

The Big Picture

Beyond Hope and Fear

CACOR / May 3, 2023

Michael Dowd / Postdoom.com

Honoring Gordon Lightfoot

(Nov. 17, 1938 – May 1, 2023)

The Big Picture

Beyond Hope and Fear

No one needs convincing that we are living in an age of chaos and breakdowns. Even those with no understanding of the runaway nature of biospheric and civilizational decline feel the stress.

How do we cope? How can we get off the rollercoaster of hope and fear? And, crucially, how can we be of support to others who are confused, angry, depressed, or filled with fear, blame, or guilt?

Acceptance of four big picture truths is key!

The Big Picture

Beyond Hope and Fear

Accepting these four facts is crucial...

1. Our fundamental problem is *not* climate change, it is ecological overshoot.
 2. Overshoot & collapse are the *inevitable* fruit of human-centered “progress”.
 3. Denial (adaptive inattention) is widespread as civilizations decline/collapse.
-
4. Calm gratitude during even the worst of times is possible — and contagious!



Religious Naturalist Association

Taking Nature to Heart

“Compost Theology”

ECOC  OLOGY

AS THE HEART OF

THEOLOGY

“Compost Theology”

- Reality is my G🌐D
- Evidence is my Scripture
- The Epic of Evolution is my Creation Story
- Ecology is my Theology
- Integrity is my Spiritual Path
- Evangelizing RRR @ TEOTWAWKI is my Mission



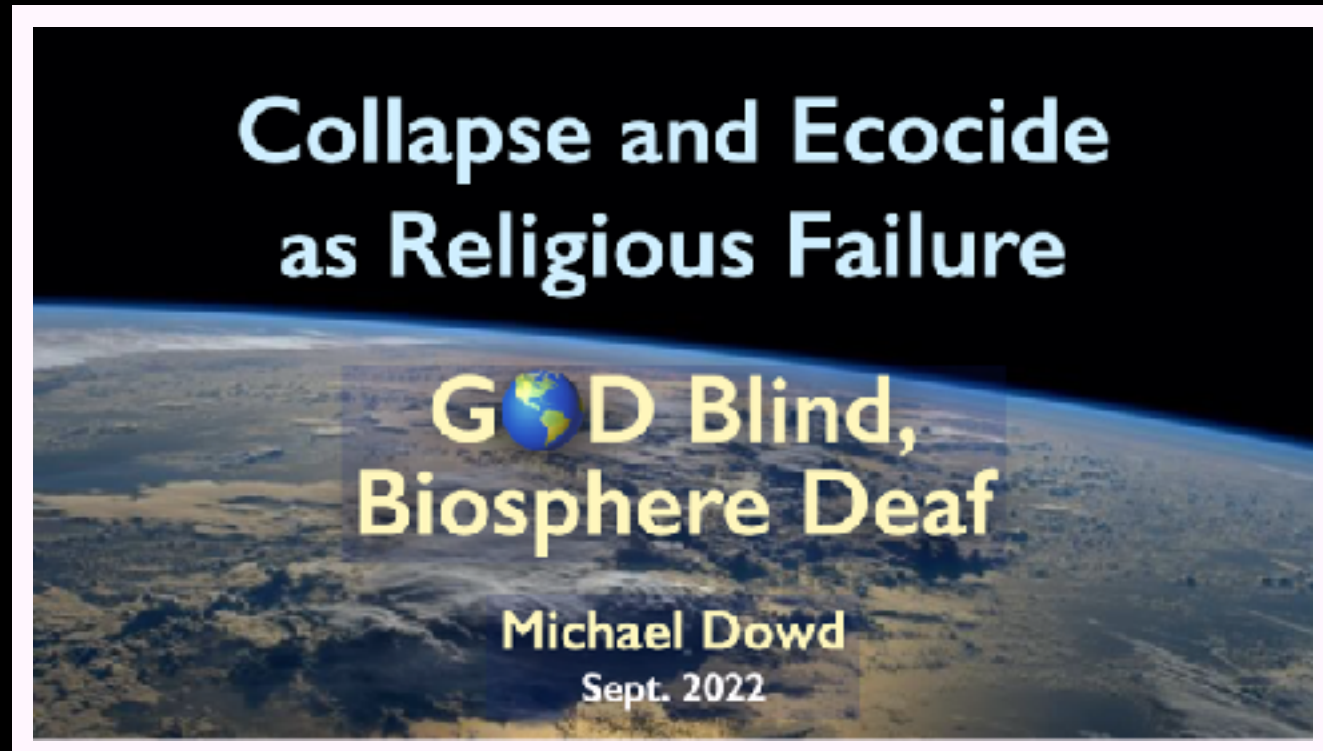
80 min

14 min



70 min

40 min





Hope and fear are inseparable.
There is no hope without fear,
nor any fear without hope.

~ Francois de La Rochefoucauld

Trusting reality frees us from the rollercoaster of hope and fear.

Staying sane in a crazy world *starts* with **understanding and accepting reality as it really is** ... especially the things you really don't like!

Denial


The largely unconscious habit of thought whereby we refuse to accept the reality of things that are bad or upsetting — or that challenge our world-view, our legacy, how we live, what is required of us, and/or our feelings of self-worth or superiority.

The reflexive impulse to reject or discount information that calls into question our hopes, assumptions, or expectations about the future.



I've heard of denial.
I just don't believe in it.





“It is difficult to get a person to understand something when their salary depends on them not understanding it.”

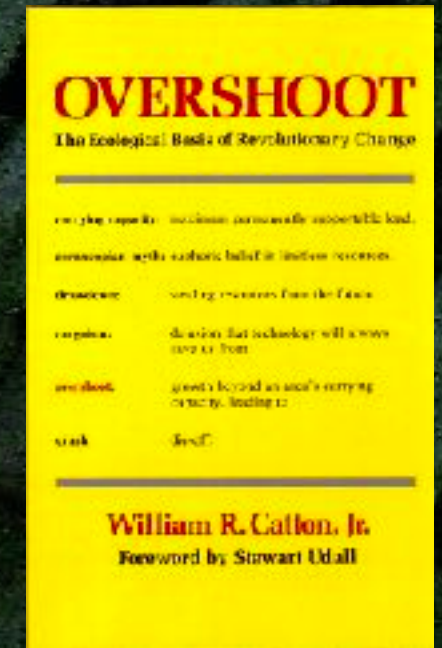
~ *Upton Sinclair*

“It is nearly impossible to get someone to understand what is collapsing their world and creating hell-on-earth when the answer is their own civilization’s ecocidal notion of *progress*.”

~ *Michael Dowd*

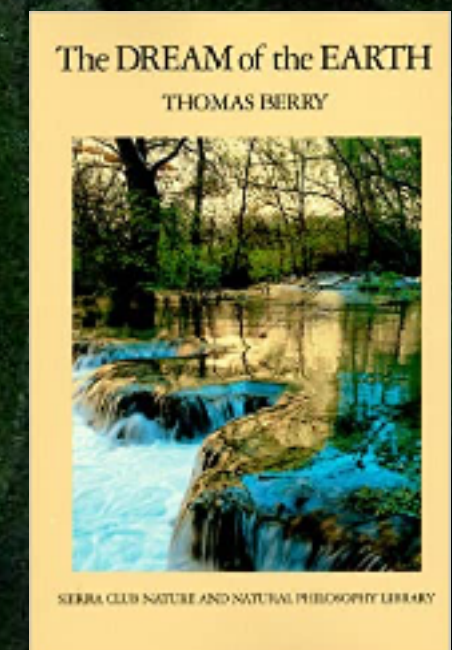
“Human society is inextricably part of a global biotic community, and in that community human dominance has had, and is having, self-destructive consequences.”

~ **William R. Catton, Jr.**



“The most difficult transition to make is from a human-centered to a life-centered norm of *progress*. If there is to be any true progress, the entire life community must progress. Any ‘*progress*’ of the human at the expense of the larger life community must ultimately lead to a diminishment of human life itself.”

~ **Thomas Berry**



**Collapse & ecocide are the *inevitable*
fruit of civilizational “progress”**

“Forests precede civilizations and deserts follow them.”

~ Francois-Rene de Chateaubriand

“All of our exalted technological progress, civilization for that matter, is comparable to an axe in the hand of a pathological criminal.”

~ Albert Einstein

“Civilization is a hopeless race to discover remedies for the evils it produces.”

~ Jean-Jacques Rousseau

“The end of the human race will be that it will eventually die of civilization.”

~ Ralph Waldo Emerson

“The Earth is littered with the ruins of empires and civilizations that once believed they were eternal.”

~ Camille Paglia

Feb 19, 2019 — BBC FUTURE

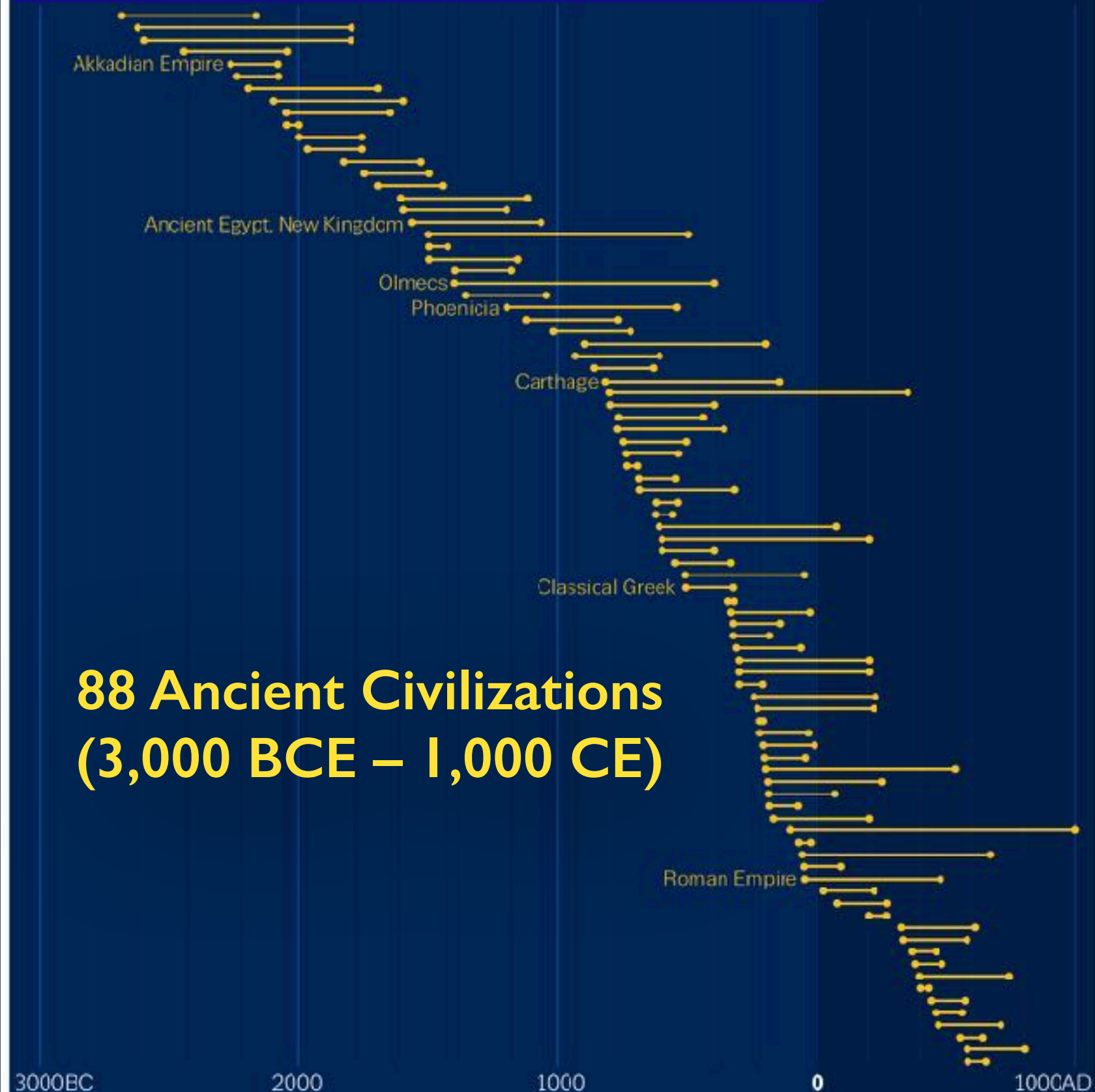
“Deep Civilization” series

Collapse is a *feature* of all human-centered agricultural, city-based civilizations.

“Are we on the road to civilizational collapse?”
— by Luke Kemp

“Great civilizations are not murdered. They take their own lives.”
~ Arnold Toynbee

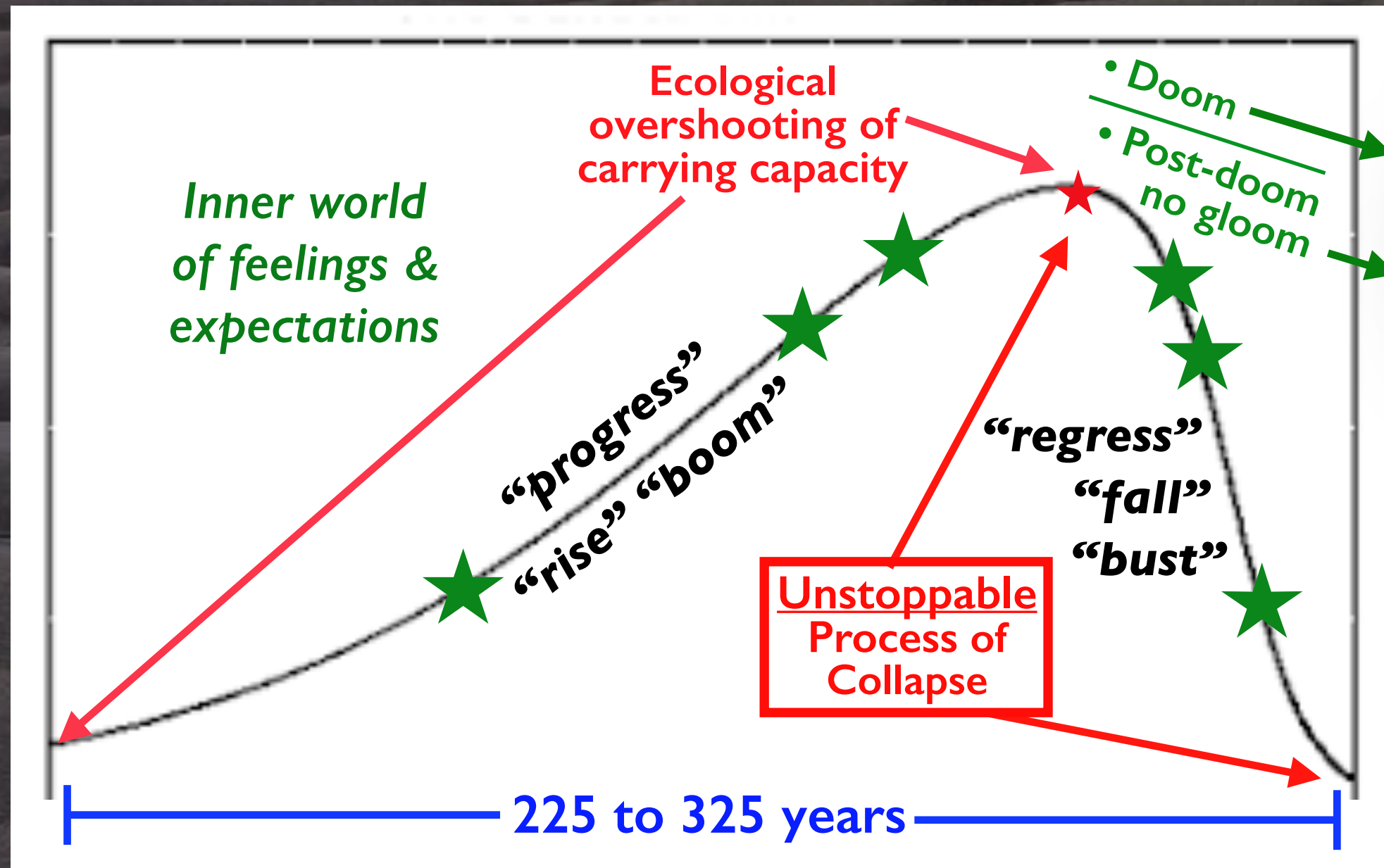
Ancient civilisations



**88 Ancient Civilizations
(3,000 BCE – 1,000 CE)**

How *human-centered* civilizations commit suicide

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Hope/Fear,
Depression

Acceptance

80+
examples!

