



PART I: TWO WORLDS

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What You Can Do Now

INTRODUCTION

The book is an invitation to take part in creating the future of humanity,... as we are still, just barely, inside a zone where we can stave off the worst and manage the remaining long term consequences.

This is the mother of all issues: and impacts social justice, health, economic stability, intergenerational justice.

All over the world YP are engaging in civil disobedience.... as the reigning injustice becomes unbearable. Their anger is energy that we desperately need. Anger that sinks into despair is powerless to make change. Anger that evolves into conviction is unstoppable.

In the face of climate change we all have to be optimistic, not because success is guaranteed but because failure is unthinkable.

TWO WORLDS

The Holocene has covered 12,000 years since the last ice age and during that time the climate stabilized to offer us a 'sweet spot of natural conditions for the human species to flourish in'. We could have continued in that geological era, but we didn't. Our last 50 years of activity 'have catapulted humanity and the planet out of the previous benevolent Holocene epoch and into the Anthropocene'.

However the full story is yet to be written:

The world we are now creating

A world that sees at least 3.7 degrees warming by 2100.

By 2050: human misery is high, biodiversity decimated, a world constantly deteriorating with no possible recuperation.

“the first thing that hits you is the air”, dangerous to go outside without a special mask, that only some can afford. Few forests left, increasing areas inhospitable to humans. Tipping point after tipping point is being reached, coral reefs have vanished, no summer Arctic sea ice, hurricanes and storms, coastal flooding displacing millions. Droughts and heat waves inland create ‘a special hell’. Battles over water, food production swings wildly, climate zones have shifted, economic collapse and conflict, unending stream of migration, nations fiercely guarding borders, genocide, slave trading, suicides... Some people are still physically safer in some countries but the psychological toll is mounting: hope is slipping away, increase spread of disease, demise of human species being discussed more and more. There is a sense of bottomless loss, unbearable guilt and fierce resentment at previous generations who didn’t do what was necessary to ward off this unstoppable calamity.

The world we must create

A world in which we have limited warming to no more than 1.5 degrees by 2100.

It’s 2050: Massive transformation has occurred including reforestation, new agriculture practices, cessation of coal production by 2020 (!) and of oil and gas extraction thereafter, the internal combustion engine has been abandoned. The air is moist and fresh, even in cities. We have trees to thank for that, they are everywhere. Corporate donations and public money funded the biggest tree planting campaign in history – it bought us the time we needed to vanquish carbon emissions. More trees and fewer cars = whole streets for urban agriculture and children’s play. Every vacant lot and grimy alley turned into a shady grove. Every rooftop utilized. Cooler cities. Global re-wilding, regenerative farming, Forest cover is now 50%. High speed electric trains, Renewable energy, all homes produce own electricity. Energy is free, abundant, more efficiently used. In the Developing world – the changes were dawn of a new era. Energy, sanitation, health, clean water are all more widely accessible. Around the world homes are more self sustaining – rainwater use, localized desalination. The focus is more local, stronger communities working together to grow, compost, collect water, food purchase groups. Food is expensive – 30% of budget - and consequently meat and dairy have virtually disappeared. Taxes on processed foods, sugars, fatty foods have had positive impact on health. Combustion engines gone. Electric cars, public transport. Reduced need for land transportation, international air travel transformed. Issues of climate risk – EWE, migration – exist and are challenging. Tech/business/AI solutions are important.

The mentality is ‘we’re in this together’. We’ve changed our collective mindset to: “is it good for humanity, whether profit is made or not?”. Climate crisis jolted us out of our stupor: too much consumption, competition, greedy self-interest.

We have realised we need to be good stewards of the land AND of each other.

Humanity was only ever as doomed as it believed itself to be.

THREE MINDSETS

Who we Choose to be

There is a need to actively cultivate the mindset required, to ensure our 'doing' is effective. These are three crucial mindsets that need to be prevalent among us all. What's at stake is nothing less than the quality of human life for centuries to come. System change is a deeply personal endeavor.

Scientific understanding and spiritual insights are converging on the reality of human-nature interconnectedness

Stubborn Optimism

Vast majority of us have an inbuilt response of learned helplessness to climate change. This is now becoming a 'fundamentally irresponsible' response so we need to teach ourselves a different response which chooses to see the opportunities and channels energy into action.

At many crucial points in history key people have believed that a better world was possible, and it was, but only because they believed it and fought for it.

Cultivating stubborn optimism:

- Face difficult realities – acknowledge the bad news and the challenges ahead
- Know that you are lucky to be alive at a time when you can make a transformative difference to the future of all life on Earth
- Notice when your thinking tries to derail you:

It's too late	Every fraction of every degree of warming avoided makes a difference
It's too depressing	Mobilizing for big generational change can be thrilling and can imbue life with meaning and challenge
It's impossible	Already more than 50% of UK energy comes from clean power, Costa Rica is 100% clean, falling cost of renewable tech etc
The system is broken	People have achieved political change throughout history
My actions are too small	Tipping points are non linear - we don't know what is going to make the difference, but we know that in the end systems do shift and all the little actions add up to a new world. Every time you make a choice to be a responsible custodian of this beautiful earth you contribute to a major transformation

- See beyond the immediate horizon that a better future is possible (and is tip toeing towards us). We cannot afford to believe that transformation is impossible.
- Feel comfortable with uncertainty about the final outcome. Know what is right and good, regardless of whether we know it will succeed. Be willing to risk mistakes, delays, disappointments, or we will be at the mercy of the tried and true
- Foster commitment. Another future is possible not promised. Use optimism to drive desire to engage, make changes, take action.

