



# Vita Sapien

Ecological Spirituality  
by Guy Lane

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Pass-Around Pocket-Book.*

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<b>Part 1: Riddle me this...</b>	<b>1</b>
According to science...	1
A seabird called Sula.....	4
<b>Part 2: Vita Sapien.....</b>	<b>6</b>
Ecological Spirituality .....	10
Spiritual Marketplace.....	13
Fostering Rapid Mass-Ecophany.....	18

<b>Part 3: Vita Sapien Philosophy .....</b>	<b>21</b>
Vita Sapien Worldview .....	22
Biosphere as Life Support .....	22
Anthropocene Crisis .....	23
Earthwork.....	28
The Long Future .....	26
The Verdant Age.....	27
Changing Trajectory .....	29
Vita Sapien Spirituality .....	31
1. Focus of Devotion .....	33
2. The Golden Rule .....	35
3. Life's Big Questions .....	36
4. Transcendence.....	38
5. Inner Self.....	43
6. Higher Values .....	47
Nature Calls .....	52
Vita's Invitation.....	56



# Part 1: Riddle me this...

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**According to science...**

**Humans are unsustainable super-predators.** *The unique ecology of human predators.* C. T. Darimont, et al, 2015.

**Humans have killed off 68% of wildlife since the 1970s.** *The Living Planet Report 2020.* WWF, 2020.

**The total amount of stuff made by humans now exceeds the mass of living things on Earth.** *Global human-made mass exceeds all living biomass.* E. Elhacham, *et al*, 2020.

**Life on Earth behaves in the manner of an organism in that it regulates the planet's temperature.** *Atmospheric homeostasis by and for the biosphere: the gaia hypothesis.* J. Lovelock & L. Margulis, 1974.

**Between 1 & 2 degrees Celsius above pre-industrial temperatures lies a cascade of climate tipping points, and we are already over 1.2 degrees above baseline.** *Trajectories of the Earth system in the Anthropocene.* W. Steffen, *et al*, 2018.

**The plankton make the clouds.**

*Oceanic phytoplankton, atmospheric sulphur, cloud albedo and climate.*

R. Charlson, *et al*, 1987.

**There are 500 times more pieces of plastic in the ocean than all stars in our galaxy.** *A global inventory of small floating plastic debris.* E. Seville, *et al*, 2015.

**Over 75% of all fossil fuel reserves cannot be burned.** *Unburnable Carbon: Are the World's Financial Markets Carrying a Carbon Bubble?* Carbon Tracker Initiative, 2011.

**Just 4% of mammal biomass on Earth is wildlife, and 96% is humans and livestock.** *The biomass distribution on Earth.* Y. Bar-on, *et al*, 2018.

## **A seabird called Sula**

One night, a seabird called Sula had a stomach-ache because it had accidentally eaten a piece of plastic that it mistook for a fish.

Seeking somewhere safe to spend the night, Sula came across a white boat, and landed on the front deck.

There, Sula ruffled its feathers and settled in for a long night.

On its mind were its stomach-ache, hunger, and how the ocean was unseasonably warm.

Seeing the bird land on his deck, the skipper of the boat stormed outside, shouting, and waving his arms.

*“Get off my boat!” he yelled. “I won’t have you crapping on my deck!”*

Ironically, there was no chance of that happening, as the poor bird had not eaten for three days.

Afraid for its life, Sula flew away into the night.

We don't know what became of the seabird, although we know what is becoming of seabirds.

The skipper went back inside the boat, checked the gauge to see how much diesel fuel he had consumed, and then returned to his computer to see if his crypto had gone up.

*Does this remind you of someone you know?*

## Part 2: Vita Sapien

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Vita Sapien was conceived from deep contemplation of the question:

*Why are people so accommodating of the political & economic systems that are destroying our life support system on Earth?*

Our global political and economic system is unsustainable, no doubt, but the bigger question is why? Why did we make it that way? Why do we allow it to persist? Why have we not yet risen up and overthrown the destructive systems of power that are sending our civilization and our magnificent Living Planet to oblivion.

The answer is spiritual.

The unsustainable systems of today do not fundamentally conflict with inner-

monologue of modern society because for most people, their spirituality is unsustainable.

We are spiritually disconnected from nature, so we can't see her tears or hear her cries for help.

How can spirituality be unsustainable you ask?

Well, spirituality is a primary motivator for human behaviour, and thus influences the physical world through our actions and inactions.