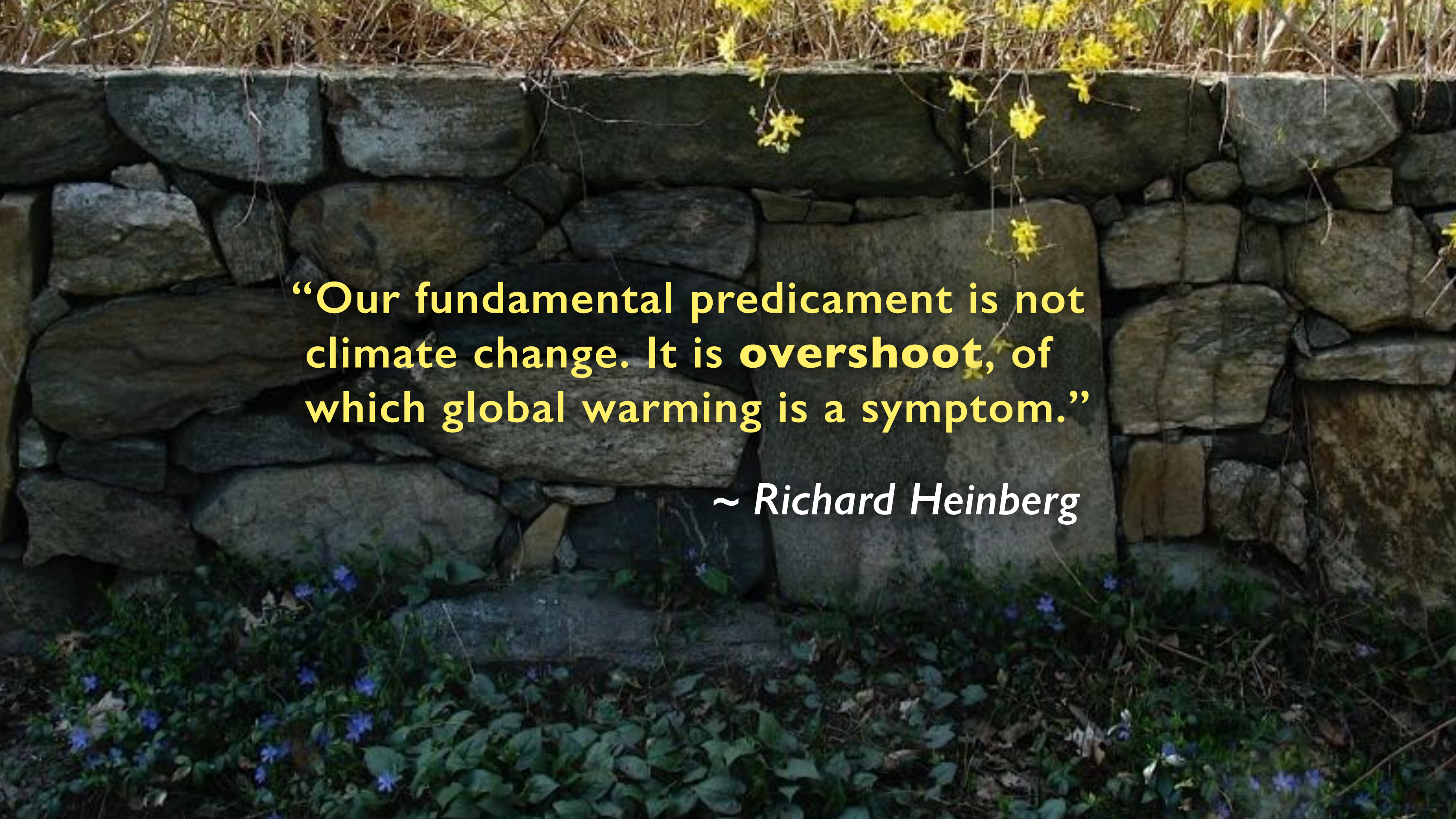
The last 5% of human history (8,000 years / 400 generations)

TIME



Problems vs. Predicaments

Predicaments have no solutions,
... only unavoidable outcomes.

A photograph of a rustic stone wall. The wall is constructed from dark, irregularly shaped stones. At the top of the wall, there are several yellow flowers, possibly nasturtiums, growing over the edge. At the base of the wall, there is a dense patch of green foliage with small blue flowers. The lighting is natural, suggesting an outdoor setting.

“Our fundamental predicament is not climate change. It is **overshoot**, of which global warming is a symptom.”

~ *Richard Heinberg*

OVERSHOOT

The Ecological Basis of Revolutionary Change

carrying capacity: maximum permanently supportable load.

cornucopian myth: euphoric belief in limitless resources.

drawdown: stealing resources from the future.

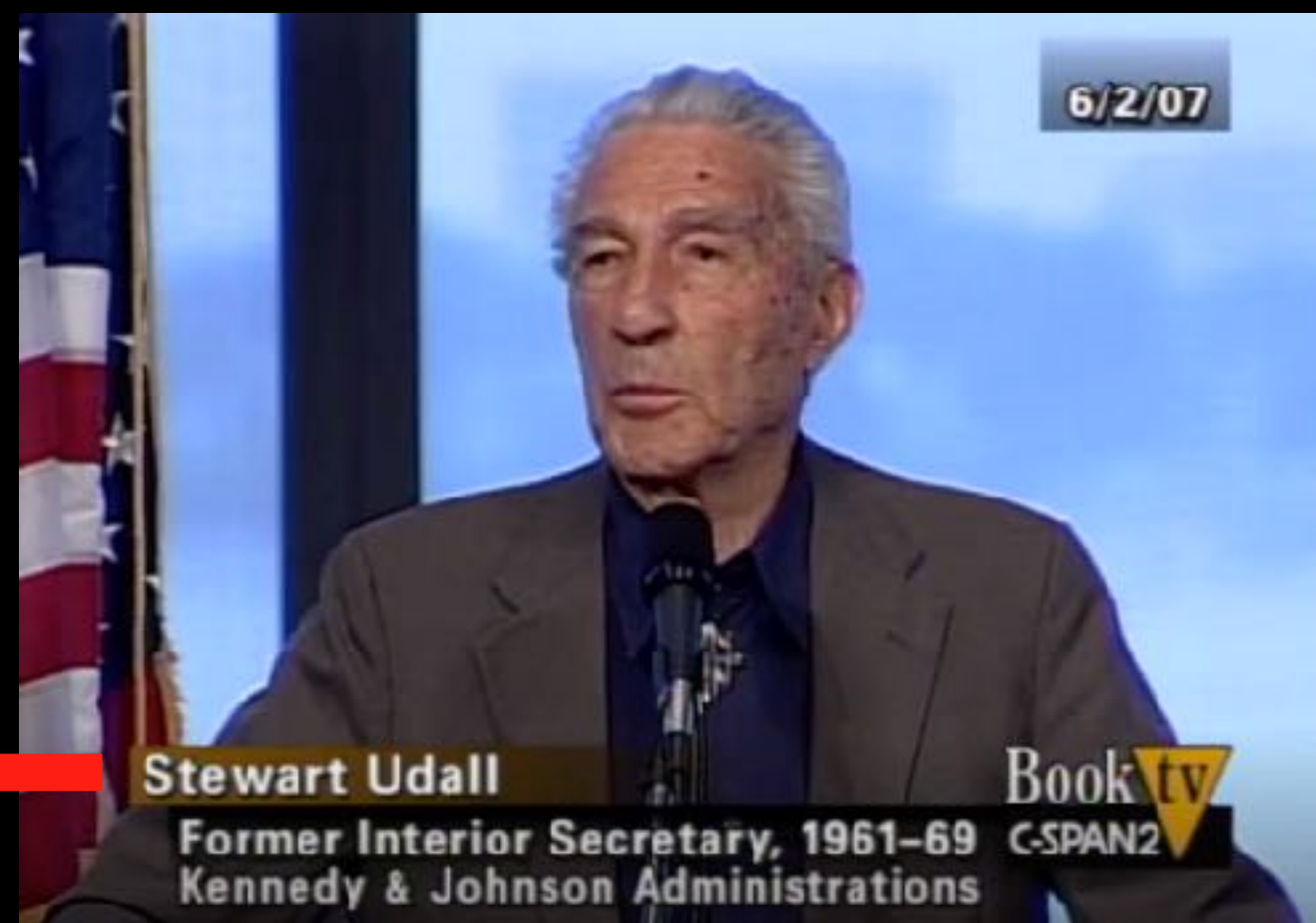
cargoism: delusion that technology will always save us from

overshoot: growth beyond an area's carrying capacity, leading to

crash: die-off.

William R. Catton, Jr.

Foreword by Stewart Udall



Stewart Udall

Former Interior Secretary, 1961-69
Kennedy & Johnson Administrations

OVERSHOOT

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Chapter 15: “Facing the Future Wisely”

Our Best Bet: Expect the Worst

“Only by assuming the worst and acting accordingly do we have any real chance of avoiding the worst.”

1980

Ecological Overshoot of Carrying Capacity

How we define & measure
wealth, wellbeing, “progress”

Human-centered
(*anthropocentric*) measures

vs.

Life-centered
(*ecocentric*) measures

★ extinction-level runaway mode

★ Climate change

★ Death of the oceans

★ Plant & animal annihilation

Topsoil poisoning and loss

Critical resource depletion

Chemical & nuclear wastes

Growing gulf btw rich & poor

Economic instability / insanity

Political polarization & conflict

Contracting of in-groups

Rise of totalitarianism, -isms

Thesis

The stability of the biosphere has been in decline for centuries and in runaway (unstoppable) collapse for decades.

This “Great Acceleration” of technology- and market-driven ecocide is an easily verifiable fact; the scientific evidence is overwhelming.

Evidence is also compelling that the vast majority of people will deny this, especially those still benefitting from the existing order, those legitimately concerned about the consequences of collapse, and those who fear that accepting reality means “giving up”.

Thesis

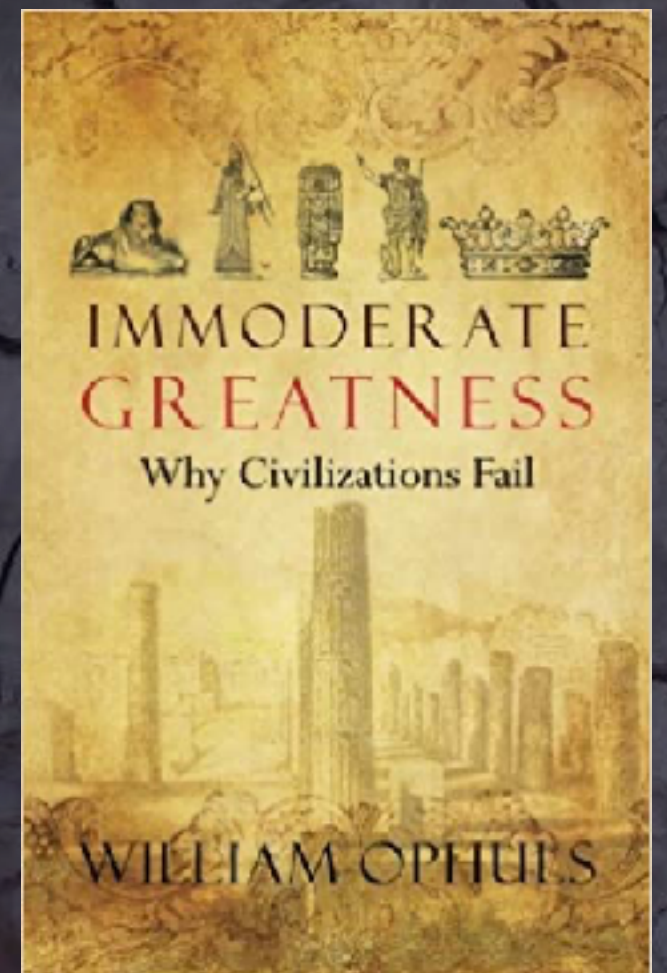
The history of 80+ previous boom & bust societies clearly reveals how and why *Homo colossus* is destined for near-term extinction. This may or may not mean the extinction of *Homo sapiens* in the next decade or two, but it is a real possibility.

Whereas widespread hope and optimism will lead to dozens, if not hundreds, of nuclear meltdowns, *acceptance of collapse and its inevitable consequences (i.e., trusting reality)* may be the single most important thing any of us can do to live fully, fearlessly, and inspiringly in this time of global hospice — i.e., at TEOTWAWKI.

“Civilization is, by its very nature, a long-running Ponzi scheme. It lives by robbing nature and borrowing from the future, exploiting its hinterland until there is nothing left to exploit, after which it implodes. While it still lives, it generates a temporary and fictitious surplus that it uses to enrich and empower the few and to dispossess and dominate the many.

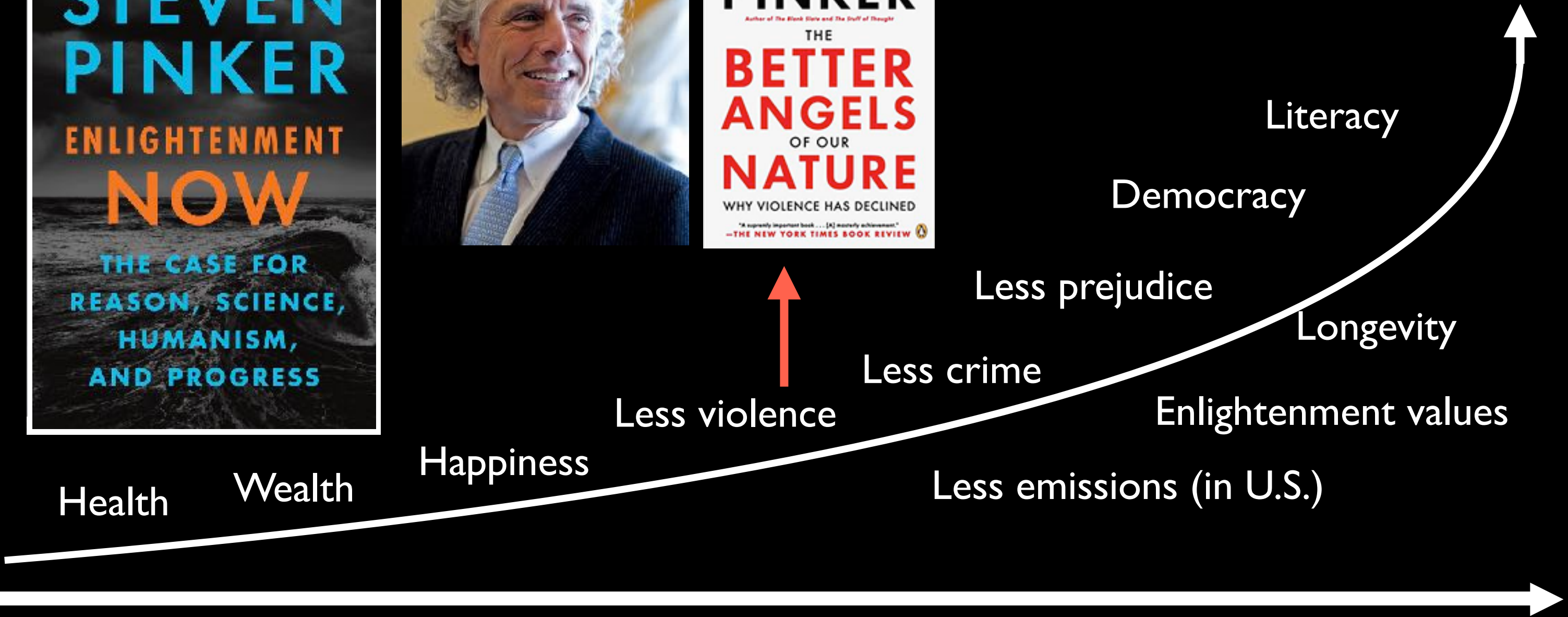
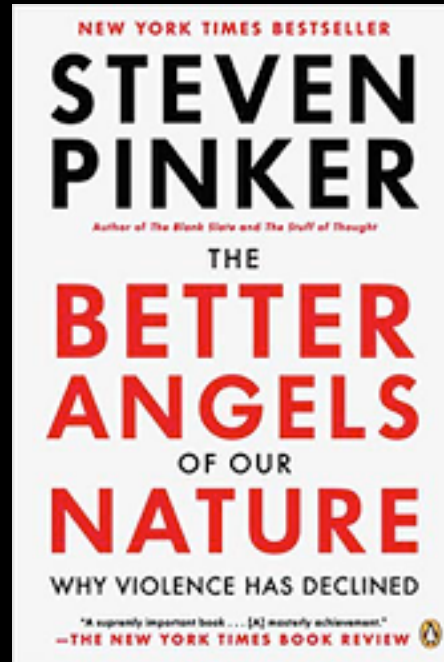
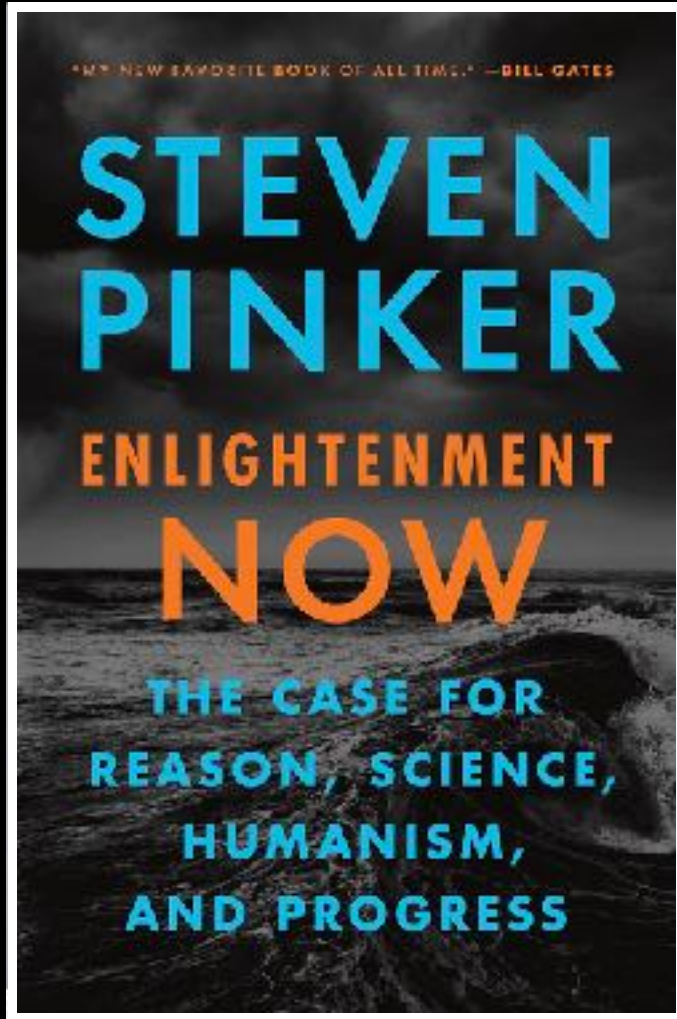
“Industrial civilization is the apotheosis and quintessence of this fatal course. A fortunate minority gains luxuries and freedoms galore, but only by slaughtering, poisoning, and exhausting creation.”

~ *William Ophuls*



“But it’s different this time!”

