Kitchen Table Conversations

about transitioning
to a life-sustaining society

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to a Life-Sustaining Society

Andrew Gaines

The task of our time is to accelerate the Great Transition that is already underway, and indeed change the direction of our whole society to become ecologically sustainable. This will require a massive change in public attitudes and behaviours. We need a change in mindsets.

Personal conversations are our most powerful tool for affecting people's mindsets. However, asking people to keep track of complex ideas in conversations is a bit like asking them to play mental chess.

So here we use pictures and physical models to keep track of conversations about transformative change to a life-sustaining society. Using the markers makes the conversations much easier to follow. People can focus on specific points while keeping the big picture in mind.

Experience shows that people like the models. I hope you enjoy using them!

Andrew Gaines is the instigator of the Inspiring Transition initiative. He is trained in The Natural Step, a method of working out whether a business, a country, or our global civilisation is ecologically sustainable or not. His professional background is as a creativity trainer, psychotherapist and Feldenkrais practitioner.

He is the author of *Creative Conversations* and *Tabletop Presentations*. He is a Board member of Be The Change Australia.

Contents

Introduction

This is a manual for conducting personal conversations aimed at affecting people's worldviews.

We outline a set of modules that enable people to develop a comprehensive framework for making sense of the great issues of our time, and see the need for transformative change. They help people connect-the-dots and think for themselves. As a result of going through the modules, people become mentally and emotionally prepared to support transformative leadership when it arises, and to exert leadership themselves within their sphere of influence.

We use physical models to help people keep track of conversation. I have used the models in conversations with friends, with strangers on the train, and by appointment with influential businessmen in their offices. People find the models engaging.

The documents below describe the models in more detail than I present here. I suggest that you read them as preparation for conducting conversations.

- *Understanding Whole System Change*
- *Accelerating the Great Transition - Engaging mainstream commitment to a life-sustaining society*

  …and *Tabletop Presentations*, which is an expanded precursor of this Guide.

When I can I arrange to have dedicated time for the conversation–perhaps an hour.

 There is too much material to go through in one session. That is all right; the initial conversation can open the door. I usually start with *The Big Picture Drivers* module, followed by the *Aspiration and Conversation* module. I bring in other modules depending on how the conversation develops.

More resources can be downloaded from www.inspiringtransition.net.

1 The Big Picture Drivers of ecological deterioration

In this module we explore the question *What are the major factors in the way our society operates that make global warming and other environmental issues worse*?

I begin by laying out markers that show the connection between STUFF and environmental damage. *STUFF*, of course, represents the stuff we get in shops – toasters, cars, computers…
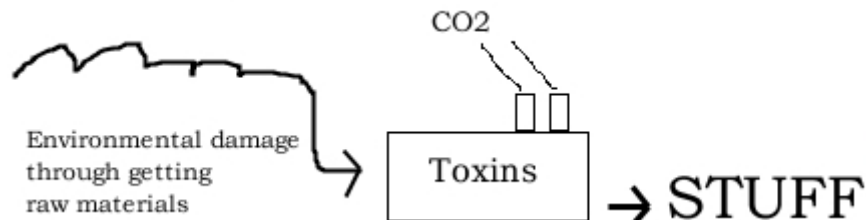
Here is a picture of the physical model:

The markers are simply labels pasted on beer coasters. Sometimes I use a mobile phone as a handy way to represent a factory.

I lay out the markers and talk about how this works as an equation: the more excess stuff we produce, the more environmental damage. I may comment that this is where Annie Leonard starts in her brilliant *The Story of Stuff*.

If we want to identify the major factors that increase environmental damage, now all we need to do is identify *the factors in our society tend to increase the amount of stuff* we produce. *Understanding Whole System Change* goes through this model in detail.

This diagram is one way to represent the major factors:

We develop this diagram a step at a time, not as a pure presentation but conversationally. I hold a stack of the cards (printed on blank beer coasters) in my hand, and ask, "What factors can you think of that increase the amount of stuff we produce?"

Whatever answer they give is the starting point for our exploration. For example, they might say *advertising*. So I put the card for *advertising* above STUFF, and lead the conversation into a discussion of trade agreements and corporate control of governments.

Or they might say, "Retail therapy," or something like that. I put the card for *retail therapy* below STUFF, and we go on to talk about unresolved emotions as a driver of excess consumption.

Talking through the Big Picture Drivers develops the understanding that the operation of our system as a whole drives environmental deterioration. We get clear that large-scale factors such as trade agreements (and indeed our cultural devotion to economic growth) must be dealt with.

This is important, because some people tend to think in terms of silos and simple silver bullet solutions. The Big Picture Drivers module makes it clear that large-scale drivers must shift.

2 The Aspiration and Communication model

The Great Transition to a life-sustaining society has many levels. This model enables people to see how they connect. It also highlights the importance of communicating to engage mainstream commitment.
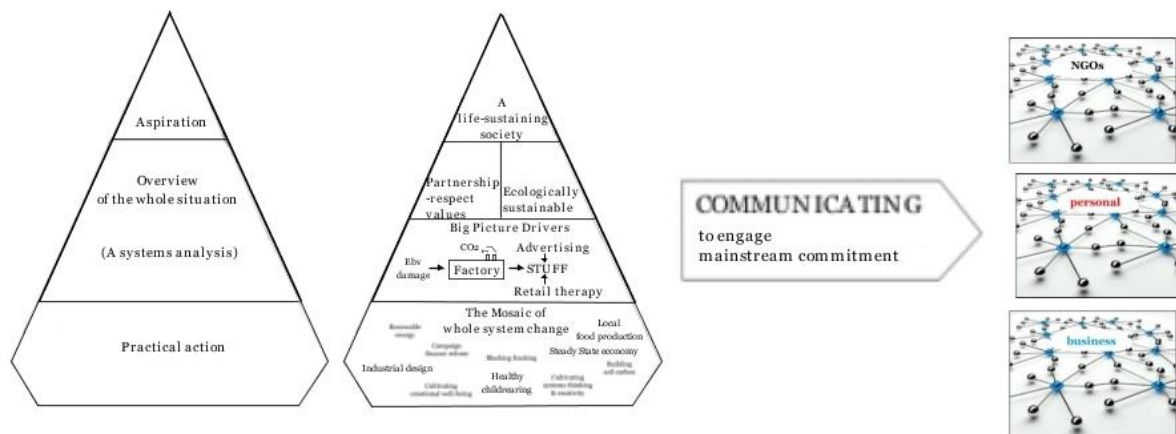
The model has different labels on each side. For example, the top piece has *Aspiration* on one side, and *A life-sustaining society* on the other.

