Welcome to this week's presentation and conversation
hosted by the
Canadian Association for the Club of Rome,
a Club dedicated to intelligent debate and action on global issues.

Introducing a New Paradigm for Social Change.

Our speaker today is Andrew Gaines, educated in philosophy and engineering, an author, and instigator of Inspiring Transition, a platform championing transitioning to a life affirming culture, rather than continuing on our present course of ecological self-destruction. He is a Fellow of the UK Royal Society for the Arts, an experienced Feldenkrais practitioner, psychotherapist, and creativity trainer. He integrates insights from The Natural Step, DesignShops, and marketing. He is committed to the well-being of coming generations. This webinar will induce ways of thinking that have the potential to make the environmental-progressive movement orders of magnitude more influential. There are four core ideas: improving brain functioning; improving emotional functioning; aligning to an overarching positive goal, communicating to affect mainstream thinking. Our speaker will introduce ways to act on each of these.

The presentation will be followed by a conversation, questions, and observations from the participants.

CACOR acknowledges that we all benefit from sharing the traditional territories of local Indigenous peoples (First Nations, Métis, and Inuit in Canada) and their descendants.

2022 Aug 30

Zoom #112

Helping good brains work better!

Introducing a new paradigm for social change

with Andrew Gaines

The task of wisdom is
everywhere the same:

to free the human spirit.

Greta Thunberg will have reason to hope
when she sees
that mainstream society
is committed to turning things around.

The Witness is the part of ourselves that can observe exactly what we do without judgment.

It is right next door to the Critic, which sometimes sees the same things and give us holy hell!

Pick something interesting... perhaps a flower, a leaf, or an ornate old bell.

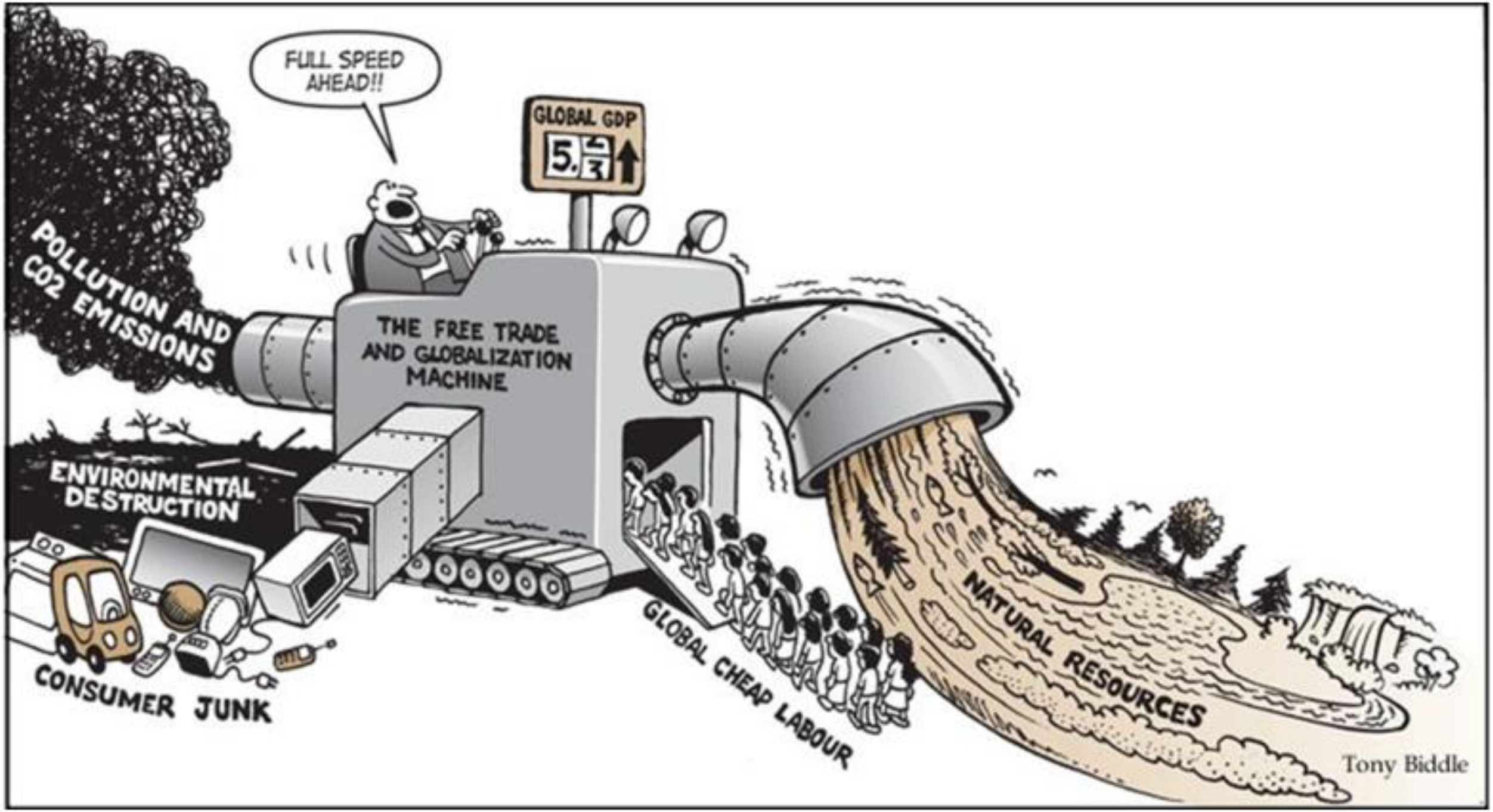
Decide that you will pay attention to it for a minute or two. In fact, give yourself this internal instruction:

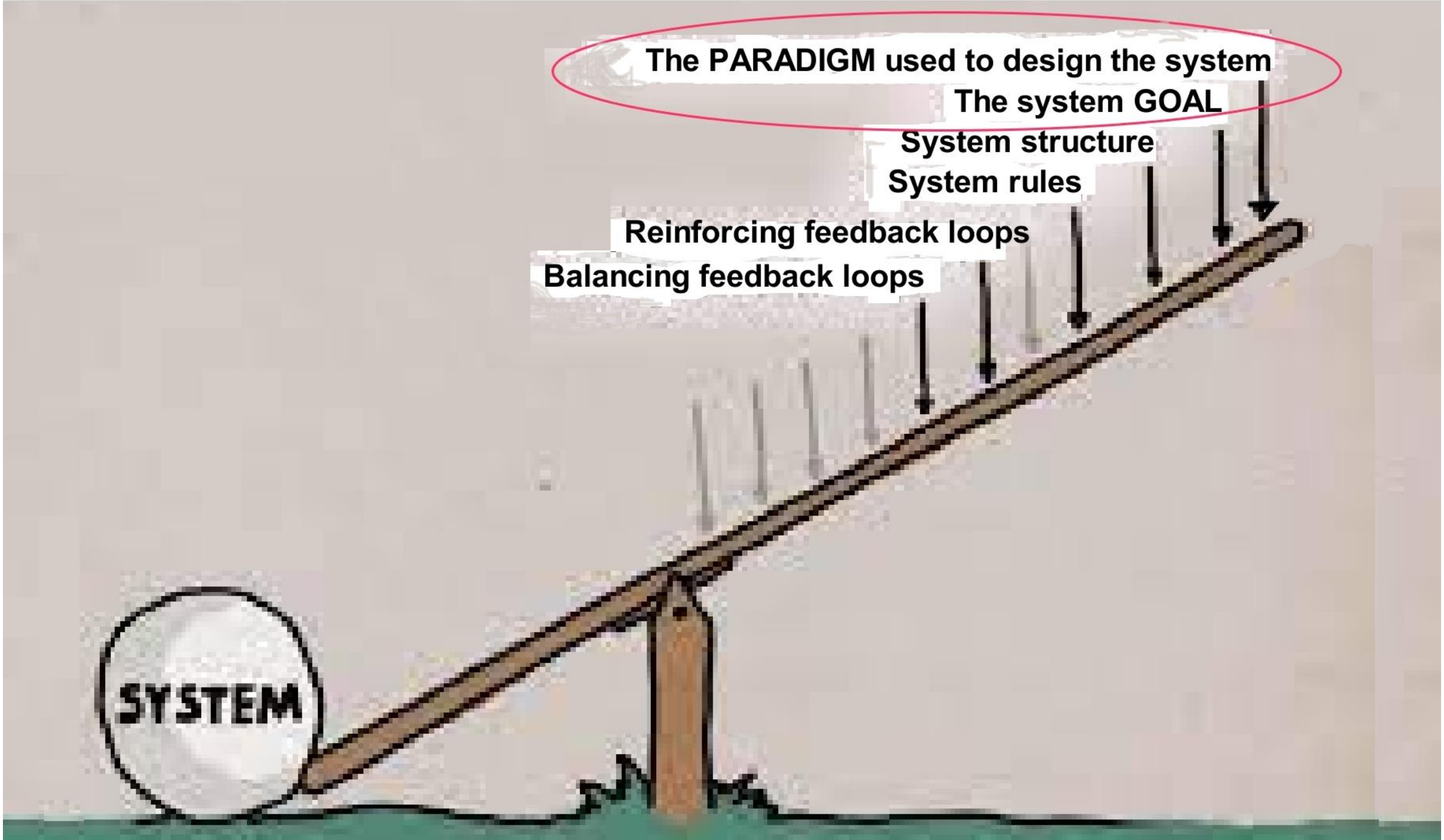
> ***When my mind goes away, I will notice that it has gone away, and bring it back.***

When my mind goes away, I will notice that it has gone away, and bring it back.

If your experience is like that of most of us, your mind wandered.

Did you notice this? Noticing that your mind wandered is your Witness in action.


FULL SPEED AHEAD!!
GLOBAL GDP
5.3
POLLUTION AND CO2 EMISSIONS
THE FREE TRADE AND GLOBALIZATION MACHINE
ENVIRONMENTAL DESTRUCTION
CONSUMER JUNK
GLOBAL CHEAP LABOUR
NATURAL RESOURCES
Tony Biddle


The PARADIGM used to design the system
The system GOAL
System structure
System rules
Reinforcing feedback loops
Balancing feedback loops
SYSTEM

