the comes and goes of the simple harmonic movement of a tree in the middle of spring, instead of checking my watch in disgrace.

In Esoteric Agenda, the Stewarts conclude the documentary saying:

“Our true consciousness does not exist in our brains or in our bodies. But this illusion of our individual bodies along with the disinformation of our origins has manifested the idea that we all think independently from one another.

With this misunderstanding, it would seem impossible to scientifically explain, telepathy, clairvoyance, spiritual mediums and other phenomena dealing with transfer of information between sources without physical means of communication. But when we understand that there is a common spiritual bond between all things in the Universe, and that we are all part of the one Divine Intelligence, no phenomena is unexplainable. This simple understanding fills all the holes in modern religions.

(...)

The blank matter is the most basic building block of perceivable existence, is malleable and molded by intend.

This means that consciousness shapes our reality. This seems difficult to accept for most and it is quite understandable.. in modern times, we are taught from an early age how to think rationally and tangibly.

(...)

The most detrimental effect of being pushed away of holistic thinking is what is know as the suppression of the feminine. Every male and female have both feminine and masculine qualities. It has nothing to do with man or woman. These are represented by the left and right brain, yin and yang, black and white, light and dark, and most every other duality. Both are vital to our spiritual and physical health.

(...)

In suppressing the feminine of every society, and pushing the people to strictly left brained thinking, the natural ability for humanity to feel earthly, cosmic and personal energy became lost.

(...) understand that this is not a fight to be fought. It is not a war to be raged. No gun rights have to be exercised. Not a finger has to be lifted.

Most people ask how one person can make a difference. They ask that if all this is simple and this information is available, why hasn't someone else conquer their fears and changes the World for everyone else? This is the most difficult and beautiful conundrum to our lives.

Your reality affects you and only you. Your curiosity has lead you to this genre of information to serve a very specific purpose in your life.

(...) the whole world does not need to be awoken. There is no way to inform 6 billion people in this planet of this message. It is only important that you personally, learn to conquer your inner most fears and learn to love. When you see your fears for what they are and master your emotions, then and only then you will truly be free."

To believe in this, it was nourishing to me to read the vision presented in Goerner's appendix, about Einstein's known formula: $E=m.c^2$

"ONLY ENERGY

(...) many physicists are beginning to argue that there is no such thing as matter. What we call 'mass' is an illusion of interacting forces and energy flows. As one recent article put it:

The concept of mass may be neither fundamental nor necessary in physics. In the view we will present, Einstein's formula ($E=m.c^2$) is even more significant than physicists have realized. It is actually a statement about how much energy is required to give the appearance of a certain amount of mass... If this view is correct, there is no such thing as mass – only electric charge and energy, which together create the illusion of mass. The physical universe is made up of massless electric charges immersed in a vast, energetic, all pervasive electromagnetic field. It is the interaction of those charges and the electromagnetic field that creates the appearance of mass. ('The Sciences', Nov. 1994, p.26)

How times change. Once it was mystical to believe in anything beyond matter. Soon it may be mystical to believe that matter exists. Once it seemed obvious that separate pieces of matter were fundamental. Soon it may be obvious that there is nothing but interdependence and shifting patterns in an all-embracing sea.

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In essence, all that is necessary is stop the inertia from time to time and revise where our values are based on that specific moment, revise the path we have taken, recognize if we are enjoying it.

(...) Your main task is not to search for salvation through the creation of a better world, but awake from the identification with the form. Then, you are not attached to this world, to this level of reality. You can feel your roots in the non-manifested, and like that you will be free from your attachment to this manifested world. You can still enjoy the transitory pleasures of this world, but there is no longer fear of loss, so you don't need to attach to them. Although you can feel the sense's pleasures, the eagerness for the sensorial experience has gone, as well as the quest for realization through psychological gratification, through feeding the ego. You are in contact with something infinitely larger than any pleasure, bigger than any manifested thing.

In a way, you don't need this world anymore. You don't even need it to be different.

Only in this point you begin to make a real contribution to the coming of a better world, to create a different order of reality. Only in this point, you are capable of feeling true compassion and help the others from the level of causality. Only those who have transcended the world can make a better world emerge."

"El poder del ahora", **Eckhart Tolle**, Capítulo 9, Hacia un orden de realidad diferente. Editorial Norma S. A. Págs. 226 y 227

Some ideas

Ignorance kills the man, for which I relieve that any idea from our generation will emerge, primarily, by starting to inform ourselves of these issues. Buying two drinks less in a bar on any given night, we can buy a couple of books in a second hand book shop about anything we are interested in.

And always talk... it is excellent to exchange opinions and make some noise on these topics. If you find someone interested in these things, give him your opinions, your insights, recommend him a book, or simply hand him a copy of this lines.

Of course, I recommend to read the books quoted in this essay, as well as watching a few documentaries from Internet, which were very useful for me:

- The 11th Hour
- Home
- No Impact Man
- Garbage Warrior
- Food Inc.
- Zeitgeist
- Zeitgeist Addendum
- Esoteric Agenda
- Kymantica
- Cosmos Series – Carl Sagan

My experience doesn't allow me yet to deepen in a certain methodology, for which I only want to transmit some lines that inspired me to expand my head and look for options:

“One of the amine ways of staying updated of the different issues is organizing a web of information with your friends and divide the tasks. Is you are interested in demographic issues, you could transform yourself in the demographic expert of the group. If one of your friend is more interested in recycling, he could be in charge of gathering data about the problems of getting rid of trash. Another one could get info about atmospheric contamination. The politic activist could inform himself about the local politicians' initiatives on efficiently resolving the problems that trouble humanity.

Don't make the mistake of thinking that you can only collaborate with those who think like you in a hundred percent on in every matter. Show yourself flexible and mistrust the <<authorities>>. (...). Try to contrast the facts and the analysis of what you have read. Make your own calculations: you will be surprised with the results. The difference in opinions is one of the greatest advantages in democracy, which contributes to everyone thinking about certain issues. Conserve serenity and try to save the world collaborating with those with who you have 70 or 80% in common.

We are convinced that the world can save itself. No matter how big the human problems can be, a positive aspect exists. These problems were not created by cosmic facts, external to the Homo sapiens control. They are the result of a bad human negotiation, in essence given by the discrepancies between our old mentality and the new world, a world created by our old mentality. The human beings created this mess and we must solve it. Then, when people ask us if we are optimistic or pessimistic, we always respond that we are optimistic about what we can achieve, but rather pessimistic about if humanity is willing to do the effort to achieve it.

The reason of our optimism is historic. Given the political and social will, recent history has shown us that societies can undergo rapid and dramatic transformations.

We hope you are the kind of citizen capable of transmitting these messages to their political representatives, or to dedicate yourself to politics. You ask you to pay your debt to society, investing at least a ten percent of your time informing yourself about the human problematic and try to create a better world for you and your descendents. Only a massive movement can solve de population's crisis, the resources and the environment before is too late”

Paul R. Ehrlich y Anne H. Ehrlich, “La explosión demográfica. El principal Problema Ecológico. Capítulo XII: Lo que Usted puede hacer”. Ed. Biblioteca Científica Salvat. 1993. Pages 253, 254 y 257.

Hope, with all my heart, to produce in yourself a moment of silence and introspection in the following moments of your life.

“I knew that we were spiritual beings in a material world. We had chosen to have this experience for only one reason: to remember who we really were, spiritual beings from a mythos who have chosen to experience time.”

Fred Alan Wolf, “The Eagle’s Quest” – Touchstone Simon & Schuster, p. 298, 299, 300

*“Not separate, but together” – p. 434**

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