This model works at three levels:

- It illustrates the connection between *aspiration* and *practical action*.
- It introduces the idea of doing an *overview* (a *systems analysis*) of the overall situation before moving to action.
- And it highlights the importance of combining *practical action* with *communicating to gain mainstream commitment to a life-sustaining society*.

Here is how I introduce the model. You will introduce it in your own way, of course.

> *When people first get fired up about issues such as climate change, they tend to go to one of two poles. Some go to Aspiration – they want to shout it from the rooftops. Others, of a practical bent, want to get directly into Action: let's do something!*

As I say this I place the markers for Aspiration and *Practical action* on the table.
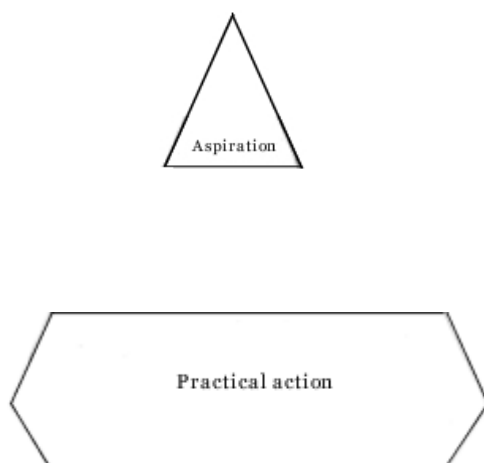
> *However, skilled practitioners in many disciplines do something else before they jump into action. They consider the whole situation – a systems analysis – before they move into action. This enables them to clearly identify what is actually needed for success, and it may identify the most influential leverage points.*

I add the two pieces marked *Overview (A systems analysis)* to indicate this extra thinking step.

Applying the model

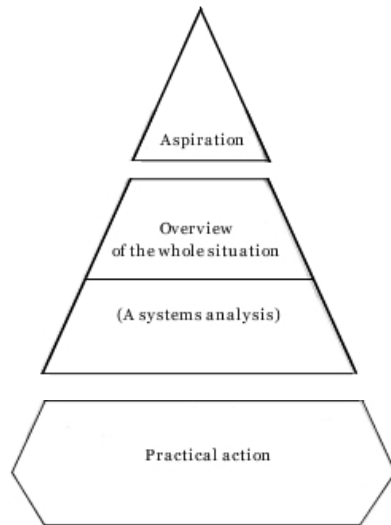> *There are many groups working for change – millions of groups and their members. Some people say 'Wouldn't we be more powerful they could combine forces?' Yes, but the process is fraught, because when groups get together they tend to argue over which projects are the most important, when in fact many projects are important.*

> *However, we can align at the level of **aspiration**. We all want to live in a life-sustaining society, do we not, rather than an ecologically and socially self-destructing one?*

> *So let's take '**a life-sustaining society**' as our shared aspiration.*

Aspiration is not enough. All of us need to understand what is involved. We start by identifying the two core operating principles of a life-sustaining society. A life-sustaining society will operate on good willed *partnership-respect* values rather than self-serving destructive *domination-control* values. These are spelled out in our article *Understanding*

Whole System Change. In this module we mention them conversationally without going into great depth.
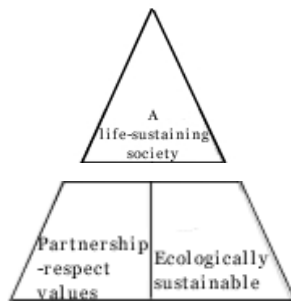
Next we add the *Big Picture Map of drivers of environmental destruction.* We may have gone through this already by presenting the previous module; I often start with it. Here we put in a sketchy version as a stand-in for that larger map.
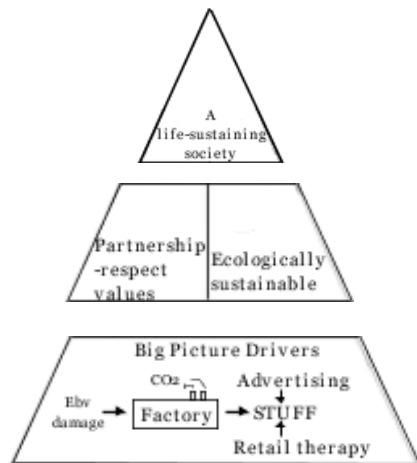
The aspiration to a life-sustaining society shows up on the ground as a multitude of practical actions. The *Mosaic of change* is an indicative list.
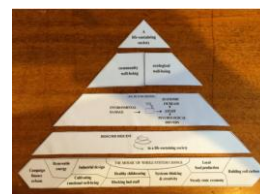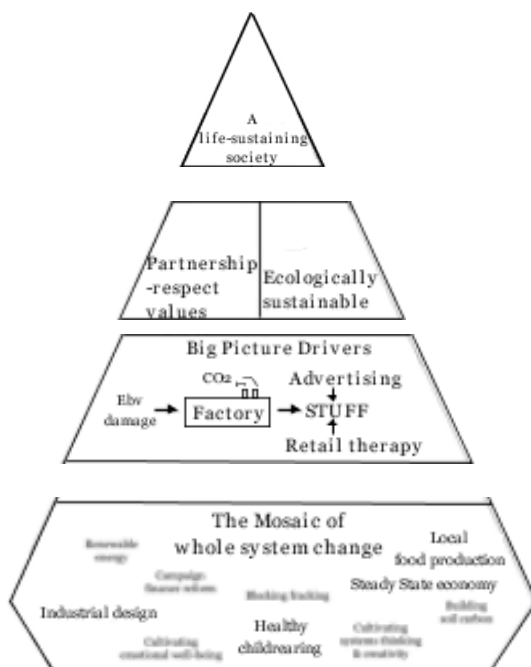
One more thing is needed, which will ramp up the positive initiatives that are already going on. That is *Communicating to engage mainstream commitment to a life-sustaining society*.
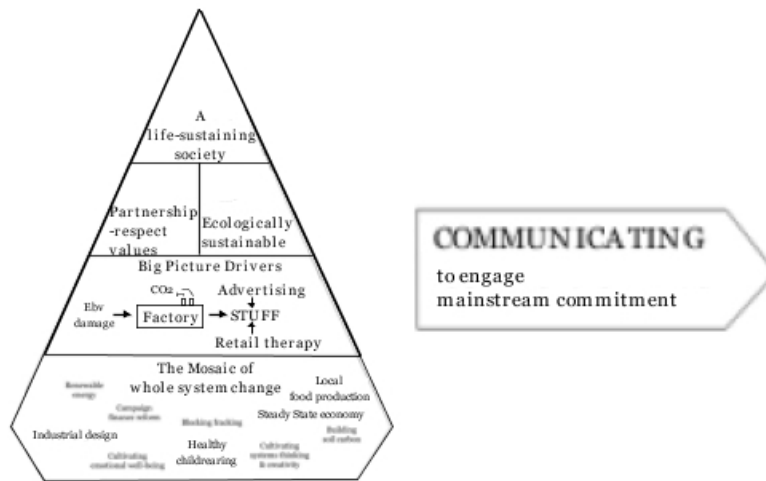
Without such commitment, we are stuck in protest, and the system will not change sufficiently. With it, all of our specific initiatives will gain much more traction.