Feldenkrais had a theory
about
how to improve brain functioning

The girl who couldn’t catch a ball

The girl who couldn't catch a ball

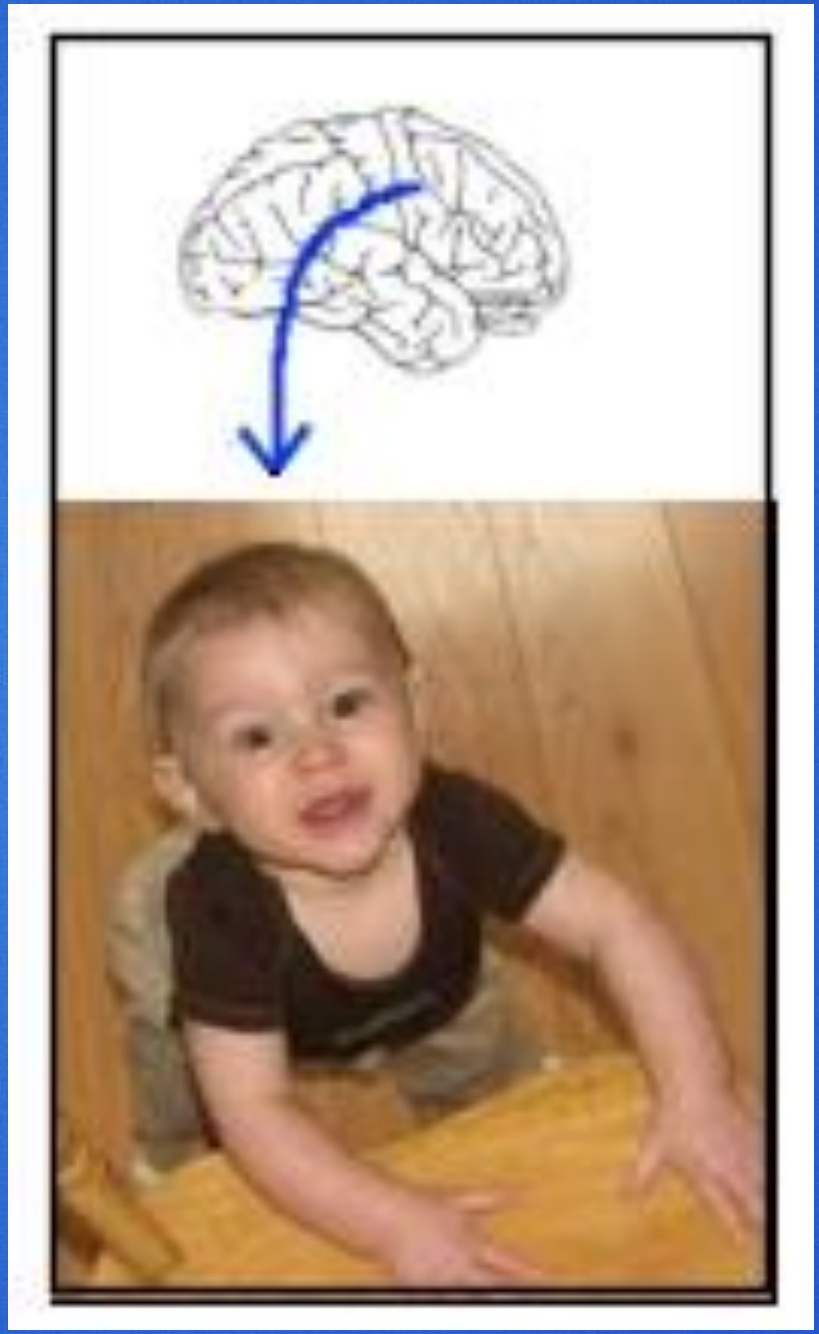
At a garden party in Tel Aviv a little girl is trying to catch a ball.

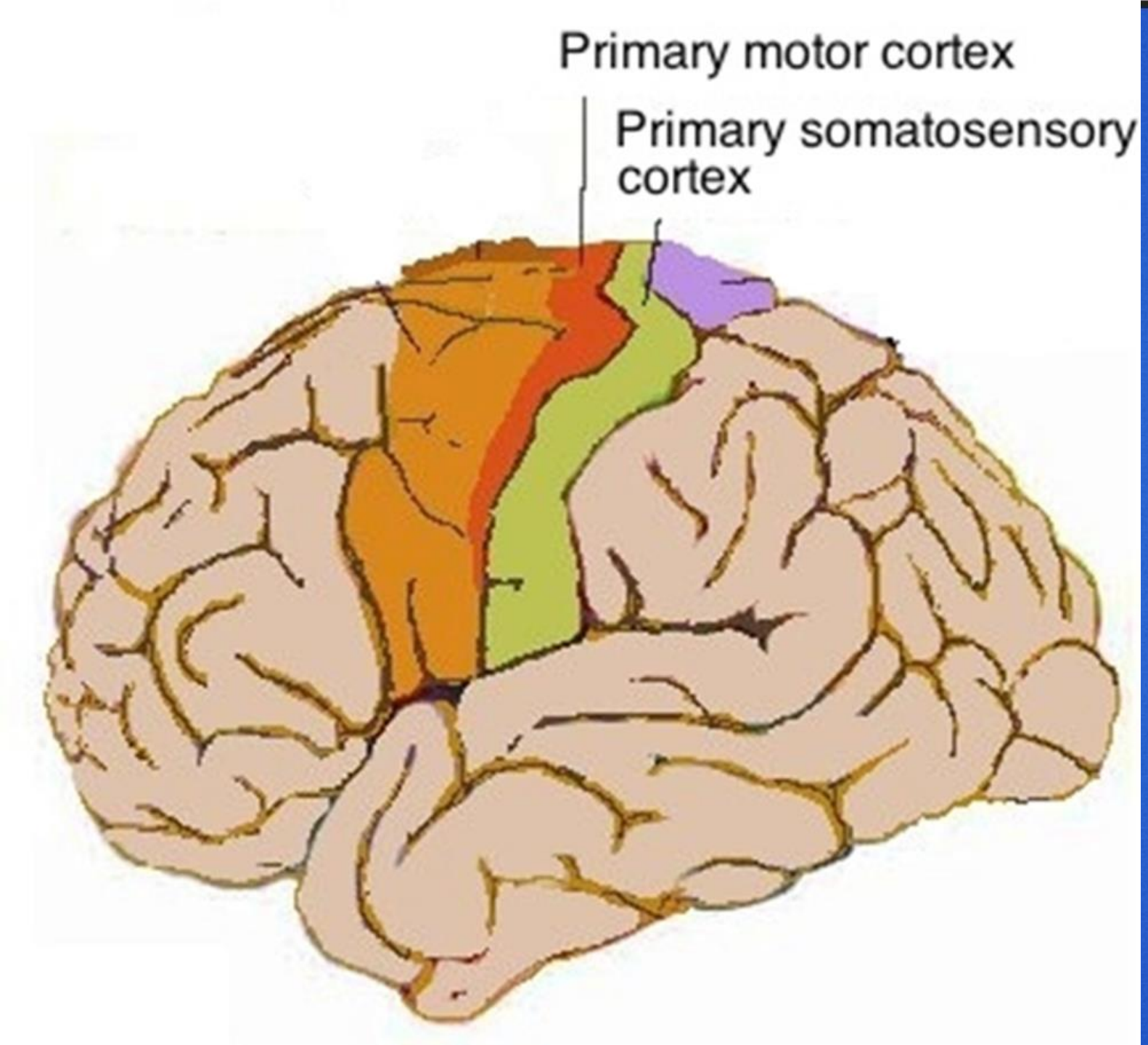
It is very light ball – like a small balloon – and the adults throw it to her gently. However, it hits her in the face every time and she cries. But she wants to play.

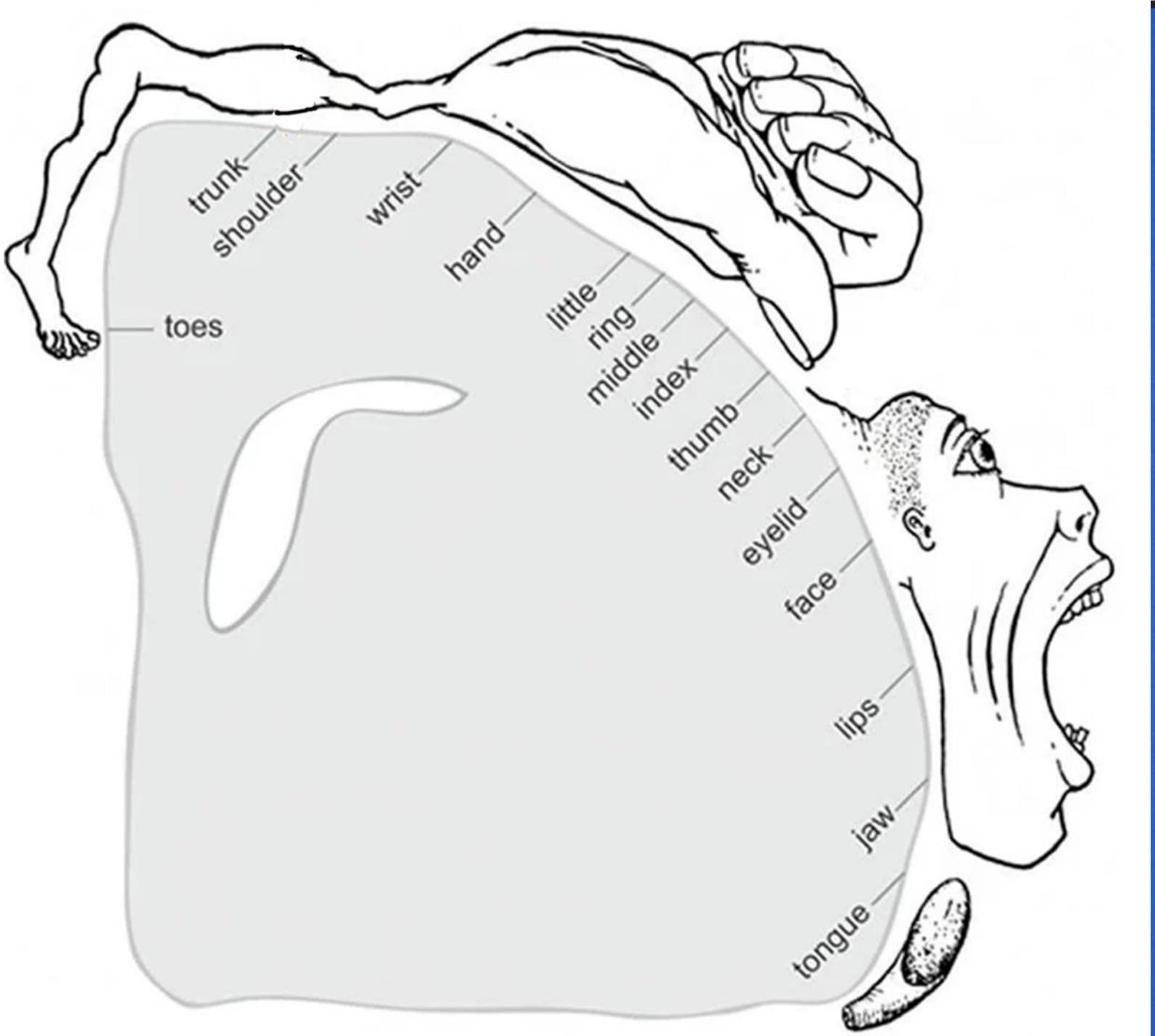
The adults can see that something is wrong. But they do not see exactly what is wrong. Except for one. Moshe Feldenkrais *carefully observes how she goes about trying to catch the ball*. He notices that as the ball comes in she opens her arms wide. Obviously this does not work.

Compassionately, Feldenkrais sits on the ground behind her. As the ball comes in he gently closes her arms. Ah! After a few trials she gets the idea and does it herself.

