



10 WAYS TO LIVE

... AS IF ...

WE INTENDED  
TO STAY

or

10 Act(ion)s  
in the play of life



## # 1. Drink from the tap

We can save money and a whole lot of single use plastic simply by giving up bottled water. The production of plastic water bottles together with the privatisation of our drinking water is an ecological and social catastrophe. Bottled water costs more per litre than petrol /diesel. The average Australian consumes 30 litres of bottled water each year. It takes up to 8 years to recoup the money spent by comparison with tap water. See: <https://www.coolaustralia.org/bottled-water-secondary/>



## # 2. Grow some food

Tickle up a bit of ground in a garden bed or soil in pots and plant some seeds or seedlings. Eating home grown fresh veggies or herbs is cheaper and healthier than the shop stuff. If we eat meat try to buy grass fed beef or game, true free range chicken and wild caught fish. And genuine free or open range eggs are worth every cent.  
Tilligerry Organic Produce, Lemon Tree Passage, NSW



## # 3. Observe an earth rest day

For one day or morning or afternoon a week, do what our forebears did—take time out from being consumed by the busyness that is our modern way of living. Start by turning off the phone and tablet. We need to give ourselves some breathing space—listen to our inner voice.



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## # 4. Gift time and money

Donate screen time and set aside a percentage of income. 1% of a \$900 weekly income amounts to \$9. Per year = \$468. Imagine what a tremendous help this would make to koala preservation or helping other endangered species. The gift of time to *raise awareness about human earth relationships* is one of the most precious gifts of all.



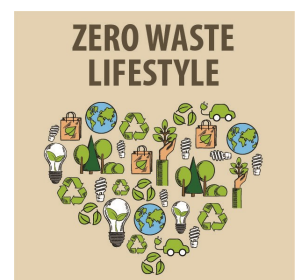
## # 5. Engage in family friendly activities

Ditch the spectator commercial sporting events, turn off the tele, put away the X-Box and screen based gadgets. Play cards, board games, enjoy getting outdoors. For one week starting first week in May be part of *Screen Free Week*. [https://www.huffingtonpost.com/katy-wolkstanley/100-things-to-do-during-s\\_b\\_5264727.html](https://www.huffingtonpost.com/katy-wolkstanley/100-things-to-do-during-s_b_5264727.html)

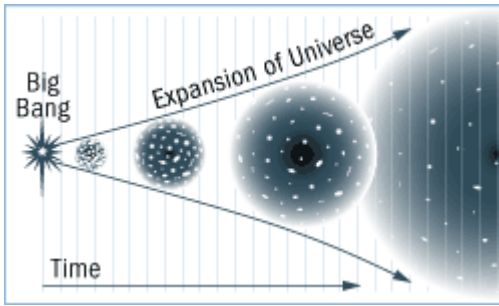


## # 6. Commit to not 'wasting'

In nature there is no away—there is zero waste. Ray Anderson of Interface Inc. says all waste is lost profit. Buy once and buy well; try to resist the fashion trend of buying a new wardrobe every season. Where possible specify products that have less packaging, that are able to be repaired, reclaimed, upcycled or recycled. <http://transitionnewcastle.org.au/newcastleupcyclers/>  
[Circular Economy and Waste Management - CSIRO](http://CircularEconomyandWasteManagement-CSIRO)  
[Design and the circular economy \(ellenmacarthurfoundation.org\)](http://Designandthecirculareconomy(ellenmacarthurfoundation.org))







## # 7. Know the story

The universe story tells us that we humans have only been on the scene in the last 2.6 million, of the 15 billion years history, of the universe. For the last 60 odd thousand years we made a good fist of it, but lately we've been living like there's no tomorrow.

Thomas Berry says we need to get a new story for living as if we intended to stay. A sense of place within a whole. Not separate from, but are a part of, the greater earth community—human and non-human beings. Living as subjects rather than seeing ourselves as objects. Check out: Thomas Berry: **Dream of the Earth**;

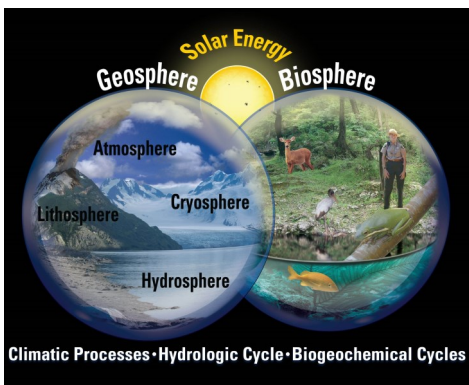
David Korten: **Change the Story, Change the Future**;

Charles Massy: **Call of the Reed Warbler**.

<https://www.youtube.com/watch?v=e0XBltUQ8qU>

## # 8. Observe earth laws

We accept the stop and go traffic light rules, pay our bills by the due date, show common courtesies at the shop checkout, but when it comes to playing by the laws laid down by mother earth we prefer to play dumb—surely she can handle a bit of rough treatment we plead? Thomas Berry says we humans need to revise our relationship with earth. To treat her as we would our great grandmother, with dignity and reverence for her generosity and tolerance. Her laws as written in the oceans, the land, the grasslands, the forests, the wildlife have been handed down to us for our benefit. Our homocentric behaviour is doing neither of us any favours, but it is we who will come off second best should we continue as we have done. See: <http://www.ageoftransition.org/our-project>; <https://www.earthlaws.org.au/>

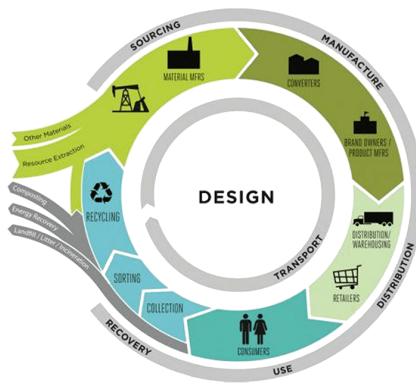


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## # 9. Take principles into the wider world

We are all interconnected. No matter where we are, our principles are on display for all to see. At home, in the workplace, on the playing field, down the street, up the paddock, in the garden, wherever, we are living our story. There is no fence sitting. CEO's, product designers, customers, we play each of these roles through-out each day, for we are the boss of our own lives, the designers of our daily schedules, the customers of our selections and choices. Every decision has flow-on effects for better or for worse. Time spent in conversations working out how to practice what we preach and how to bring other people along will make the investment well worthwhile.

See: [https://en.wikipedia.org/wiki/Circular\\_economy](https://en.wikipedia.org/wiki/Circular_economy) and <https://ellenmacarthurfoundation.org/topics/circular-economy-introduction/overview>



## # 10. Get there in the least damaging way

This is a very contentious subject. Be thoughtful and creative. If we can car share, walk, bike, take a bus or train or electric vehicle—let's do it. If we live in rural places where this is high impossible, do the best you can to limit large vehicle usage. Cruise liners are the most inefficient form of travel using up to 7 times as much carbon as travelling the same distance by air. Think before you 'th-sail'.

<https://www.theguardian.com/travel/2006/dec/20/cruises.green>