If one believed that nature was sacred, one would undertake extraordinary effort to protect it. If one did not believe that nature was sacred, one would be prepared to see it die, or would be simply unaware of what a dying planet looks like.

*Spirituality is a hugely important factor in fostering an ecologically sustainable*

## Vita Sapien

*civilization, and yet has been profoundly overlooked.*

There are four primary reasons why spirituality has been largely ignored by the environmental movement:

First, spirituality is private, and many people take offense to conversations about the subject. So spirituality doesn't get discussed much.

Second, a lot of what passes for spirituality can appear nonsensical to people who don't follow that particular theme. So, people who speak of spirituality often come across as cranks, irrespective of what they say. So, when someone mentions the world spirituality, the frequent response is, "*Yeah, no thanks.*"

Third, spirituality is typically thought of as the realm for religious people, indigenous

people, and the types of people who frequent crystal shops (New Age spirituality). By and large, the regular people who make up the majority of us are regarded as not having any spirituality at all.

Finally, the public has a low *spiritual literacy*, which is to say that they are not well versed *in the subject* of spirituality, and as such, they tend not to have common frames of reference to aid discussion. As such, they don't spend much time contemplating or speaking about the subject.

***Spirituality is the overlooked superweapon in the fight to save our biosphere from collapse.***

Vita Sapien wants to talk about spirituality. Specifically, *spirituality that fosters radical pro-environmental behaviour change.*

## Vita Sapien

Why? Because our Living Planet is dying, and an *ecologically sustainable spiritual philosophy* can save it.

### **Ecological Spirituality**

To be clear, when Vita Sapien talks about spirituality, we are not speaking of Gods, crystals or *woo-woo*. Vita Sapien speaks of *spirituality inspired by nature*.

In this instance, the word 'nature' has a specific usage: *the living organisms and natural processes that take place within Earth's biosphere, and those factors that influence the biosphere such as the Sun, the Moon, and tectonic forces*.

The formation of black holes is a natural phenomenon, but it is outside of the frame of reference of Vita Sapien's Philosophy.

Vita Sapien offers new ideas about how individuals can connect spiritually to nature, and in doing so

unleash the extraordinary power within to do the kind of insanely audacious things that will prevent the collapse of the global ecosystem.

Vita Sapien didn't invent ecological spirituality, but simply presents the idea in a new and unique form.

Indeed, for most of the 70,000 years that modern humans have walked the Earth – before religion, church, and God became part of our culture – all human societies practiced ecological spirituality.

Around the world, this innate eco-spirituality goes by different names, including Animism, Druidism, Paganism, Wicca, etc. And of course, indigenous people to this day continue to practice eco-spirituality through their culture and reverence for country.

There is still much to be learned about the evolution of humans, however

## Vita Sapien

spirituality seems to have evolved with modern humans over the past 70,000 years or so. It is an emergent property of the human central nervous system that evolved within the global ecosystem, surrounded by plants, animals, and landscapes. Thus, ecological spirituality is the natural, intrinsic, innate spiritual path for humans.

While ecological spirituality is innate in all humans, there are many other competing spiritual views. And herein lies the problem: the lifestyles and beliefs that underpin mainstream culture separate us from our natural spirituality.

Vita believes that this is the primary driver of the global climate and ecological crisis: our spiritual disconnection from nature.

**As such, Vita's mission is to help re-establish people's spiritual**

**connection to nature** and to do this in a manner that is fun, and cool, and funky, and exciting, and innovative and compelling. And while there's still time.

Vita Sapien offers a spiritual philosophy and all the necessary accoutrement (symbols, concepts, practices, ceremonies, etc.) to spread it rapidly around the world.

This global movement doesn't exist in a vacuum. The spiritual marketplace is crowded, and so Vita Sapien needs help to rise above the noise.

## **Spiritual Marketplace**

One hundred years ago, if you wanted spirituality, you went to the Church. Today, there is a *spiritual marketplace* with many offerings to satisfy inner cravings, including:

*...God, UFOs, shopping, crystals, dreamcatchers, yoga, pets, yetis,*

## Vita Sapien

*phenomenology, pop music, the occult,  
flying saucers, heaven, muscle cars,  
Vikings, quantum vibrations, deities,  
fishing, sage, incense sticks, Druids, the  
Flying Spaghetti Monster, fitness, crop  
circles, channelling, Jesus, the after-life, the  
Cult of Self, the Inca calendar, chakras,  
Feng Shui, archangels, footy, the holy  
trinity, tarot, crop circles, Nephilim,  
Pentecostalism, angel cards, unicorns,  
Islam, meditation, runes, fitness, Atlantis,  
crucifixes, the cosmos, Judaism, mermaids,  
aliens, angels, sound healing, chemtrails,  
shoes, the everlasting soul, ayahuasca,  
Buddhism, Zen, Stonehenge, Taoism,  
extra-terrestrials...*

Go and visit a crystal shop, and you will see all these things for sale.

