

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

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.

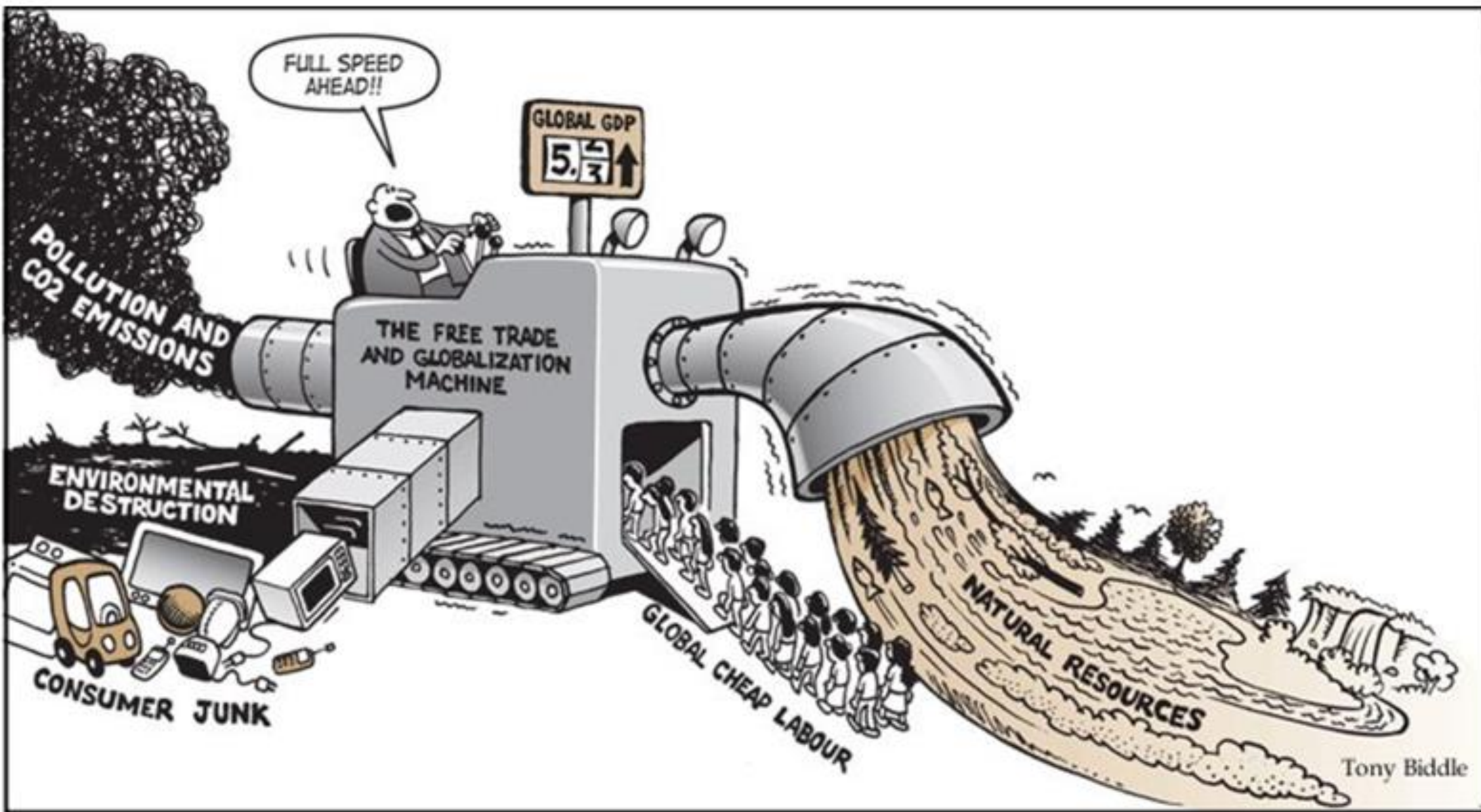
Decide that you will pay attention to it for a minute or two. In fact, give yourself this internal instruction:

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

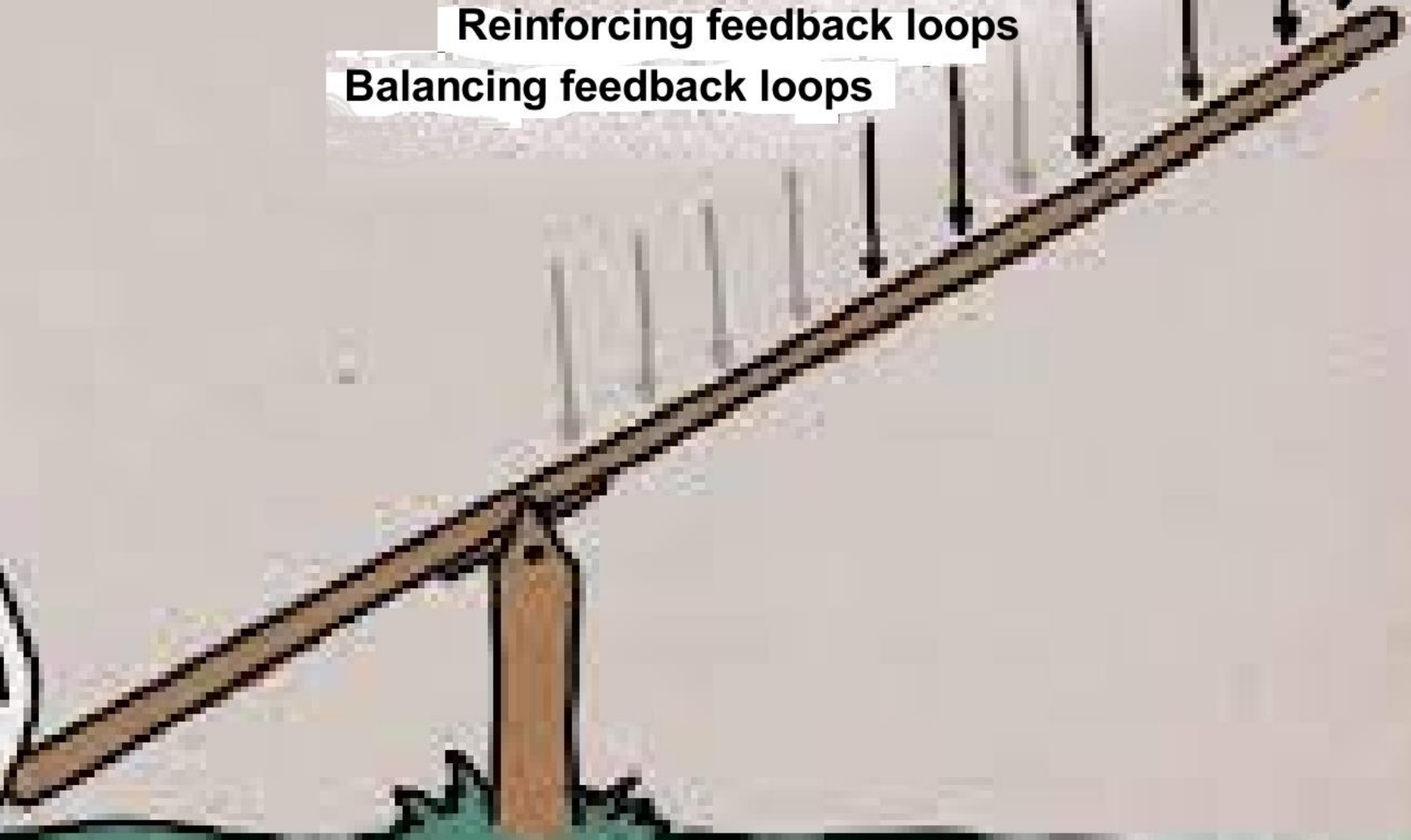
The system GOAL

System structure

System rules

Reinforcing feedback loops

Balancing feedback loops



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.