HUMAN WELLBEING



TIME

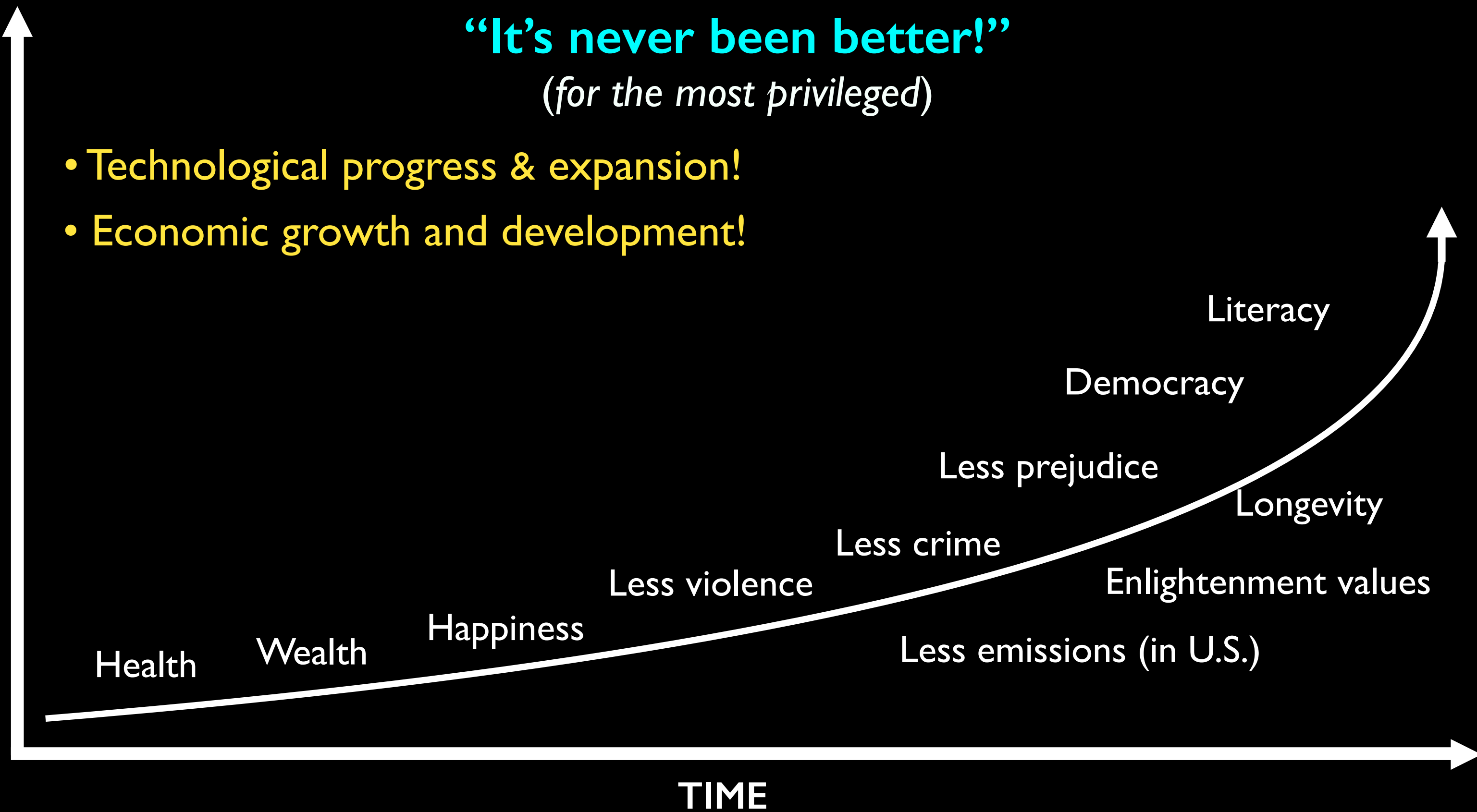
“It’s never been better!”

(for the most privileged)

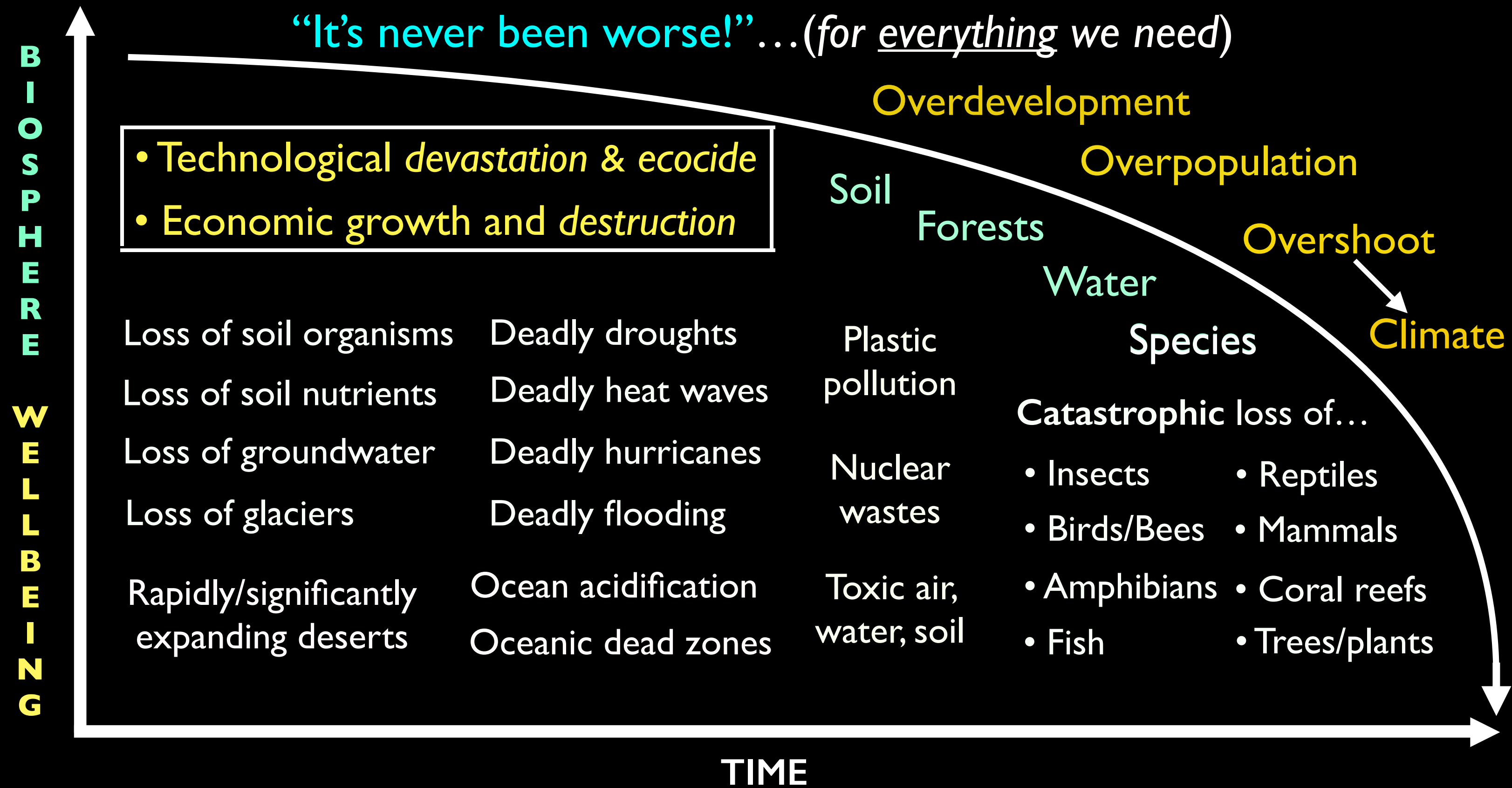
- Technological progress & expansion!
- Economic growth and development!

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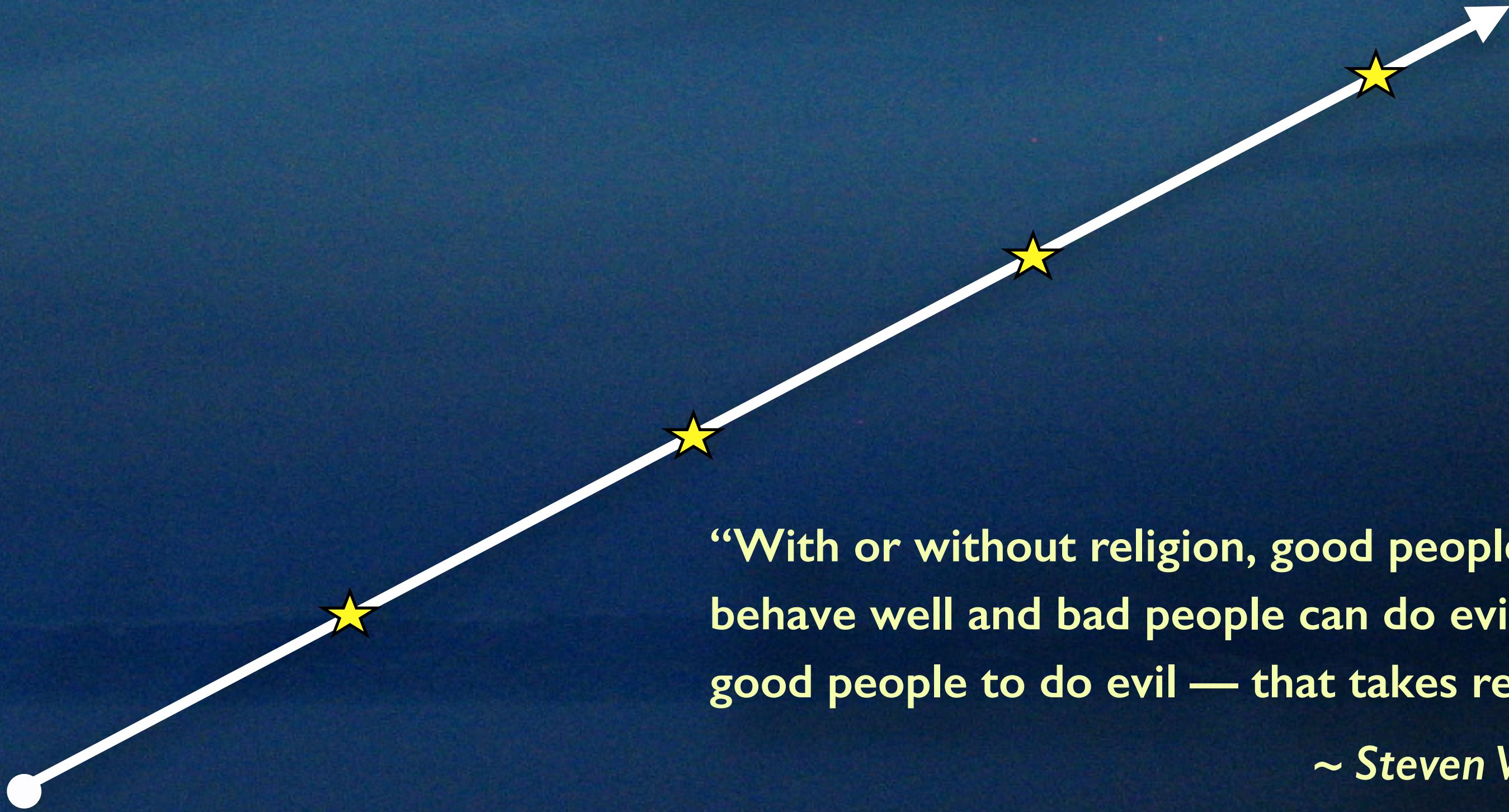
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TIME



The Secular Religion of Perpetual Progress



“With or without religion, good people can behave well and bad people can do evil; but for good people to do evil — that takes religion.”

~ *Steven Weinberg*

The Sacred Story of the
Cult of Perpetual Progress

Star Trek!

Techno-idolatrous, ecocidal myth:
"Man, Conqueror of Nature"


"Globalization" ★ Space travel!


"Industrial Revolution" ★ Fossil Fuels / Technology!

"The Enlightenment" ★ Reason / Science / Humanism / Progress!

★ "Agricultural Revolution" Farming / Cities / Civilization!

● "Stone Age" Cave men "savages" & "primitives" (hunter-gatherers)

A photograph of a green lizard with yellow and black markings on its head and body, perched on a light-colored, textured rock. The background is a dark, blurred green. Overlaid on the right side of the image is a block of text in white and green font.

Good people are dangerous and great people will engage in great evil when they hold the ecocidal, self-terminating belief that we are destiny's darlings, masters of the universe, conquerors of nature, D's chosen species, or the pinnacle of evolution.

31 min

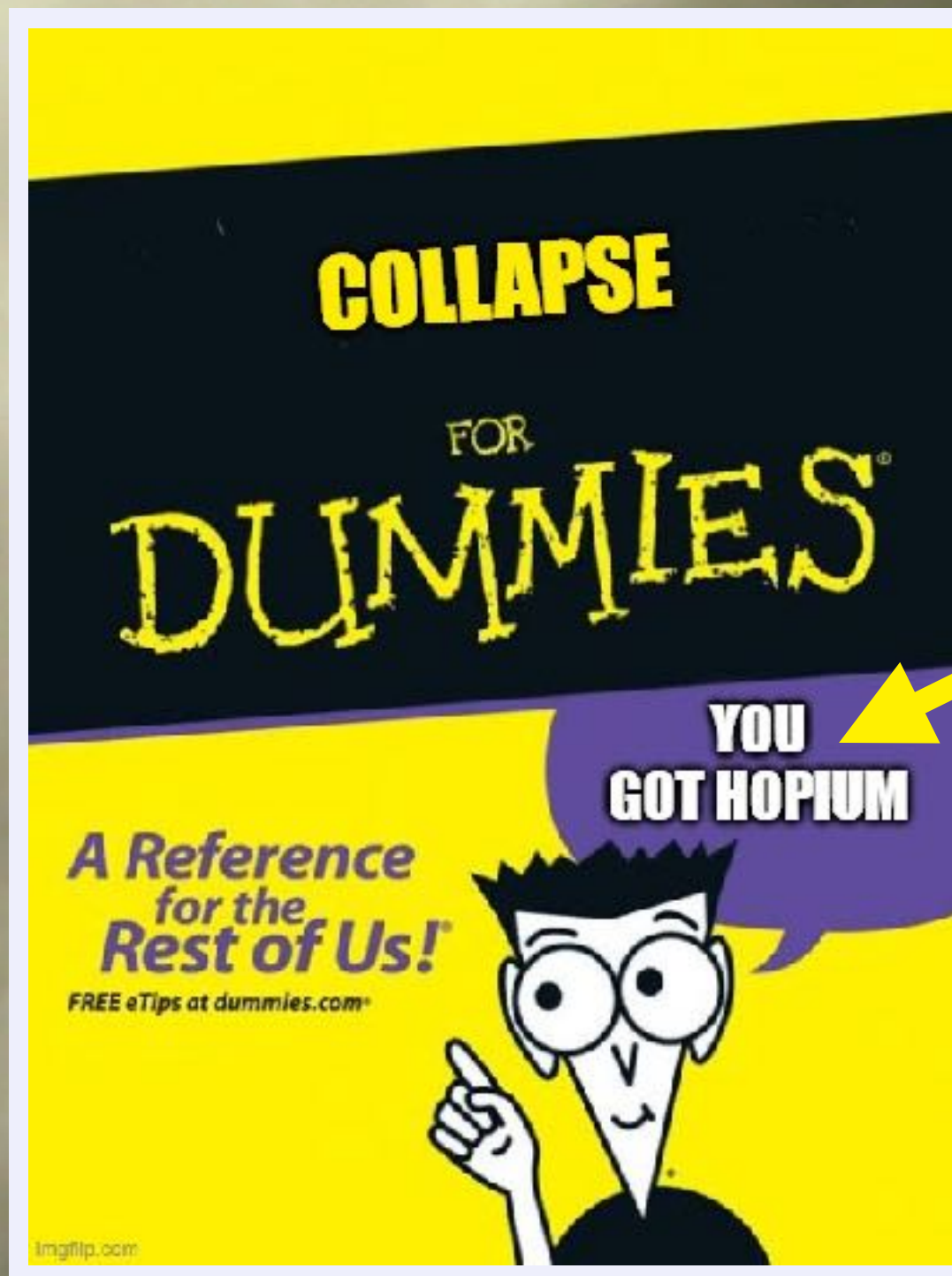
Collapse in a Nutshell
Understanding Our
Predicament
Michael Dowd — Nov. 2021

The cover features a black background with a glowing blue and white image of Earth's horizon on the left side.

33 min

Overshoot in a Nutshell
Understanding Our
Predicament
Michael Dowd — Nov. 2021

The cover features a black background with a glowing blue and white image of Earth's horizon on the left side.



“Hopium”

Definition...

1. A comforting vision of the future that *requires* breaking the laws of physics, biology, or ecology.
2. Irrational or unwarranted optimism that promises short-term relief but delivers crushing disappointment and despair when reality inevitably bites.
3. Believing the climate crisis can be ‘fixed’ or ‘solved’ by doubling down on *the very things driving ecocide*.
4. Believing *Homo colossus* can be ‘saved’, ‘transformed’ or is emerging / transitioning into a ‘more evolved’ society.

Hopium leads good people to unnecessarily suffer & unknowingly increase the likelihood of excessive nuclear meltdowns and species extinctions.

Un-trivializing (REAL-izing) Moral Language

- Ecological integrity
- Social coherence
- Personal wholeness



“Good” & “Evil”

Hope and optimism lead good people to unwittingly ensure geological-scale evil...

- There are 440 nuclear reactors worldwide...
- Requiring us to *assume* that industrial civilization has eternal life.
- We are already 25-30 years into *abrupt (runaway) climate mayhem*.

The unavoidable long-term question...

As industrial civilization continues to collapse (faster and faster), how many Chernobyl- or Fukushima-like (or worse) meltdowns due to wildfires, hurricanes, droughts, tsunamis, power-grid failures, political instability, or terrorism do you think are *possible? ...likely? ...inevitable?*

OVERSHOOT

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crash: die-off.

William R. Catton, Jr.

Foreword by Stewart Udall

“Humanity is locked into stealing ravenously from the future. That is what this book is about.

“A major aim is to show that commonly proposed ‘solutions’ for problems confronting us are actually going to aggravate those problems.

“In order to truly understand our predicament and not make things worse, we need a clear-headed ecological interpretation of history.”

~ William R. Catton, Jr.