Let's look at the neurology




Primary motor cortex
Primary somatosensory cortex


trunk
shoulder
wrist
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toes
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index
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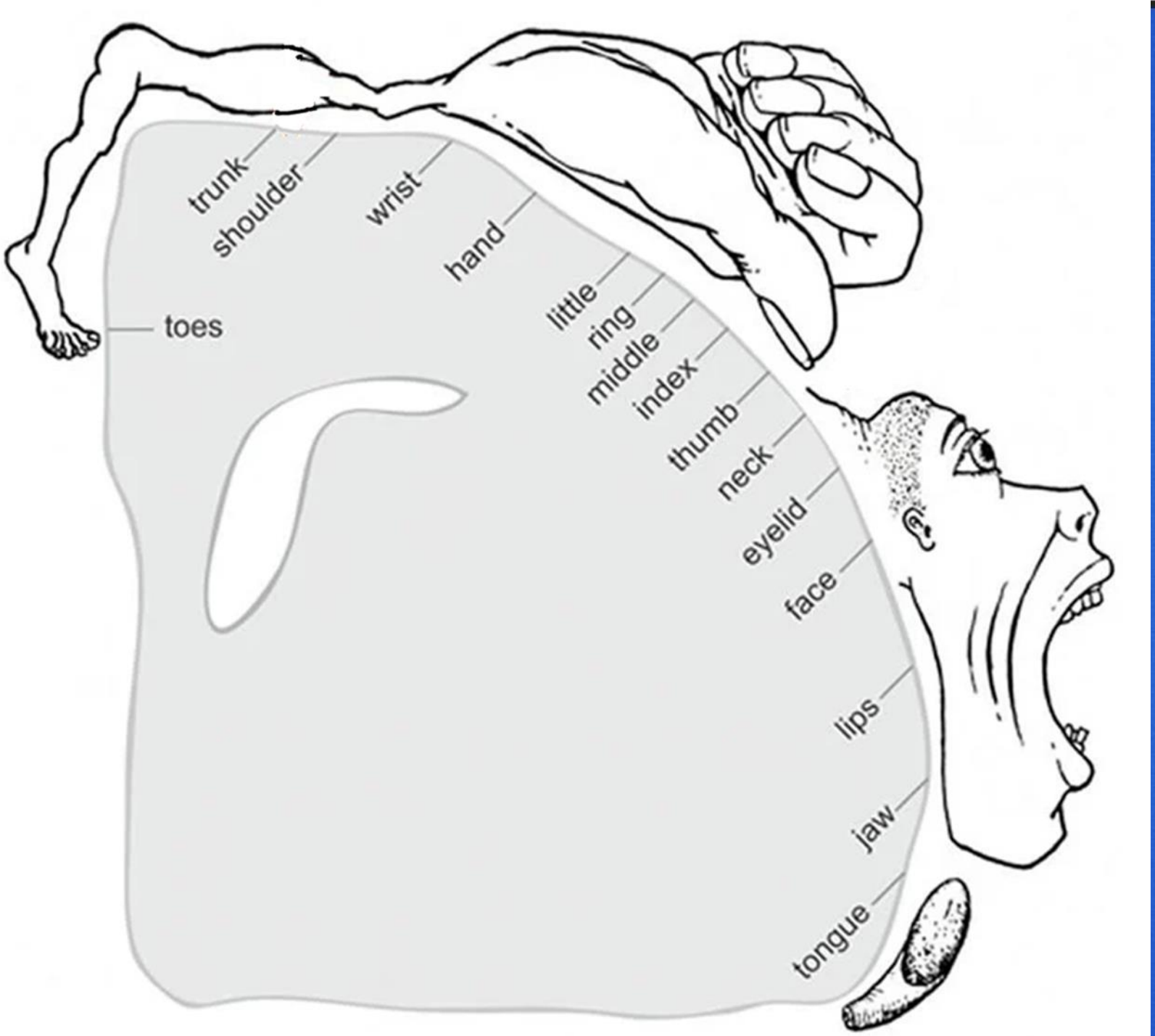
neck
eyelid
face
lips
jaw
tongue


trunk
shoulder
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neck
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face
lips
jaw
tongue

Feldenkrais intervened in a way that changed the girl's brain: she added a new skill to her repertoire.

= the Witness exercise we did at the beginning.

I call this '**improving function**'.

‘Function’

is how we organize our nervous system to accomplishing our intention.

There are 3 elements of function:

- Map
- Intention
- *Modus Operandi*

+ emotional drivers

All behavior is based on these elements.

Each can be improved.

MAP

Recall the route you take to go to a good friend's house.

A two-year-old could not do it.

INTENTION

MODUS OPERANDI

Review

The 3 elements of function:

Map
Intention
Modus Operandi

How to expand people's mental maps

2 tools

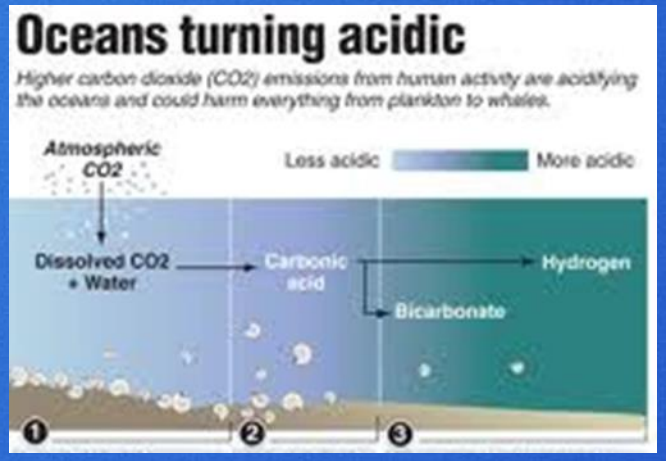
- *Accelerating disasters*
- *Drivers of environmental destruction*

Accelerating disasters

Species loss

Drought, freshwater depletion

Deforestation



Climate Trends

Australian example

>

> ?? 2029

Catastrophic fires near Melbourne

Catastrophic fires across much of Australia

Mind-blank

+

Knowing

Not knowing

Our task is to help folks get in touch with their survival instinct, caring and fighting spirit.

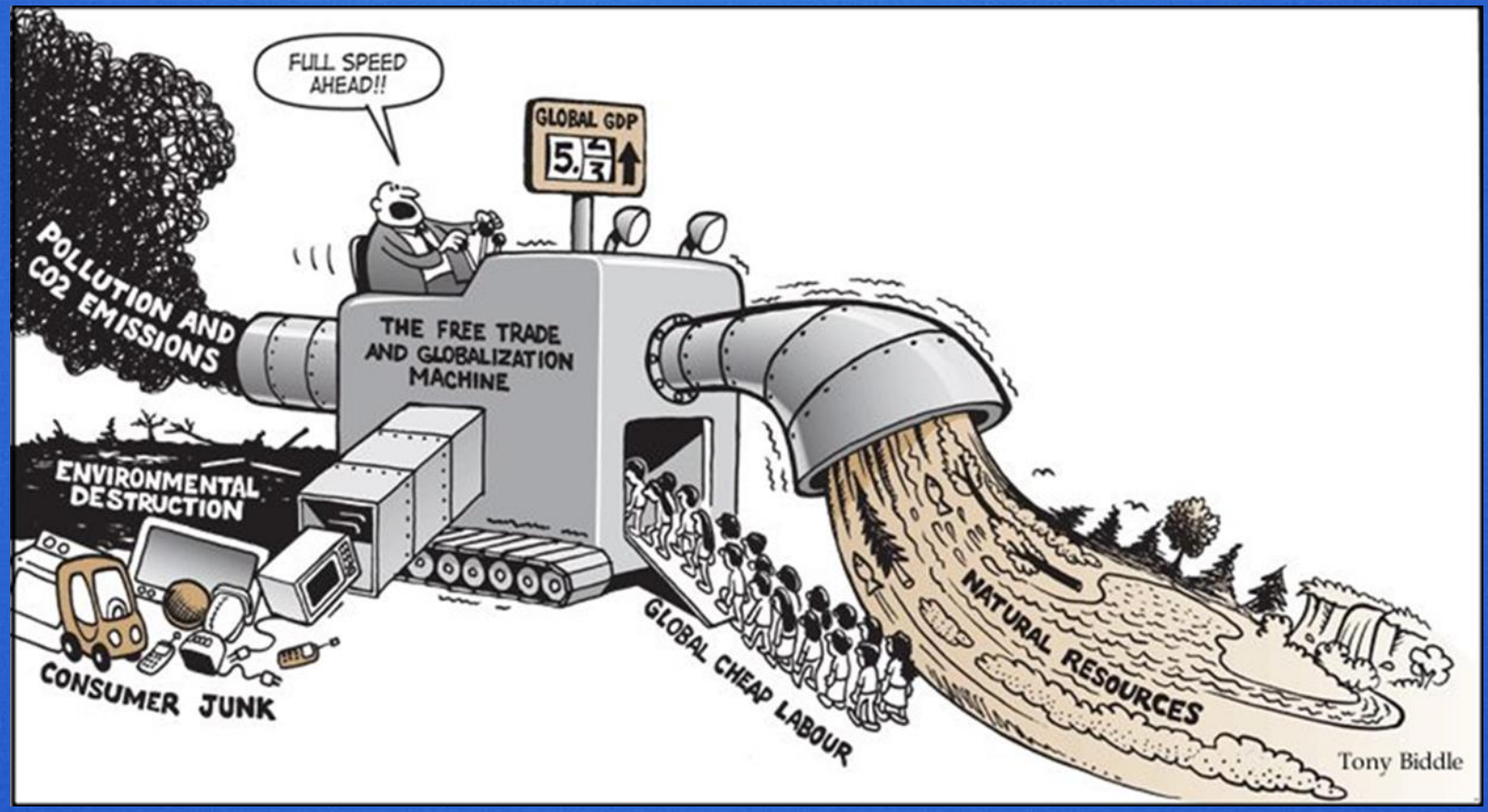
A possible approach:

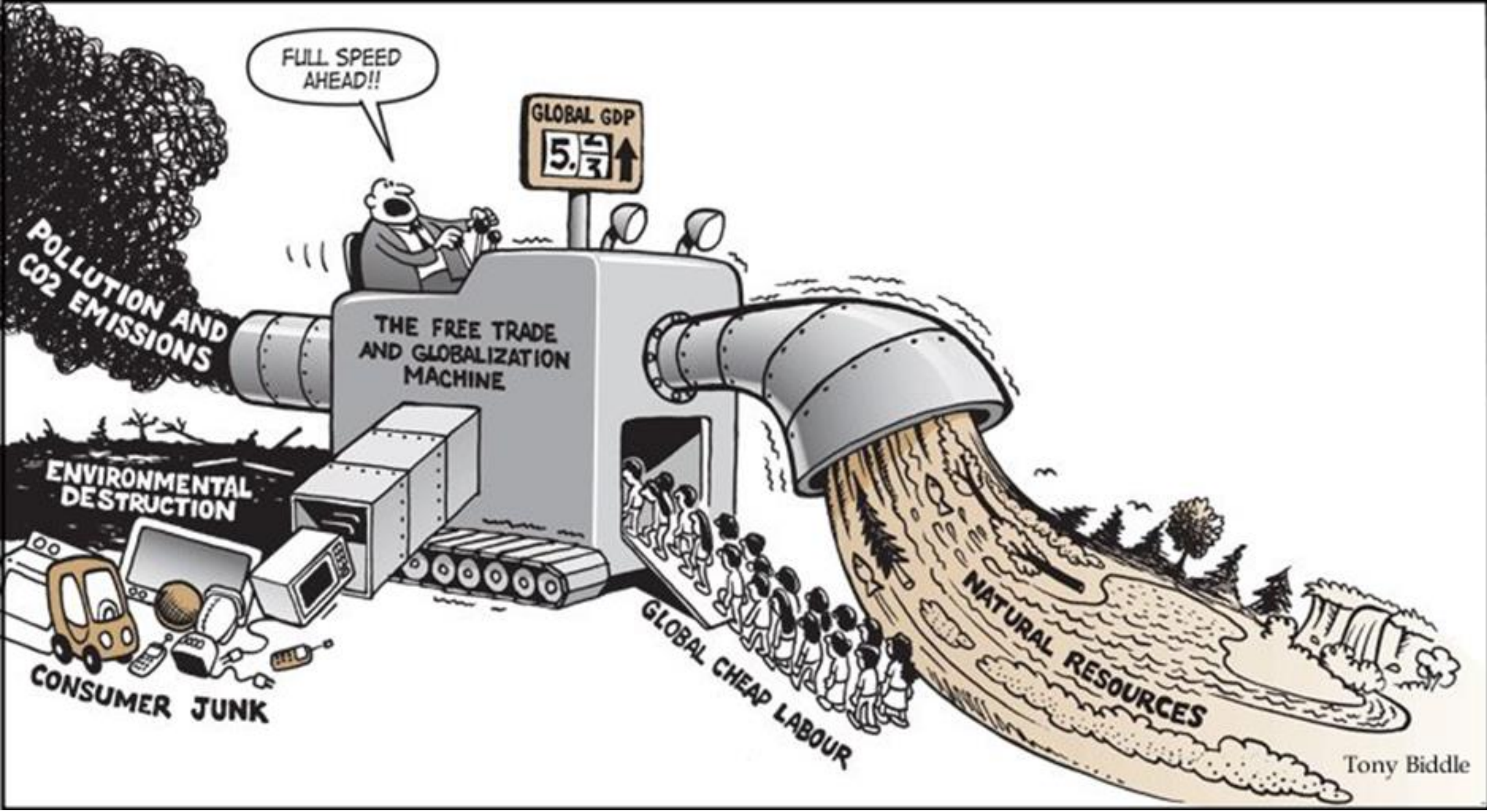
On a scale of 1 to 10, how concerned are you about climate change?

