



The Anthropocene: Is it *Homo sapiens*' ultimate opportunity to 'come of age'?

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What can you and I do to help us move toward more mature living, and truly live up to our species descriptor, *Homo sapiens* (wise humans)?

1st order change - refining our current way of living:

- Make environmentally-conscious decisions
- Promote green technologies
- Query vested interests and short-term planning
- Engage in activism
- Critique the alarm-bell words: 'more' 'busy' 'growth' 'success'...

AND

2nd order change - promoting a paradigm shift to a fundamentally different way of living that strongly prioritizes social and ecological values:

- **Embrace the 'big picture' REALITIES:**
 - Our fundamental biology – base and advanced traits arising from genetic plus cultural heritage; population/resource
↑↓ cycles
 - Impermanence (the mortal self, species, environment....)
 - Interconnectedness (and interdependence)
 - Suffering as an inherent component of *all* human lives
- **Enhance the capacity of our consciousness to suppress some of our more base genetic traits:**
 - Slow down, and make time for reflection, 'paying attention' to the present moment, mindful awareness
 - Mix with people outside your normal 'walks of life'
 - Volunteer/connect with the sick, elderly, vulnerable, disadvantaged
 - Do, and stick with, activities that you're not so good at
 - Immerse yourself in nature
 - Be skeptical of anthropocentric perspectives that result in commodification and exploitation
 - Strive for **Compassion + Wisdom** in how we treat ourselves, each other, other species, and our environment