How might we reach a significant portion of the general public? *[Accelerating the Great Transition - Engaging mainstream commitment to a life-sustaining society](...)* outlines a straightforward communication strategy. The key idea is to work through networks of people who care: our own personal networks, business network, and the NGO community.
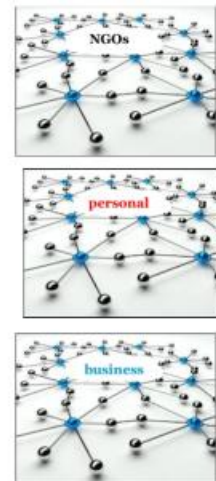
There are a massive number of groups who care. Here is a screenshot of Paul Hawken scrolling through a list of them at a conference. There are more than a million; Paul said it would take more than a month to scroll through them all.

Aligned in our shared aspiration to speed up transitioning to a life-sustaining society, we can communicate about what is involved with our friends and neighbours, business colleagues, and the public. There is no need to join an

organisation to do this, although Inspiring Transition provides a support platform. Each of us can contribute to this through our own initiative. We can become a powerful force for the necessary shift in consciousness that bypasses mainstream media and touches both people's minds and their hearts.

Putting it all together, we have:
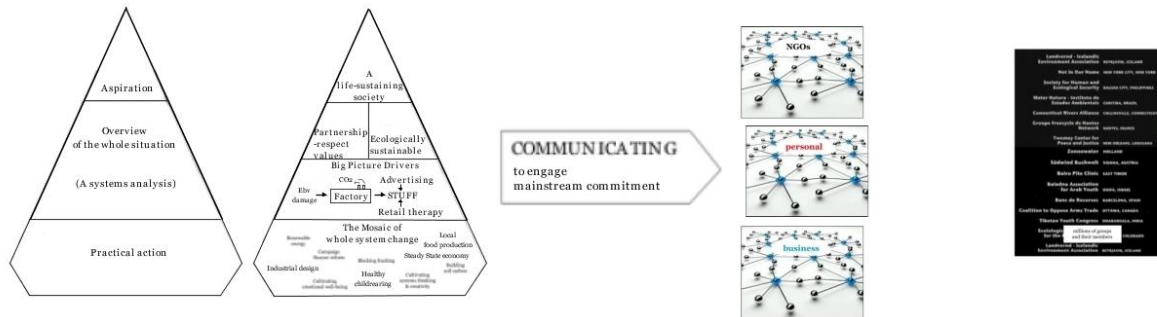
3 The Boat

This module is a response to the question, "Isn't just doing my bit enough?"

All the 'bits' are indeed part of the whole system change to a life-sustaining society. Each bit, no matter what its size, is important.

But all the bits added together are currently far from bringing us to ecological sustainability. Major environmental trends such as global warming and ocean acidification are getting worse, not better. Even as we gain some success with our local activities big business and governments continue to push hard for more economic growth, which of course increases environmental damage.

So we may say that our society is like a boat headed for the falls. Even as we do our bits, the power elites have us headed straight for climate mayhem. And if the climate goes, all o our good works will be overwhelmed.

Therefore, together we must change the direction of the boat.

We can contribute to changing the direction of the boat by communicating within our networks about the great transition to a life-sustaining society, and thus cultivating the public will necessary to change direction. We can do this in addition to our specific projects.
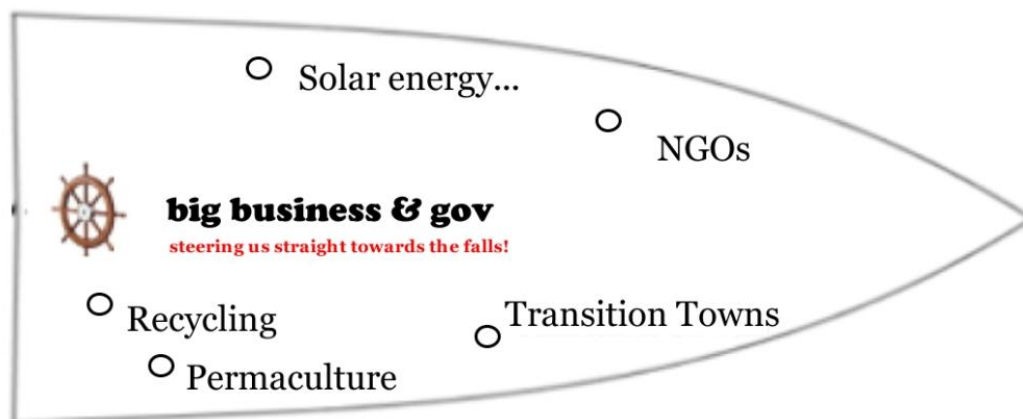
During our presentation we show the boat headed for the edge of the table (the falls) with all of us on board. Then we comment that we have to turn it around as we physically reverse the direction of the boat away from the edge of the table.

4 The Ink Drop Demonstration

The *Ink Drop Demonstration* is useful with people have written books about sustainability, and with leaders of organisations. It demonstrates that the reach of any one author or organisation is limited, and therefore their personal reach is limited. Therefore we should all combine forces to reach a mainstream audience.

I carry a bottle of ink with an eyedropper in my kit, along with a small aluminium pie tin to catch any excess ink. I introduce the *Ink Drop Demonstration* by simply asking the person to pay close attention as I drop a drop of ink on a paper napkin. The ink spreads at first, but quickly stops…

I comment that this is what happens with organisations: they attract people and their influence spreads at first, but then their reach tends to saturate.

Currently there are just a handful of groups that specifically champion whole system change. They include Tellus Institute, the Pachamama Alliance, and The Sustainable World Coalition. Their reach is limited. What if we had thousands – hundreds of thousands – of organisations and their members acting as citizen educators introducing the vision of a whole system change to a life-sustaining society? Then we would be enormously effective in stimulating the needed consciousness shift to become sustainable.

[5](#) The case that we are in an ecological emergency

This module has two parts. First we start with a model that shows that our complex civilisation is dependent upon biological energy as well as fossil fuels to keep going in its current manner. It leads to a decision problem that we call *Tainter's dilemma*.

Then we highlight areas such as ocean acidification that threaten our food supply.