Once we accept the reality, what then?

Many people want to jump into protest or action.

I think the next step
is to aim to change
this whole system:

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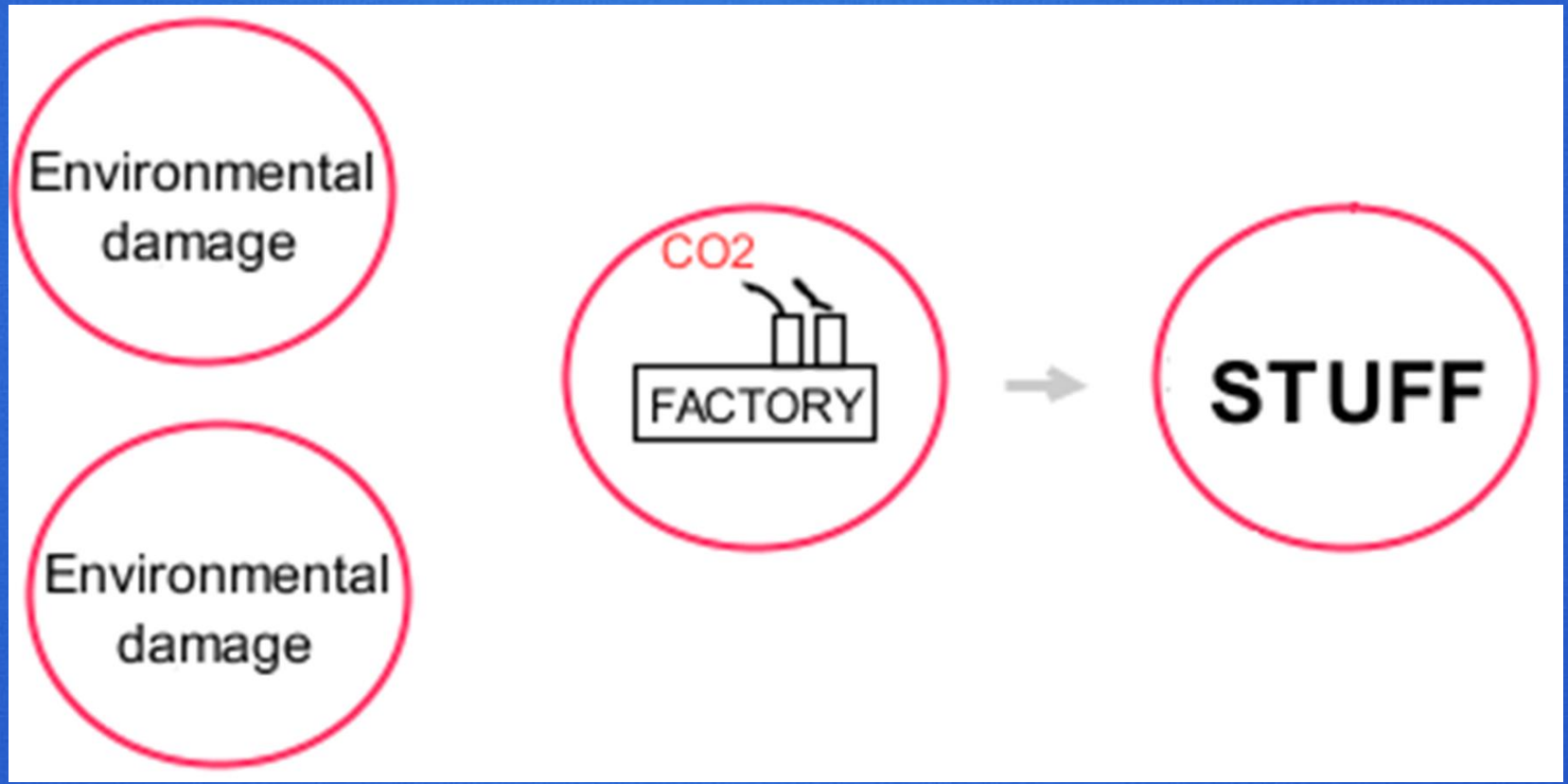
NATURAL RESOURCES
Tony Biddle

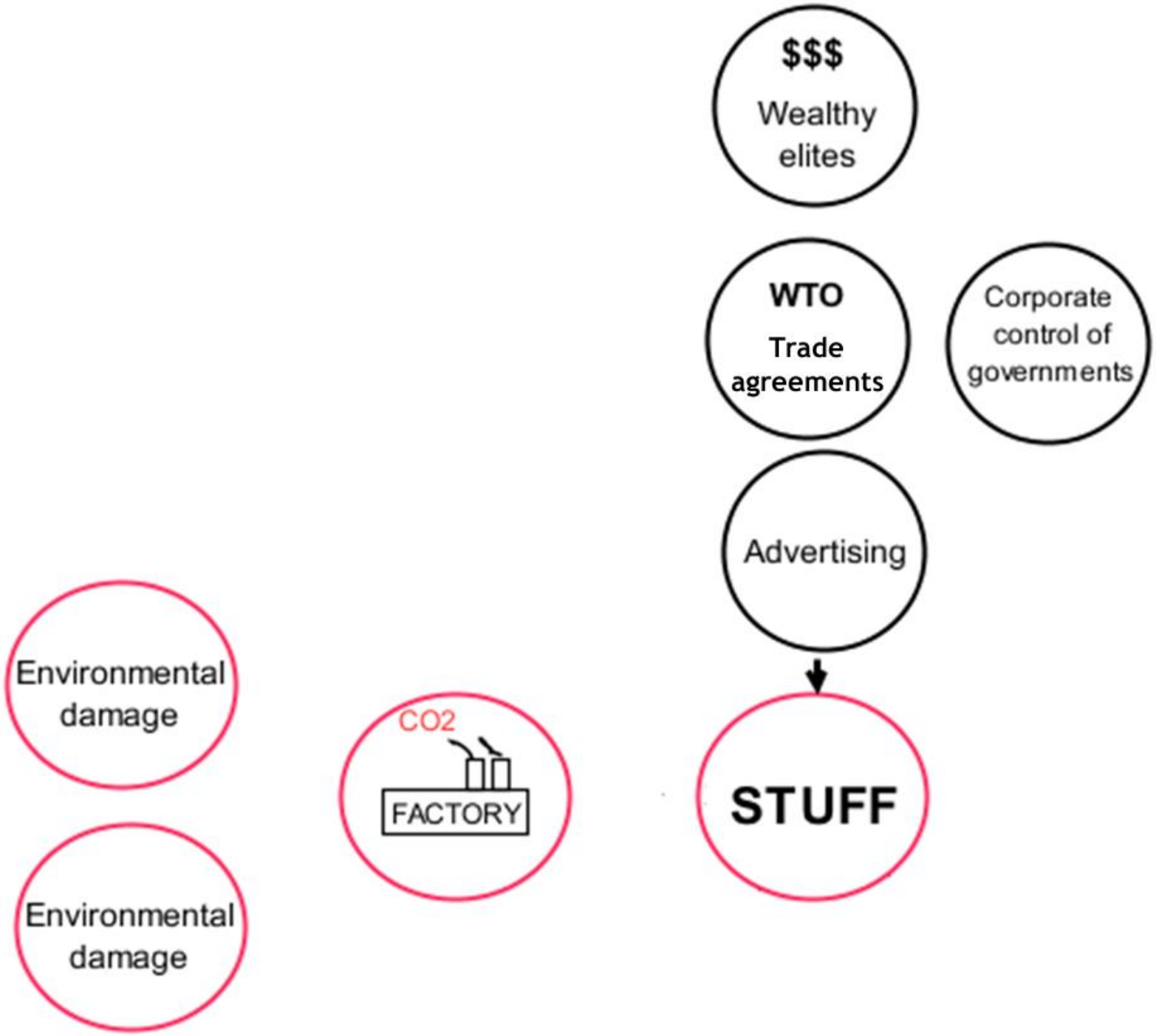
The great Feldenkrais question is:

How does this system operate to create the symptoms we don't want?

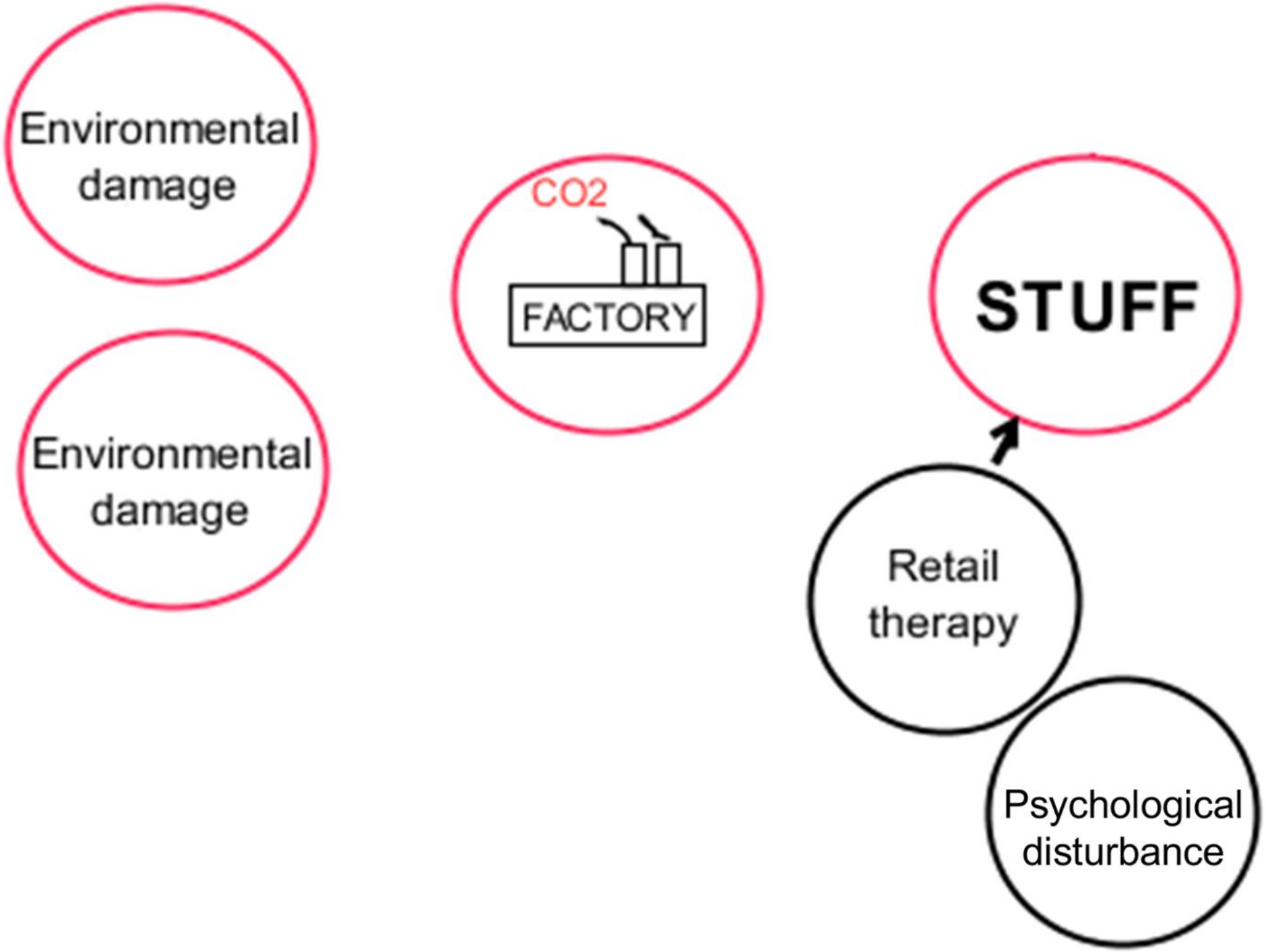
Beer coasters model:

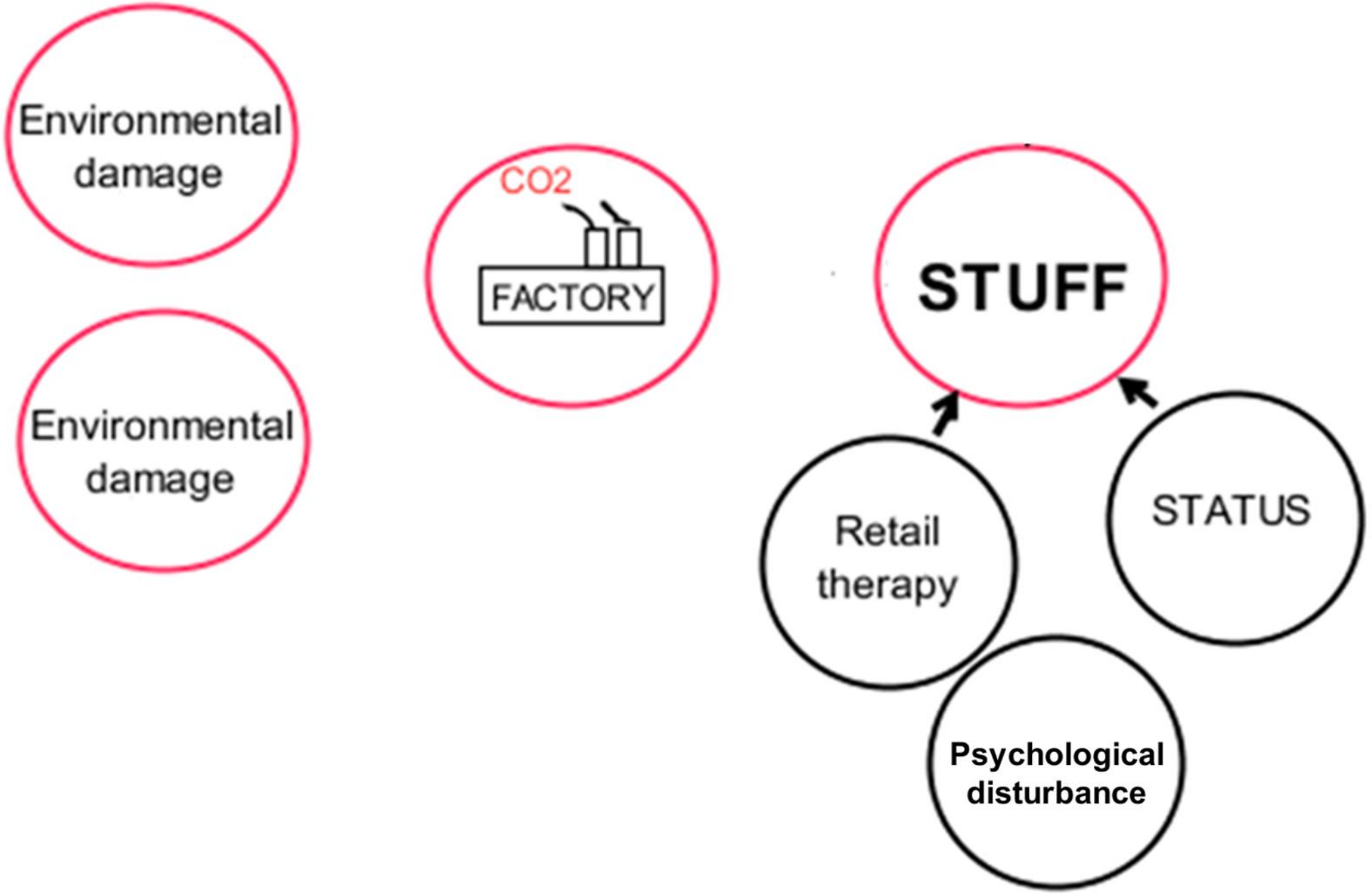
The big picture drivers of environmental destruction



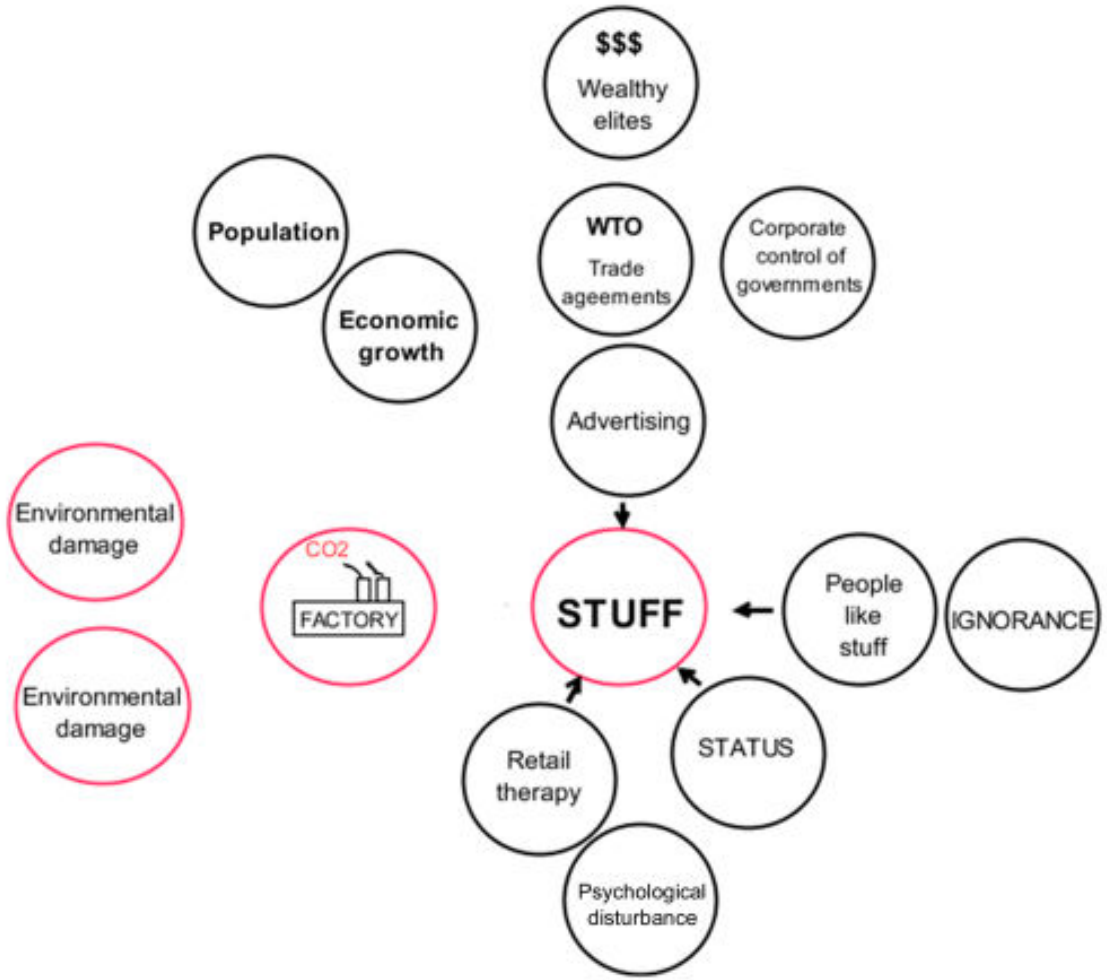

$$$
Wealthy elites
WTO
Trade agreements
Corporate control of governments
Advertising
STUFF
CO2
FACTORY
Environmental damage
Environmental damage

$$$
Wealthy elites
Population
Economic growth
WTO
Trade agreements
Corporate control of governments
Advertising
Environmental damage
CO2
FACTORY
STUFF
Environmental damage


Environmental damage
Environmental damage
CO2
FACTORY
STUFF
Retail therapy
Psychological disturbance


Environmental damage
Environmental damage
CO2
FACTORY
STUFF
Retail therapy
STATUS
Psychological disturbance

Environmental damage
Environmental damage
CO2
FACTORY
STUFF
People like stuff
IGNORANCE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Wealthy elites
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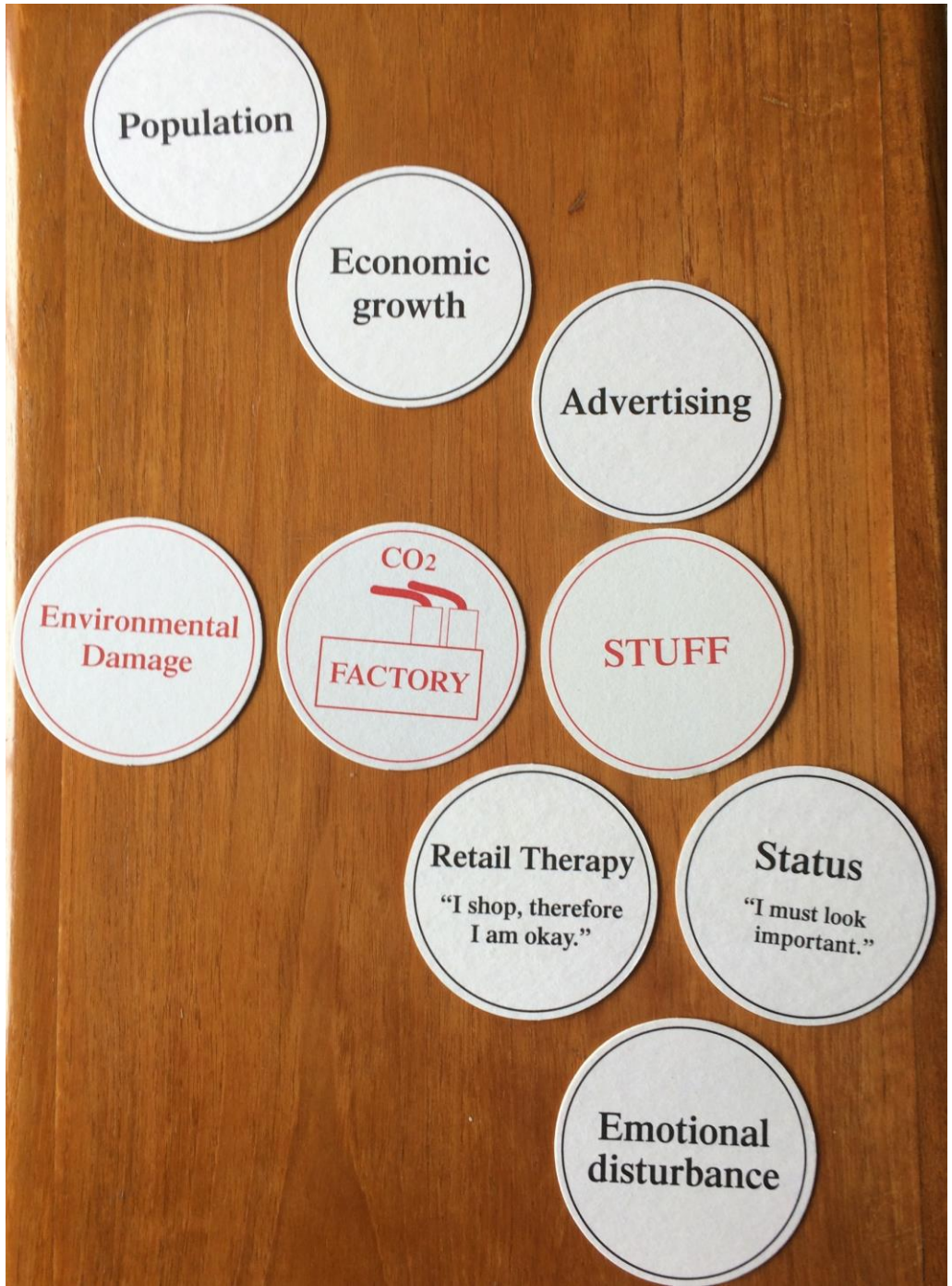