There is nothing wrong with any of this. However, very few of these spiritual offerings have anything meaningful to say about a right relationship between humans and the Living Planet. As a result, most people

have no internal monologue telling them that the destruction of the biosphere is fundamentally wrong.

So, Vita Sapien wants to help people augment their spiritual views to include a reverence, a passion, a love for nature.

Fostering ecological spirituality is a pathway to changing views and creating the space for right action to make things better for our planet.

When people undergo *spirituality change*, they are primed for radical behavioural change. We all know examples of this: people being recruited by Born Again Christians, or having a near death experiences, or coming back from war.

The *Vita Hypothesis* states that radical pro-environmental behavioural change can be bought about in people when spiritual enlightenment to nature is

## Vita Sapien

paired with a scientific understanding of how nature actually works, and guidance for right action.

Vita Sapien believes that if millions of people align their hearts, minds, and efforts to the wellbeing of our life support system *it is possible to shift the trajectory of human civilization* away from the abyss of extinction that faces us today, and towards an ecological civilization that Vita Sapien refers to as the *Verdant Age*.

Incidentally, the name Vita Sapien draws on the Latin words '*vitae*' for life, and '*sapien*' for wisdom. Thus, Vitans (people who follow Vita Sapien Philosophy) are *life wise*: wise about personal life, and wise about their place amongst life on Earth.

Vita Sapien believes that there are millions of people around the world who would adopt this as their primary

spiritual philosophy if it were put before them in a compelling manner.

**It is calculated that there are around 53 million 'Latent Vitans' in the western world alone.**

This number represents a quarter of the *Cultural Creative* people. You can come to a similar number by assuming that half of the people who are *spiritual but not religious* would adopt Vita Sapien.

53 million people is a significant political and economic force, representing about 8% of the public in Western countries.

According to Extinction Rebellion literature, non-violent rebellions don't fail when 3.5% of the public get involved. Imagine the change for good when 8% of the public tap into the raging forcefield that is unleashed through a spiritual awakening to our Living Planet.

## **Fostering Rapid Mass-Ecophany**

One of Vita Sapien's core concepts is ecophany, or *ecological epiphany*. This is an emotional, spiritual, or intellectual awakening to nature.

Ecophany is a one-way street because once you sense what humans have done to our Living Planet and what the planet is soon to do to us, *you can't unfeel it*. It changes your life. You will find yourself reconsidering *everything* that you previously thought was important. Your behaviour will change.

Ecophany is emotionally challenging, but it is a necessary pathway to enlightenment: understanding how things really are.

*The term **Fostering Ecophany** suggests creating conditions suited to helping people have ecophany. To this end,*

Vita Sapien is developing *Awakening Programs* that invite people to open their heart to nature.

*Mass-Ecophany* is the concept of ecophany occurring in tens of millions of people. So, *Fostering Mass-Ecophany* is ultimately what Vita is about. And given the urgency of our climate and ecological crisis, *Fostering Rapid Mass-Ecophany* is what we need to do.

But that is not enough. A spiritual enlightenment is like hoisting a huge spinnaker sail on a boat. What's needed is a rudder to set the direction. The direction comes from the environmental sciences. And again that is not enough. What is also needed is chart and plan of how to get to a destination. So, Vita Sapien's programs have intertwined elements that include:

## Vita Sapien

- Spiritual enlightenment to nature
- Deeper understand of the Earth System
- A map for the future
- Directives for right action

Vita Sapien's mission is to drive a powerful spiritual enlightenment to nature in hundreds of millions of people around the world, framed by environmental science and directed towards expedient action to prevent the collapse of the global ecosystem.

Can we count on your support?

## Part 3:

# Vita Sapien Philosophy

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Vita Sapien Philosophy provides a complete holistic framework by which to understand the world and the place of the humans in it. There are two main structural elements:

- Worldview
- Spirituality

*Vita Sapien Worldview* focuses on the material aspects of the Philosophy advised by the environmental sciences.