Tainter's dilemma

If you think about it, it is obvious that civilisation is dependent on energy. This model makes this dependency easy to see. It is derived from Joseph Tainter's brilliant *The Collapse of Complex Societies*. Tainter describes a general pattern in human societies of expansion followed by collapse.

The expansion occurs when humans discover a new energy supply. The new energy supply enables the group to support an expanded population. However, they get in trouble when they are dependent on the energy supply, but they overexploit the energy supply and it diminishes.

A classic example is the ancient Sumerians. The Sumerians discovered that they could increase their food supply by irrigation. Their population increased, so now they could expand irrigation even more. This led to the development of a 'complex' society. They needed engineers, surveyors, accountants, police, courts, scribes and schools. They could also have enough surplus energy to support research into astronomy, as well as a ruling elite, a priesthood and the military.

In time they discovered that the irrigation induced salination, and crop yields were reducing. Their response, which is typical of ruling elites, was to push harder. They increased irrigation, and shifted from two crops a year to three to keep their food supply up. This accelerated their demise; the harder they pushed the worse their food supply got.

Thus they were in what I call 'Tainter's Dilemma': If they push harder they destroy their resource base; if they hold back they don't have enough food for their population.

Our position, as we shall see, is similar to that of the Sumerians. Once the Sumerians reached the position of having more people than the land could support, with irrigation reducing soil fertility, it would seem that they did not have many options. But we have the technology and design skills to reduce our demands on the environment sufficiently to live within the Earth's carrying capacity – provided that collectively we choose to live materially modest lifestyles.

A column of energy supports our complex society

Our model of the energy to support our complex civilisation starts with the biological basis of our food supply: *healthy soil, ample fresh water, clean oceans* and a *safe climate*. And our civilisation is powered by coal and oil, with renewable energy coming into play... It is as though we are supported by a fountain of energy. As long as the fountain keeps flowing, our complex society can keep going. But if the energy diminishes...

Our original 3-D version of the model looks like this:

We have converted this model to a cardboard prop. It is not as elegant, but it is far more portable! The 'food for all' part of the model lies flat. The rest of the model is upright, with a bend at the bottom for the column of *coal, oil and renewable energy*. Two wings fold back to keep the column upright.
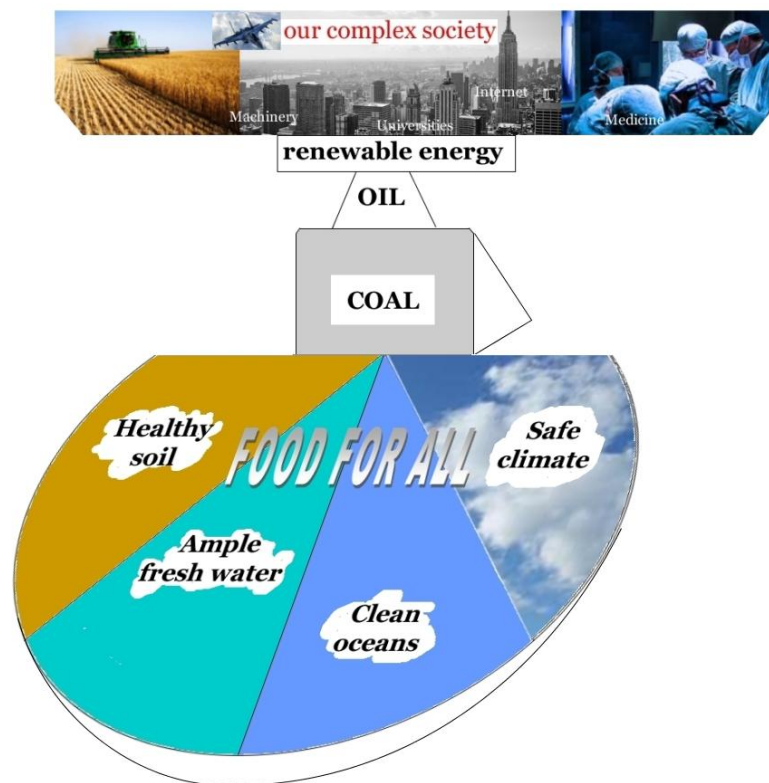
How are we doing in terms of our biological energy?

For decades the Worldwatch Institute has tracked the vital signs of our environment, as have many other organisations. On current trends in each of our four categories we are headed for disaster. Any one of them will be a monumental disaster. I choose not to use the word 'risk', because in my view on current trends collapse is a certainty, and it will be miserable. Already by September the world harvests more *water, fish* and *topsoil* than the Earth can replenish, and *climate mayhem* is escalating.

In our templates folder you will find cards with talking points on each of these four areas. On one side is the 'doomsday case'; the other side has solutions.

Here is a sample of the one on climate:

Safe climate

Global warming

The real-world evidence for global warming is, unfortunately, overwhelming.

In response to the 2008 Black Saturday bushfires in Australia two new categories of fire danger were added: *extreme* and *catastrophic*.

In places as far removed as Moscow, Alaska and Australia spring comes earlier, putting the flowers out of sync with the bees.

Insurance companies such as Munich Re report that globally the number of 'extreme weather events' has been going up for decades.

The Himalayan glaciers that supply water to the Ganges and other major Asian rivers that supply water throughout the summer for crops are retreating… as are glaciers in the Andes, the Alps and elsewhere. California has reduced snowpack.

Climate departure

One projection, modeled at the University of Hawaii, is that within 35 years, even the lowest monthly dips in temperatures will be hotter than we've experienced in the past 150 years. In other words, if the top average temperature in January for Sydney is 29°C, the time will come when 29°C will be the *lowest* temperature during January.

Year of Climate Departure for World Cities
Results show multi-model averages under RCP8.5 (Mora et al. 2013)

The global mean year of climate departure is 2047. The mean for the tropics (shown in the hatched area) is 2038, compared to 2053 for all other latitudes.
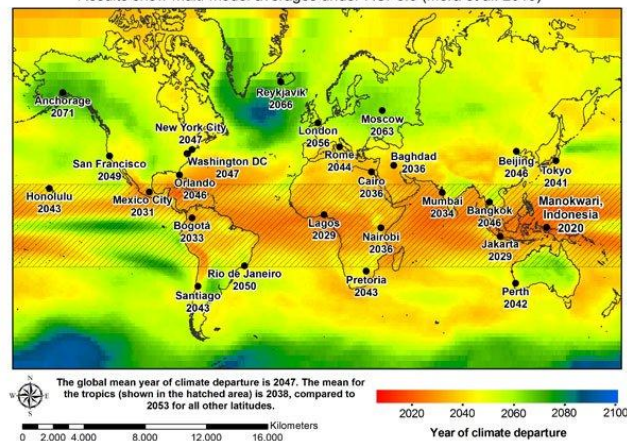
Solutions

Global warming

- Reduce CO2 emissions

  - Evidence suggests that renewable energy can power the world
  - PROVIDED we also drastically reduce energy demand through

    - Skilled industrial and urban design
    - Retrofitting (e.g. insulating old buildings)
    - Choosing to live materially modest lifestyles

- Remove excess atmospheric CO2

The fastest way is through farming techniques that develop rich root systems that store CO2 in the soil as humus.