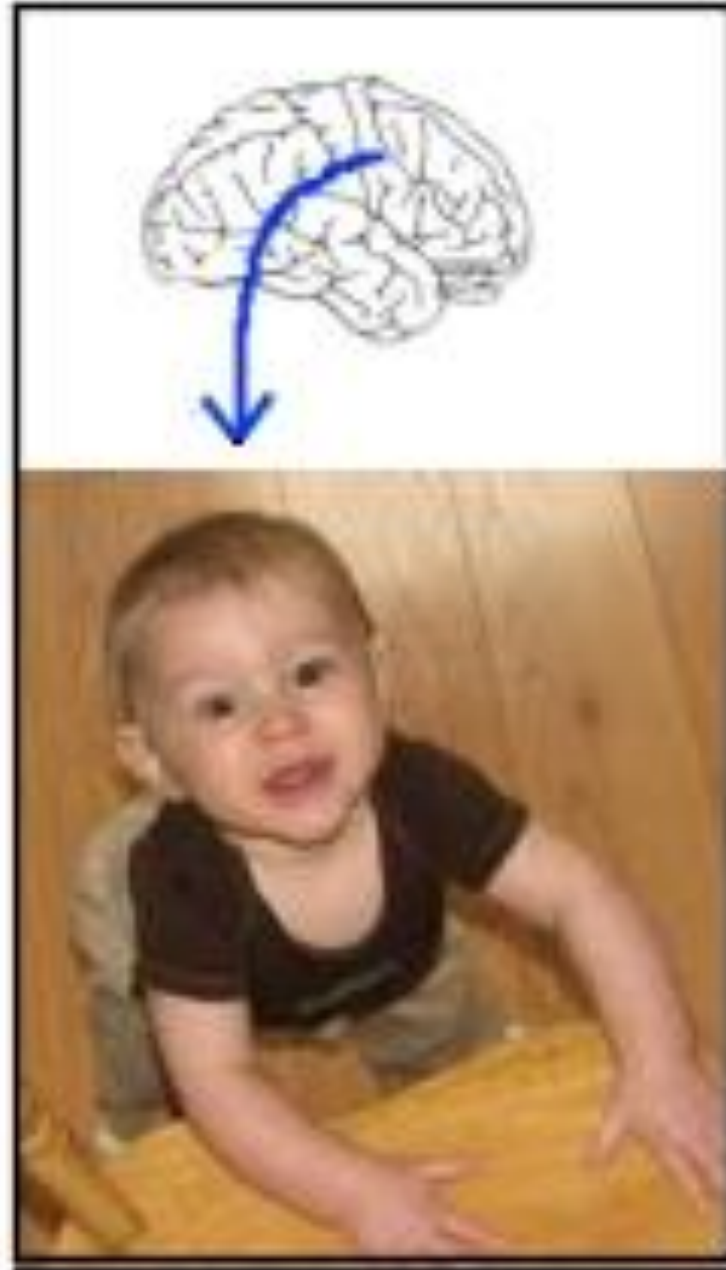
It is very light ball – like a small balloon – and the adults throw it to her gently. However, it hits her in the face every time and she cries. But she wants to play.

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.