*Vita Sapien Spirituality* considers the non-material, spiritual aspects of our place on Earth.

## **Vita Sapien Worldview**

Vita Sapien Worldview describes the material aspects of the Vita Sapien Philosophy. There are six key themes:

- Biosphere as Life Support
- Anthropocene Crisis
- The Long Future
- The Verdant Age
- Earthwork
- Changing Trajectory

### **1. Biosphere as Life Support**

The word biosphere refers to the totality of life on Earth.

Gaia Theory tells us that the biosphere maintains atmospheric conditions suited to the needs of the biosphere, itself. It does this primarily by regulating the concentration of greenhouse gases in the atmosphere.

Besides temperature regulation, the biosphere acts as a life support system for the human race in other ways. For example, rain falls onto our crops, atmospheric oxygen drives our respiration, fibre and food grow from the ground, pharmaceuticals are produced by plants, and so on.

Since the dawn of our species around 250,000 years ago, everything that humans need to survive on Earth has been provided by the biosphere.

Thus, the biosphere is the human life support system and ought to be regarded as sacred and deserving of personal sacrifice to protect it.

## **2. Anthropocene Crisis**

If you have seen the movie *Jurassic Park*, you may know that the Jurassic is not a type of dinosaur, but instead, a period of time (201-145 million years ago) in which the dinosaurs called

velociraptors and the T-Rex roamed the Earth.

The people who give names to periods of time are geologists who study *stratigraphy*: the relationship between rock layers and past time. The name given to the last 12,000 years since the end of the last Ice Age is the *Holocene Epoch*. This is the period in which human 'civilization' grew.

Stratigraphers are in the process of defining a new epoch called the *Anthropocene* (the Age of the Humans) that recognises that humans have significantly modified the Earth over the past century or so.

In short, the Anthropocene is the era in which humans are causing serious structural changes to the biosphere that threaten our life support system.

Stratigraphers seek a chemical marker in the rocks and soils to define the end

of one geological era and the beginning of another. A leading contender for the chemical marker that signifies the beginning of the Anthropocene Epoch is the presence of uranium and plutonium contamination in the soil that came from the hundreds of nuclear bomb tests that began in 1945 and continued through to the 1960s.

Ponder for a moment the spiritual significance of this statement: **the marker for the beginning of the *Age of the Humans* is a layer of radioactive waste.**

The concept of the Anthropocene is a core element of Vita Worldview. Vitans are encouraged to seek to end the Anthropocene and foster a new geological epoch where humans and nature thrive in synergy.

### 3. The Long Future

Planet Earth is suited to life because our planet's temperature makes it suitable for water to exist in all three phases – ice, liquid water, and atmospheric vapour.

The temperature is right on Earth because the planet's orbit is neither too close, nor too far from the Sun, and because nature has mechanisms for regulating greenhouse gases for temperature control.

Earth's orbit is said to lie within the *Habitable Zone* and will do so for another two billion years or so.

Beyond this time, the Sun will expand, and eventually Earth will be baked dry and lifeless.

Vita Sapien refers to these two billion years as the Long Future. The concept of the Long Future suggests that Earth could be habitable for humans for

potentially tens or hundreds of millions of years into the future – that is if we don't destroy it, first.

#### **4. The Verdant Age**

The Verdant Age (also known as ecological civilization) is a subset of the Long Future when human civilization and the Living Planet thrive in synergy.

To reach the Verdant Age, it is necessary to get through the Anthropocene Crisis with as much of the Living Planet intact as possible, and a high-enough proportion of people with nature-based spirituality.

The concept of the Verdant Age is not just wishful thinking but is consistent with scientific frameworks such as: *Gaia 2.0 - Class 5 Planets - Earth System Stewardship – the Ecozoic Era – Ecological Civilization.*

**Advancing the Verdant Age is the *raison d'être* of Vita Sapiens.**

## **5. Earthwork**

Humans arrived on Earth through the same evolutionary pathway as the trees, the bees, the whales, and the snails. As such, we have the same responsibilities to the Living Planet: to pursue our own interests in a manner that supports the wellbeing of the whole.

Unlike the other organisms, however, humans have free-will and this allows us to act outside of biologically programmed instinct. Because most people have lost their innate spiritual connection to nature, much of their behaviour is detrimental to the biosphere. This is the root cause of the Anthropocene Crisis.

By reconnecting people spiritually to nature, it is possible to transform their

behaviour to become pro-environment. When conducted on mass-scale, this will allow humanity to undo the harm that has been caused to the biosphere and to live synergistically with nature deep into the Long Future.