Endless Abundance

We have grown up within the zero-sum paradigm – if you win, I lose – which has ‘baked competition into our world view’. A new model is required that promotes collaboration over competition in major decision making. Now we see we are all in the same boat: we have to learn that everyone wins or everyone loses.

Shift in mindset towards shared winning – where everyone can gain from a new abundance without impinging on the other.

See Endless Abundance where it is: energy coming from the sun, wind, sea, heat within the earth. Regenerated ecosystems function on this premise – depending on naturally plentiful components such as waste to provide the food and nutrients for further growth. Human qualities such as creativity, solidarity, innovation. Collectively generated and freely shared knowledge on the internet. What else can be made open source?

Many more options open up for us when we are freed from thinking that we have to compete to win. In situations as desperate as this one collaboration is the only sensible choice. We need to see and teach that promoting learning and growth throughout the whole system benefits the system and therefore the individual.

Radical Regeneration

We have to shift our action compass from self-centric to nature-aligned and when considering an action ask “does it actively contribute to humans and nature thriving together as one integrated system on this planet? If yes, green light. If no, red light. Period.

A regenerative mindset needs to be pursued intentionally and consistently. It is a tough mental discipline and a gentleness of spirit that needs to be cultivated.

Three tasks for each of us, are to regenerate and support

- Self
- Others
- Nature – needs active intentional management now as we have taken the planet to a point where its natural resilience and capacity to regenerate has been undermined. Remove destructive practices and reintroduce native flora and fauna.

Begin our regenerative mindset shift by acknowledging that our lives and our survival depends on nature. It is our responsibility and enlightened self-interest to protect life on this planet, and enhance its life giving capacity. Personal and environmental goals are interlinked, mutually reinforcing and both need our attention.

Know that countless efforts already underway to:

- Planting trees, protect peat-lands and mangroves, re-establish wetlands, restore degraded lands via rain harvesting, perennial grains, grasses and agro-forestry.

These efforts need to be taken to scale globally.

“Another world is not only possible, she is on her way. Maybe many of us won't be here to greet her, but on a quiet day, if I listen very carefully, I can hear her breathing” Arundhati Roy

TEN ACTIONS

We are all weavers of the grand tapestry of history: this is an everyone, everywhere mission.

Need transformational change at the speed that science demands in a manner consistent with democracy.

1. Let go of the old world
 - Honour the past (fossil fuels) and then let it go, without recrimination. Change is difficult and makes us vulnerable to tribalism (a big risk in the transition is that the political center does not hold) and to the illusion of certainty
2. Face your grief but hold a vision of the future
 - “As our weather and landscapes change before our eyes, as millennial signposts of natural rhythms disappear, our understanding of the ways of the world is unraveling. We cannot hide from the grief that flows from the loss of biodiversity and impoverished lives of future generations”.
 - The changes to come will be more disorientating than those already experienced and it will be easy to lose our footing unless we can see clearly where we want to go.
3. Defend the Truth
4. See yourself as a citizen not a consumer
5. Move beyond fossil fuels
6. Reforest the Earth
 - There are 900mn hectares of land suitable for reforestation and tree planting without interfering with habitation or agriculture. Once mature this would absorb 205bn tons of carbon – 70% of what has been emitted since the industrial revolution.
7. Invest in a Clean Economy
 - GDP is a poor marker of what humans need to thrive
8. Use technology responsibly
9. Build gender equality
 - When women lead good things happen.
10. Engage in Politics – ultimately the most important action

WHAT TO DO NOW

Right Now

- Take a breath and decide that collectively we can do this
- Decide that you will be part of the politics of the future
- Commit to reducing your impact on the planet by more than half by 2030

Today or tomorrow

- Contact your elected official to let them know you're watching their action on climate
- Choose at least one day to go meat free and decide how to build on this
- Think big – how do you impact CC, what can you do for a regenerative future
- Tell others about your commitments

This week

- Share your personal plan with your family and friends and invite them to do so too
- Take some actions and stick to them (reduce energy use, bike, switch energy supplier etc)
- Go outside and look around. Pay attention to something you have forgotten, feel the gratitude we owe the earth for her bounty and beauty

This month

- Find out about local political action involving CC. Join in
- Start a conversation with someone who is not active in CC to understand their viewpoint
- Challenge your consumerism
- Start a mindfulness practice
- Plant trees, as many as you can. Look for a local group
- Understand your privilege in relation to others and commit to helping level the playing field for all.

This Year

- Be political in your daily life. Engage in NVDA if it's safe for you. Vote
- Be consistent

By 2030

- Deliver on your plan to reduce your emissions by half
- Finance others to plant more trees
- Vote in line and be vocal about this
-Continueencourage others

Before 2050

- Be at net zero