Population
Economic growth
Advertising
Environmental Damage
CO2
FACTORY
STUFF
Retail Therapy
"I shop, therefore I am okay."
Status
"I must look important."
Emotional disturbance

Review

The 3 elements of function:

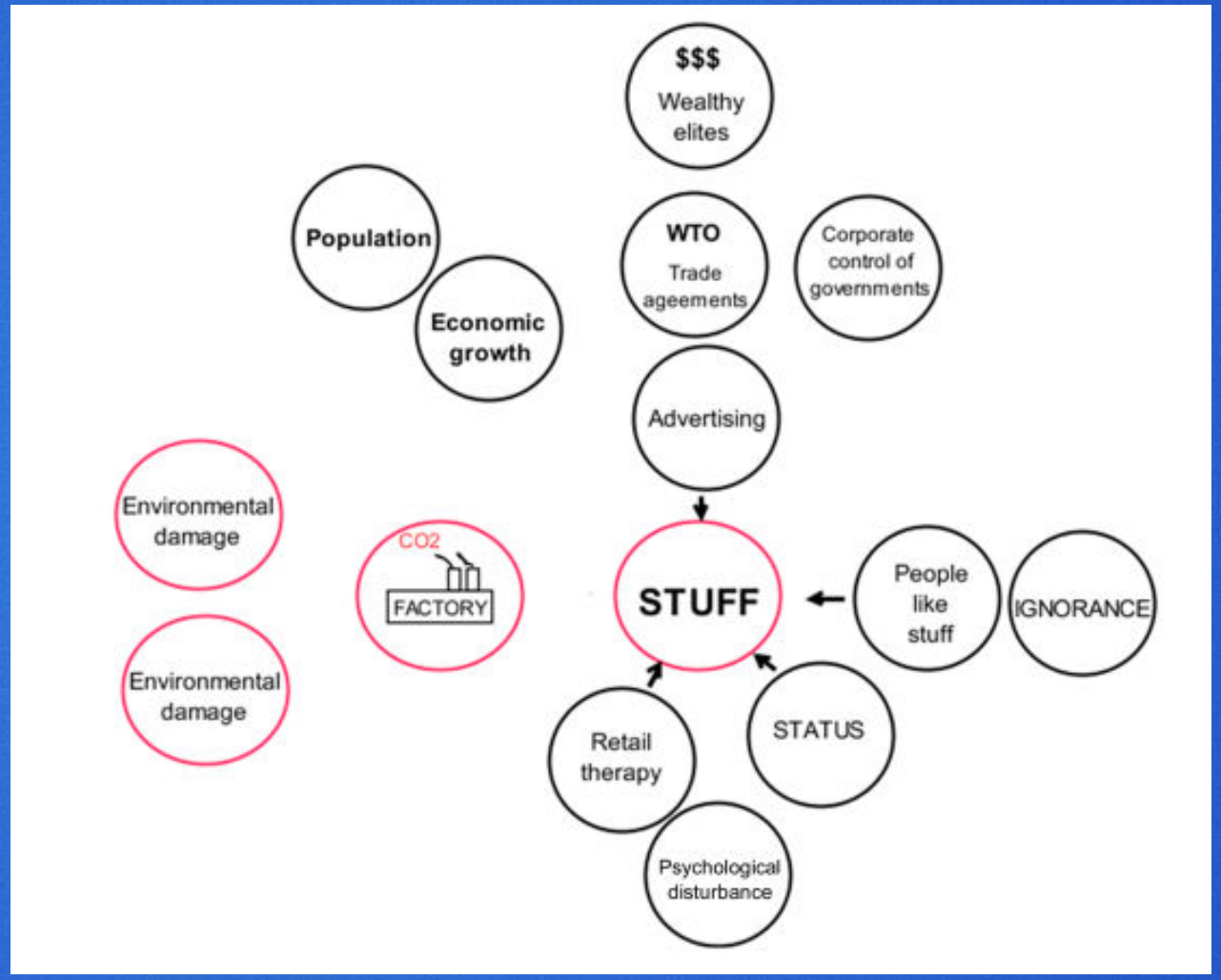
Map

Intention

Modus Operandi

Map

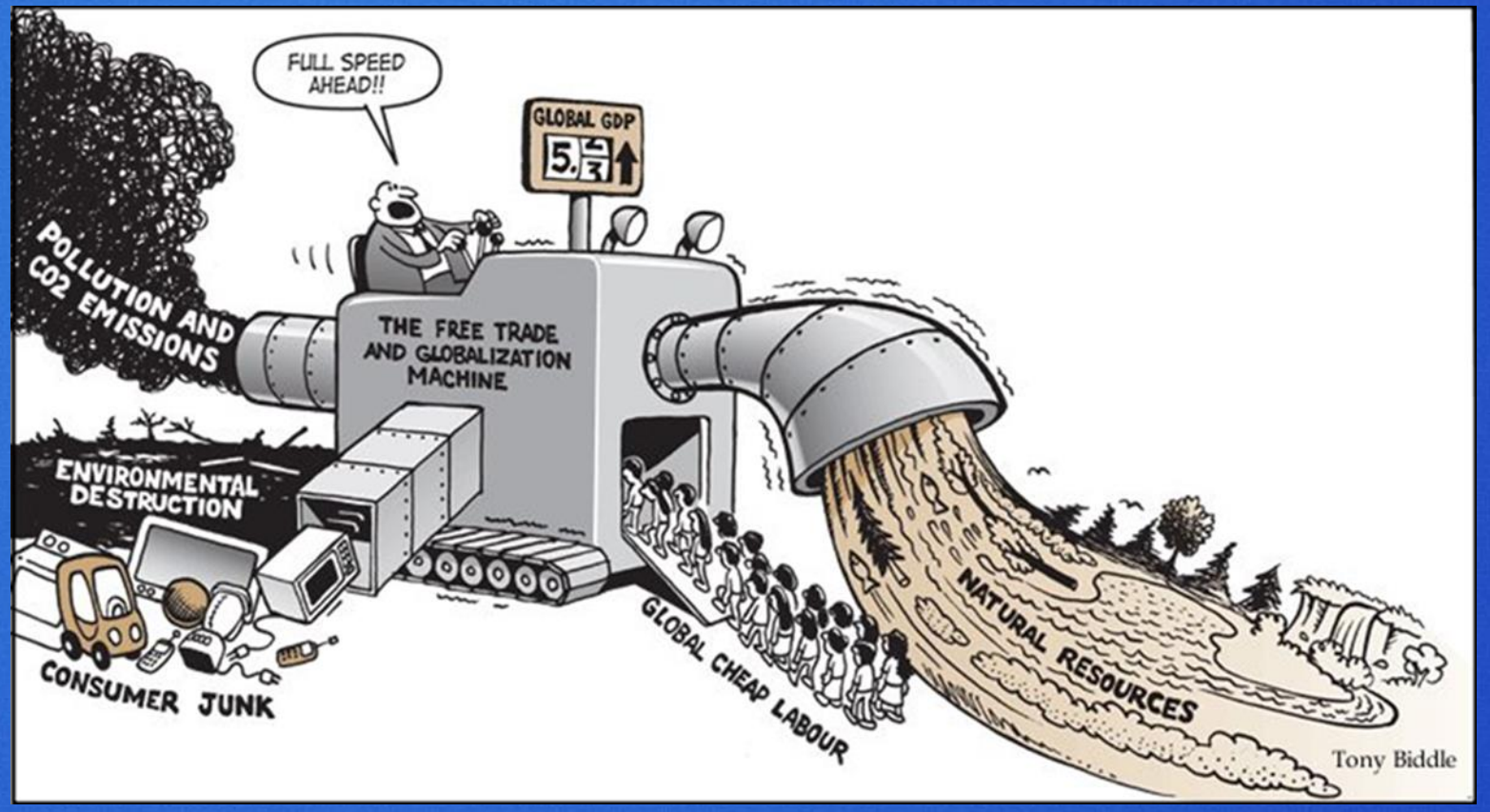
We have been expanding people's **mental maps.**



Intention

The dominant intention
of our globalized culture
is ***economic growth***.

It has produced
our current situation:



Faced with a wicked problem,
it helps to have **positive goal**.

Intention

Our goal is to

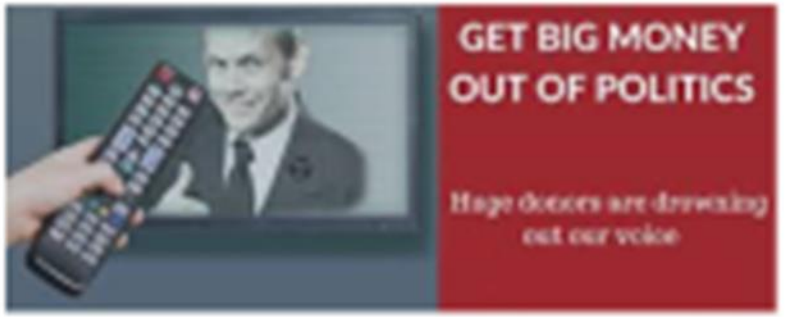
Transition to a life-affirming culture

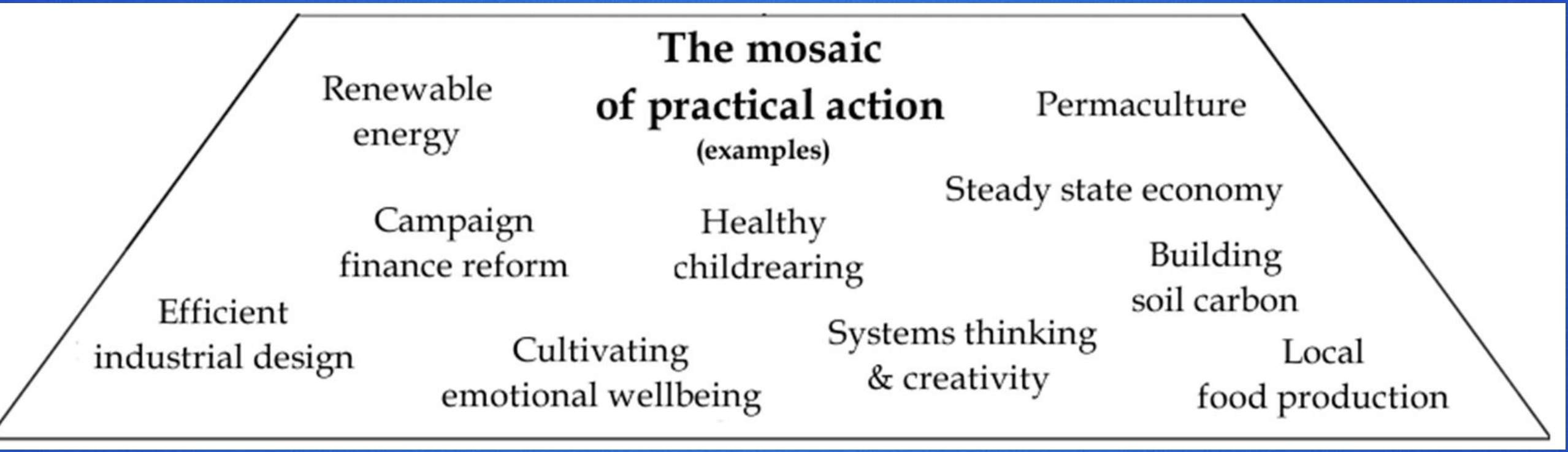
rather than continuing with ecological self-destruction.