Vita calls these biosphere-affirming duties **Earthwork**.

## 6. Changing Trajectory

Presently, human civilization is heading toward a cliff edge. As we annually spew more than 30 gigatons of carbon dioxide into the atmosphere and hack-down, chop-up and poison the global ecosystem, we get closer to the precipice every day. No person in their right mind wants to live through a global ecological collapse.

The alternative is to change trajectory and restore the global ecosphere to full health. This can be advanced by

## Vita Sapien

completing the following missions by mid-century:

- Euthanize the fossil fuel industry and replace the energy and materials they provide with sustainable alternatives
- Restore the climate by safely drawing down 1 trillion tons of CO<sub>2</sub>
- Restore the global ecosystem by rewilding much of the world

Undertaking activities that lead to these outcomes is the highest form of Earthwork. To achieve this in the narrow window of time remaining requires the widespread uptake of a nature-based spiritual philosophy.

This is because only a spiritual motivation has the power to overcome all the adversity on this noble journey.

## Vita Sapien Spirituality

Vita Sapien views the term 'spirituality' as an *umbrella concept* that shelters many themes. Six core themes describe Vita Sapien Spirituality.

### *Focus of Devotion*

#### *Life's Big Questions*

- *Where did we come from?*
- *Why are we here?*
- *What happens when we die?*

#### *Inner Self*

- *Individuality*
- *Devoted Self*
- *Self-actualisation*

### *The Golden Rule*

#### *Transcendence*

- *Peak & Trough Experience*
- *Awe, Wonder & Amazement*
- *Timelessness & Flow*

#### *Sacred Values*

- *Right & Wrong*
- *Sacred & Profane*
- *Raison d'etre*

Vita Sapien does not claim that these themes represent the totality of spiritual experience. The purpose of these themes is to create a common frame of reference to make it easy to talk about *the subject of spirituality*. In this way, we are better able to understand the role that *spirituality change* has in shaping *behaviour change*.

## Vita Sapien

Vita Sapien is not a competitive belief, but a co-operative system of belief that encourages people to care about the Living Planet, our life support system.

People are encouraged to believe *Vita Spiritual Philosophy* in addition to what they already believe. Where there is conflict between these philosophies, this is okay, as humans have an innate ability to hold conflicting ideas.

In this manner, there can be atheist Vitans, Christian Vitans, Muslim Vitans, Hindu Vitans, Buddhist Vitans, New Age Vitans, even Pastafarian Vitans.

Vita philosophy can augment traditional spiritual philosophies that do not have strong ecological stance. For example, Christianity was founded before the scientific revolution and the climate and ecological crisis. As such, the founding documents make no reference to these things. Vita Sapien

can augment ancient spiritual traditions to help make them sustainable.

## **1. Focus of Devotion**

Focus of Devotion refers to the primary spiritual motivators that people hold. For some people the focus of their devotion is God, for others, say professional athletes, it might be their sport. In reality, people can have multiple subjects that form the focus of devotion. People's behaviour is guided by their focus of devotion, but it is not the whole story as there are other influences, such as one's life experience.

### **Focus of Devotion in Vita**

At the heart of Vita Sapien's spiritual philosophy is the belief that all life on Earth – the biosphere – forms a single living organism. This means that you and I are cells in a body. This belief

## Vita Sapien

profoundly changes our relationship to the environment, as we see that the environment is us: an interconnected, holistic, oneness. An interbeing.

In the field of biology, all organisms are given a scientific name called a binomial. This is written in Latin, has two words, and is descriptive of the organism.

The binomial that Vita Sapien ascribes to the single, super-organism that makes-up life on Earth is *Imperium vitae-planeta* which roughly translates to the *Empire of the Living Planet*.

A shortened version is *Vitae-planeta*.

As with the trees and the bees, the whales and the snails, we humans are parts of the Living Planet, cells in *Vitae-planeta's* body.

Other names for *Vitae-planeta* are the biosphere, Mother Nature, Pachamama and Gaia. These are all more or less the

same thing, although there is some nuance. For example, Gaia is slightly different from *Vitae-planeta* in that Gaia is a scientific theory and *Vitae-planeta* is an article of spiritual belief.

## 2. The Golden Rule

A Golden Rule is a central, guiding statement that frames ethical and rational decision making.