OVERSHOOT

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“Ecological understanding of the human predicament indicates that we live in times when the habit of asking ‘All right, now what do we do about it?’ must be replaced by a different query that does not assume all problems are soluble:

“What must we *avoid* doing to keep from making a bad situation unnecessarily worse?”

~ William R. Catton, Jr.

“Climate “solutions” that make things *much worse*...



Why? Because they *all* exacerbate and extend ecological overshoot!
(Plus, each one requires “the four main drivers of collapse and ecocide”.)

4 Main Drivers of Collapse, Ecocide, and Likely NTHE

1. Extractive, exploitative civilizations
2. Human-centered science & technology
3. Human-centered '*progress*' & '*development*'
4. Money-based growth economics

Main Drivers of Collapse, Ecocide, and Likely NTHE

Michael Dowd

Postdoom.com

Sept. 2022

(55 min)

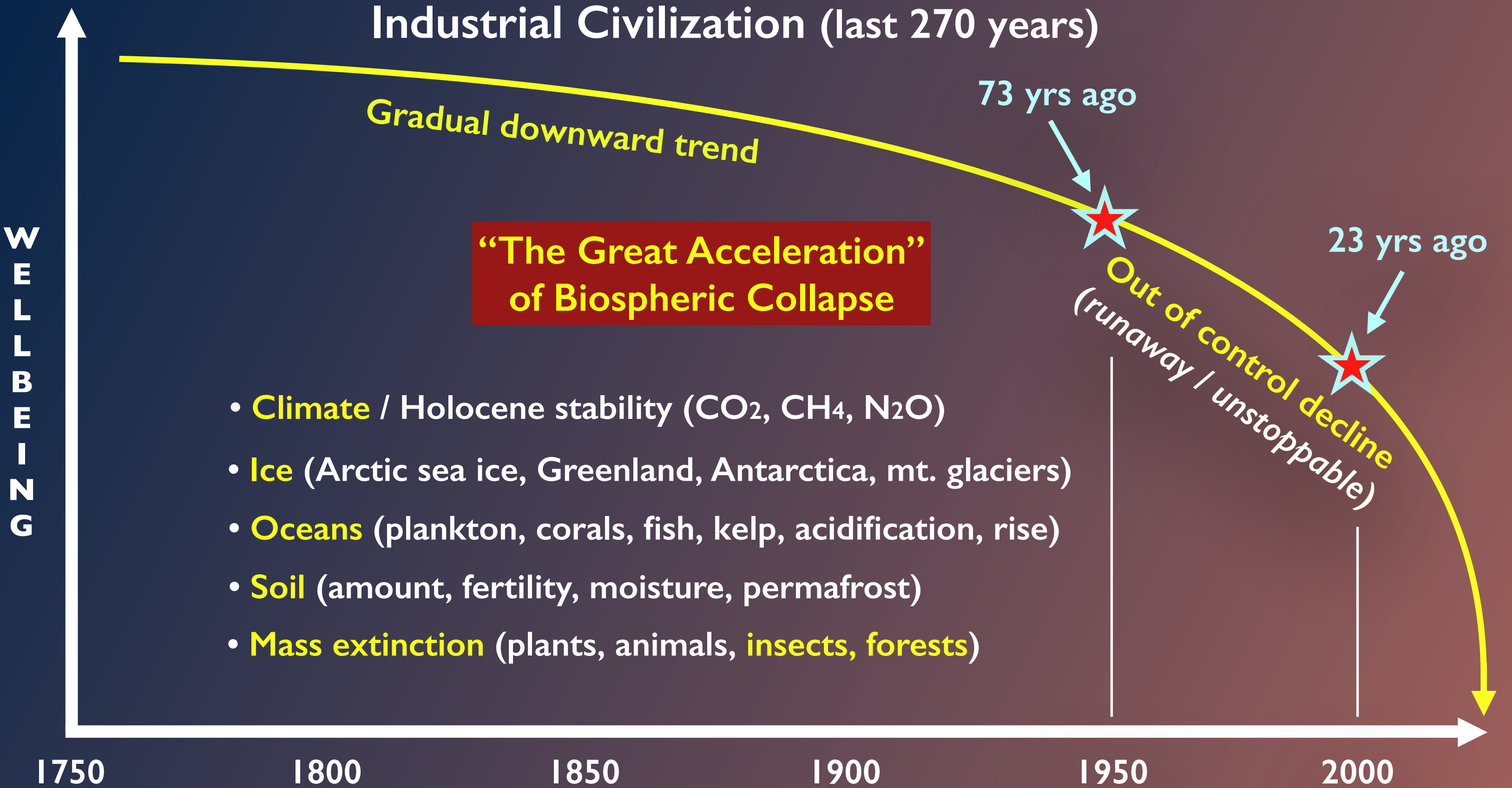


Breathe

Collapse

When a gradual downward trend (in biophysical health and wellbeing) goes into unstoppable decline: runaway, out of control; e.g., *abrupt* climate change.





No matter ...

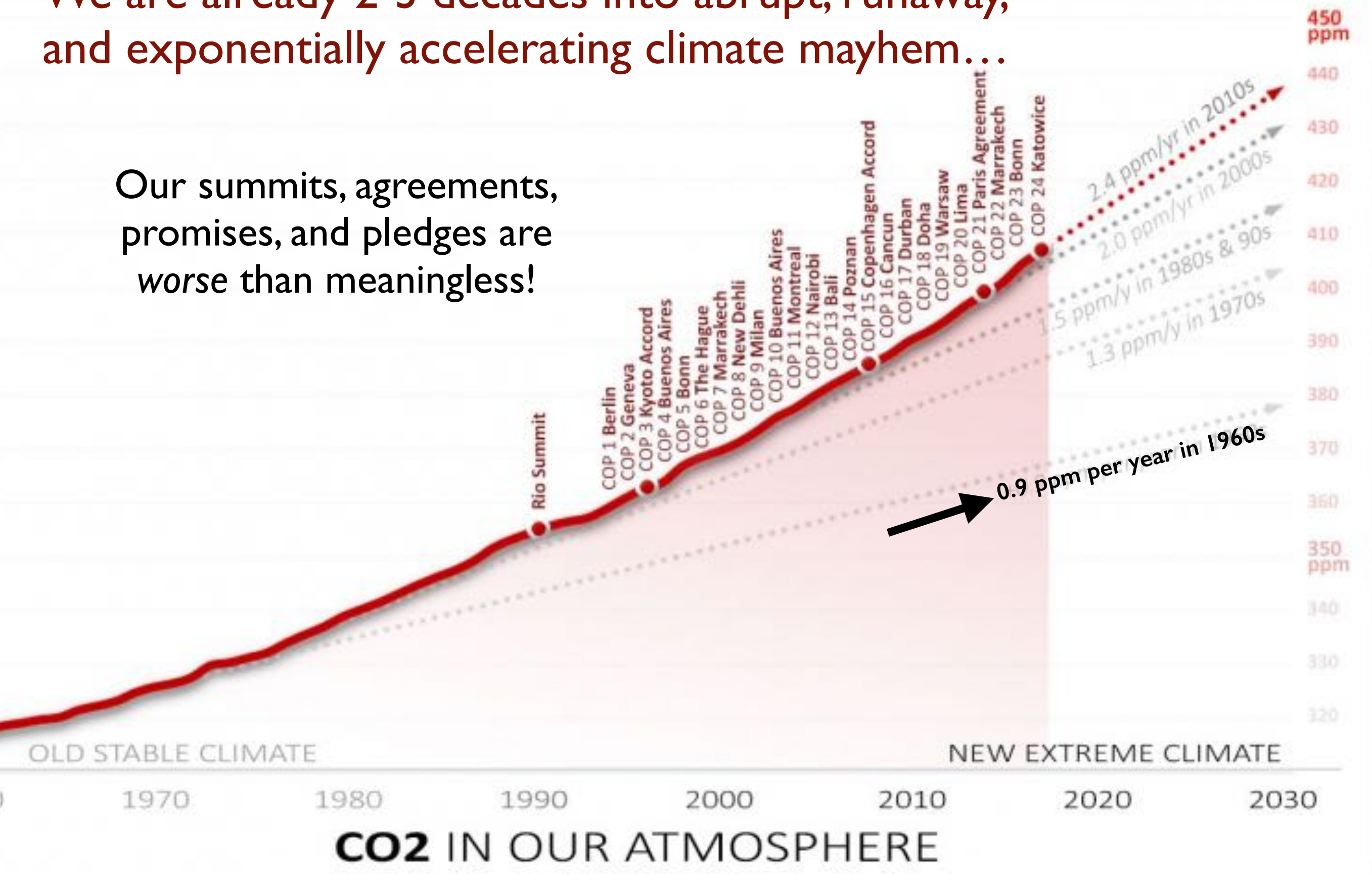
- how massive and effective is nonviolent civil disobedience...
- who, or which party, is elected into or voted out of public office...
- how many people change their habits, become vegan, stop flying...
- how many 'game changing' AI-driven high-tech "solutions" are tried...
- how much 'evolution of consciousness' occurs in the next decade or two...
- how aggressively we try to shift to "renewables" or "net zero" emissions...
- how many psychopathic or sociopathic CEOs & bankers are imprisoned...
- how many accords, what is pledged or agreed to, what laws are enacted...

No matter ...

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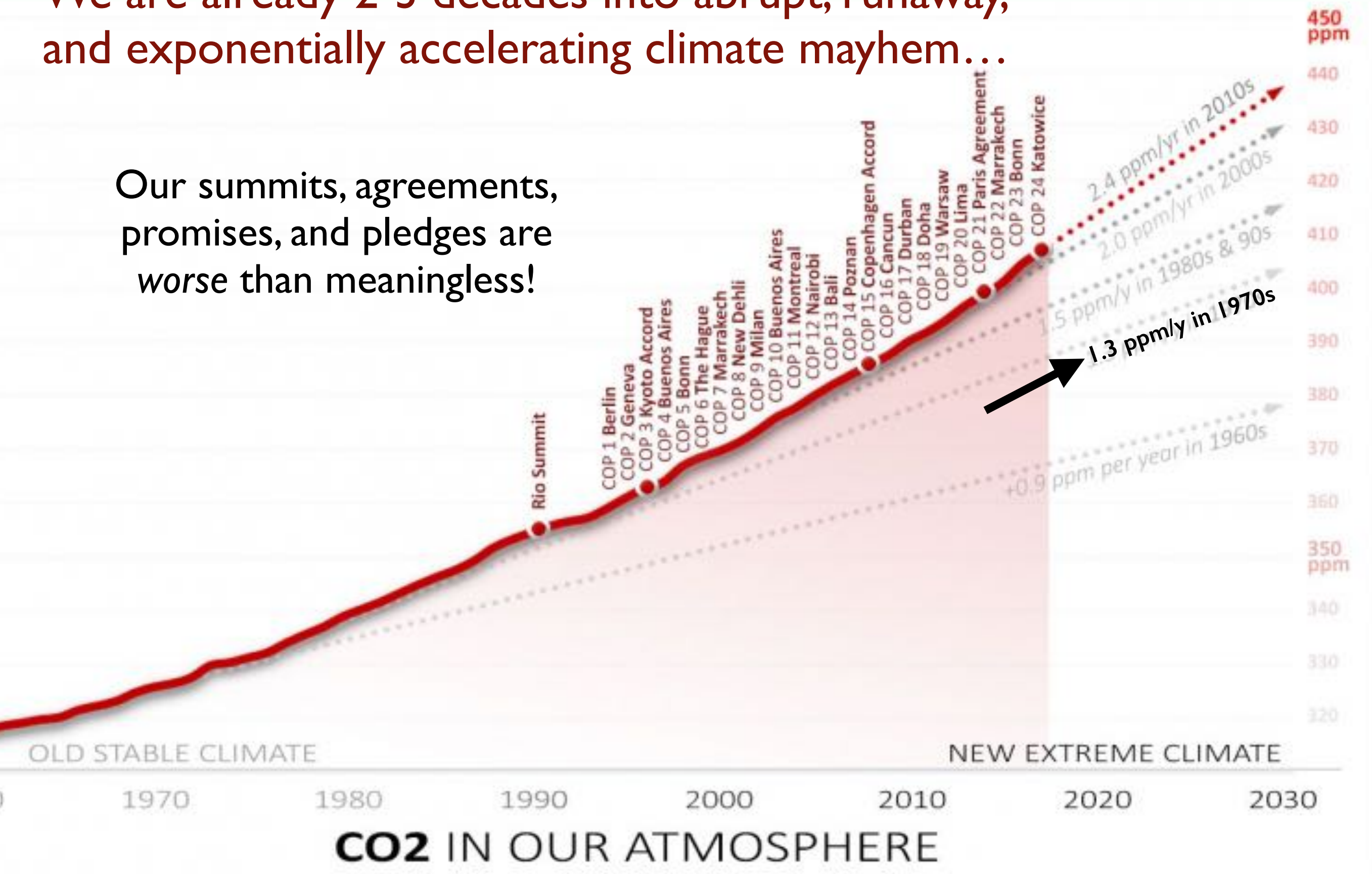
We are already 2-3 decades into abrupt, runaway, and exponentially accelerating climate mayhem...

Our summits, agreements, promises, and pledges are worse than meaningless!



