

# Regeneration



## Examen 2022

### Reflection

Thomas Berry said, “We are bringing about a devastation of Earth such as the planet has never experienced in the four and a half billion years of its formation. . . We are changing the chemistry of the planet, we are disturbing the biosystems, and we are altering the geological structure and functioning of the planet, all of which took some hundreds of millions and even billions of years to bring into being.” (p119) *The Sacred Universe*.

### An Invitation

You are invited to sit for five minutes at the end of each day and reflect on these questions. The questions are created from Paul Hawken’s *Regeneration: Ending the Climate Crisis in One Generation; Laudato Si’ and Permaculture Principles*.

“Many things have to change course, but it is we human beings above all who need to change... A great cultural, spiritual and educational challenge stands before us, and it will demand that we set out on the long path of renewal.” (LS’:202)

“We are free to apply our intelligence towards things evolving positively, or towards adding new ills, new causes of suffering and real setbacks.” (LS’:79)

“Every action either moves toward a desired outcome or heads away from it. This number one guideline is the fundamental principle of regeneration.” Paul Hawken



## Personal Reflections:

As I prepare to rest tonight, did I have an opportunity to Refuse? Reduce? Reuse? Repair? Renew?

Did I avoid creating waste?

Did the choices I made today renew my love of nature; of soil; of water; of air; of food;

Did I spend time outside and create relationships with plants, shrubs, trees? Did I listen to birdsong? Did I lament patriarchy and capitalism?

## Today

Did my actions create more life or reduce it?

Did my actions heal the future or steal the future?

Did my actions today enhance human and non-human wellbeing or diminish it?

Did my actions today increase global warming or decrease it?

Were my activities today regenerative or extractive?

## Tomorrow and all Future Tomorrows

Observe and Interact; Catch and Store Energy; Obtain a Yield; Produce no Waste; Be a Designer; Work Together; Keep it Simple; Mix it Up; Think Outside the Box; Get Creative. (Permaculture Principles)

“We are in an extractive economy that takes life and concentrates wealth. Any time we take life, whether it be the life of a community, soil, oceans, species, insects, cultures, forests or human rights, it is degenerative. *Regeneration* is a pivot. It chronicles and delineates how to do a 180 and move to regenerative outcomes. The current socioeconomic system is stealing the future – climatically, biologically, culturally, ethnically and generationally.” Paul Hawken