The world's major religions all share a common Golden Rule. Most people will be familiar with the statement: *Do unto others as you would have them do unto you.*

The problem with this statement is that it fails to take into consideration *Vitae-planeta*, the biosphere, which is our life support system.

As such, Vita Sapien's Golden Rule is:

*Do unto others and the biosphere as you would have them do unto you.*

## Vita Sapien

Phrased another way:

*Be good to people and the Living Planet,  
and they will be good to you.*

### **3 Life's Big Questions**

Spirituality offers answers to existential questions of origins, meaning, and ultimate outcomes. There are many Big Questions, but three are particularly important.

- Where did we come from?
- Why are we here?
- What happens when we die?

#### **Where did we come from:**

*What are the origins of the human race?*

To answer this, speak to cosmologists and biologists. They will tell you that our Universe formed about 13.8 billion years ago with the Big Bang. Humans arose through a long process of evolution from the first living things that formed from non-living compounds on Earth about 3.8 billion years ago. We humans and the

other living things alive today are the survivors of five Mass Extinction Events. We are made of what Earth is made of. We grew here. We belong here.

**Why are we here:**

*What is the purpose of human existence?*

Humans are here on Earth for the same reason as the trees, the bees, the whales, and the snails: to pursue our individual life goals in a manner that makes a positive contribution to the wellbeing of the Living Planet, our collective life support system.

**What happens when we die:**

*What happens to our bodies upon death?*

Death is like sleep forever without dreams. When we die the organic compounds in our bodies are released into the soil, water, and the air from where they originally came.

These compounds may be revitalised by being taken up by other organisms. Vita does not hold a fixed position on the existence of an eternal soul but evidence of

## Vita Sapien

one's spirit can be seen while we are alive, and by what we leave behind.

If we plant a forest our spirit can be said to reside within the trees. If we wrote books our spirit can be said to reside on bookshelves around the world. *Van Gough's* spirit lives large today. However, the spirit of the baker from whom *Van Gough* bought his bread is harder to define.

If we spread joy and wisdom our spirit can be said to be the fond memories and the knowledge in the people that we leave behind.

## 4 Transcendence

Transcendence refers to those times when you feel yourself to go beyond the normal experience of life. Three subthemes are identified:

- Peak & Trough Experience
- Awe, Wonder & Amazement
- Timelessness & Flow

While these subthemes are given distinct names, in reality, they are often experienced overlapping with one-another.

### **Peak & Trough Experience**

Peak experience refers to those moments of euphoria and bliss when you are detached from your normal reality and become enthralled and entranced by an uplifting experience. Regularly enjoying peak experience is a pathway to a fulfilling life. Peak Experiences can be stumbled upon by chance, or they can be fostered.

Trough Experience refers to those instances where you are flattened, rendered helpless, approaching what seems like death. This can be bought about through near death experience, exposure to war, attack by wild animals, etc.

## Vita Sapien

### **Peak Experience in Vita**

Peak experience comes in many forms, but when we enjoy peak experience through nature, we more closely bond with the Living Planet, our life support system. Sunsets and sunrises, waves breaking on a beach, a Full Moon rising over a lake, catching a wave: these are natural experiences where we feel connected to a global life force shared by all other creatures and plants.

### **Trough Experience in Vita**

Trough experience is not pleasant but can trigger a substantial shift in our spirituality. To that extent, trough experience can open a path to ecological spirituality. For example people who get dumped by massive waves, change their behaviour and are much more reverent of the surf.

Peak experience and trough experience can often be sensed during the same

instance. Extreme experience – whether perceived as good or bad – opens a doorway to spirituality change, and therefore, potentially to eco-spirituality.

### **Awe, Wonder & Amazement**

The words awe, wonder and amazement are used interchangeably, and refer to the instances when we feel overwhelmed or taken aback by the vastness or extraordinariness of an experience. People find awe in many different places including from such obscure sources such as watching YouTube videos of rocket launches or the manufacturing process of golf balls. Others find awe in nature.

### **Awe, Wonder & Amazement in Vita**

Seek awe, wonder and amazement from storms and landscapes and coastlines and forests and lichen growing on a rock. Technology can enhance our awe of nature for

## Vita Sapien

example, videos of schooling fish, or close-ups of spiders spinning webs, or the formation of tropical revolving storms. Seek awe in social movements that advance the Verdant Age such as the growing rebellion against extinction.