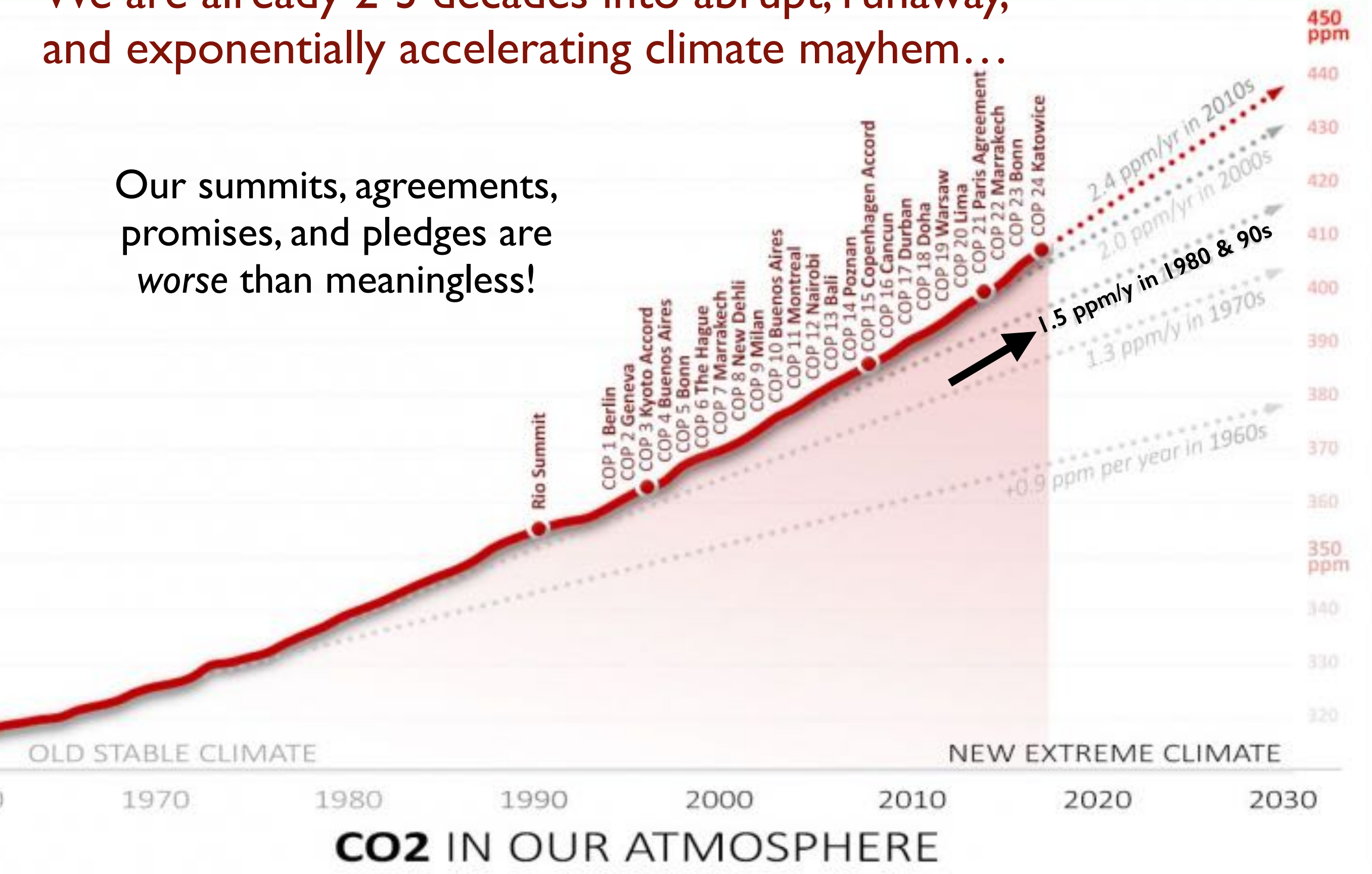
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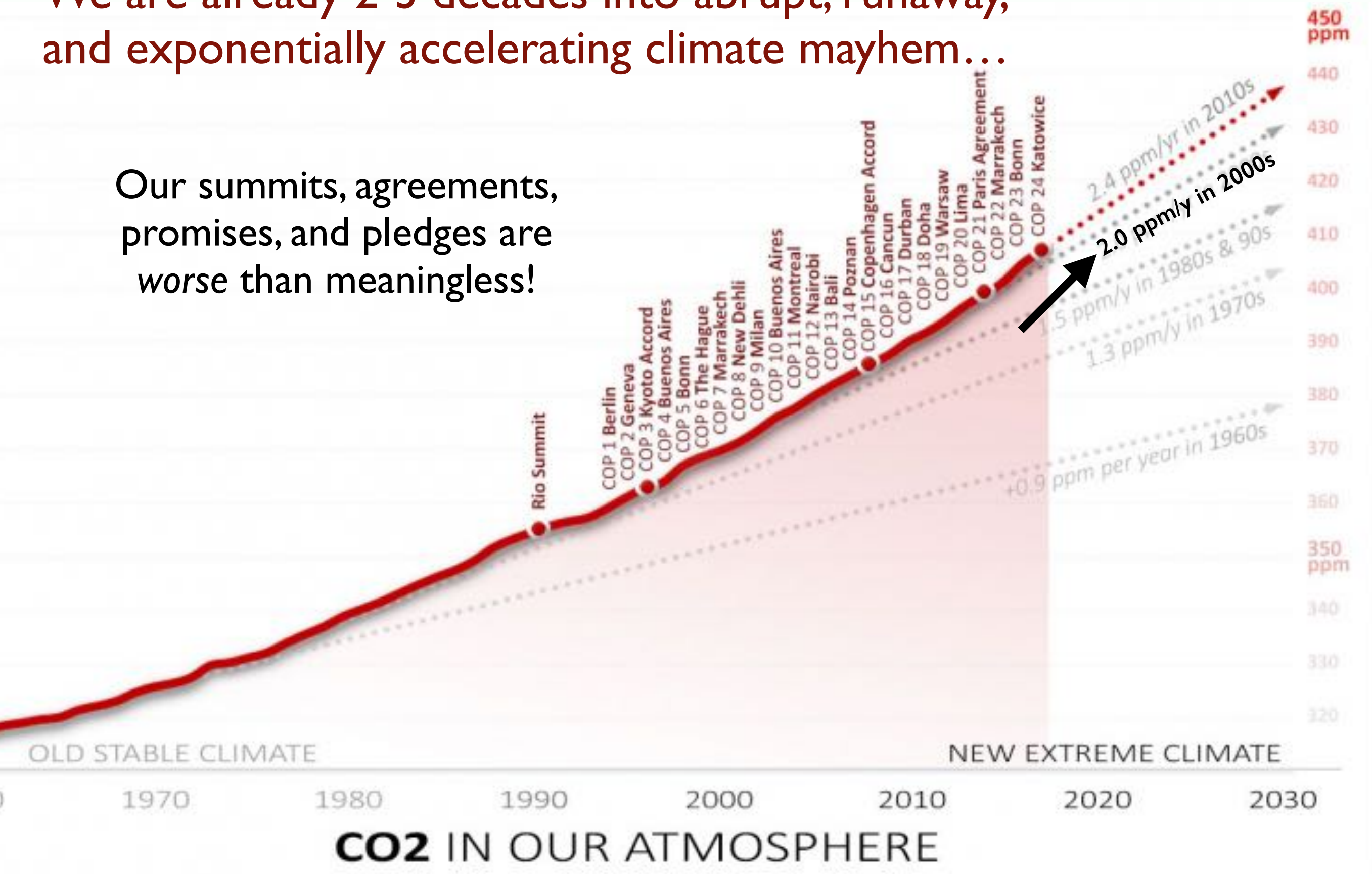
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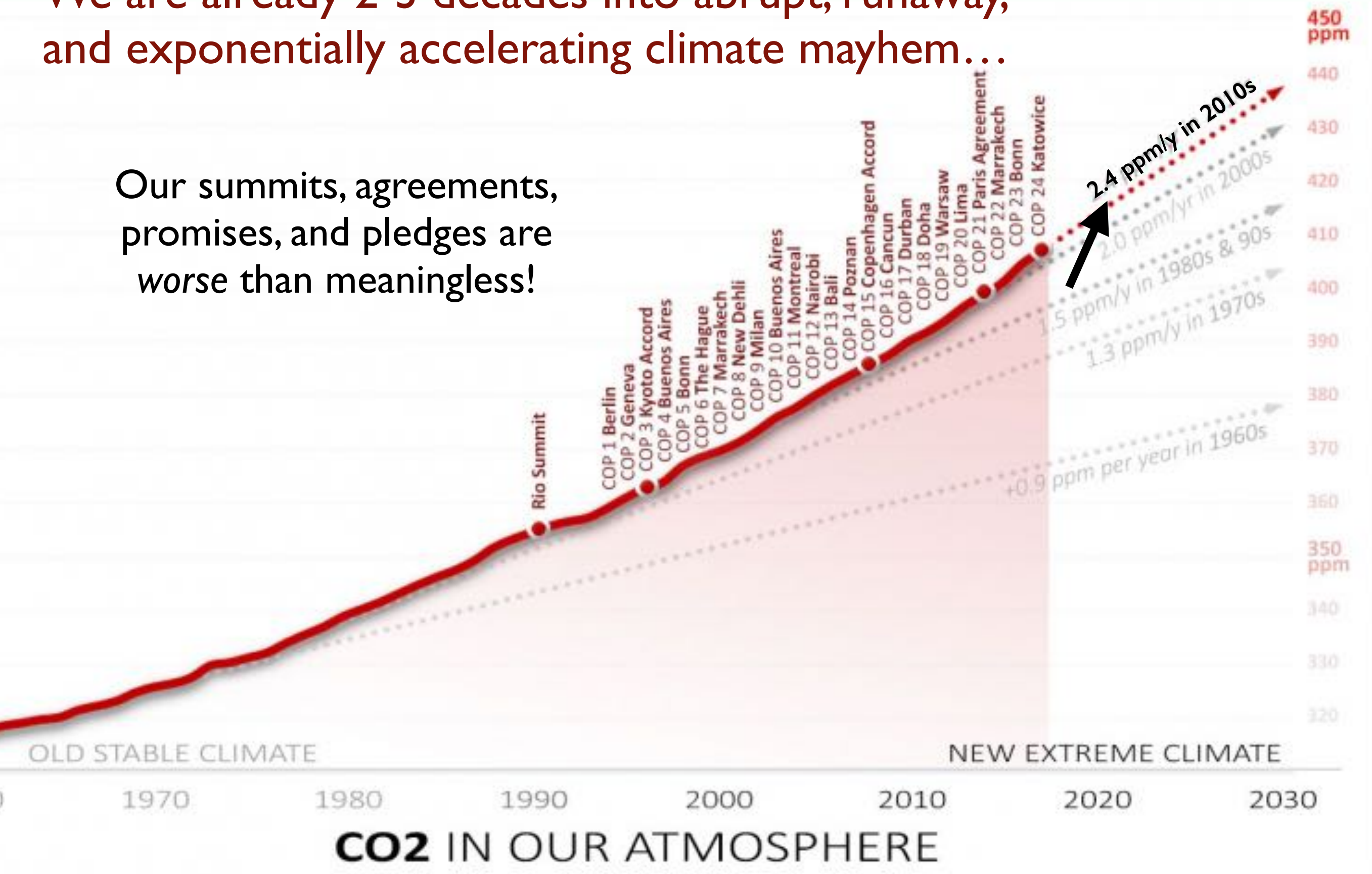
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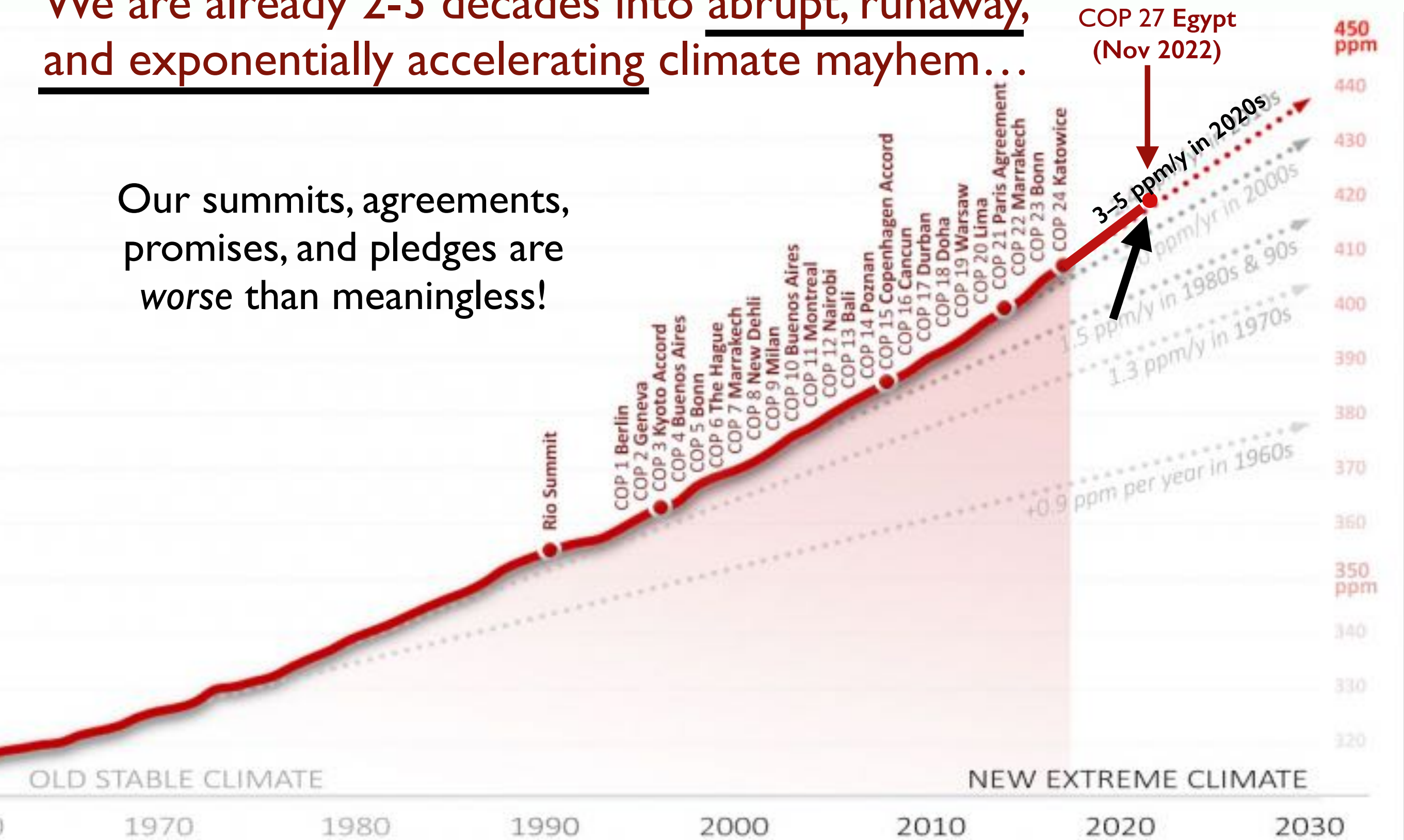
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CO2 IN OUR ATMOSPHERE

Agri/Civ collapse
unstoppable

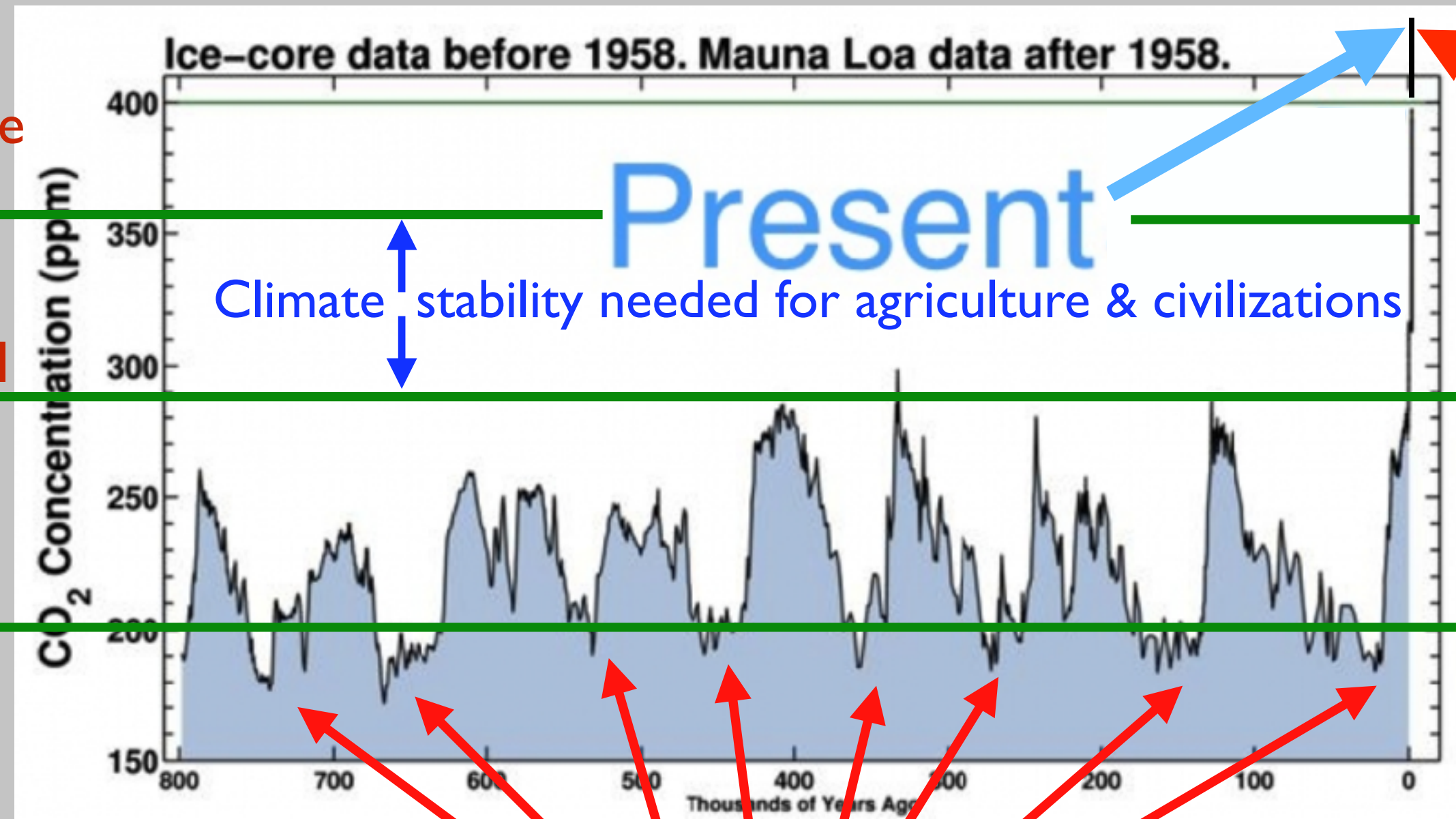
360ppm

Pre-Industrial

280ppm

Ice Age

200ppm



Ice-core data before 1958. Mauna Loa data after 1958.

Present

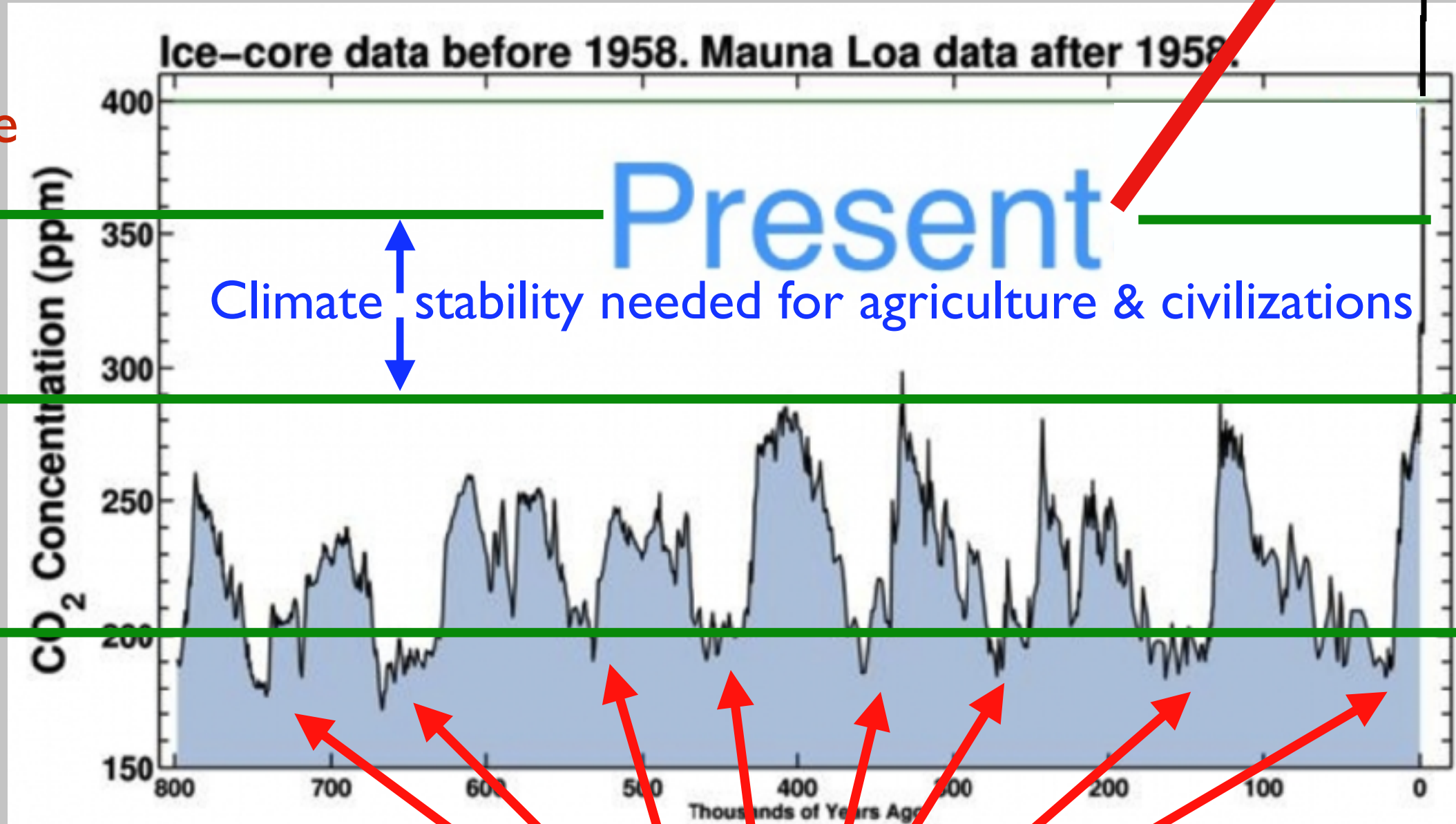
Climate stability needed for agriculture & civilizations

Apr 2023
CO₂ 424ppm

“Climate change”
abrupt...
runaway...
irreversible...