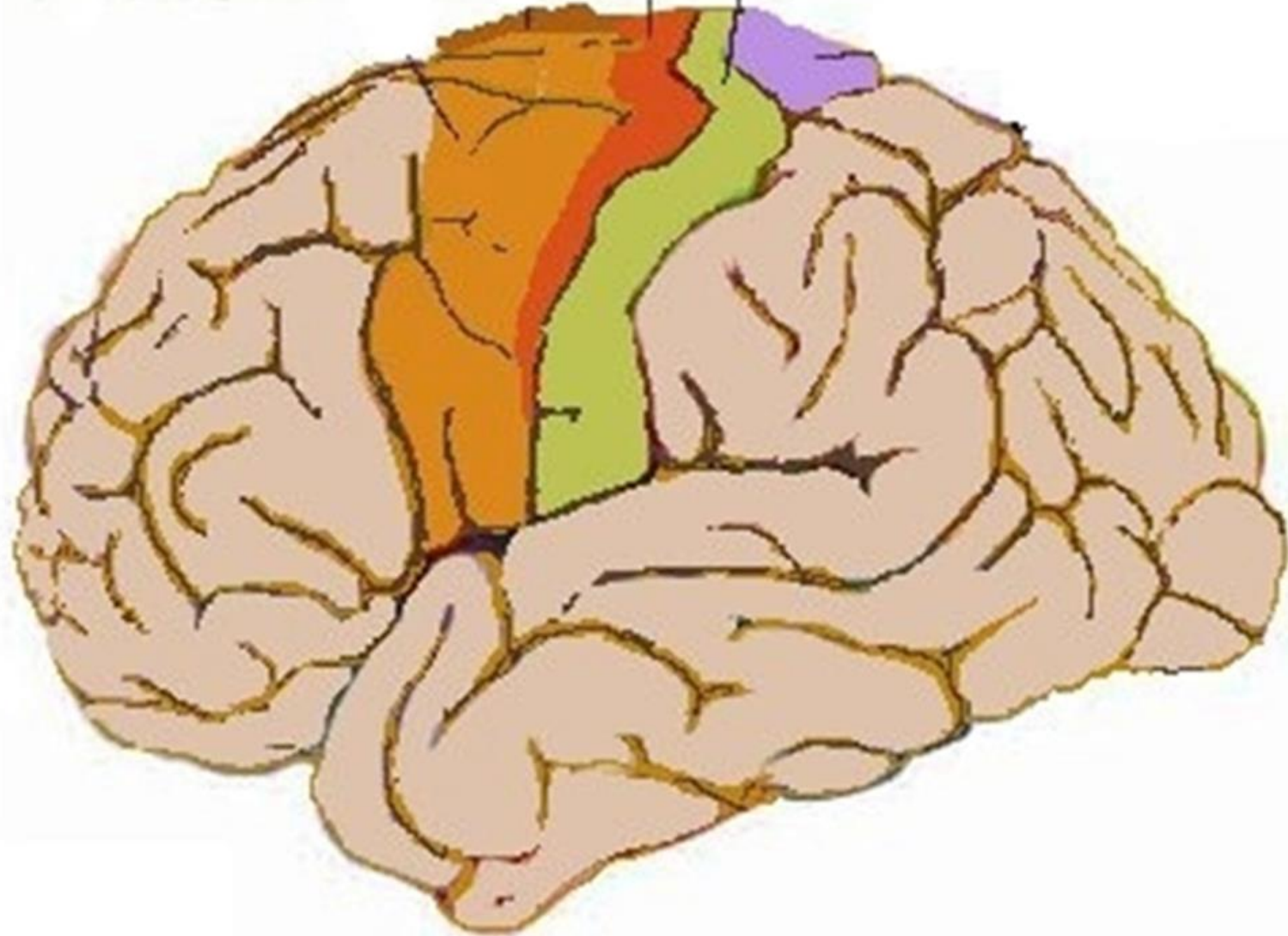


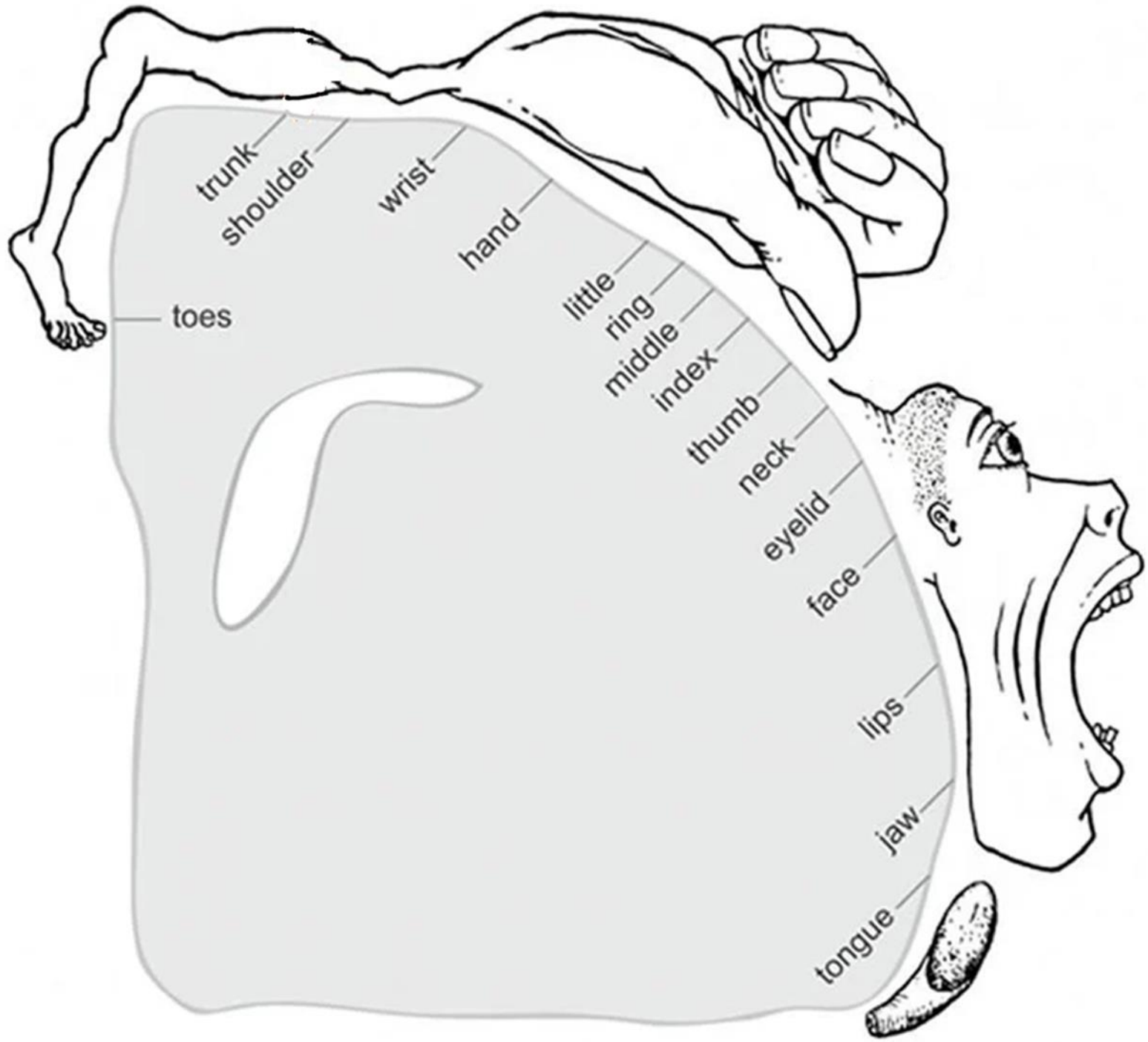
Let's look at the neurology

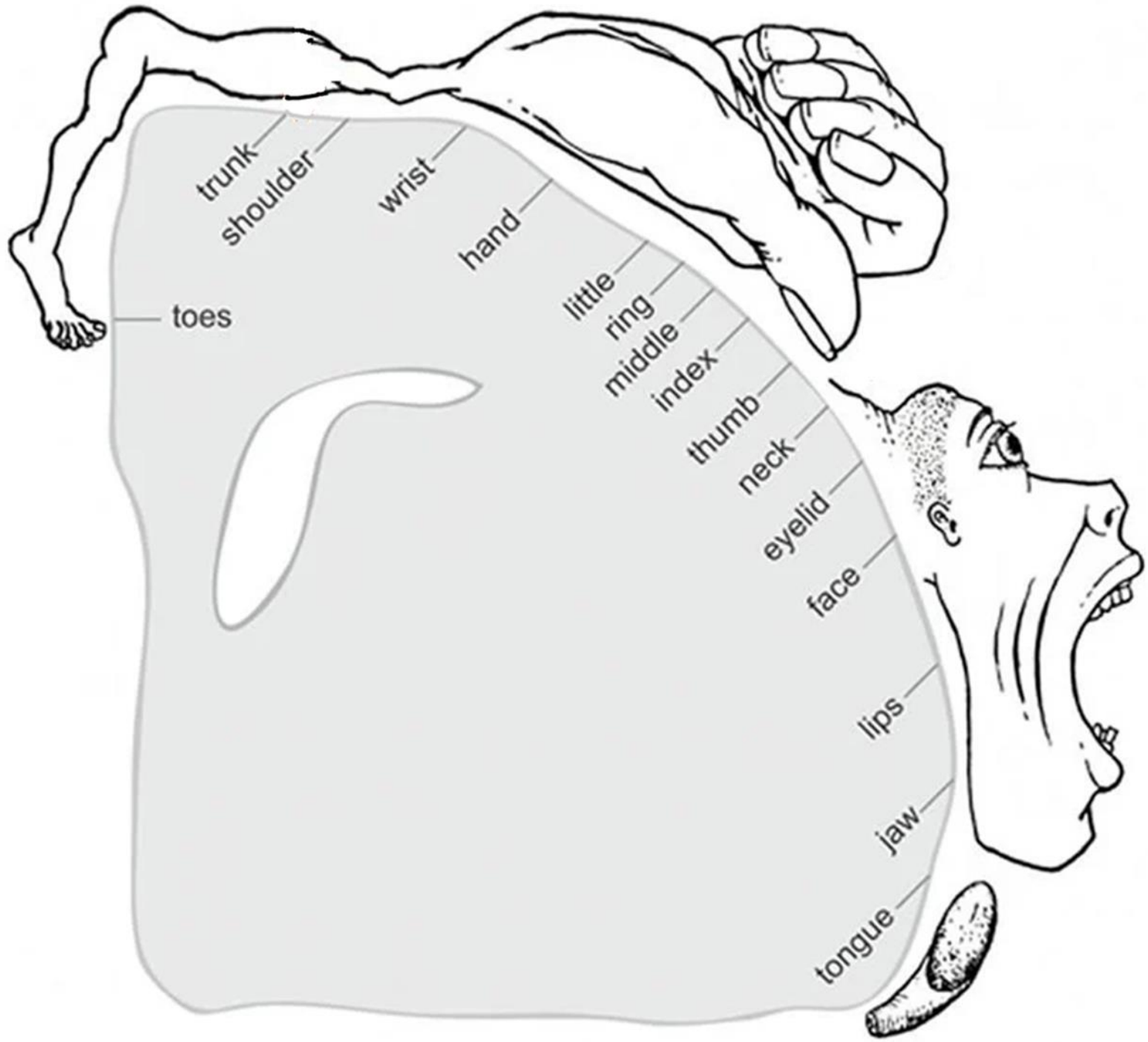


Primary motor cortex

Primary somatosensory cortex







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



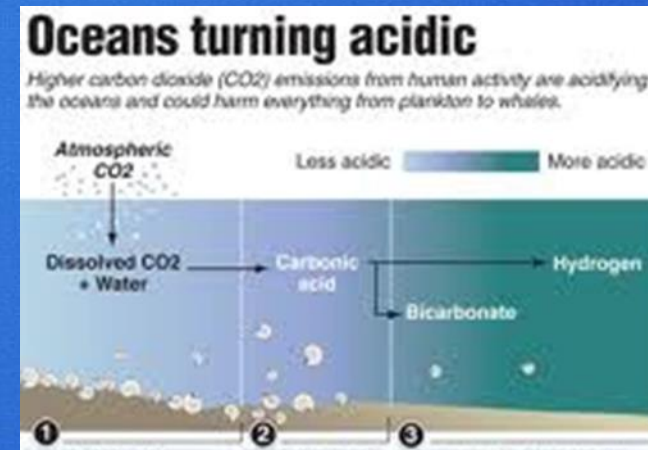
Species loss



Deforestation



Drought, freshwater depletion



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:

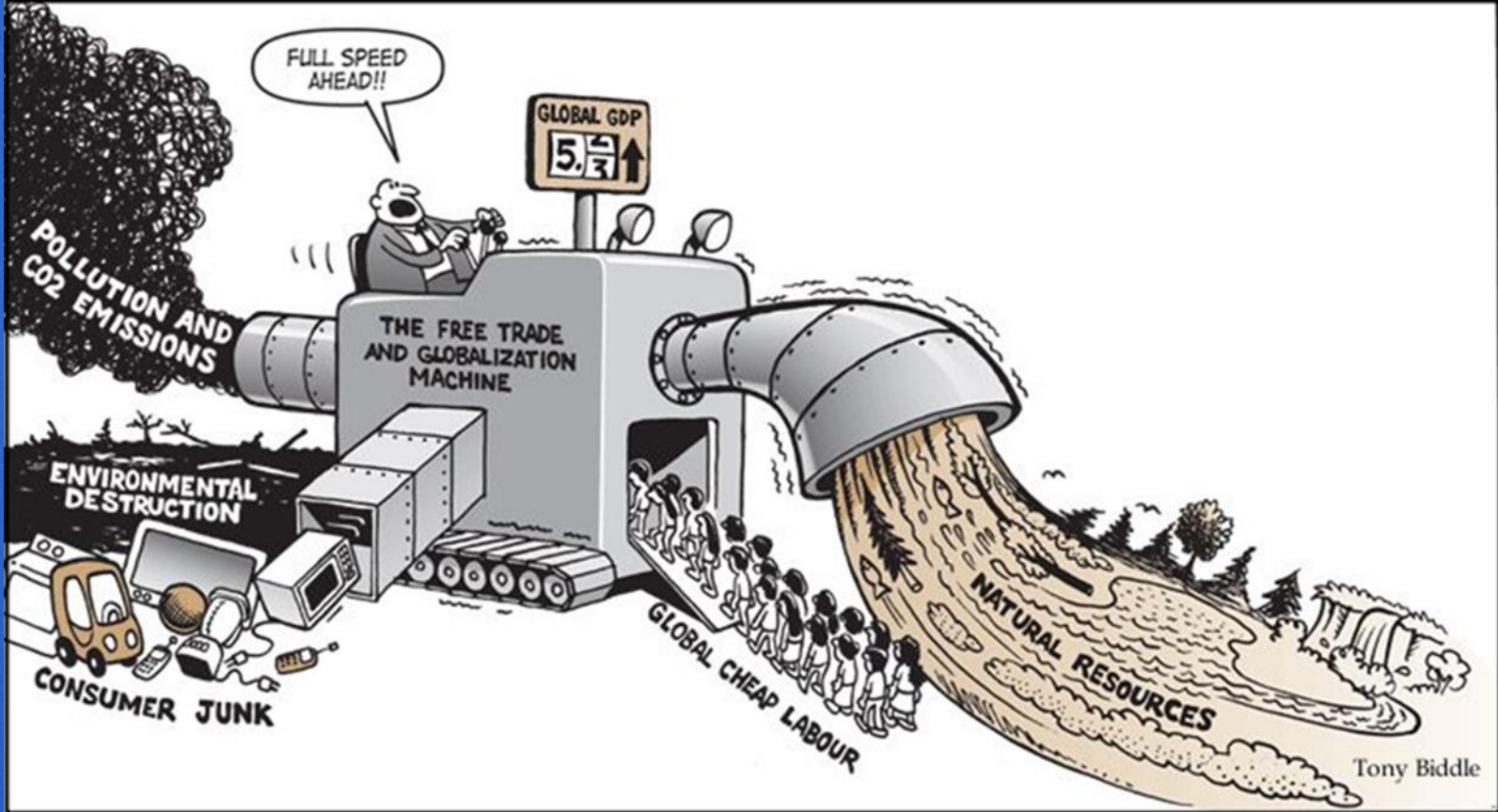


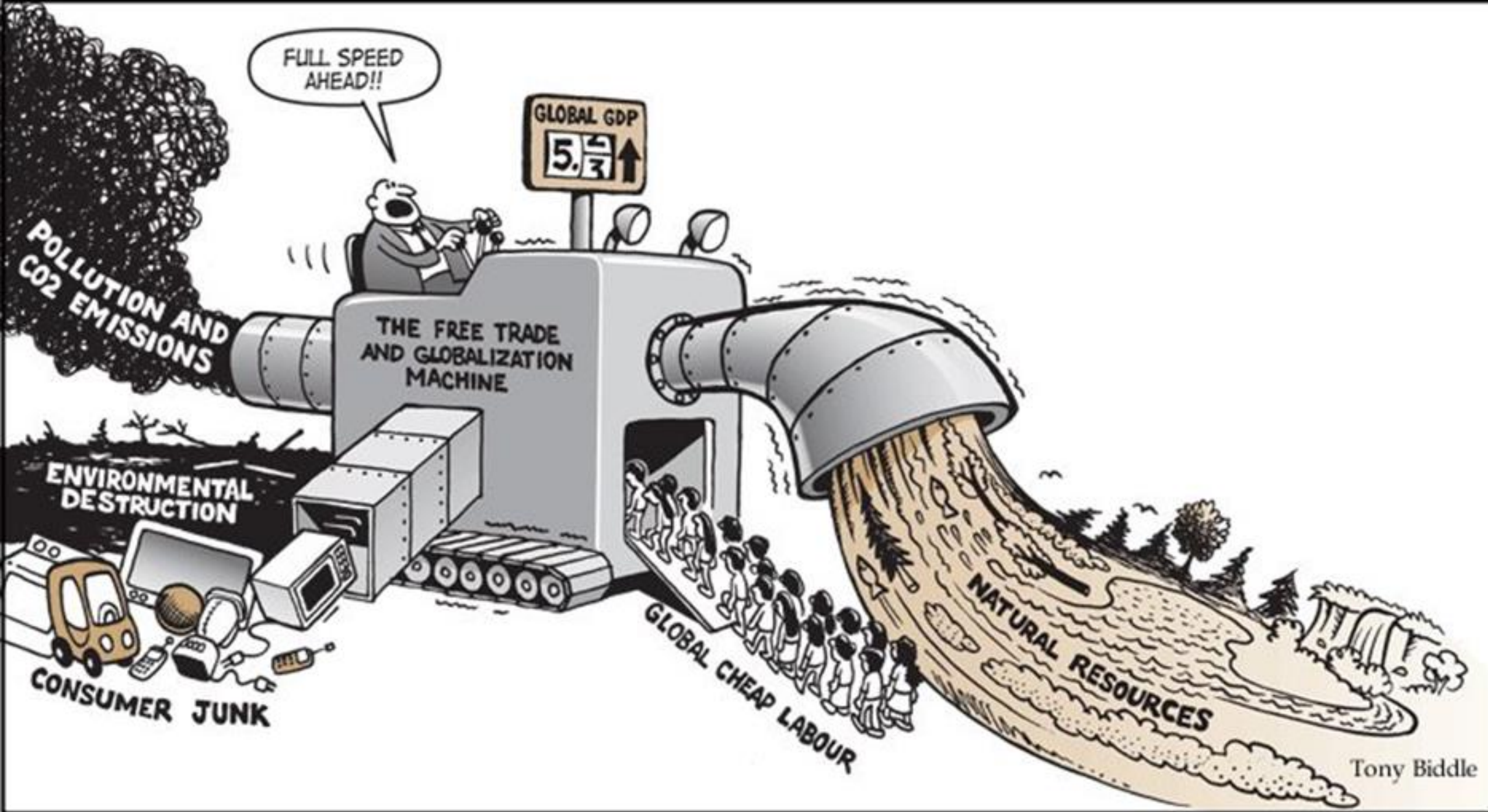
*On a scale of 1 to 10, how concerned
are you about climate change?*

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:

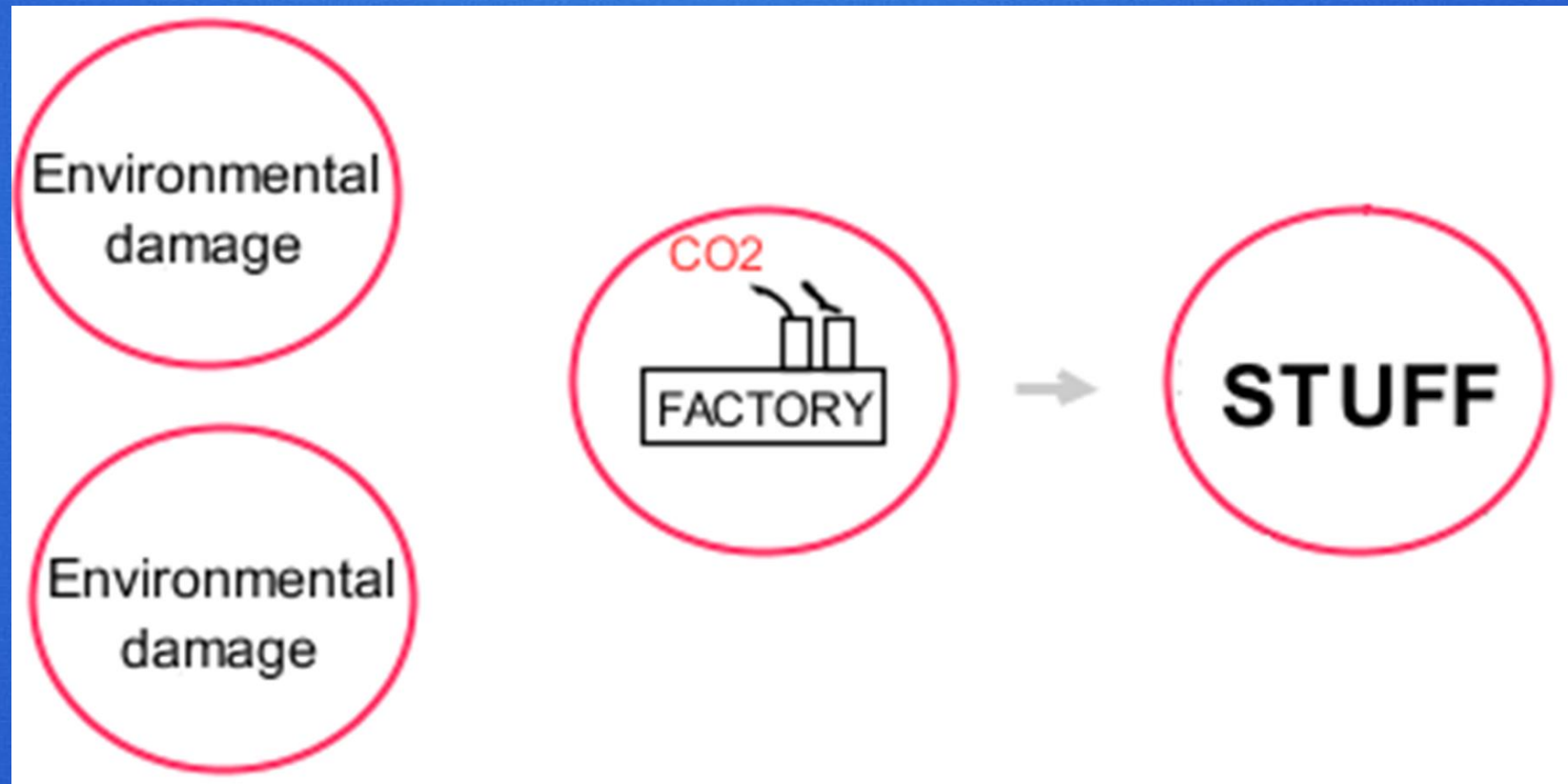




The great Feldenkrais question is:

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

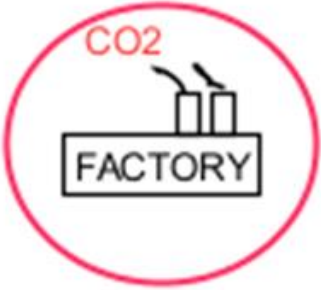
Advertising

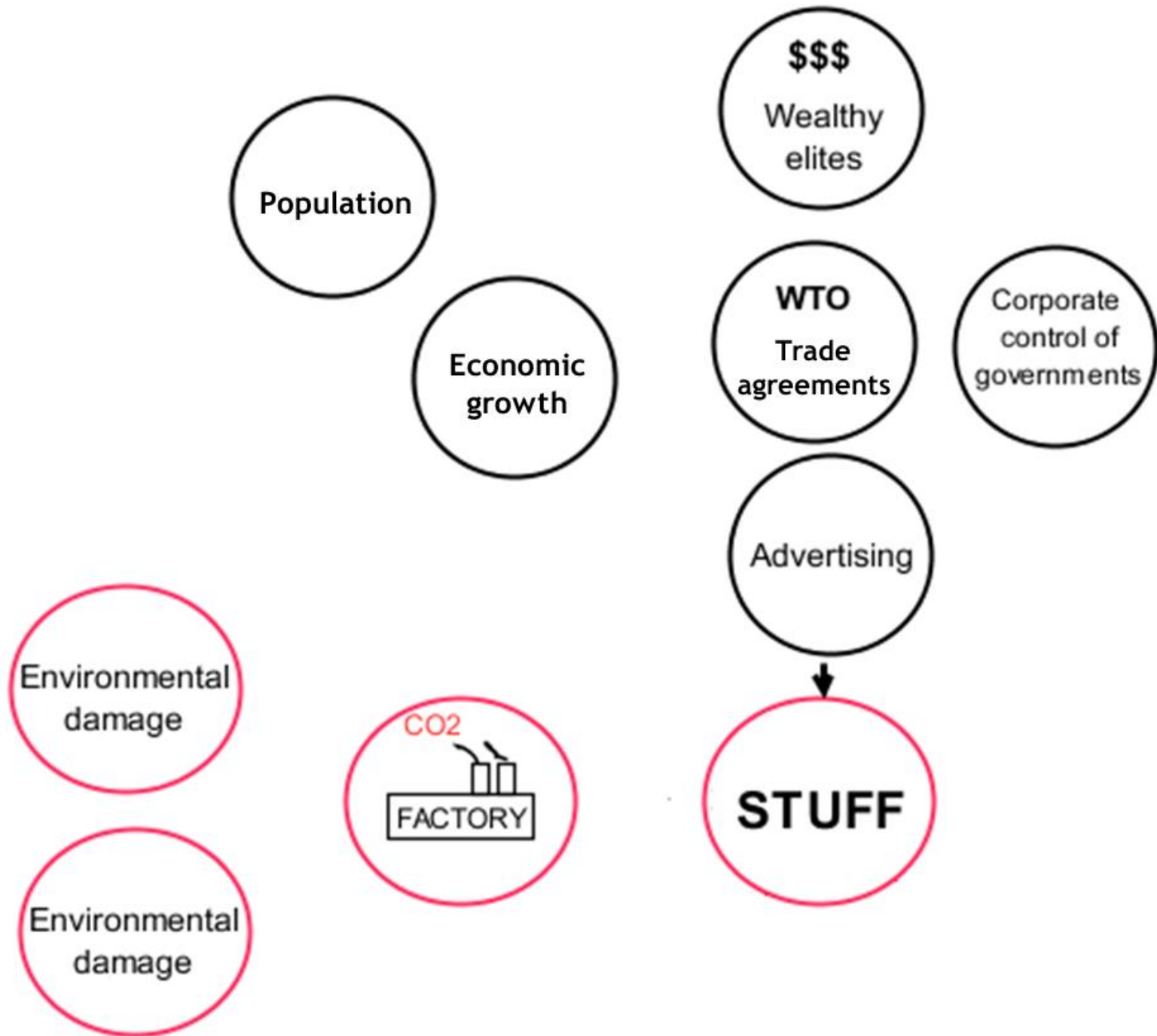


STUFF

Environmental damage

Environmental damage





Environmental
damage

Environmental
damage



STUFF

Retail
therapy

Psychological
disturbance

Environmental
damage

Environmental
damage



Environmental
damage

Environmental
damage

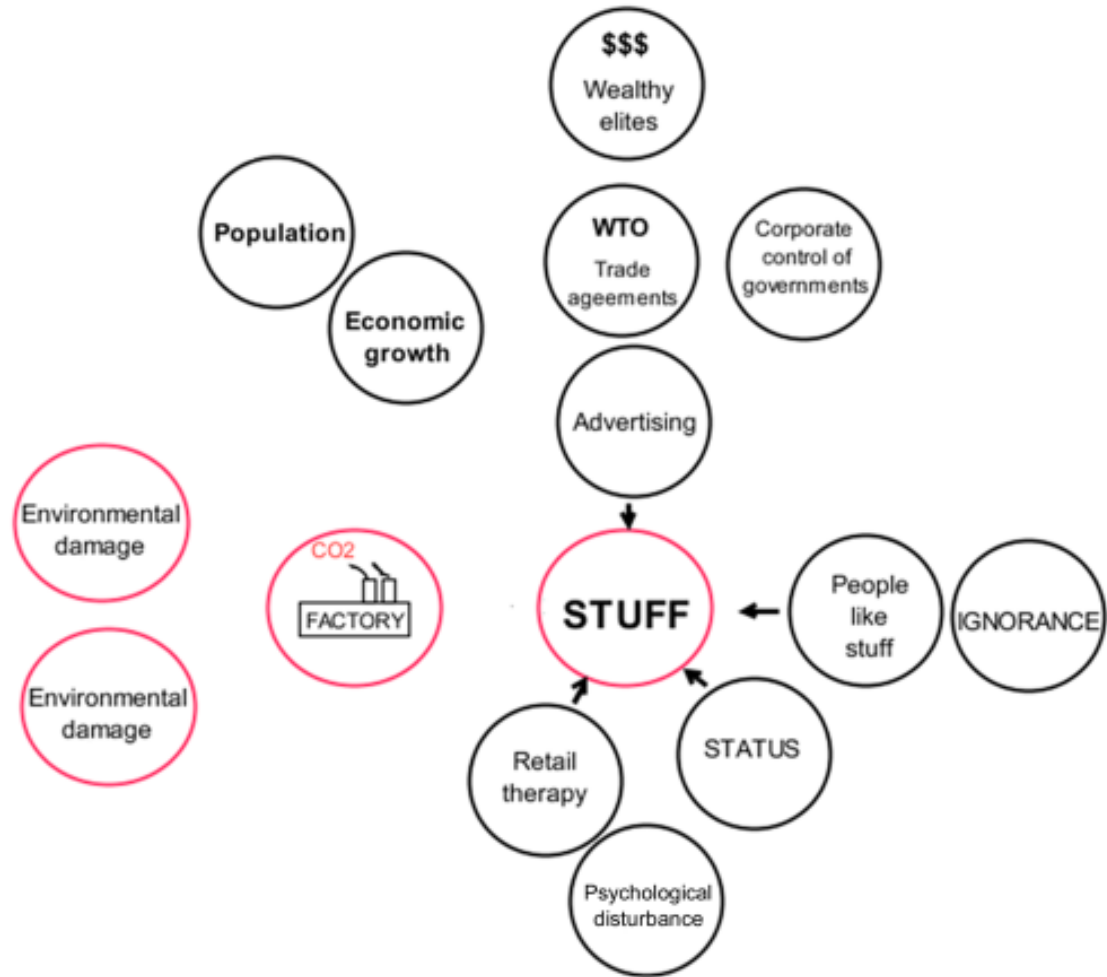


STUFF



People
like
stuff

IGNORANCE



Review

The 3 elements of
function:

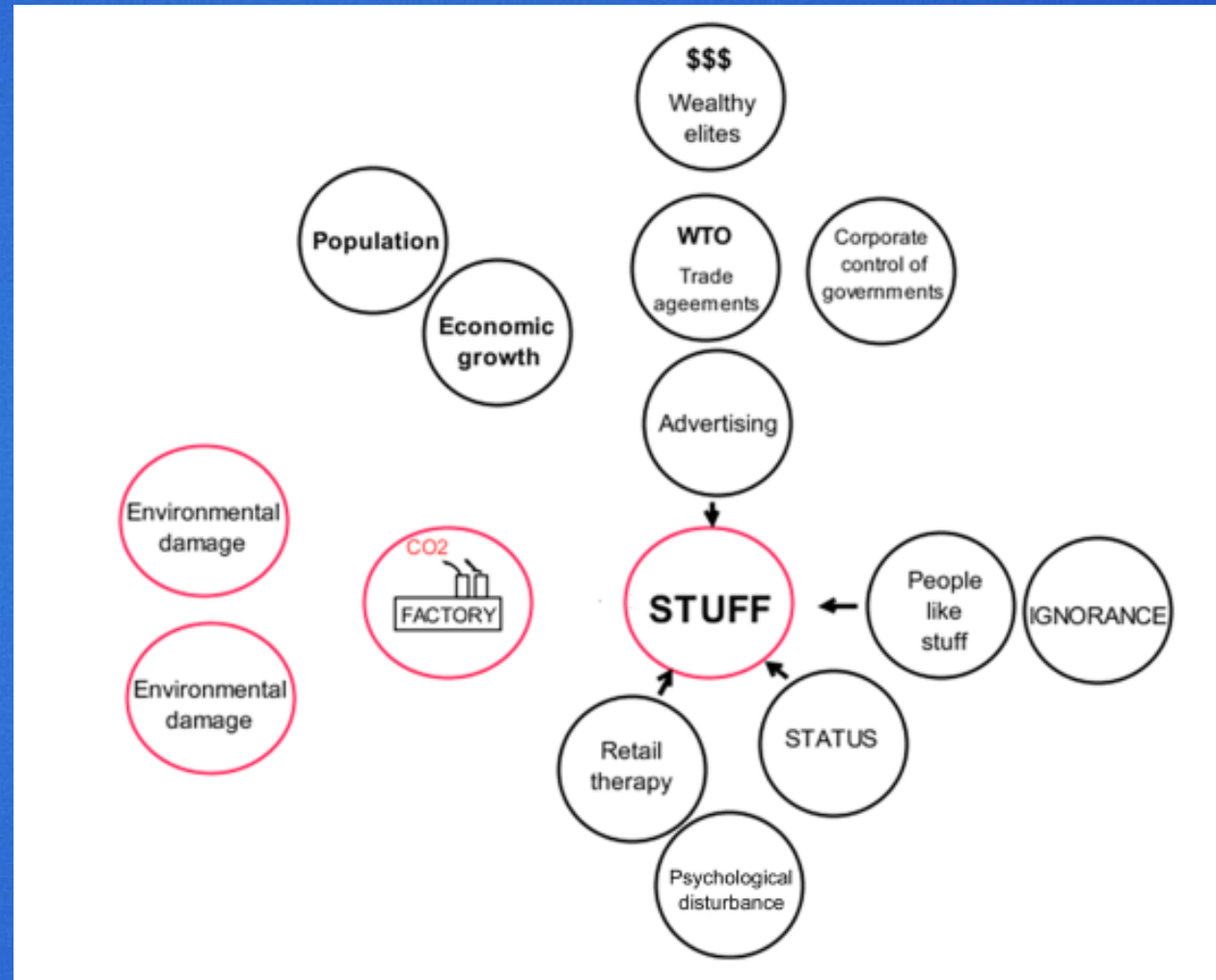
Map

Intention

Modus Operandi

Map

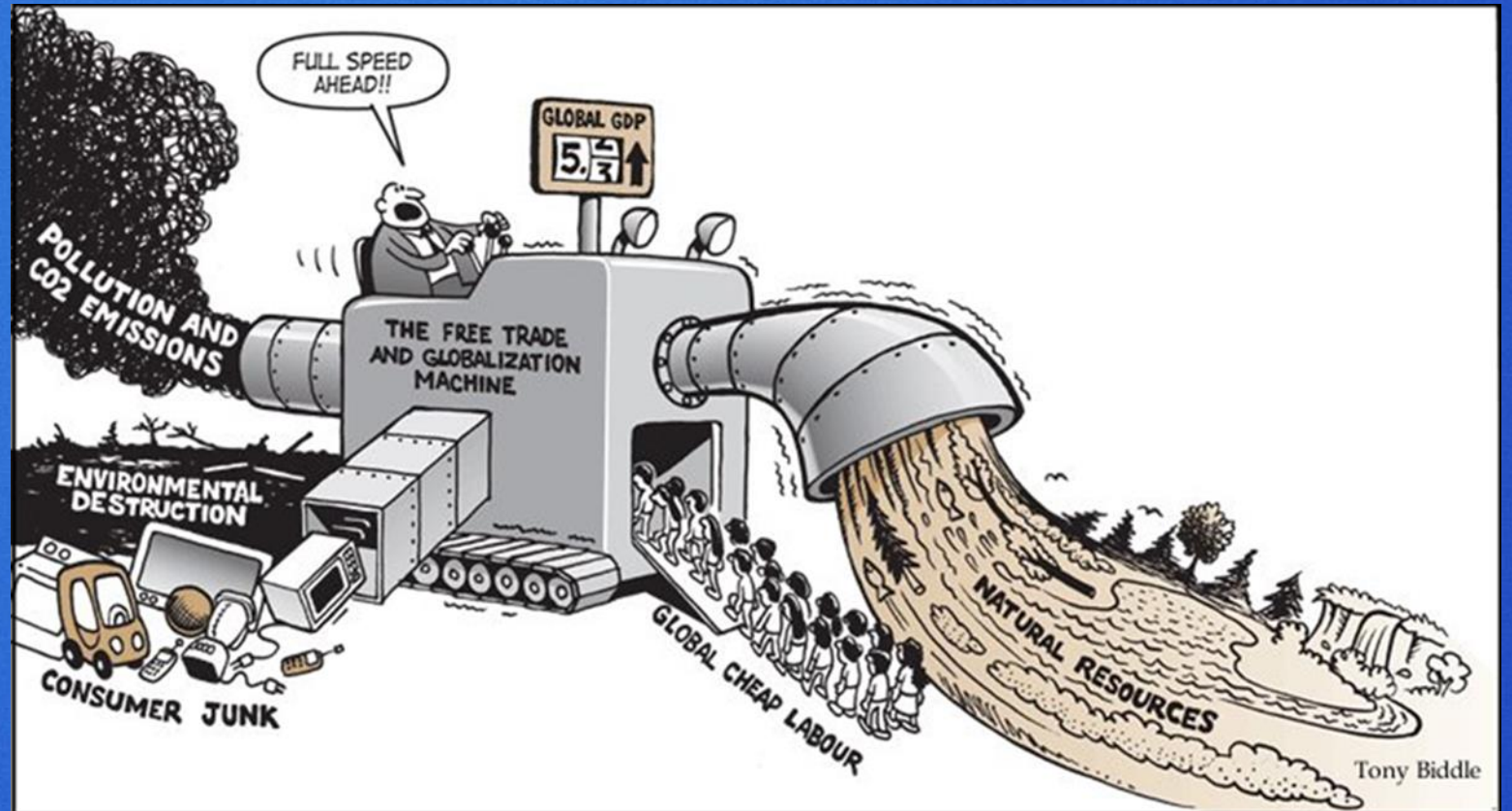
We have been expanding people's mental maps.