### **Timelessness & Flow**

Timelessness comes when circumstances are so distracting that one loses track of the passage of time. Flow has similar characteristics. This is where one is engaged in effortless action with total focus. One could fall into timelessness and flow watching your underwear in a tumble dryer or sitting under a metal triangle chanting 'ommm,' but these won't necessarily point your spiritual compass towards the Living Planet.

### **Timelessness & Flow in Vita**

Seek timelessness and flow in the practice and presence of nature: a

waterfall, a walk on a beach, the sights and sounds of life on Earth. Get into flow by reading about the Earth System. Lose track of time in the garden or a forest or in conversations about how to Advance the Verdant Age.

## **5 Inner Self**

Inner Self refers to that part of each human that is unique. There are three categories:

- Individuality
- Devoted Self
- Self-actualisation

### **Individuality**

Part of a full life is coming to know the unique, individual personality that we grow into. Our personality influences the choices we make on life's journey, and the way that we are affected by experiences (e.g., our response to music, movies, etc). Some personalities

## Vita Sapien

intuitively accept the natural Earth wisdom described in this booklet, while for others it takes concerted effort. Personality includes the way our emotional states are triggered by stimuli. For example, how we deal with the knowledge of the ecological crisis and what's coming down the pipeline.

### **Individuality in Vita**

Resolving the climate and ecological crisis requires many different personalities. Our personality dictates the stimuli that trigger extremes of emotional state. Rage, for example, ought to be directed at the people who open new coal mines or gas fields, and not the waiter in a restaurant. Seek to shape your personality to be effective in advancing life on Earth.

### **Devoted Self**

Devote Self refers to the manner in which we related to the object of our

devotion. For some people, this is a deep commitment, for others, not so much.

### **Devoted Self in Vita**

Given that Vita Sapien's Object of Devotion is *Vitae-planeta*, the biosphere, we can speak of one having an *ecological self*. This is the manner in which our spirituality synergises with the biosphere, our global life support system. For most people, the ecological self is frail or non-existent and this is evident through their blind consumption of fossil fuels, plastics, and bad ideas.

Seek to grow your ecological self to connect spiritually to nature and find the strength and inclination to do what is necessary to protect her.

### **Self-Actualisation**

In a general sense, self-actualisation relates to the realisation of one's talents

and aspirations, our ability to achieve what we want.

Here, self-actualisation refers to an individual's capacity to honour the object of devotion. In this instance, it means to keep pace with the Anthropocene Crisis and act accordingly. For example, you may be well versed in recycling and worm farms, but as you learn about abrupt climate change, how are you adapting to fight it?

### **Self-Actualisation in Vita**

The Anthropocene Crisis is dynamic fast, and deadly, and it is coming for you. You will need to bolster your emotional fortitude to protect yourself from the sorrow of things that you love that will be lost. Continually strengthen your self-actualisation by learning and doing and focussing on expedient action. Expedient action is that which achieves an objective most

effectively. As the climate and ecological crisis deepens around you, you will need to grow emotionally and cerebrally to keep-up. *Keep-up* means to stay alive in these dangerous times, but also to continually reframe what is expedient action for you, as conditions unfold.

## 6 Higher Values

Higher values are those values that are strongly held, and for which one will make sacrifices to defend. There are three considerations for Higher Values:

- Right & Wrong
- Sacred & Profane
- *Raison d'etre*

### Right & Wrong

Right and wrong signifies actions that either help or hinder achieving a desired state. A desirable state for human civilization is a healthy biosphere populated by healthy, happy

## Vita Sapien

people for millions of years into the future.

### **Right & Wrong in Vita**

Efforts that harm people and the biosphere are wrong, and actions that help people and Advance the Verdant Age are right. Of equal importance, inaction in the face of ecological collapse is wrong. If you know what is coming down the pipeline, and you are not taking action to help prevent it, this is wrong. Evil is a term that Vita Sapien uses to describe the unconscionable behaviour of people who hold power, wealth or influence and deploy it in a manner that works against the wellbeing of people and life on Earth.

### **Sacred & Profane**

The sacred are those things that are perceived to be imbued with unique and higher qualities and values, and for which distinct rules apply. Profane is simply something that lacks

sacredness, such as the everyday and mundane. Sacredness is not implicit but is granted by one's beliefs. We can choose what we hold to be sacred.

### **Sacred & Profane in Vita**

Places of ecological significance are sacred as are acts of personal sacrifice on behalf of the biosphere. We ought to see natural biophysical processes that underpin our life support system as sacred, and act accordingly by protecting them. Indigenous cultures and endangered species are particularly sacred and ought to be revered and protected.