P. A. Yeomans in New South Wales Australia built 3 inches of topsoil in three years on depleted farmland. Other farmers around the world also have effective techniques. Most soils around the world are depleted. Paying farmers nationally and globally to build soil fertility could rapidly draw down a significant portion of excess atmospheric CO2. Chapter 8 of Priority One by Allan Yeomans tells the story.

6 Fractals

Fractals provide a way of understanding large-scale patterns through small-scale versions of the same pattern.

I introduce the idea of fractals by showing sets of pictures and asking what is similar about them. People find the pictures – and the question – interesting. So introducing fractals can serve as an icebreaker for a conversation with somebody you don't know. I have done with strangers on the train. Here are thumbnail arrays of the two sets of pictures that I use:

1
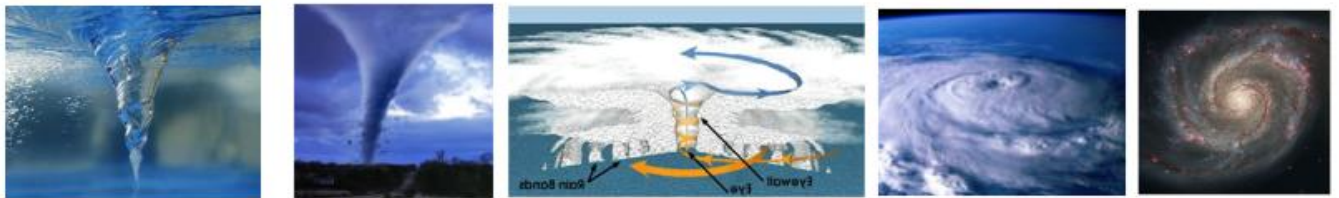
2

Using these pictures to introduce the idea of fractals can lead into a deeper conversation about the core values of a healthy society.

7 Partnership-respect relating as a core value of a life-sustaining society

Partnership-respect relating means working for the well-being of our family, our community, or our global civilisation. It stands in contrast to domination-control relating, which aggressively seeks personal advantage.

Partnership-respect relating and domination-control relating operate as dynamic fractals. At different scales from childrearing to global governance partnership respect relating has benign effects. It promotes individual and community well-being, and preserves the natural environment.

In contrast, domination-control relating makes people miserable at every scale from childrearing to war. Today power elites with a dominator mentality willingly destroy communities and the environment for the sake of massive profits. This was vividly illustrated in the movie *Avatar*.

Western civilisation has been a dominator civilisation since before the Roman Empire. And there has been strong a countertrend in the form of the caring aspects of Christianity, attempts towards genuine democracy (which Abraham Lincoln characterised as *government of the people, by the people and for the people*), the women's liberation movement and non-coercive childrearing.

On a global scale, the continuation of a dominator system controlled will destroy us. At this point, our only hope for a positive future is to collaborate in good willed efforts to solve our mutual problems – global warming, ocean acidification, threats of war (we are still in a nuclear age), increasing corporate control of the state and the rest. Since these are closely tied to economic growth, we can see that a profound social change is required.

As massive as such a change may seem, in fact it is already spontaneously underway. There are a growing number of 'cultural creatives' – people who embody life positive values. There are many people who through meditation, psychotherapy or other forms of inner work resolve the hidden drives that might tend to make them act as dominators. And there are millions of groups working for positive causes.

Although there are many valid ways of expressing the core values of a healthy society, expressing them in terms of partnership-respect relating is useful. At personal levels we can train to become more skilful at partnership-respect relating; disciplines such as Non-Violent Communication and Conflict Resolution help with this. Parents can adopt non-coercive childrearing practices. At organisational levels there are many organisations that operate successfully with an ethos of respecting their staff rather than dominating them, and there are consultants who help organisations adopt such a model. Governments can make decisions in terms of long-range community well-being.

The contrast between partnership-respect relating and domination-control relating was first articulated by cultural historian Riane Eisler. It is worth reviewing her description:

> In the domination model, somebody has to be on top and somebody has to be on the bottom. Those on top control those below them. People learn, starting in early childhood, to obey orders without question. They learn to carry a harsh voice in

their heads telling them they are no good, they don't deserve love, they need to be punished. Families and societies are based on control that is explicitly or implicitly backed up by guilt, fear, and force. The world is divided into in-groups and out-groups, with those who are different seen as enemies to be conquered or destroyed.

In contrast, the partnership model supports mutually respectful and caring relations. Because there's no need to maintain rigid rankings of control, there is also no built-in need for abuse or violence. Partnership relations free our innate capacity to feel joy, to play. They enable us to grow mentally, emotionally, and spiritually. This is true for individuals, families, and whole societies. Conflict is an opportunity to learn and to be creative, and power is exercised in ways that empower rather than disempower others.

From *The Power of Partnership*
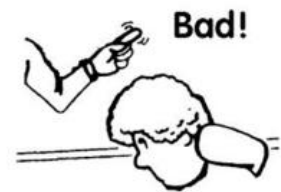
Here are two sets of images that illustrate the difference between partnership-respect relating and domination-control relating:
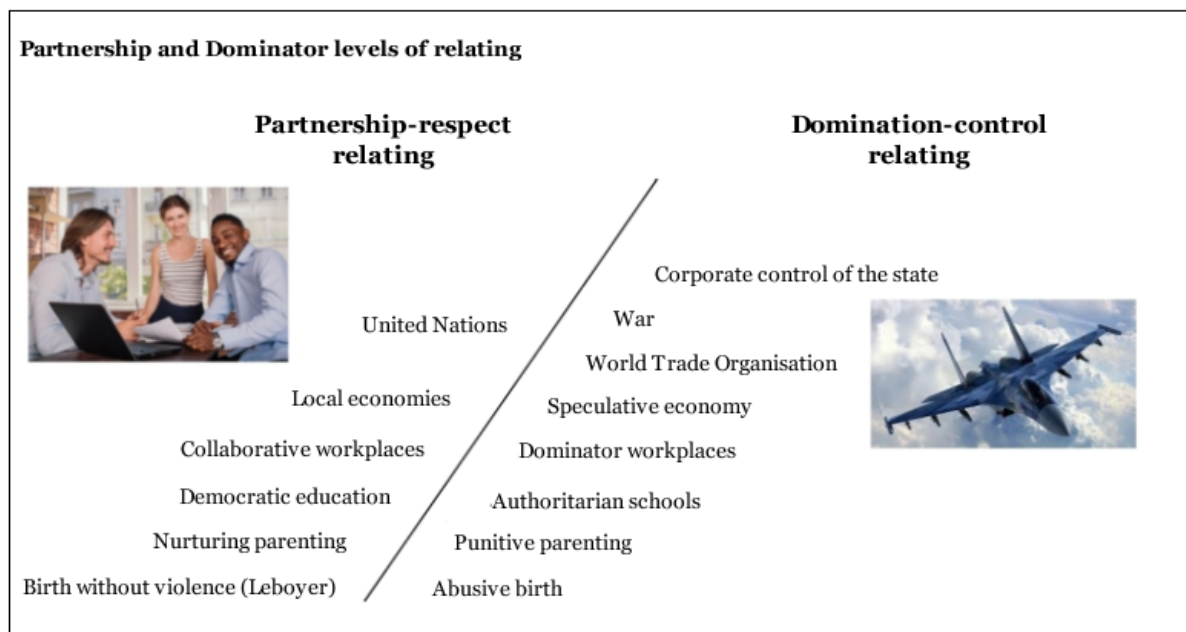

