DETAILED MENU with introduction or summary for each article

- this page can been read as a summary of the site

- articles with •• are only avaible in French

HOME

NEWS

The frequency of new articles on this site is not very important. But these are not subject to programmed obsolescence either. Each new subject completes and supports the subjects previously mentioned and represents a new chapter, building up the site which can be conceived almost like a book. There is a mailing list for each language if you want to be informed when a new article has been published.

PRESENTATION OF THE SITE

In addition to the home page and the introductions and summaries of articles, the presentation page allows a better understanding of the title of the site and the approach or process that this implies, in parallel to the collective approaches and to other attitudes and reactions to social problems.

ARTICLES:

RESPONSIBLE CITIZENSHIP

Planetary/individual scale:

• Economy and human dignity (conf Joan Mellé)

Here is the video of a short and exciting lecture to an audience of business managers, given in 2017 by Joan Antoni Melé, in Spanish (English subtitled), in Buenos Aires, about the human dignity that we have lost in the economy and social life and which is leading us to the destruction of the planet. Joan Antoni Melé, who participated in the creation of the Triodos bank in Spain, questions our values, education, art and culture. We have left our axis and lost our human capacities along the way. And it is imperative to move from the diktat of blind profit-seeking and abrupt rationality to coherent and altruistic thinking guided this time and at all costs by the heart.

· A definition of sustainable degrowth

Degrowth is an economic and ecological concept based on the idea that on a limited planet it is imperative to put limits to our use of resources, which is the antithesis of current economic growth.

Ecological footprint

The Ecological Footprint measures the amount of bioproductive land surface needed to produce the goods and services we consume, and absorb the waste we produce. It therefore makes it possible to measure the pressure exerted by humans on nature.

Tests proposed on the net and relayed in the text, allow us to calculate our own personal ecological footprint, and therefore encourage us to better orient our behaviors in order to reduce this footprint.

• A plate for our health, the one of the planet and of all its inhabitants

Our plate perfectly reflects the state of the planet. If we look at food on it, its nature (meat, vegetable), its quality (organic, industrial), its origin (local, distant), its mode of production (ethical or not), the journey that it has made to reach us (1 km by bike or 10,000 km by plane), or the changes it has undergone (irradiation, cooking, preservation, packaging,); we can therefore determine the quality of life of those who produced it, the rate of pollution it has generated, the amount of water and energy it requires to mature, the harm or benefits that it does to our health, the damages it has caused to the environment.

Most of the food that arrives on the plate of an average Western consumer has contributed significantly to a negative impact in all areas. This is not inevitable. Daniel Cauchy offers several concrete ways to change that.

• Ecological footprint and passive violence

From the TedX conference of Arun Gandhi, proposed in video, which introduces the notion of passive violence; this article proposes to create links between the realities presented in the news, and our daily actions. Our consumption is not without consequences on what occurs in the world. Through consumption we have learned to practice passive violence. Our culture conditions us to this and encourages us to kindly look away from our responsibilities facing the realities of suffering and destruction that this engenders. Hundreds of millions of people have died of hunger or malnutrition in the world, and even more are living in misery right now while we live as if all this did not exist. As long as we are not able to take off our blinders and face this, making the link with our own everyday behaviors; hundreds of millions of people will suffer and disappear almost general Changing our perspective of these facts, and adopting a new attitude awakens our humanity and allows us to change our behaviors by reducing our ecological footprint in a more coherent way. By adopting this more realistic perspective, a whole path then opens up before us to change, on our scale, what can still be changed.

Doing our part:

Voluntary simplicity

Voluntary simplicity is a personal choice that consists of orienting our life towards a material, intellectual, psychological and spiritual life, which is closer to our real needs and our real values, for ourselves, for others, and for the planet.

Everyone who walks in this direction does it in his own way, at his own pace, choosing certain priorities over others, it belongs to him-her. If the choice is personal and the action that results is

a priori individual, they stimulate solidarity, exchanges, generosity, friendliness.

What if we started de-clut-ter-ing?

Are you one of those who have had enough of consuming, wasting, polluting? Are you one of those who no longer want to waste all their time working to afford such practical objects which will save them time? Are you one of those who dream of more time, more peace, and sharing more moments with their loved ones? Undoubtedly, decluttering is then a subject that concerns you.

Our purchases lead us to have to earn still more in order to accumulate even more in our homes and we end up suffocating, unaware that we have created this situation ourselves. And if we have created it, then it becomes possible to leave it.