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.





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

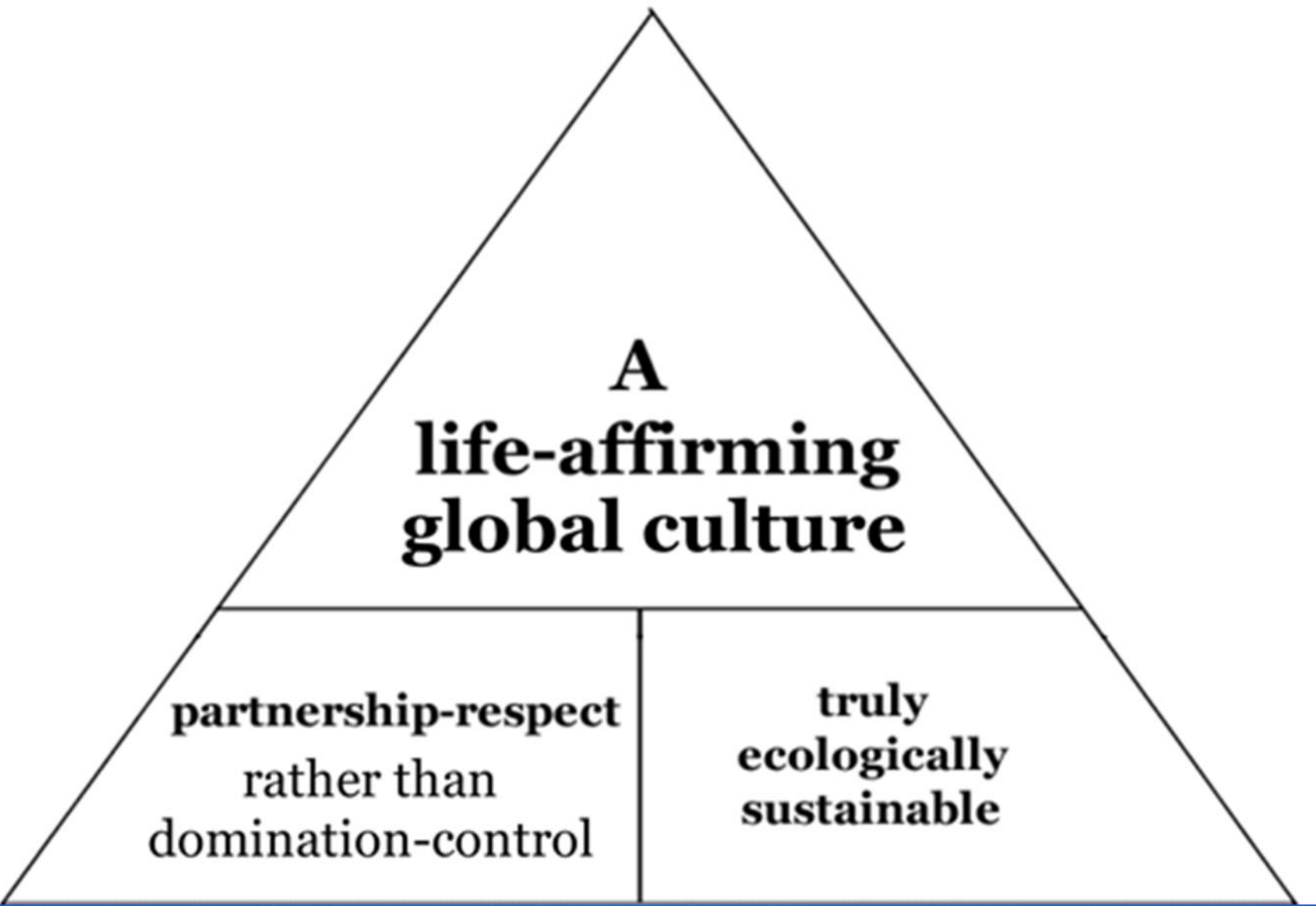
Building
soil carbon

Efficient
industrial design

Cultivating
emotional wellbeing

Systems thinking
& creativity

Local
food production



Partnership-respect



Birth without violence

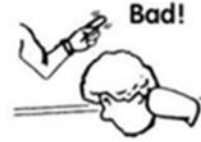


Aikido uses circular movements that enable advanced practitioners to take care of their attackers



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

Domination-control



Partnership and Dominator levels of relating

Partnership-respect relating



United Nations

Local economies

Collaborative workplaces

Democratic education

Nurturing parenting

Birth without violence (Leboyer)

Domination-control relating

Corporate control of the state

War

World Trade Organisation

Speculative economy

Dominator workplaces

Authoritarian schools

Punitive parenting

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

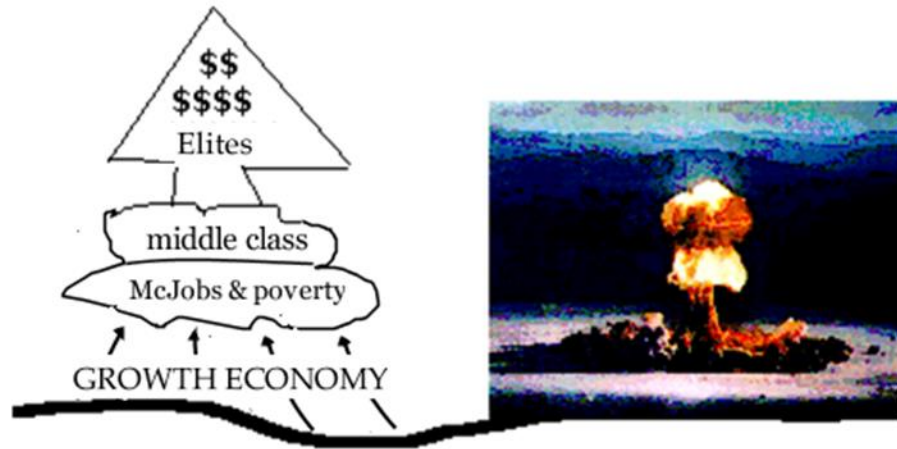
- Coach new parents to bring out their nurturing side.
- Introduce people to skills to resolve their own emotional triggers.
- Pare back the military budget!

Easy, eh?

Self-destructing

Two Paths to the Future

Life-affirming



environmental degradation

potentially war

materially modest lifestyles

ecologically sustainable

compulsive consumption

unhealthy food

drugs to quell anxiety

inner wellbeing

positive workplace relations

authoritarian education

stress

democratic education

punitive childrearing

Nurturing parenting

Domination control

Partnership respect

Review

The 3 elements of
function:

Map

Intention

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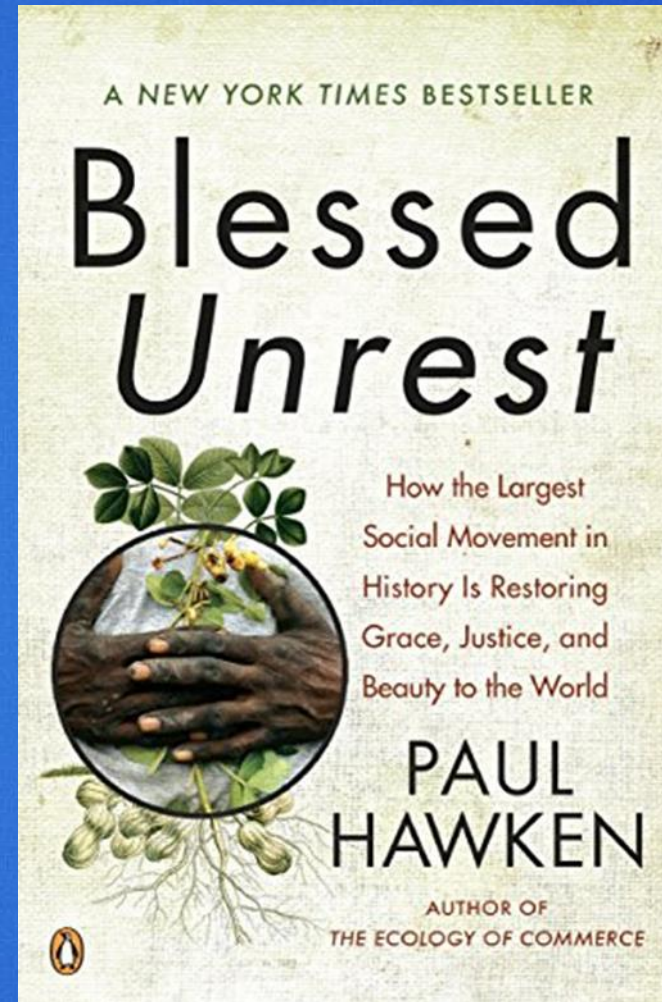
I have proposed an
overarching goal:



*Q: How might we seed it
into mainstream thinking?*

Good news:

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



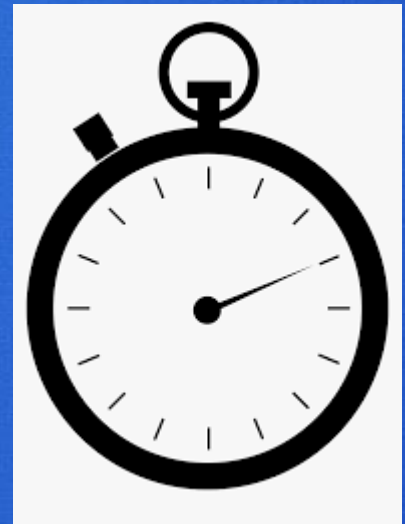
Bad news:

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!

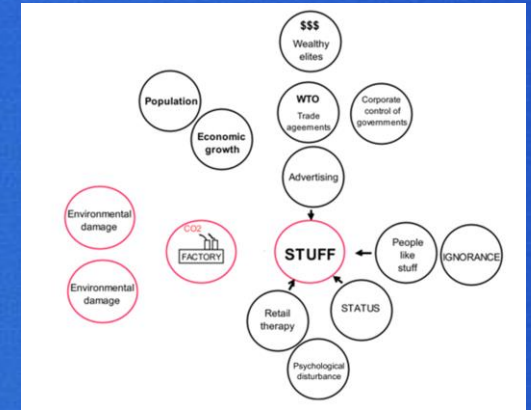


It's better to arrange a quiet time
for thoughtful conversation.



Vision of an evolutionary social change movement

citizen-educators



League of Evolutionary Catalysts

Q: How might this relate to CACOR?



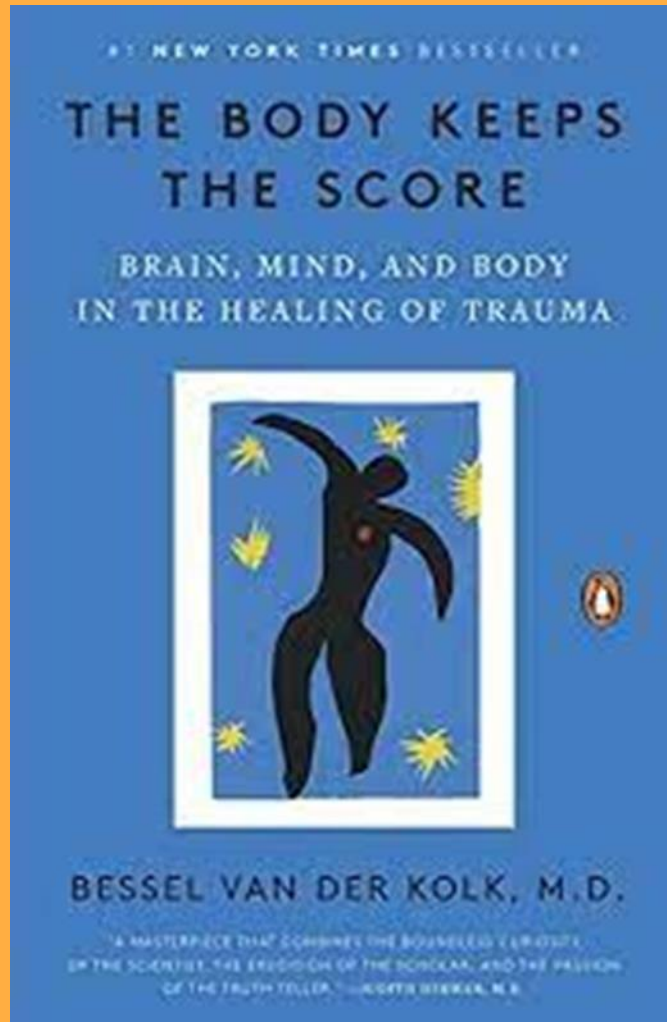
Andrew Gaines

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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.



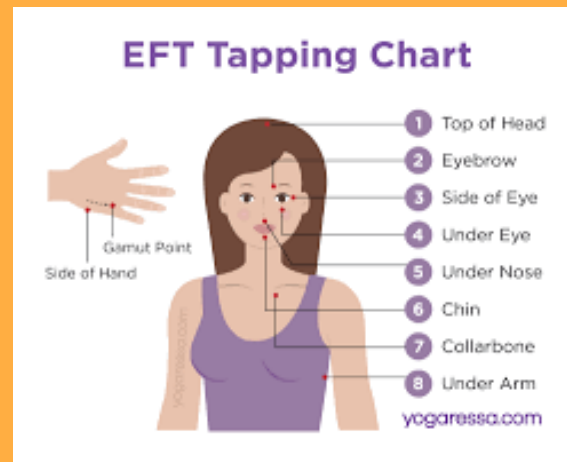
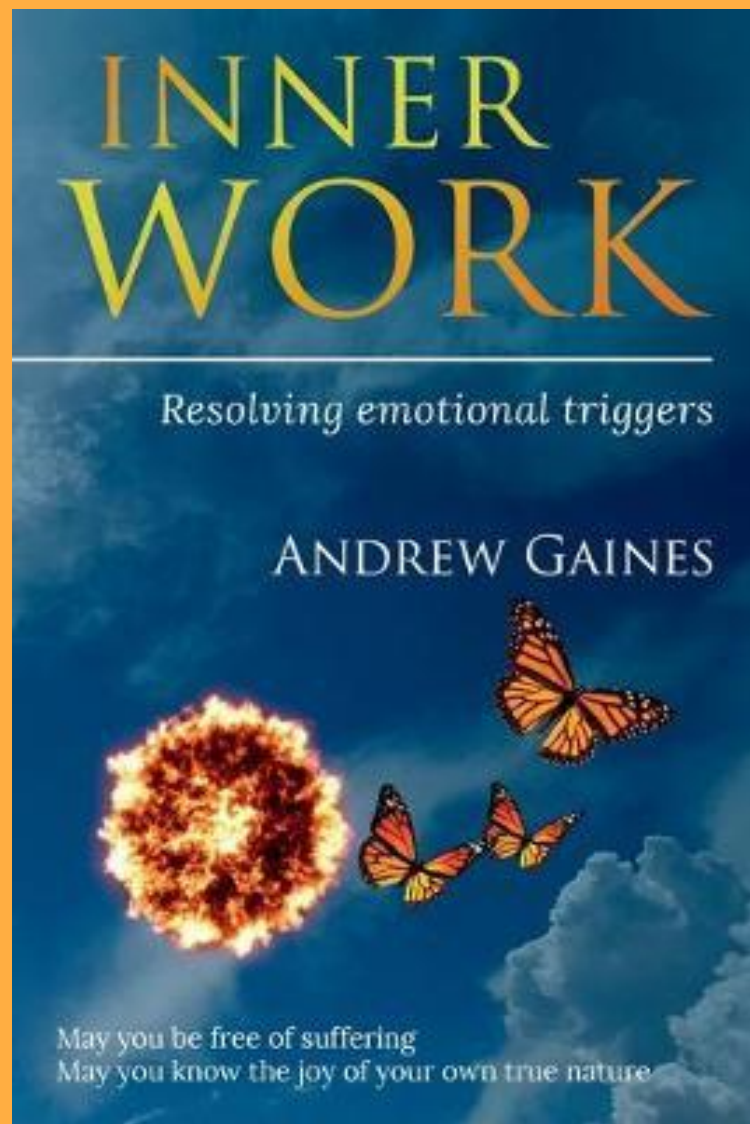




Protector



Protector



EFT



St. Francis Process

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



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