Partnership-respect relating

"The Government of the People, by the People, for the People"

Aikido uses circular movements that enable advanced practitioners to take care of their opponents.

Domination-control relating

Bad!

This card highlights different levels of Partnership and Dominator relating:

Partnership and Dominator levels of relating

Partnership-respect relating	Domination-control relating
	Corporate control of the state
United Nations	War
	World Trade Organisation
Local economies	Speculative economy
Collaborative workplaces	Dominator workplaces
Democratic education	Authoritarian schools
Nurturing parenting	Punitive parenting
Birth without violence (Leboyer)	Abusive birth

This infographic indicates how *partnership-respect* and *domination-control* relating lead to different futures:
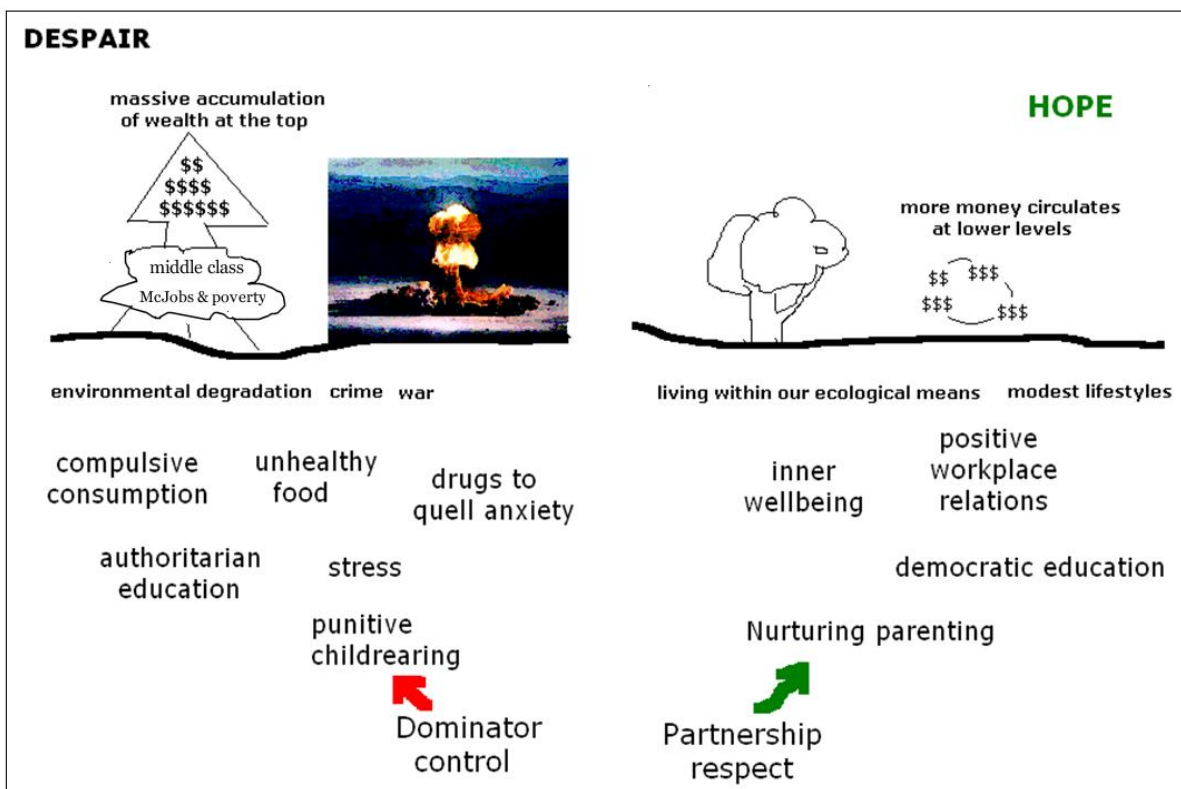
Partnership-respect relating can be seen as one of the two core operating principles of a life-sustaining society (the other is that a viable society will be ecologically sustainable). This is mentioned in the Great Transition module. In presenting that module you may briefly

mention the contrast between partnership-respect relating and domination-control relating. Or you may use some of these graphics to give more of a feel for it.

8 Thinking in terms of trends

This story is a great way to illustrate the idea of thinking in terms of trends:

The Kon Tiki

The Norwegian explorer Thor Heyerdahl and his crew sailed a balsa raft from the West Coast through to the Polynesian islands. They were testing the possibility that the Polynesian Islands had been populated by people from South America.

When the raft set out it was very buoyant. However, part way through the trip the crew noticed that the raft was now much lower in the water. The balsa logs were becoming waterlogged. The question on each crew members' mind was: would they make it to an island, or would the raft sink before they got to land?

As it turned out, they made it. But in the meantime they did not know at what point the raft would sink. They were worried about the trend.

In terms of environmental issues, many scientists attempt to establish the precise point at which a fishery or ecosystem will collapse. But this is difficult to establish, and very contentious. In the absence of a definitive agreement those who exploit the fishery or other resource will argue against establishing limits.

There is a simpler mode of reasoning that is more useful in terms of setting policy. That is to think in terms of trends. If we have a trend where the number of fish in a fishery is steadily declining, we know that this is unsustainable even though we may not know at what point the fishery will become so overfished it will collapse. The trend itself is sufficient reason to establish quotas to protect the fishery.

Q: Can you think of other areas where this mode of reasoning applies?