Decluttering - 2006 file

We live in a society where we accumulate objects, documents, activities, information, to the point that it ends up hindering our freedom. The decluttering file helps to sort out in order to alleviate the difficulty of getting rid of the useless, the superfluous, the obsolete.

10 tips for starting degrowth

The 10 tips for going into degrowth allow us to broaden the concept of the ecological footprint by proposing to put a brake on, or even to stop, everything that pushes us to : consume/waste/pollute the most, but also to make unbridled use of technologies, to participate actively and complacentlyy in the capitalist economy. Some of the tips also orient us towards a political, psychological and intellectual questioning of our own behaviors.

· associated tales:

- The Story of the Hummingbird

We are responsible for what we do and also for what we neglect to do.

- Stones, pebbles and sand

Between the unexpected, the overbooked agenda, the time we spend to earn more money to offer us what will save time for us, the multiplication of our leisure activities; we have not necessarily time to stop and reorganize all this, and even less to question ourselves whether all this has meaning.

INNER EVOLUTION:

Beliefs and external influences:

Our complacency

Our convenience leads us to hold capitalism, the rich, the political and business leaders, as responsible for all the harm of the system, without truly realizing, not only that our own mentality is working on the same mode of thinking as the one which we are denouncing, but also that we get certain advantages of this system, which enslave us and force us to participate actively to it without realizing it.

• From opposition to non-violence

The opposition generates: opposition, or submission temporarily.

This is actually already at the level of the way of thinking behind the attitude of opposition that we miss our goals. For, by opposing, we impede, and sometimes, we even prevent us reaching our goals. Our attitude is leading to behaviors that often can not be accepted by the interlocutor. For, the opposition is a serious obstacle to dialogue and negotiation. In the worst cases it can stop the communication, and give way to strategies of violence.

The opposition occurs in the register of the balance of power.

Non-violence in its essence, is not opposed to individuals. It simply does not work with what is the problem.

The process of non-violence consists in saying, "I do not agree with you, I can therefore not cooperate with your actions, and I will do everything to get what I want, but I never will make you any harm to get it: I will do nothing in the kind of contempt, destruction, slander, etc. and I accept all the consequences that you decide to inflict me, including that of not getting anything, losing freedom, or even losing life. I will just maintain my position until we can talk and find a solution that suits both of us."

associated tales :

- Following or not following

The answers are within us. We get lost looking for them elsewhere.

- Wisdom of Lao Tzu

Events do not always give us directly the true color of reality.

- Mexican and American fishermen

How to rush in losing our life to earn a living.

- The boiled frog

The World is ready to switch into chaos, and we do not realize it, so mesmerized as we are by television, advertising, consumption, gloss and glitter. The awakening could be hard.

Communication:

Argumentation and power relation

We all have, and in a unique way for everyone, our own perception of the world and of ourselves. In our relationships with our entourage (as individuals, associations or citizens), we will confront our perception with that of our partners. And there are two major trends in how to do it: looking for common ground or to be on the same page, or trying to be right (meaning: trying to prove the other is wrong). This is reflected in our ways of talking, in our arguments, in the negotiations, as well as in our means of action. The chosen attitude will influence our relationships, the people involved, and the choice of solutions during conflicts.

Opening up to communication

This article was published in the magazine Agenda+ (in Belgium) and gives a fairly broad overview of the learning process that relational communication makes possible.

• Give up being nice, be real

This book is a must. It is an excellent introduction to non-violent communication, likely to trigger a real process of change and evolution, in depth, in those who read it, and which everyone should be able to carry out one day. The book is presented via the conference notes of an author who did not identify him-her-self, but whose quality of transcription Thomas

d'Ansembourg himself appreciated.

associated tale:

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Brain - thoughts and emotions:

Managing thoughts - managing emotions

Basically, all our thoughts - whatever their origin - arise automatically, without us having any control over the process. Apart from reasoning, we can learn to orient towards certain contents, or sometimes manage to move away from certain contents, but rarely more. And in a situation of stress, of major concern or important preoccupation, and when certain strong emotions are present, it is almost impossible to have control over the situation. Thoughts repeat themselves, jostling each other, leading us into ruminations. They begin to freewheel, spinning, and leading us into mazes from which we have to struggle hardly to get out. They lead us to build films in imagination - most often unrealistic - but in which we firmly believe, sometimes to the point of verifying them, because they influence our emotions and our behaviors, to the point of acting in the direction of their realization. And the more time passes, the more it harms us, and the more these scenarios end up reproducing themselves, and we then have to really fight to keep our heads above water. All of this feeds our negative emotions, even if it means making them unmanageable. It makes us live with suffering, pollutes our daily life, reduces our freedom of choice, can push us to acts that we later regret, or it ends up being marked on the body in the form of so-called psychosomatic symptoms.