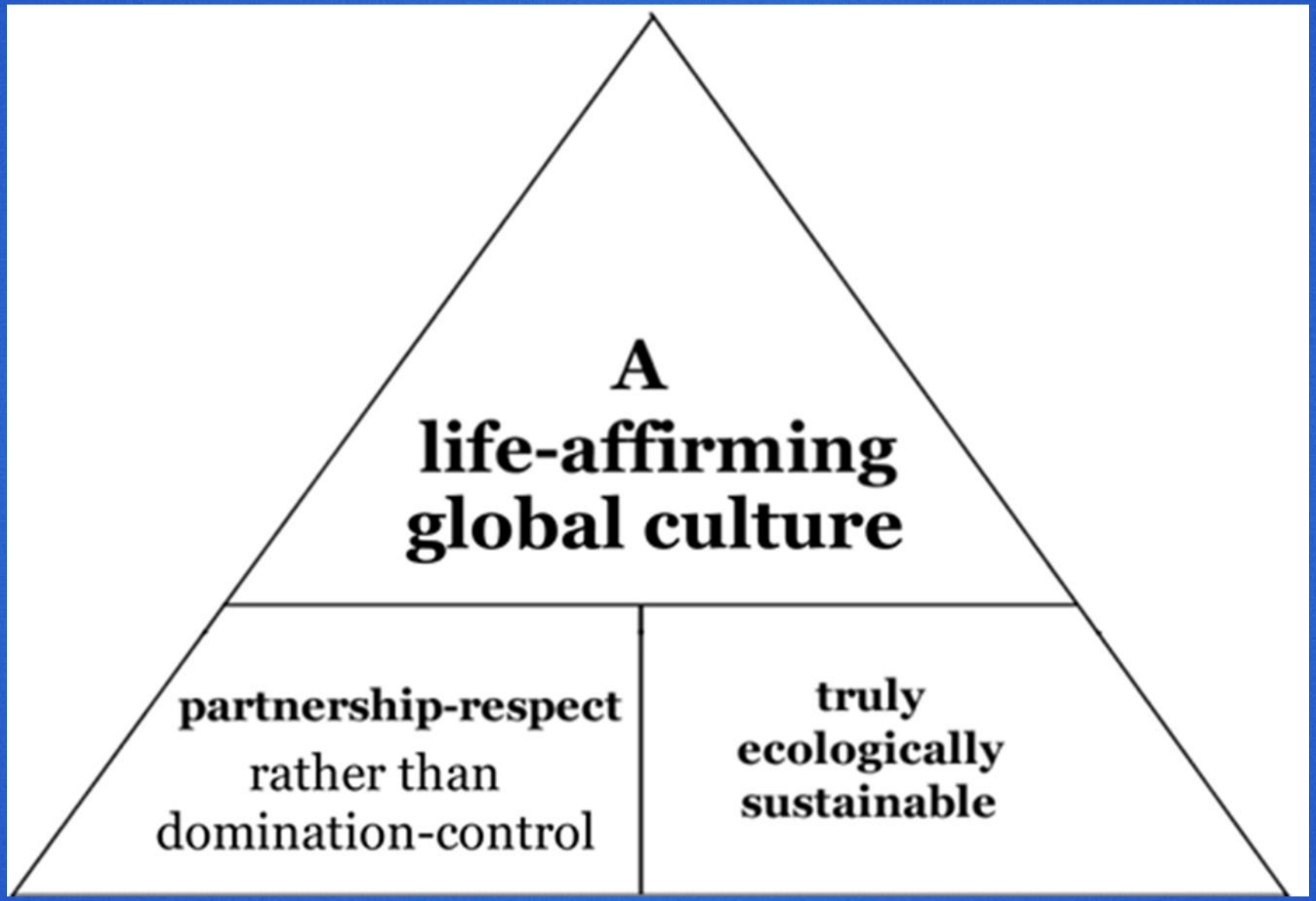
PEACE ACADEMY
PEACE
BUILT ON VALUES
CHENNAI

Women are reigniting
the crucial need for compassion, kindness
and unconditional love.

A
life-affirming
culture




The mosaic
of practical action
(examples)
Renewable
energy
Permaculture
Steady state economy
Campaign
finance reform
Healthy
childrearing
Building
soil carbon
Efficient
industrial design
Cultivating
emotional wellbeing
Systems thinking
& creativity
Local
food production


A
life-affirming
global culture
partnership-respect
rather than
domination-control
truly
ecologically
sustainable

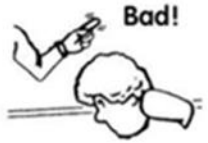
Partnership-respect

Birth without violence

Aikido uses circular movements that enable advanced practioners to take care of their attackers

Government of the people, by the people, and for the people.
Lincoln

Domination-control



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

Review

The 3 elements of function:

Map

Intention

Modus Operandi

Modus operandi

Compare these two styles of martial arts.

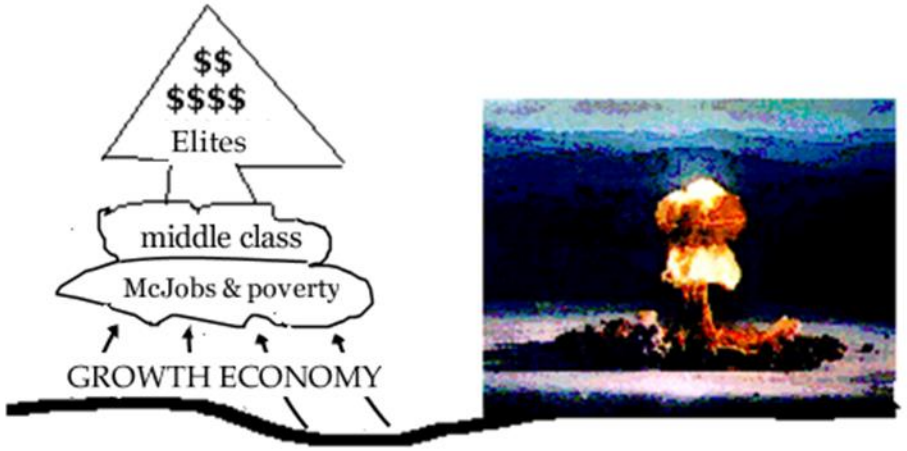
Embodying partnership-respect relating

- Coach new parents to bring out their nurturing side.
- Introduce people to skills to resolve their own emotional triggers.
- Pare back the military budget!

Easy, eh?

Two Paths to the Future

Self-destructing



environmental degradation

potentially war

compulsive consumption

unhealthy food

drugs to quell anxiety

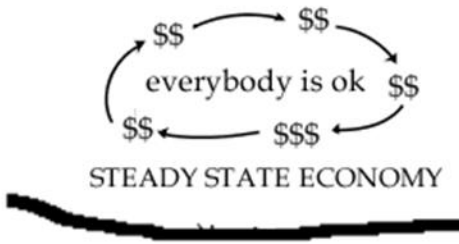
authoritarian education

stress

punitive childrearing

Domination
control

Life-affirming



materially modest lifestyles

ecologically sustainable

inner wellbeing

positive workplace relations

democratic education

Nurturing parenting

Partnership
respect

Review

The 3 elements of function:

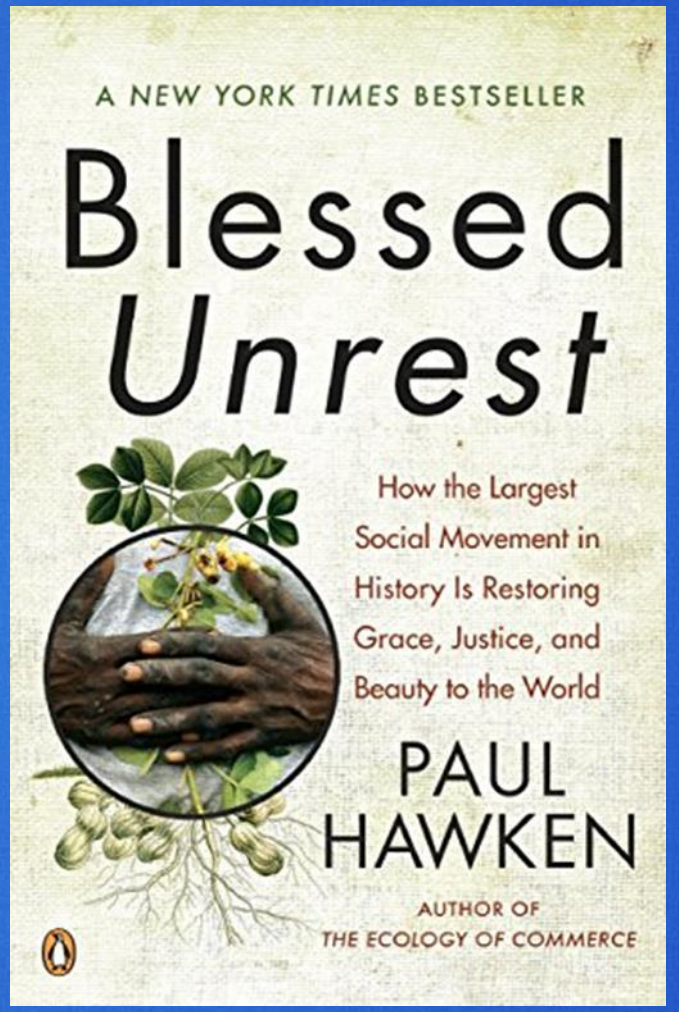
Map
Intention
Modus Operandi

I have proposed an overarching goal:

Q: How might we seed it into mainstream thinking?

Good news:

There are millions of groups that care about environmental and social well-being.



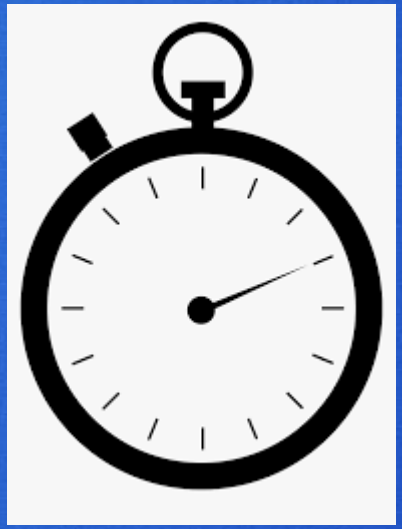
Bad news:

They are fragmented.