One example would be housing developments encroaching on Sydney's truck farms
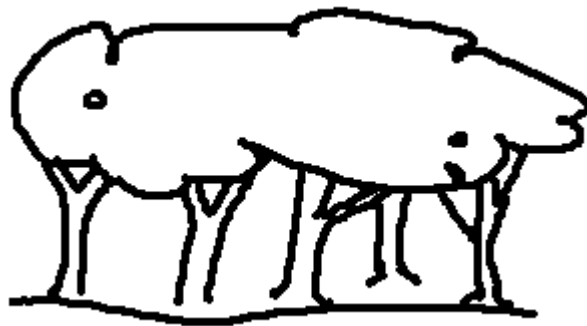
9 The essence of environmental sustainability

The essence of environmental sustainability is that overall we do not destroy nature faster than it can regenerate, and that we do not introduce toxins into the environment faster than living cells can handle them.

Suppose you have a forest.
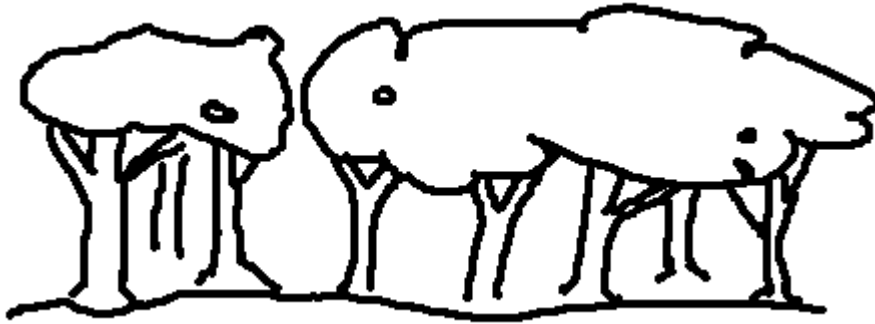
And you log part of it.

But an equivalent amount grows back somewhere else.

As long as the amount that grows back equals the amount that was logged, in principle the forest is sustainable. You destroy part of the forest, but it can regenerate.

However, if you destroy the forest faster than it can regenerate, the forest gets thinner and thinner (or smaller and smaller) and eventually turns into grassland and then desert.
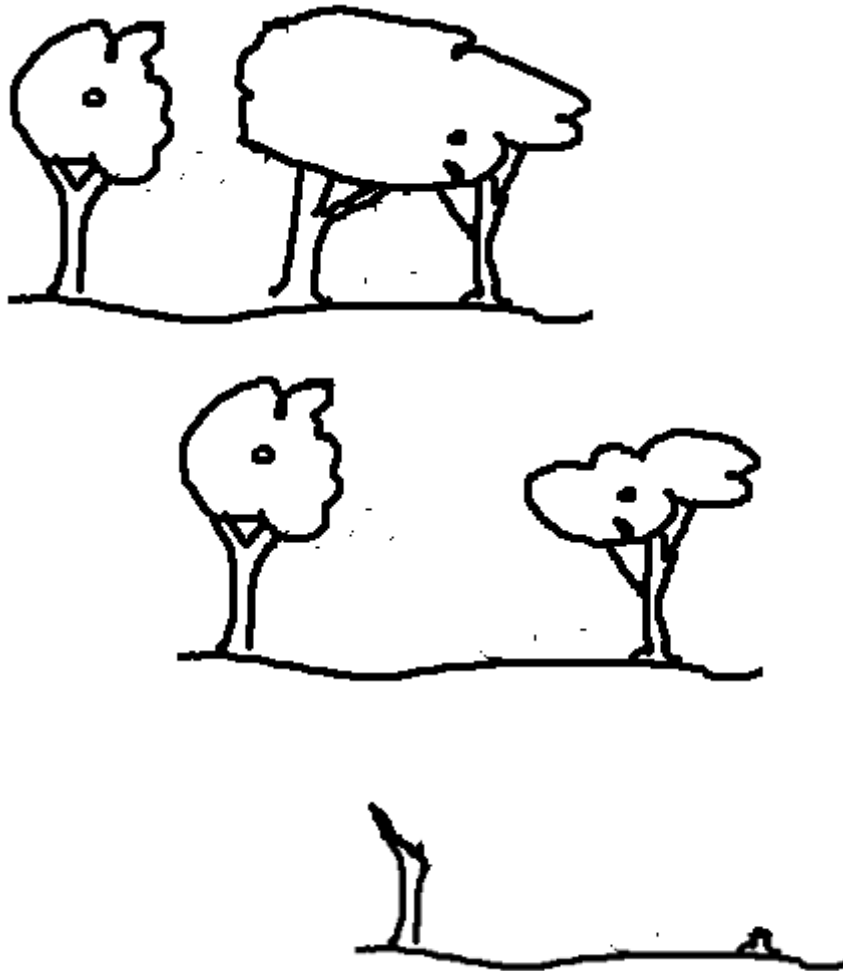
This is unsustainable.

Likewise if toxins accrue in the biosphere and in our bodies faster than they can normally be processed, this is unsustainable. We are progressively poisoning ourselves and the rest of life.

So what we are looking at is **cumulative** environmental damage – damage that accrues over time. In the long run cumulative environmental damage is unsustainable.

An important implication in terms of policy is that once we are clear about the trend we know that we should change course, even though we may not know the absolute threshold that leads to collapse.

Environmental sustainability versus sustainable development

> *Sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs.* [Brundtland Commission](#)

The famous Bruntland definition of *sustainable development* doesn't enable us to work out whether we actually are on track to be ecologically sustainable or not. The Natural Step's Four System Conditions for Environmental Sustainability were designed to solve this problem. The System Conditions are elegant in their simplicity.

The Four System Conditions for environmental sustainability

In a sustainable society, nature is not subject to systematically increasing:

1. concentrations of substances extracted from the earth's crust
2. concentrations of substances produced by society
3. degradation by physical means

And in that society,

4. people are not subject to conditions that systemically undermine their capacity to meet their needs.

These are real-world conditions, not abstract ideals. They are measurable. If the first two system conditions are not met, we will do ourselves in by poisoning ourselves with toxins – e.g. concentrations of mercury or uranium, or toxic chemicals. If the third system condition is not met we will destroy the ecological basis of our food supply. These processes are currently going on.

The fourth system condition is not simply an idealistic wish. Where basic human needs are not met people behave in ways that are environmentally damaging on a large scale.

The Natural Step System Conditions provide a way of working out whether a business, a country or our global civilisation is operating in a way that is ecologically sustainable or not. For example, we may ask: are the fish in a given fishing ground repopulating as fast as we take them out, or are the fish stocks declining over time?

If the fish stocks declining, we know the fishery is unsustainable.