I think therefore 'm not following anymore

Many of us spend our time, buying, eating, working, sleeping, consuming, running between the appointments of our diary.... And we don't have time to breathe, nor time to think, nor time to make choices, nor time to do questionings, nor the time to make realizations and even less time to evolve or to love really, in a different way than through gifts or avoided conflicts. The whirlwind of our lives has a numbing effect on us and makes us more malleable to external influences. Less we are able to think for ourselves, the more we will tend to adopt the prevailing ready-to-think, without realizing that the opinions it suggests to us don't correspond in any way to ourselves.

• Dispenza - You are the placebo

Dr. Joe Dispenza addresses topics such as visualization, meditation, the law of attraction, applications of quantum physics in personal evolution; and he does so through the lens of neuroscience. He tells us about the plasticity of the brain, our ability to create or remove neuronal connections, our ability to activate or deactivate our genes, and the important interaction between our cells, our body and our thoughts and emotions, and - the most important aspect: the interest in better managing these thoughts and emotions, in order to transform both our mind and our health. His book is full of examples, studies, experiences that illustrate his theories. In this book he brings the idea that we can reach health through our will and the ability to direct our thoughts and emotions by changing our beliefs, and use that as we use a placebo.

• Your thought is not you

Taking a step aside by learning to observe our thoughts without identifying with them enables to create a much greater freedom of thinking, to make room for humility and also for caution about

our own opinions, knowledges and beliefs. And this especially enables us to access new dimensions of ourself and to have a very different impact in our lives.

• Collective intelligence III

It is called collective intelligence or wisdom. It appears in certain circumstances within groups gathered for a positive and constructive objective, when a certain cohesion is present, and when everyone leaves their personal concerns and interests outside, to make themselves available for the collective work.

Each participant has access to something new that does not correspond to their own potential or that of each of the individuals in the group. It is a matter of knowledge, of another look at what concerns the group.

A kind of group intuition then develops, a higher level of order appears, a form of wisdom emerges. The result of the group's effort far exceeds the sum of what each is potentially capable of giving and what one is used to encountering.

Dementia and youth

This text proposes an approach to dementia through knowledge of ourself and of our thoughts. We are the result of our automatisms. And the more time goes by, the more these will take power in our lives. Better understanding this mechanism of automatization of our mental functioning can help us to learn how to manage our mental differently, in order to avoid that this process overtake us too quickly. It's from the beginning of life that something has to be done.

And by better understanding these mechanisms we can learn to better understand and interact with older people and people with dementia. These latter, if they have lost their autonomy, their ability to reason and express themselves, have lost none of their knowledge, their personality and their experience. Considering things in this way enables to deal with them in a very different way and to restore respect, contact, trust and the emotional part of the relationship.

The boomerang of thoughts

You have probably experienced it: your thoughts attract the realization of their content. This may seem like a superstition, and yet...

It's not too hard to prove it to ourself, just it needs to be checked out. The way we check it most often - too often - is when the object of fears and anger that we maintain, ends up materializing (illness, losses, debts, conflicts, accidents, ...).

It is in fact the very content of what we think about, that influences our future reality, whether we verify it or not. Our environment, our surroundings, the events of our present are therefore the consequence of our thoughts of the past.

• Dispenza Ted conference Video in English - transcription in French

This is a video in English with a French transcription below of Dr. Joe Dispenza's TEDx conference.

As a complement to the article "Managing Thoughts - Managing Emotions", for those who would prefere a more scientific clarification - here is an approach through neuroscience, via a short masterful lecture by Dr. Joe Dispenza (who participated in the double movie "What the Bleep do we know" and "Down the hole rabbit").

His explanations allow a clear understanding of all these phenomena based on the functioning of our neurons in the 3 brains on which each of our mental, emotional and instinctive functioning depend.

The intention of a desired reality, still virtual, therefore imagined, but which one manages to experience factually at the emotional level, makes possible a remodeling of neural connections. And this plasticity allows a change of mental attitude which will lead to a change of behavior and

make possible the realization of reality which until then was only potential. Because it is the experience in the body, via the emotions really felt, which allows a true understanding and makes possible the concretization in reality of what the mind had desired. This video was made during a TEDx conference in Tacoma (in the state of Washington on the West Coast of the United States).