And overall, we are failing.

It has been scientifically proven that if a controversial topic is raised in a social setting,

the conversation will polarise in 3.2 seconds!



It's better to arrange a quiet time for thoughtful conversation.

Vision of an evolutionary social change movement

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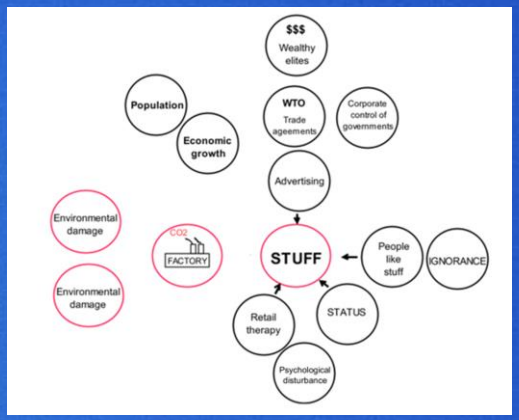
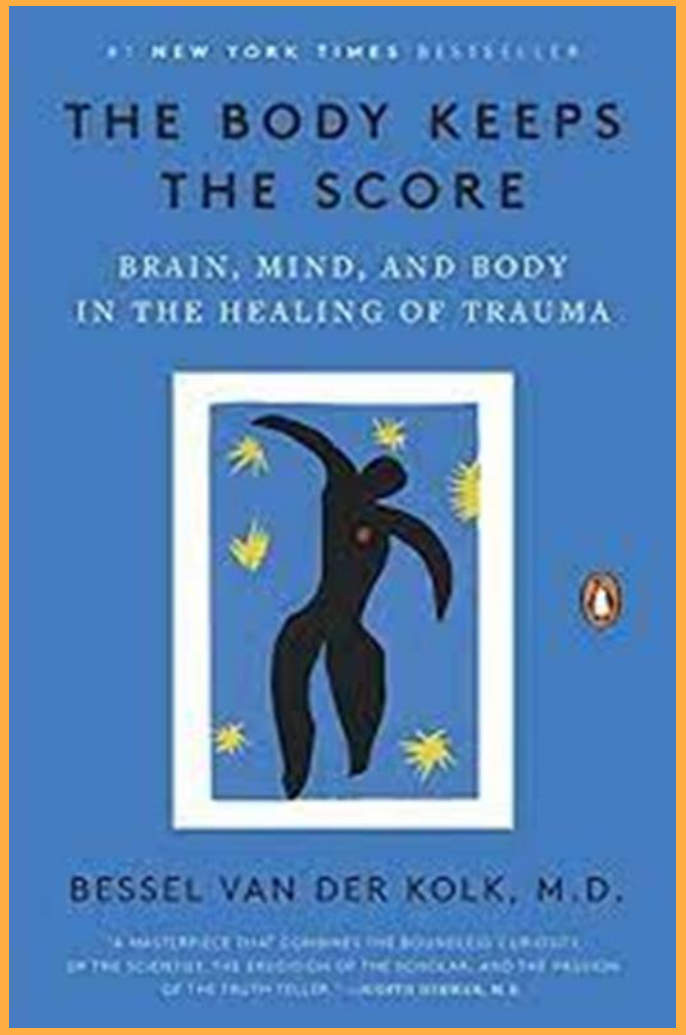


League of Evolutionary Catalysts

Q: How might this relate to CACOR?

Andrew Gaines
Inspiring Transition
andrew.gaines@InspiringTransition.net
www.InspiringTransition.net

Greta Thunberg will have reason to hope when she sees that mainstream society is committed to turning things around.



Experiential techniques that work

Measurable brain changes

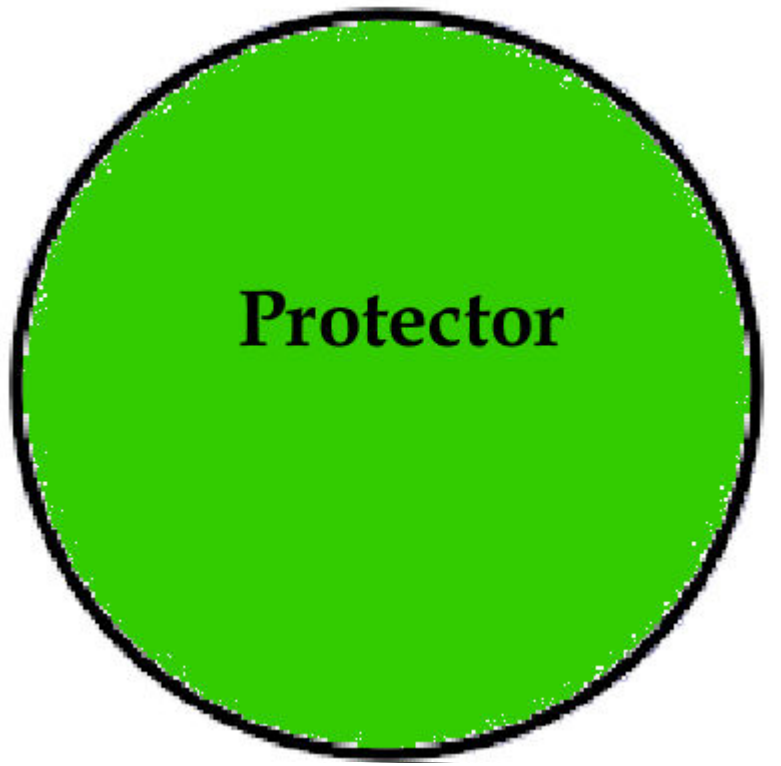
Emotional improvement

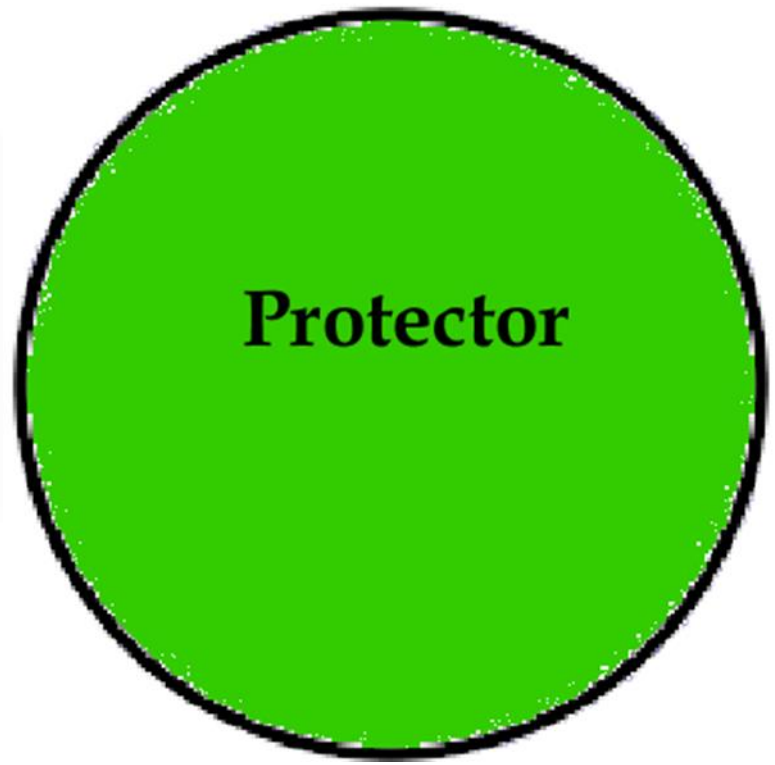
Internal Family Systems Therapy (IFS)

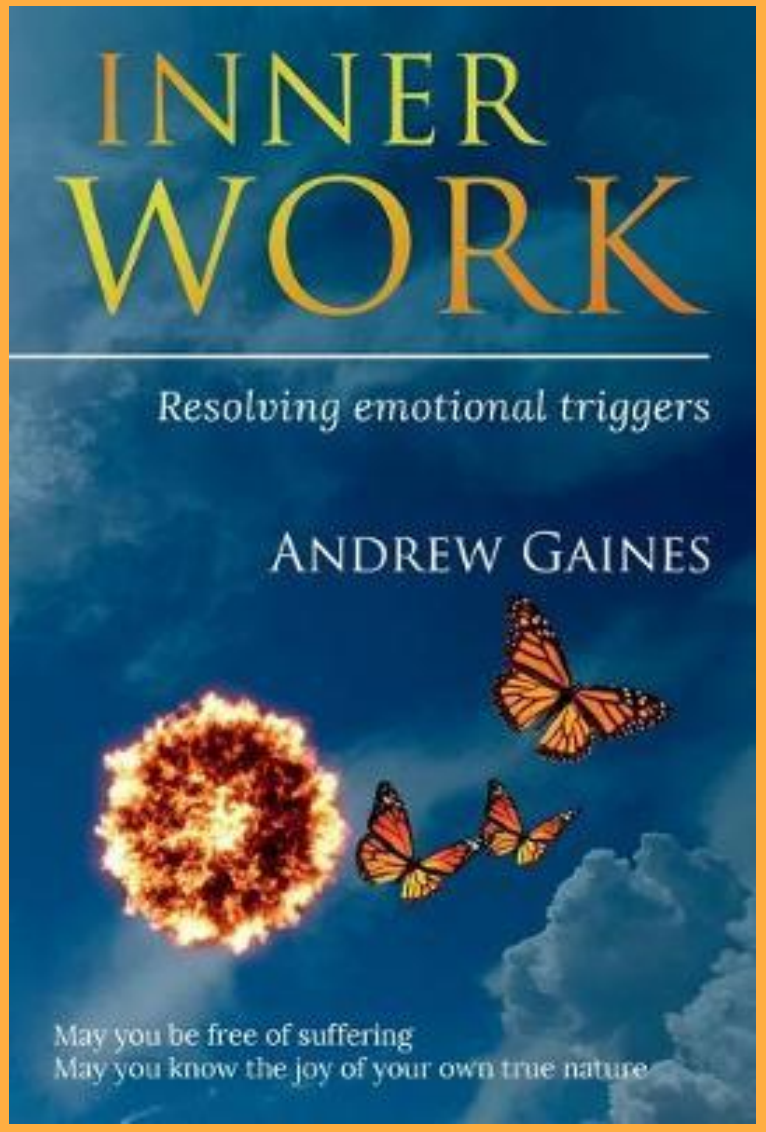
Our psyche is composed of parts.

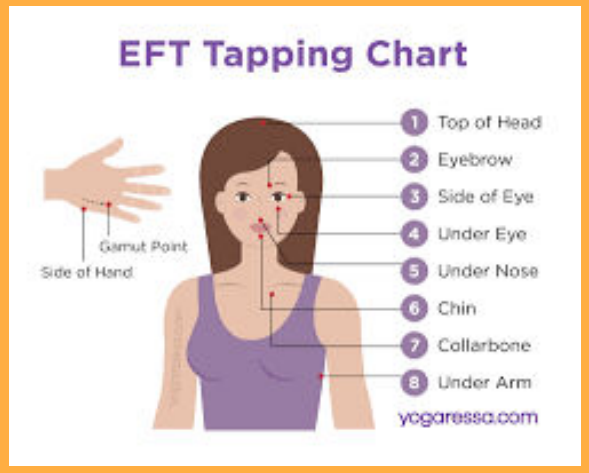
A well-known part is our internal Critic.

Traumatised
part
pain
rage


Protector


Protector





EFT

St. Francis Process

These techniques, with others, offer the possibility of accelerating healthy cultural evolution.

Andrew Gaines

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