Peak glacials
180ppm

Apr 2023 CO₂ equivalent 500+ppm
(CO₂ + CH₄ + N₂O)



Agri/Civ collapse
unstoppable

360ppm

Pre-Industrial

280ppm

Ice Age

200ppm

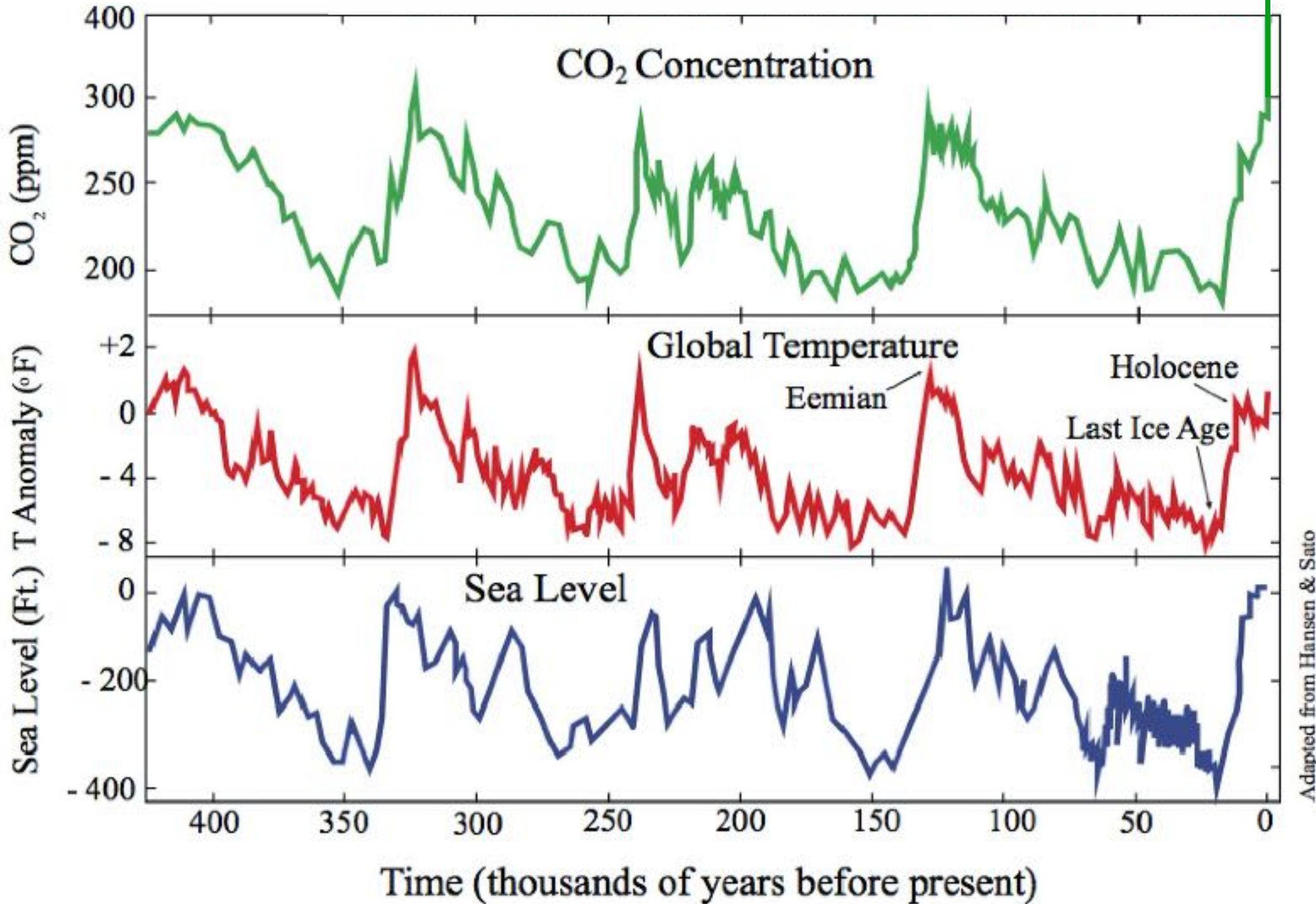
Present

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“Climate change”
abrupt...
runaway...
irreversible...

“Unstoppable collapse”

No matter what...

**These extinction-level tipping points
are *already* in the rearview mirror...**

- Loss of **the world's ice** (Arctic, Greenland, Antarctica, mountain glaciers)

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When most of the Arctic Ice is Gone,
the **Serious Global Warming** Begins*



*Learn About Phase Change and Latent Heat.

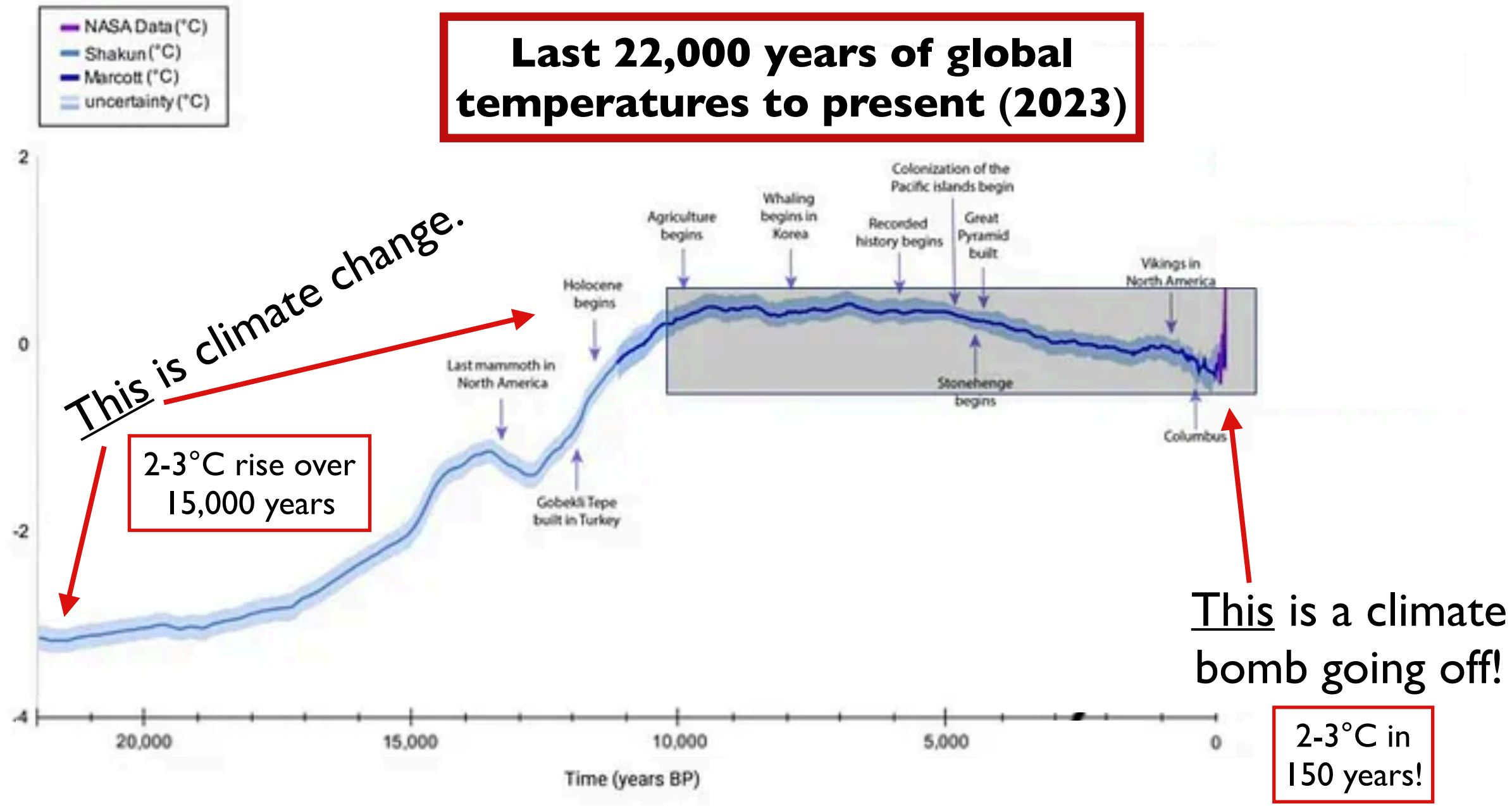
“*Unstoppable collapse*”

No matter what...

**These extinction-level tipping points
are *already* in the rearview mirror...**

- Loss of **the world's ice** (Arctic, Greenland, Antarctica, mountain glaciers)
- **Methane** belching: permafrost, hydrates, clathrates, gas & oil wells, wetlands
- **Ocean** acidification, deoxygenation, 25+ feet of *abrupt, non-linear sea level rise*
- The great conflagration of **the world's forests** — *out-of-control* GHG emissions
- Loss of **most species** (animal & plant) on land and in lakes, rivers, and oceans
- Increasingly severe & **deadly weather**: storms, floods, droughts, hurricanes...

Last 22,000 years of global temperatures to present (2023)



Overshoot of “Planetary Boundaries”

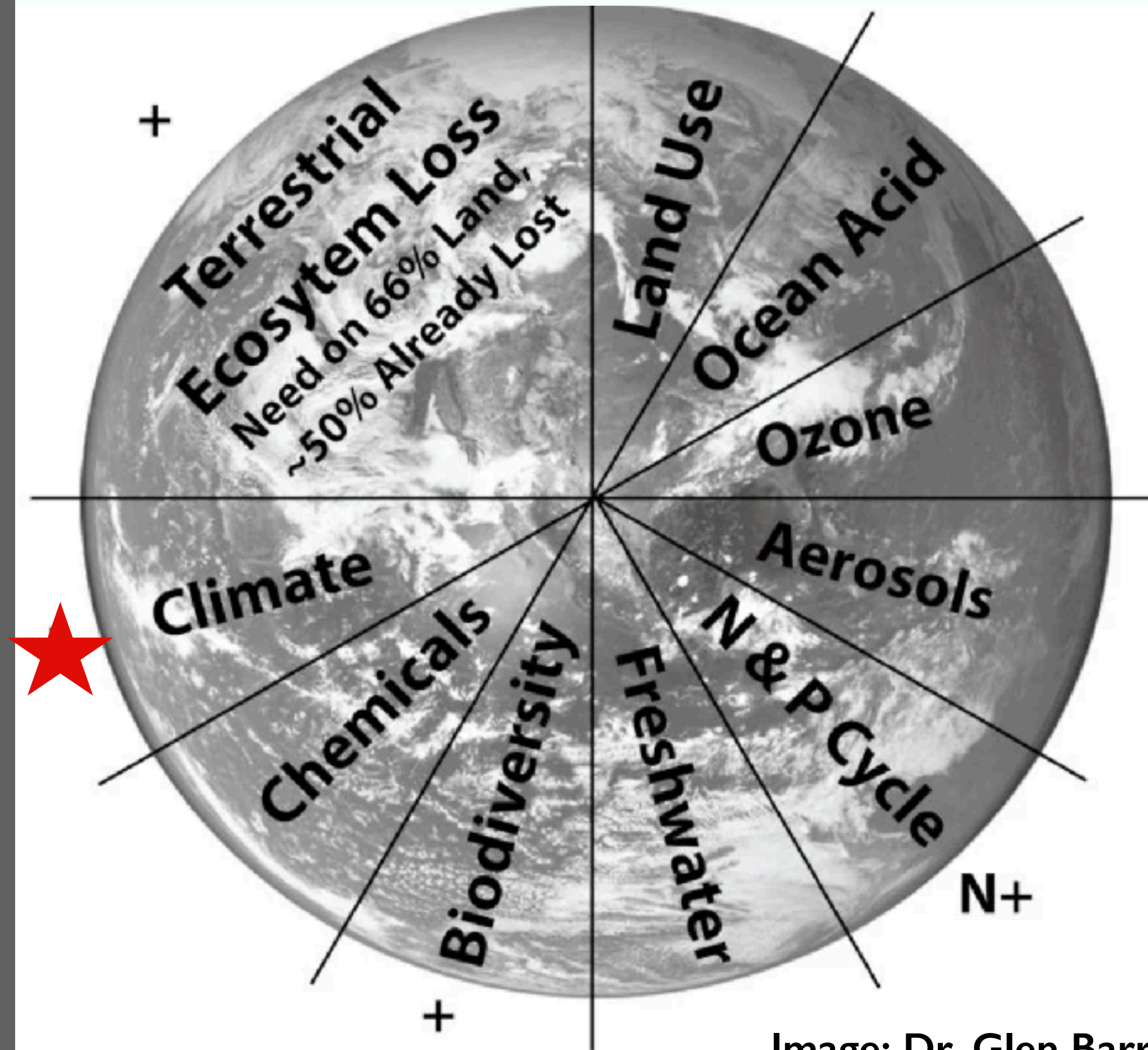


Image: Dr. Glen Barry

Overshoot of “Planetary Boundaries”

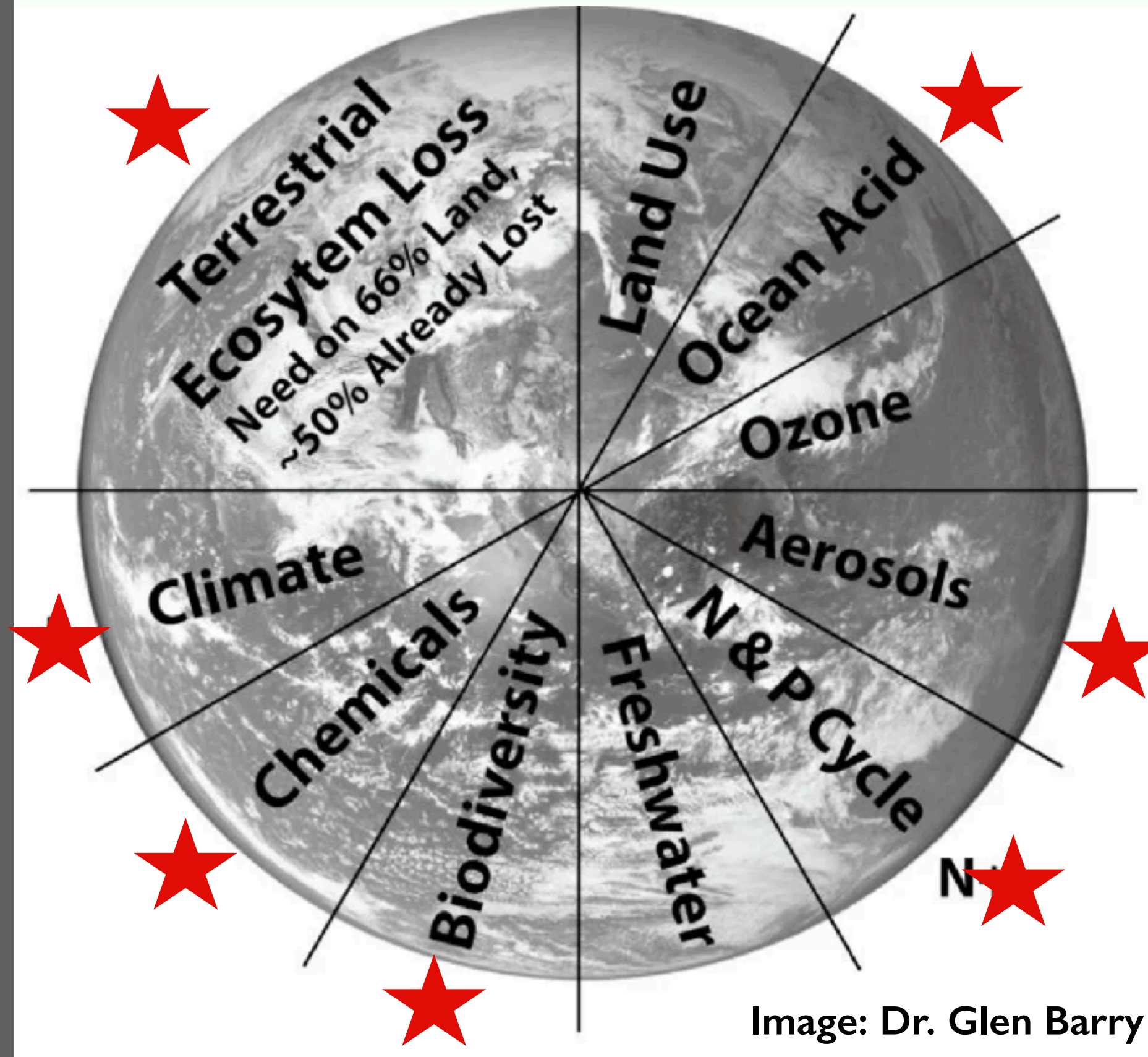


Image: Dr. Glen Barry

How denial shows up...

“The happy chapter”

A secular religious faith in **omnipotent human agency...**

- “progress and development”
- “biosphere management”
- “climate restoration” (“geo-engineering”)
- “global-scale mobilization”
- “evo-emergence of consciousness”
- “global de-growth revolution”
- “species-level awakening”
- “social tipping points”

IT'S NOT TOO LATE TO
STOP THE WORST OF
CLIMATE CHANGE IF WE ALL
ACCEPT REALITY AND WORK
TOGETHER FOR THE
COMMON GOOD.



Four (Deadly Accurate) **Metaphors**

1. *Homo colossus* (industrial humanity) has **Stage 4 Lung Cancer**.

Arguing for “green technology” or “an energy transition” is like believing that organic cigarettes can restore health & “win the fight” against death.

2. The global economy is a **Parasitic Superorganism**.

This parasitic superorganism is now entering its death throes because it has exhausted its host (Gaia) and its own financial creativity such that it cannot continue growing — which is a prerequisite for its survival.

Four (Deadly Accurate) **Metaphors**

3. Industrial civilization is a **Demon Devouring** the living world and creating hell on Earth.

Those who advocate for so-called *renewables*, *clean energy*, or a *GND* are actually proposing strategies to keep the demon on life support.