Our own violence

Here is the summary of Pema Chödron's Book: "Practicing peace in times of war" The idea of the book is that violence around us, is only a reflection of the violence that is in us. If we are able to observe, to manage this violence inside us, when refusing to run at once into escalation, we can manage to reduce our own violence, but also the general violence to a higher degree than that of a Cartesian equation (7 billions minus 1). And the violence that we are talking about is also minimal violence: frustration, tickling, reactions to the small provocations of life. It's even there that everythings starts. This summary is complementing the article "From opposition to non-violence".

• From fear to peace

The anger behind the violence, no matter what scale it is perpetrated, is generated by the fear we have of the perpetrators of this same violence. The fear of violence is therefore capable of generating an equally destructive and murderous violence as the one it is trying to fight. It is then necessary to seek in the area of the fears if we want to succeed in defusing violence. Both: ours, even if we didn't put them in action; as those of the persons who have already perpetrated them; in order to stop feeding a perpetual vicious circle, terribly murderous.

• EFT 💶

(Digest of lecture notes on EFT from the "Pain Relief WorldSummit")

Any life course, and more particularly any journey of personal evolution, involves difficult times, with pain, emotions, stress, inability to understand. The support and help of the relatives or friends, professionals, remedies or others, are not always present or available, or often also, do not bring the expected or desired effect.

A technique such as EFT is therefore an extraordinary, multi-faceted skill to accompany oneself on this path, in an autonomous way.

Apart from some basic knowledge, the technique requires no training, no equipment, no experience, and above all it is free and can be practiced alone and anywhere. The document proposed here is not an introduction to the method but rather acomplement of information for those who already practice it in order to better master its use and obtain more effects. However, references are present at the beginning of the article to learn the method on the internet.

· associated tales:

- White birds and black birds

Another illustration of the law of attraction. We always reap what we sow.

- The wolf you feed

An illustration of the law of attraction. Our thoughts attract our thoughts, and we can learn to choose the content and direction of our thoughts.

- Autobiography in 5 Short Chapters

Guy Corneau puts it in one sentence: "Life is perfect, since it always repeat back the same dish until we realize what we are eating."

OPENING OF CONSCIOUSNESS:

The qualities of our defects

It is at the heart of our defects that sits the most beautiful part of our humanity. Because they can be at the source of our finest qualities.

Rather than fighting them or hiding them, knowing and acknowledging them allows us to discover the qualities that are hidden just behind, and helps us to better blossom. The benefit is not so much the discovery of quality as the look on oneself and on others, that changes, allowing to discern in the other, behind his/her weaknesses, his/her share of humanity.

• The rice experiment

You may have heart of it if you are familiar with the concept of "water memory" introduced by Professor Emoto.

This experiment may lead to see and understand that our thoughts and intentions may have a concrete effect on the good conservation of cooked rice, for weeks or even months. Living this implies not only to believe it, but also to understand the implications that are related to all levels of our lives.

The Four Agreements

Our beliefs and conditionings are agreements that have been instilled in us or that we have concluded with ourselves in our childhood or later, through our experiences of suffering and fear. However, they are no longer relevant and prevent us from living happily. Don Miguel Ruiz proposes to change these agreements and to adopt the four Toltec Agreements:

- Be Impeccable With Your Word
- Don't Take Anything Personally
- Don't Make Assumptions
- Always Do Your Best

It is worth knowing more about the subject to better understand how they work, their interest and the benefits we will have from using them.

• The fifth Agreement **II**

The continuation of the book on the Four Agreements. This book stimulates towards more interiority. The fifth agreement:

"Be skeptical, but learn to listen" is an attitude, both turned towards the other, and which helps to clean up all the stories that we tell ourselve and which distort our perception of reality. It is a slow learning process that takes away our suffering and increases our happiness.

The heart intelligence

Excerpts from the book "The Intelligence of the Heart - The HeartMath Solution" - by Doc Childre & Howard Martin

This book offers a particular approach: it makes the link between intuitive intelligence and the biological organ heart, while emphasizing the possibility of highlighting this intelligence compared to rational intelligence, that of the brain, of the mind.

The idea proposed here is kind of : restoring order, in short: using our brain as a tool in the service of our heart in a certain way.