### ***Raison d'etre***

People can attach themselves to a cause so tightly that they experience a visceral sense of oneness between themselves and their belief: *identity fusion*. This can be a positive or negative for the Living Planet. For example, the people who massacred

the cartoonists from the French satirical comic *Charlie Hebdo* had fused their identity with a cause unrelated to the biosphere. On the other hand, for example, activists in the rebellion against extinction fuse their identity with a cause that Advances the Verdant Age.

***Raison d'etre Vita***

If you are to fuse your identity with a cause, ensure that it is one that helps to Advance the Verdant Age. Consider, for example, rewilding the planet, euthanising the fossil fuel industry, and drawing down a trillion tons of CO<sub>2</sub> by mid-century. Identify with that. The highest level is to identify with the integrity of the biosphere and the proper function of the Earth System as these are fundamental to life and for human civilization. This is the *raison d'etre* of human life on Earth.



## Nature Calls

Nature Calls are those instances when nature intervenes into your consciousness. How many of these have you sensed? What would you add to this list?

*Nature Calls when: ...you sense the wind change as the storm approaches ... the sound of small animals rustling in the grass ... the multicoloured glow of a rainbow in a waterfall's mist ... the spangles of dappled sunlight through a forest canopy ... the unique colour and texture of lichen on a boulder ... a bird lands on a branch close to you, taking you by surprise ... you come across a fallen tree covered in fungi and moss as it returns to the soil ... you see a bird on a branch with an insect in its beak ... a possum climbing up a tree turns to look at you ... the Full Moon rising above the ocean horizon ... the sun sets in an orange sky ... a dolphin comes to the surface and you hear its*

*breath ... a ray swims past, hugging the sea  
floor ... clear sea water washing against  
the green seaweed on the rocks ... the first  
sign of a new leaf on a pot-plant ... a bird  
lands on your windowsill and looks inside  
... you watch a thousand green ants carry  
a locust to their nest ... white light  
shimmers off the sea surface ... seawater  
moves over corrugated sand ... the hiss of  
water as a stream flows over a fallen tree  
... brilliant rays of sunshine burst through  
the clouds ... you feel the wind increase and  
the cumulus swell ... the cicadas in the  
bush are loud but invisible, no matter how  
hard you look... looking out upon a  
forested valley ... you see a butterfly land  
on a leaf, close by ... you wake to the music  
of songbirds in the trees ... you see track  
marks on the beach, and wonder what  
animal made them ... you find a beautiful  
seashell on the beach ...*

## Vita Sapien

Earth Calls for your attention many times a day. Do you know the sound of her voice?

People ask: what does Vita Sapien want us to do? Should we support the rebellion against extinction? Of course, that goes without saying. Should we live with Earthity, living lightly on the Earth? Yes. Of course. Should we find a mission for *Vitae-planeta* that resonates with our personality and ecological self. Absolutely you should.

*But most importantly, sit in quiet contemplation and attune the locus of your spirituality to the biosphere, the sphere of life on Earth. She is calling out for you to help her.*

There is little time left to win this battle. We need Earth Warriors. And to get Earth Warriors, we need people who are attuned to their innate spiritual connection with nature.



## **Vita's Invitation**

Our planet is dying because humans are killing it. Vita Sapien's mission is to foster behavioural change in tens of millions of people around the world in order to change the trajectory of human civilization and make it sustainable.

To do this we seek to spark a global movement for eco-spirituality that will:

- Encourage people who are already undertaking Earthwork to redouble their efforts
- Encourage people who are not engaged in Earthwork to get involved

We invite you to accept our communications by joining our newsletter, see the link on the Vita website.

vitasapien.org

We invite you to undertake Vita Sapien practices such as host a Moon Party, or a New Year Party on 16 July. See website for details.

Vita Sapien is a registered charity and needs resources to function. So, we invite you to support Vita organisation by purchasing a Quendant or making monthly donation. Also, see our range of Vita themed merchandise.

We invite you to pursue your life interest in a manner that makes a positive contribution to society and the Living Planet.

And please contact us if you would like to get further involved or pledge support: *vitaepianeta@gmail.com*

Good luck.

See you in the Verdant Age.

**[www.vitasapien.org](http://www.vitasapien.org)**



Please enter your thoughts on Vita Sapien  
and then pass this book to someone else.

Maybe start by answering the question: do  
you identify as Vitan?






