4. Our rapacious civilization is a **Serial Killer — a Mass Murderer**.
Advocating for geo-engineering and/or widespread electrification is akin to doing everything in our power to ensure that the killer has a long and prosperous career while providing a lifetime “stay out of jail free” card.

A close-up photograph of a forest floor covered in various types of fungi. The scene is dominated by large, brown, textured mushrooms with gills, some of which are partially covered by a layer of white, fuzzy lichen. In the lower right, there are patches of bright green, leaf-like lichens. The background shows more brown mushrooms and some dried, brown leaves. The word "Breathe" is overlaid in the center in a bold, yellow, sans-serif font.

Breathe

The Big Picture

Beyond Hope and Fear

Accepting these four facts is crucial...

1. Our fundamental problem is *not* climate change, it is ecological overshoot.
 2. Overshoot & collapse are the *inevitable* fruit of human-centered “progress”.
 3. Denial (adaptive inattention) is widespread as civilizations decline/collapse.
-
4. Calm gratitude during even the worst of times is possible — and contagious!

G🌐D / Life / Reality...

Grant me the Serenity to
Accept the things I cannot change,

Courage to change the things I can,
And Wisdom to know the difference.

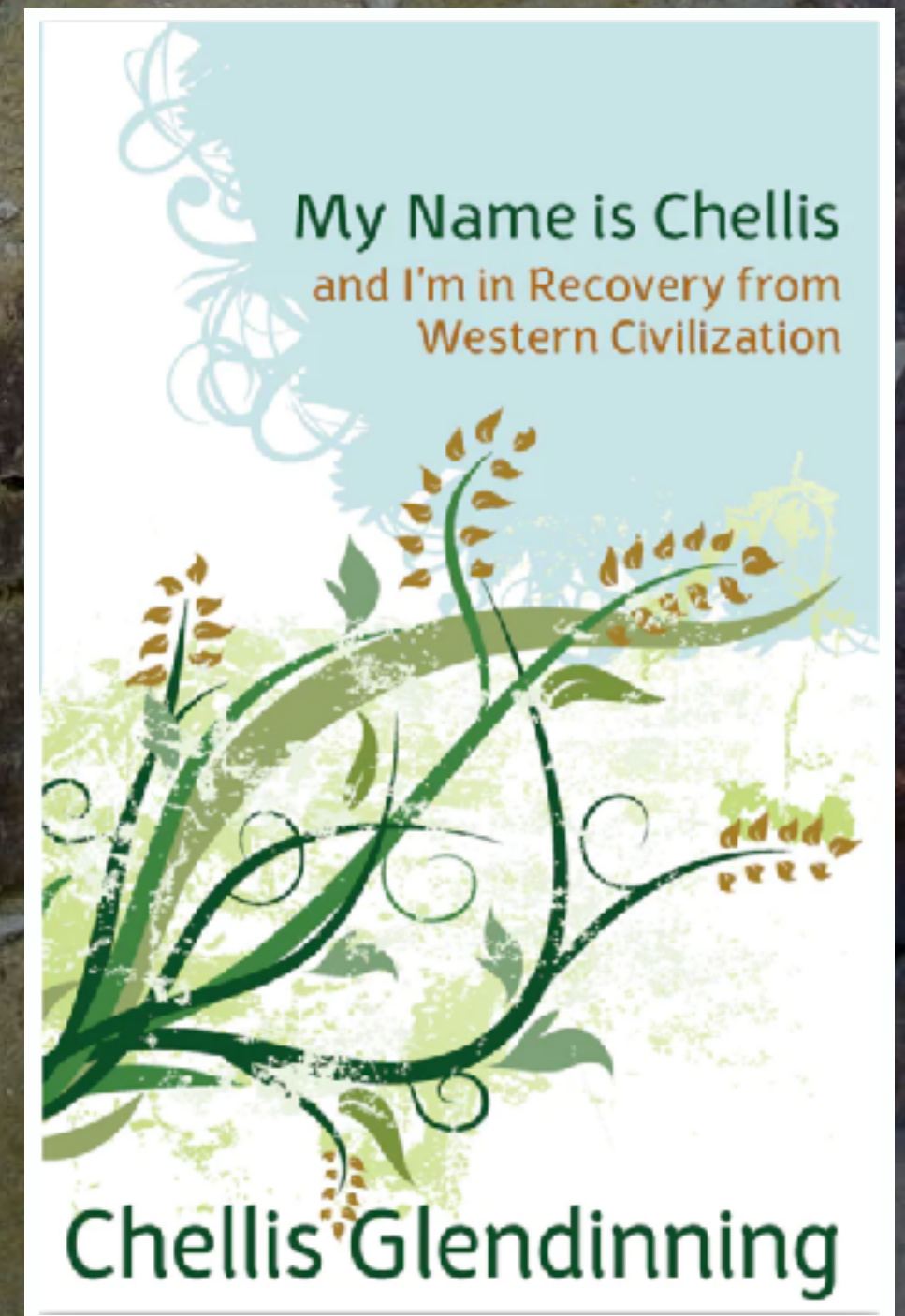
Living one day at a time,
Enjoying one moment at a time.

Accepting hardship as *the pathway to Peace.*

“Acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation — some fact of my life — unacceptable to me, and I can find no serenity until accept that person, place, thing, or situation as being exactly the way it’s supposed to be at this moment.

“Until I could accept my (*addiction to civilization*), I could not stay sane, nor sober. Unless I accept life completely on life’s terms, I cannot be happy.

“I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.”



Grief

“Grief requires us to know the time we’re in. **The great enemy of grief is hope.** Hope is the four-letter word for people who are unwilling to know things for what they are.

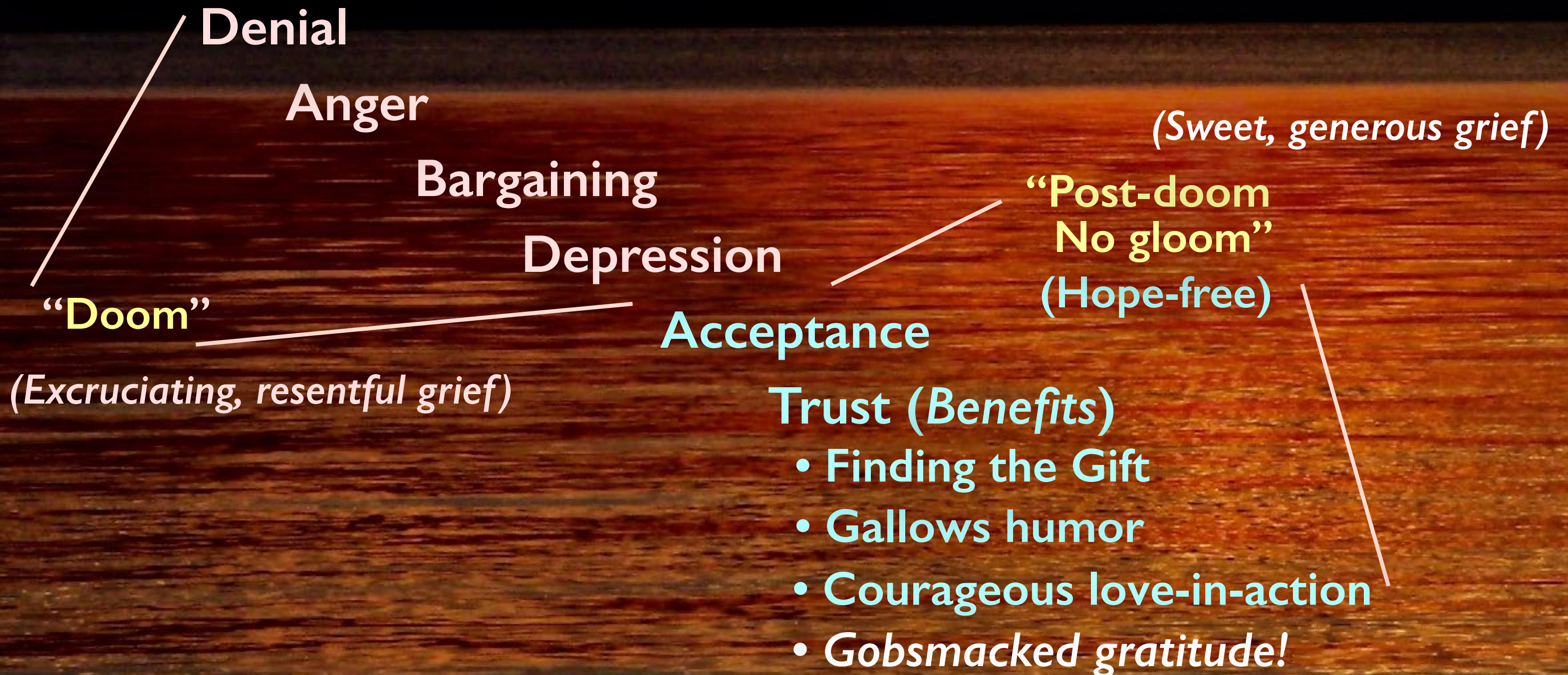
“**Our time requires us to be hope-free.** To burn through the false choice of being hopeful or hopeless. They are two sides of the same coin job.

~ *Stephen Jenkinson*

“The work of the mature person is to carry grief in one hand and gratitude in the other and to be stretched large by them. **How much sorrow can I hold? That’s how much gratitude I can give.**”

~ *Francis Weller*

Commonly experienced “Stages of Grief” (on the Path to Accepting & Trusting Loss)



**Collapse awareness is hell.
Only acceptance transforms lives.**

“14 Post Doom Actions”

Post doom
Conversations

**Jordan
Perry**

with Michael Dowd



A tall, thin rock formation, possibly a natural rock spire or chimney, stands against a clear blue sky. The rock is light brown and has a rough, textured surface. The formation is vertical and tapers slightly towards the top.

It's **not** too late ...

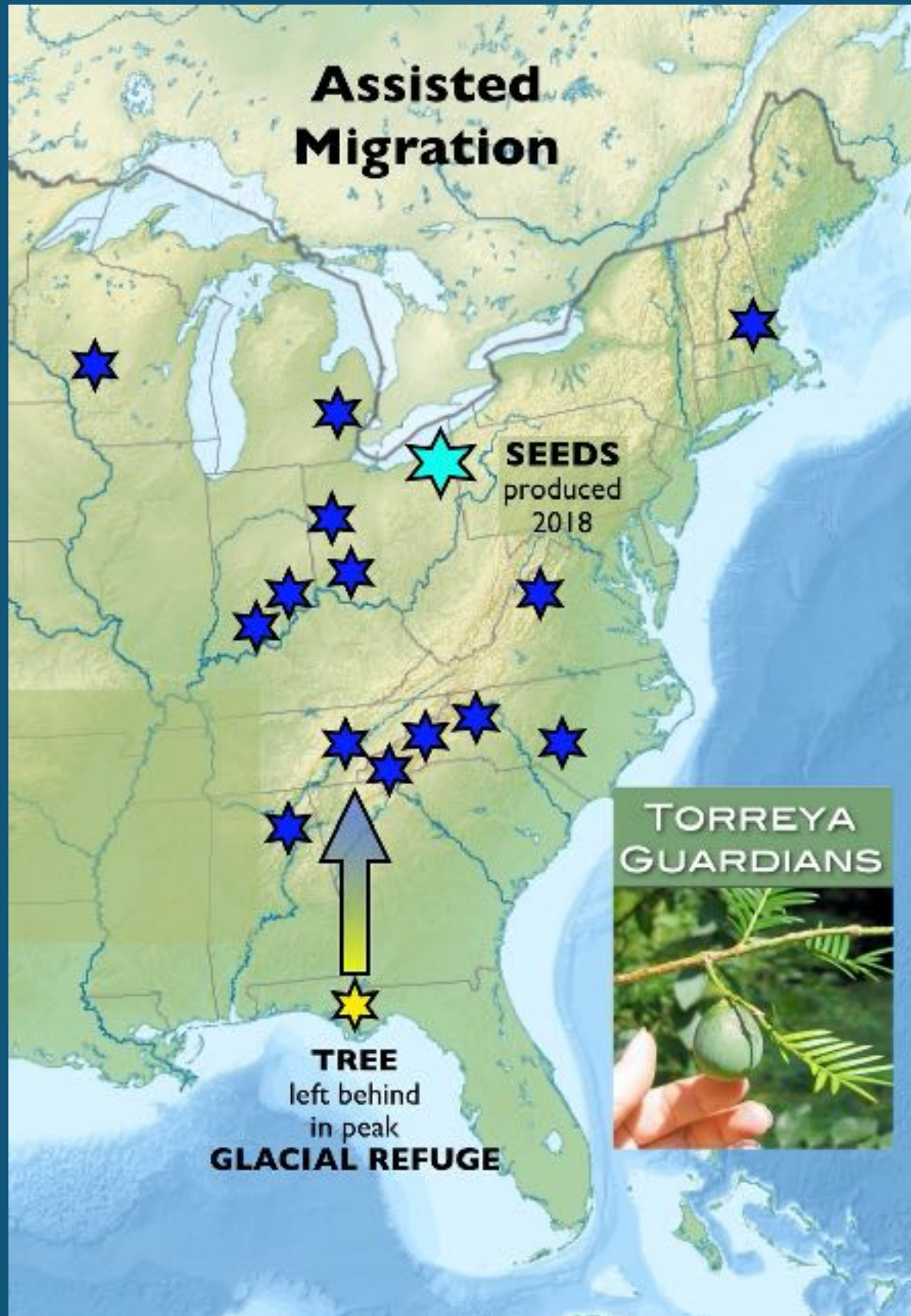
(Changing what we can)

- Ecological integrity
 - Social coherence
 - Personal wholeness

... to reduce suffering and adapt to **LESS**

... to resist further destruction and evil

... to assist trees / other plants in migrating



“Assisted Migration”



Helping Forests Walk

Introduction

**HFW
01**

Wikipedia...

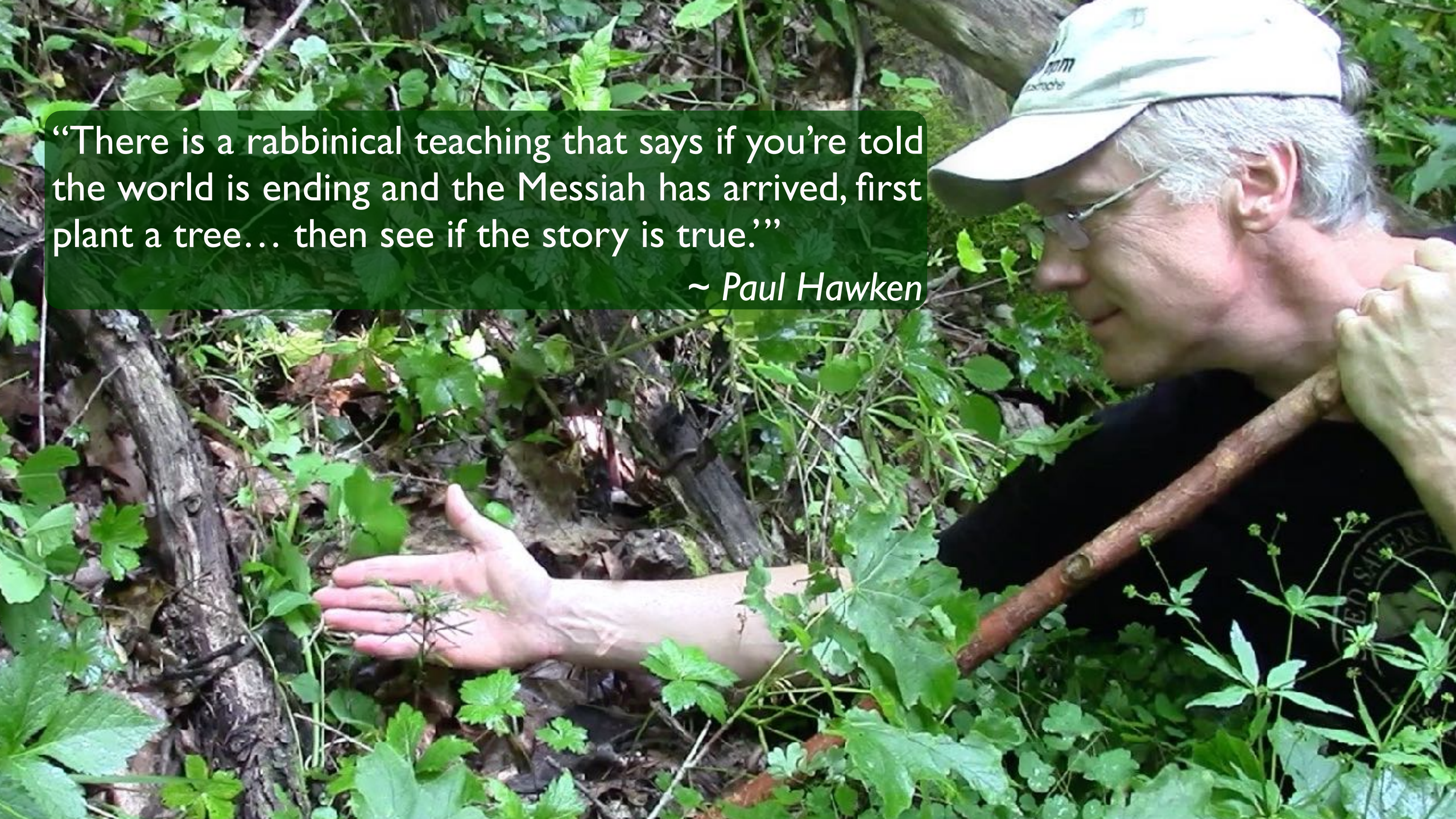
“Assisted migration of
forests in North America”

Connie Barlow

June 2021

“There is a rabbinical teaching that says if you’re told the world is ending and the Messiah has arrived, first plant a tree... then see if the story is true.”

~ Paul Hawken



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It's **not** too late ...