Thus, instead of arguing over absolute numbers (e.g., at what point will the fishery collapse?), for policy purposes we can simply note the trend line. Is a given environmental indicator getting worse: it's time to change course. Is an important environmental indicator getting worse faster: then it's time to go into emergency mode.
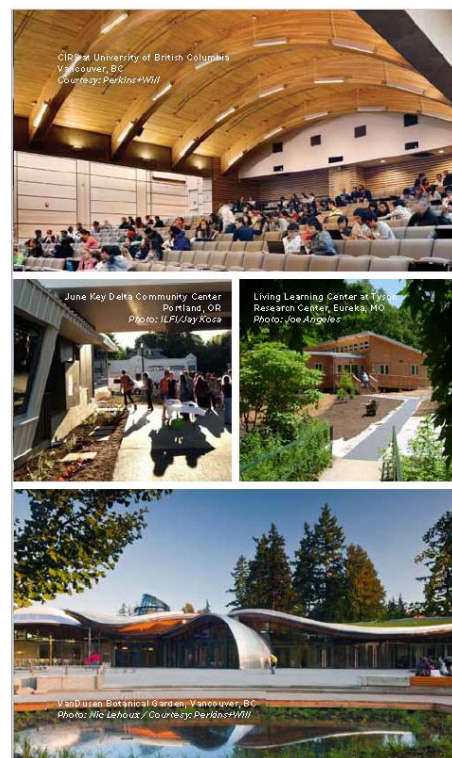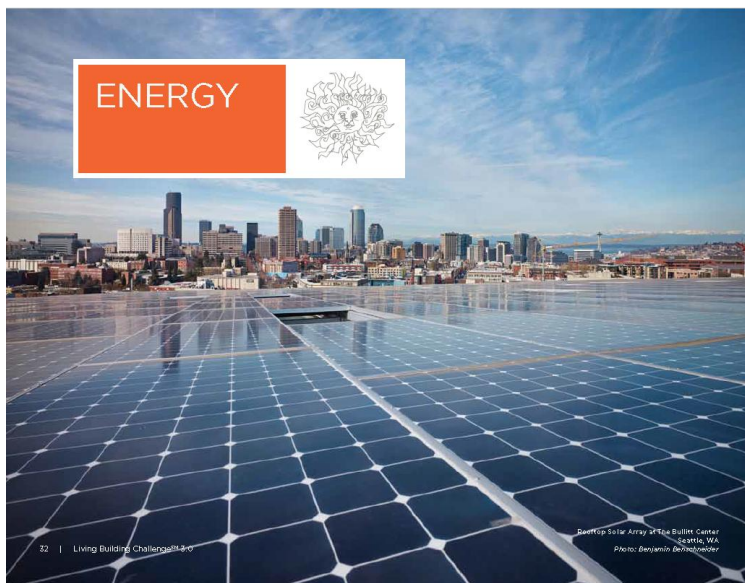
10 What will a life-sustaining society look like?

Given that economic growth drives massive environmental deterioration and social imbalance, a life-sustaining society will have a **steady state economy**. There will be qualitative growth in terms of development and creativity, but not growth in armaments, poorly designed consumer goods, or McMansions. We will organise schools and businesses to bring out the best in people.

Some people fear that slowing the economy means going back to the Stone Age. Not at all; it means embracing excellent design!

The Living Building Challenge 3.0 is a set of design standards that embody life sustaining values. It includes social factors as well as environmental factors. Their [handbook](#) has pictures of actual buildings that illustrate the future we are transitioning to.

Here are some samples:

For a description of what the Inspiring Transition initiative will look like when it is in full flower, go [here](#).

11 Are you willing to embrace the aspiration of successfully transitioning to a life-sustaining society?

 Asking this question is an invitation to align in spirit.

Even if for reasons of time, temperament or talent some people feel that they can do little to actively contribute to the transition to a life-sustaining society, ideally people can at least align in spirit.

 The question can bring up cynicism, doubt or despair. The prospect of changing the direction of our mammothly self-destructing civilisation can seem impossible, overwhelming, almost too much to conceive. So these responses are completely understandable. Bringing them to consciousness may be a step to deeper empowerment.

I counter such doubts in myself by recalling that there is indeed a vast wave of healthy change going on, and by staying true to my personal commitment to contribute to the well-being of coming generations.

The question may also challenge activists and others who may want to do their 'same old same old even' though our times call for something much greater. People may say *yes* or *no*; asking the question brings their level of aspiration to the forefront. Are they willing to go for what is actually needed, or play it safe?

We are in an ecological emergency now; we have no time to spare; and if we do not collaborate to get mainstream commitment then it is game over. So this strategy is about gently but firmly challenging what we may perceive to be subtle forms of denial.
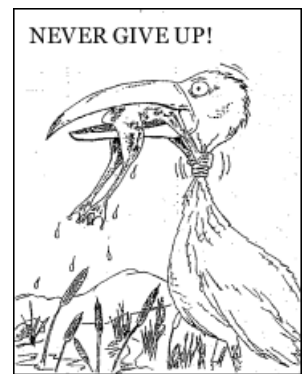
Appendix: Links to templates for making the physical models

This appendix gives links to the templates for making the physical models. The whole set can be downloaded [here](#).

It might take an afternoon to make the models. You print the templates and paste them onto cardboard backing.

> Some of the models are pasted onto thin cardboard. You can purchase the cardboard from art supply shops.

> The round models are pasted onto 3 ¾" (9.5cm) beer coasters. In Australia they can be purchased from:

> > Hanna Group
> > North Richmond, NSW, Australia
> > (02) 4571-1000

1 Big Picture Drivers of ecological deterioration	Circles for printing are [here](#).
2 The Aspiration and Communication model	Linking aspiration to practical action… plus communication to affect mainstream consciousness. The template is [here](#).
3 The Boat	Why just 'doing our thing' isn't sufficient; we must change the direction of our whole society. The template is [here](#).
4 The Ink Drop Demonstration	Illustrating that the reach of any one organisation is limited Materials required: • A bottle of red or yellow ink with an eye dropper. • A small tin pie plate to protect the table from ink • A tissue or napkin
5 The case that we are in an ecological emergency	Reasons why we need rapid transformative change Briefing points and the *Energy column* model are [here](#).
6 Fractals	Understanding large-scale patterns through smaller local versions Images for printing are [here](#).
7 Partnership-respect relating	• Partnership images • Dominator images • Levels • Two paths to the future Images for printing are [here](#).
8 The essence of environmental sustainability	The Forest model. The template is [here](#).
9 What will an ecologically sustainable society look like?	The Living Building Challenge 3.0 has great pictures.

	Images for printing are [here]().
10 Are you willing to embrace the aspiration of successfully transitioning to a life-sustaining society?	A personal enquiry about alignment. There is nothing to print.