In this way, we achieve more serenity, we give more adequate proportions to the problems we encounter, but above all, we find solutions to them, and better solutions, more durable, more satisfying, and in addition, we benefit, in managing stress and emotions, as well as in our

overall health.

In his book "Healing" (in French), David Servan Schreiber, already spoke about learning cardiac coherence. This was created by the authors of the HeartMath solution. It's part of the same concept.

The book, in addition to a sensible explanation of certain processes, in a medical and psychological register, which can echo our own experiences, truly gives three techniques to use in order to better manage this intuition of the heart, our emotions, our stress, etc. The proposed extract frames the method in the more general context of a society in full decline, of a world which must choose between humanizing or disappearing. It concerns us all. rem: this extract is written before the attacks of 9/11, before the great tsunami in Asia, before the acknowledgement of the global warming, before the financial crisis, before the Mexican flu and before the Covid pandemy.

· associated tales:

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- Rebuilding the world **II**

A metaphor to illustrate the title of the site

WHY CHANGING OURSELF - OUR INFLUENCE :

· Presentation of the site

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• The morphogenetic fields

Maybe you already know the 100th monkey phenomenon, this observation by scientists in Asia in the '50s, concerning the transmission of learning from a community of monkeys to other communities without any known means of communication between monkeys involved. The theory of biologist Rupert Sheldrake on morphic fields corroborates in part the phenomenon of the hundredth monkey.

While we usually think that our memory is located in our brain, that our genes are responsible for inherited traits and that our thoughts are only the consequence of chemical and electrical

phenomena inside the brain, Sheldrake postulates that it is otherwise. The changes that we introduce into our lives at an individual level would then have an effect around us even if we don't reveal them or communicate about them.

• Our influence - The influence we have on others when we make a deep inner change goes far beyond those around us

When the awareness about the traps of the society of money, power and profit arises, and when the will to distance oneself from these abuses follows; a fervent desire to lead family, relatives, and even more, towards the same path, often becomes the main objective. Many people then discover missionary vocations, taking small steps forward and trying to lead those around them in big steps. And this more often than not provokes the opposite of the desired effect, namely: resistance.

But if it is not easy to convince; we can nevertheless operate a change around us of another order, because a psychological force, and the radiance or charisma which results from the personal evolution can influence in another way.

This influence can be considered from different perspectives detailed in the article :

Collective intelligence, mirror neurons, epigenetics, the contagion of altruism, morphogenetic fields, self-contagion, the transmission of our thoughts and emotions, and the power of minorities.

associated tales :

- The Story of the Hummingbird

We are responsible for what we do and also for what we neglect to do.

- Grain of sand <a>I

Our personal power is much greater than we imagine and often we are simply unaware of its existence.

- Rebuilding the world **II**

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NON-VIOLENCE AT ALL LEVELS:

Argumentation and power relation

We all have, and in a unique way for everyone, our own perception of the world and of ourselves. In our relationships with our entourage (as individuals, associations or citizens), we will confront our perception with that of our partners. And there are two major trends in how to do it: looking for common ground or to be on the same page, or trying to be right (meaning: trying to prove the other is wrong). This is reflected in our ways of talking, in our arguments, in the negotiations, as well as in our means of action. The chosen attitude will influence our relationships, the people involved, and the choice of solutions during conflicts.

From opposition to non-violence

The opposition generates : opposition, or submission temporarily.

This is actually already at the level of the way of thinking behind the attitude of opposition that we miss our goals. For, by opposing, we impede, and sometimes, we even prevent us reaching our goals. Our attitude is leading to behaviors that often can not be accepted by the interlocutor. For, the opposition is a serious obstacle to dialogue and negotiation. In the worst cases it can stop the communication, and give way to strategies of violence.

The opposition occurs in the register of the balance of power.

Non-violence in its essence, is not opposed to individuals. It simply does not work with what is the problem.

The process of non-violence consists in saying, "I do not agree with you, I can therefore not cooperate with your actions, and I will do everything to get what I want, but I never will make you any harm to get it: I will do nothing in the kind of contempt, destruction, slander, etc. and I accept all the consequences that you decide to inflict me, including that of not getting anything, losing freedom, or even losing life. I will just maintain my position until we can talk and find a solution that suits both of us."

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STORIES AND TALES

Tales and legends have sometimes, often, more power than rational arguments. They question us, and can accelerate our realizations, bypassing the mind, as they speak to the heart.

Here is a selection of them:

- The Story of the Hummingbird

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