(Changing what we can)

- Ecological integrity
 - Social coherence
 - Personal wholeness

... to reduce suffering and adapt to **LESS**

... to resist further destruction and evil

... to assist trees / other plants in migrating

... to support Indigenous resistance

... to be a blessing to friends, family, community

... to engage in regenerative love-in-action

“It **is** too late...” (or was never possible)

Accepting what we cannot change

1. ...to change the narrative or awaken enough people to transform social, political, and economic systems.
2. ...to slow, stop, or reverse abrupt climate mayhem and the accelerating collapse of the biosphere and BAU.
3. ...to prevent the loss of most of the world's forests, ice, insects, coral reefs, and protective ozone layer.
4. ...to spare *Homo colossus* the ecocidal consequences of human ingenuity, technology, and the market.
5. ...to prevent billions of humans and other mammals and vertebrates from dying this decade or next.

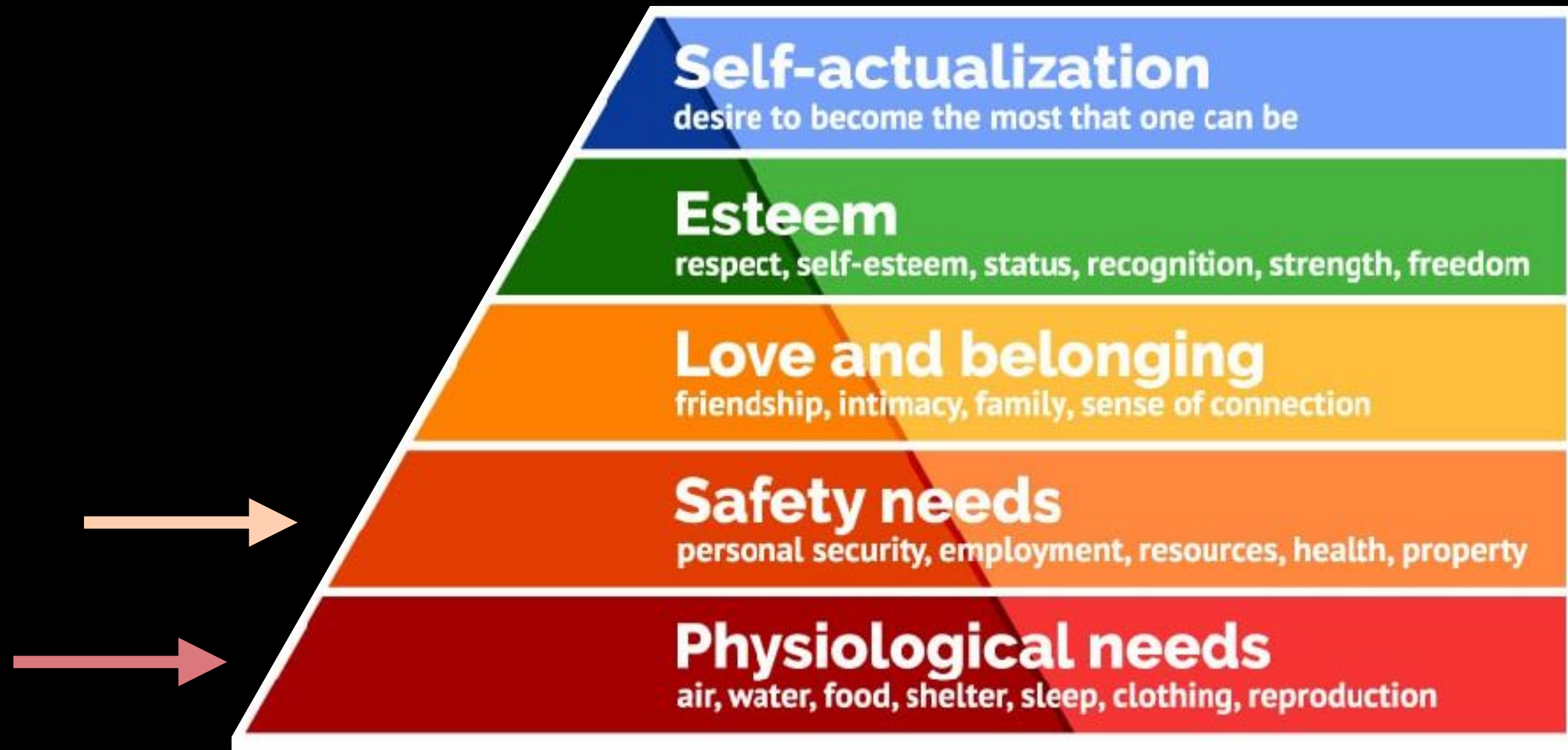
Cultivating Calm Gratitude at TEOTWAWKI

1. Stop denying, fighting, or bemoaning your/our fate (*amor fati*)
2. Celebrate the Big Picture and be of service however you can
 - remember who and what you are — *epic of evolution*
 - honor when and where you are — *bioregionalism*
3. Embrace your/our mortality; simplify and commit to LESSS
4. Let go of judgmental blame, self-righteousness, and self-pity
5. Get complete with everyone: express care, gratitude, regrets
6. Contribute to the wellbeing of others, human and non-human
7. Nurture awe, gratitude, courage, compassion, and generosity



Benefits of Trusting What Is Unstoppable
Post Doom, No Gloom Collapse Acceptance

Maslow's Hierarchy of Needs



Benefits of Trusting What Is Unstoppable

Post Doom, No Gloom Collapse Acceptance

1. **Clarity over confusion, compassion over blame, love-in-action over desperation**
2. **Re-prioritizes** nearly everything around what matters most (and what doesn't)
3. **Calm urgency to 'get complete'** with self, family, others, life, and legacy
4. **Focuses attention** on home, family, community (what's local, joyful, meaningful)
5. **Freedom from** "shoulds/oughts/have tos" & **freedom for** "could/might/get tos"
6. **Overwhelming gratitude** for the gift of being alive, aware, and able to feel deeply
7. **Expanded sense of Self (identity)** — and of impermanence and death as sacred

**Collapse awareness is hell.
Only acceptance transforms lives.**

Karen Perry: “15 BENEFITS of Collapse Acceptance”



**Collapse awareness is hell.
Only acceptance transforms lives.**

Meg Wheatley — “Beyond Hope and Fear”

Margaret J. (Meg) Wheatley

Post Doom Conversation with Michael Dowd (Oct 2022)



Beyond Hope and Fear

Collapse awareness is hell.
Only acceptance transforms lives.

“Opening to the World”

Post doom
Conversations

**Meg
Wheatley**

with Terry Patten



“Solid Ground in the Age of Threat”



Meg Wheatley
Finding solid ground in
“The Age of Threat”

Living in the Time of Dying
Interview Series with Michael Shaw

What's wrong with hope?

Why not let people believe whatever they want if it helps them get through their day without depression or despair?

Personal — “only acceptance transforms lives”

The quality of... time remaining / relationships / legacy

Societal — anger/passion of youth channeled for good, not evil

Critical mass of acceptance needed for collective action re...

- (A) avoiding ionization of the atmosphere and 90%+ loss of surface life,
- (B) long-term toxicity, (C) frugal use of resources, (D) reducing suffering,
- (E) improving odds of avoiding extinction of some plants & animals species

Thesis

The stability of the biosphere has been in decline for centuries and in runaway (unstoppable) collapse for decades.

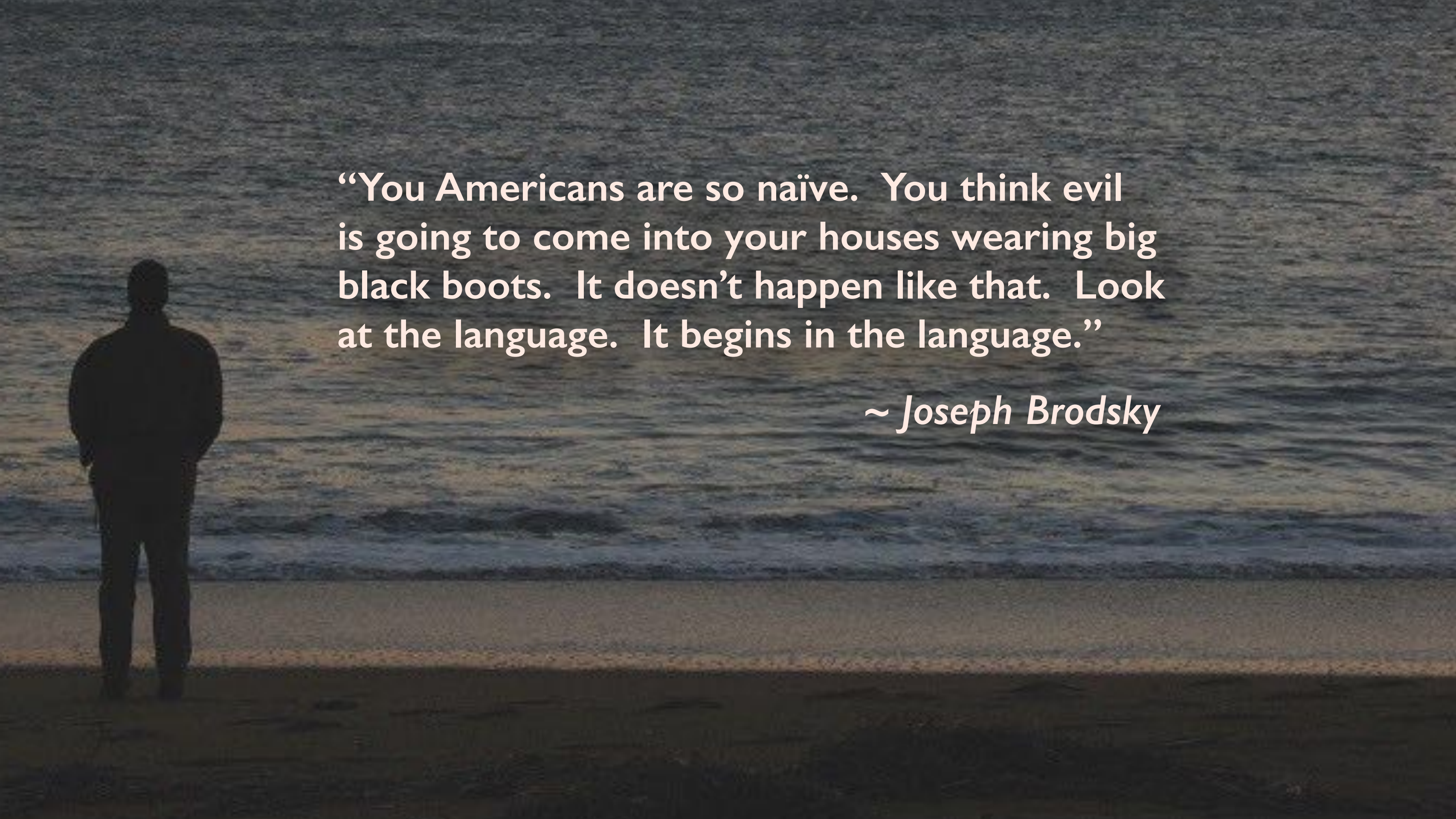
This “Great Acceleration” of technology- and market-driven ecocide is an easily verifiable fact; the scientific evidence is overwhelming.

Evidence is also compelling that the vast majority of people will deny this, especially those still benefitting from the existing order, those legitimately concerned about the consequences of collapse, and those who fear that accepting reality means “giving up”.

Thesis

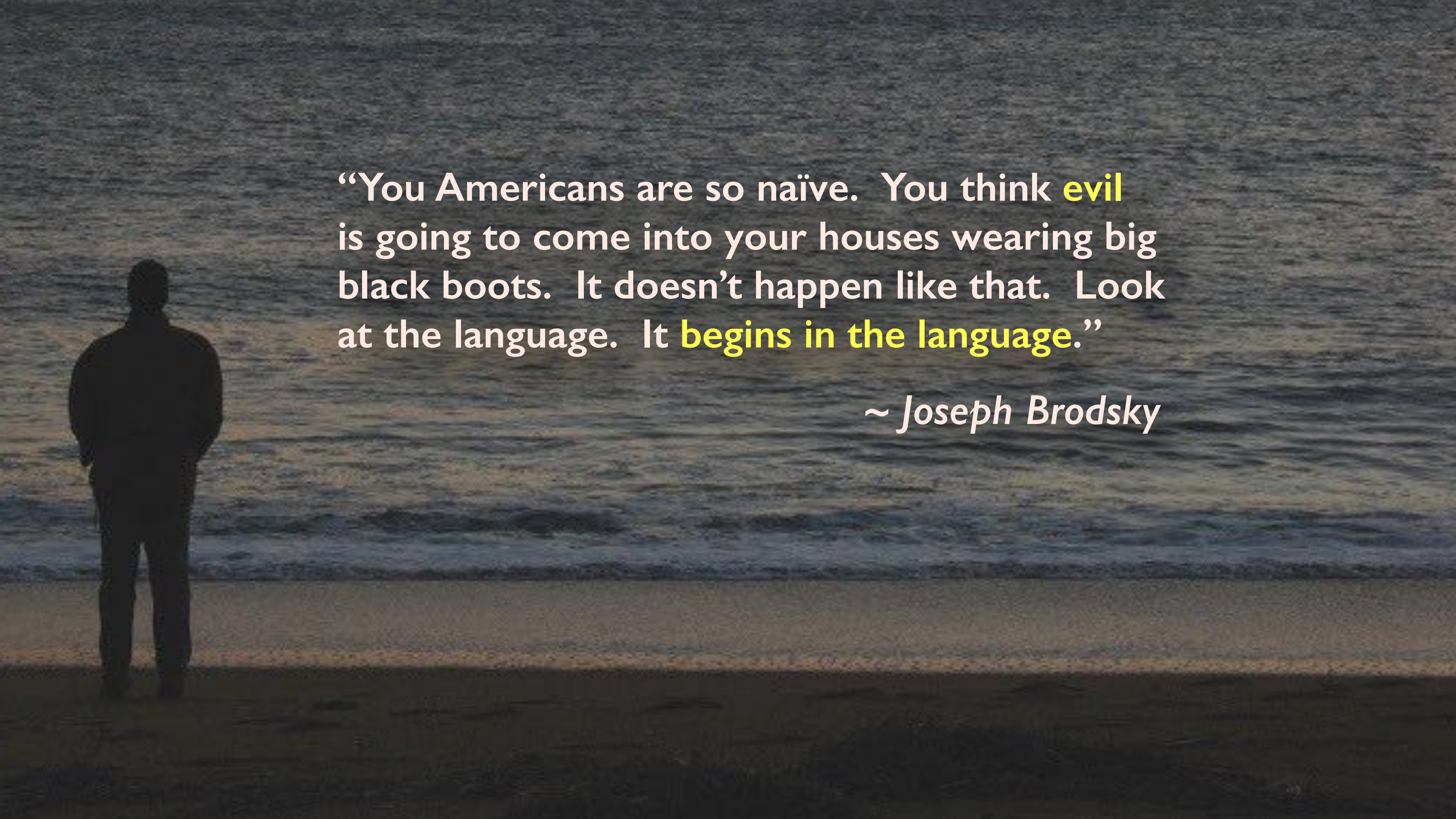
The history of 80+ previous boom & bust societies clearly reveals how and why *Homo colossus* is destined for near-term extinction. This may or may not mean the extinction of *Homo sapiens* in the next decade or two, but it is a real possibility.

Whereas widespread hope and optimism will lead to dozens, if not hundreds, of nuclear meltdowns, *acceptance of collapse and its inevitable consequences (i.e., trusting reality)* may be the single most important thing any of us can do to live fully, fearlessly, and inspiringly in this time of global hospice — i.e., at TEOTWAWKI.

A silhouette of a person stands on a beach, looking out at the ocean. The person is positioned on the left side of the frame, facing right. The ocean is the background, with waves visible. The sky is dark, suggesting dusk or dawn. The overall mood is contemplative and somber.

“You Americans are so naïve. You think evil is going to come into your houses wearing big black boots. It doesn’t happen like that. Look at the language. It begins in the language.”

~ Joseph Brodsky

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“We are *at risk* of civilizational collapse.”

“We need to declare a climate *emergency*.”

“Now is the time to act; *the situation is dire*.”

“Our time is a *Great Awakening / Turning / Transition*.”

“The window of opportunity for *bold action* is closing.”

“*Green tech*/capitalism can *reverse* climate change.”

“Evolution means *progress*...there are *solutions!*”

“*Without* _____, we’re doomed.”

Roy Scranton



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Postdoom.com

Post doom

Regenerative conversations
exploring overshoot grief,
grounding, and gratitude.

“Doom” vs. “Post-doom”

Doom *definition* 🌿

1. A normal feeling of disgust or dread upon realizing that technological progress and economic growth and development are the root of our predicament, not our way out.

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Doom *definition* 🌿

1. A normal feeling of disgust or dread upon realizing that technological progress and economic growth and development are the root of our predicament, not our way out.
2. A name for the anxiety and fear called forth when living in a corrupt, dysfunctional civilization causing a mass extinction.
3. The mid-point between denial and regeneration . . . with or without us.

Post-doom *definition*

1. What opens up when we remember who we are and how we got here, accept the inevitable, honor our grief, and prioritize what is pro-future and soul-nourishing.

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3. Living meaningfully, compassionately, and courageously no matter what.

“How can I tell whether I am *accepting* or *resisting* that we’re in a time of global hospice?”

Feelings commonly associated with *acceptance* ...

Trust and gratitude

Awe / love / sweet grief

Generosity and compassion

Calm, courageous love-in-action

Joy in little things — gallows humor!

“How can I tell whether I am *accepting* or *resisting* that we’re in a time of global hospice?”

Feelings commonly associated with *non-acceptance* ...

Optimism or pessimism
Hope or hopelessness

Anxiety / fear / guilt

Desperate activism

Anger / depression

Self-righteousness

Absurd in light of natural
laws, facts, 99% certainties

Final note of encouragement:

Expect to bounce back and forth between hope and fear, hope and fear, if (*despite everything you've learned*) you do not accept that the collapse of industrial civilization is both ongoing and unstoppable.

The pace and region-by-region impacts of abrupt climate mayhem do not need to be certified by science in order to accept that they are real and will rapidly worsen.

So don't take *anything* for granted; celebrate it all! Live life fully, love the life you live, and be the biggest blessing to others that you can, for as long as you can. *This* is how to experience joy independent of circumstances — even in the face of TEOTWAWKI & possible NTHE.

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