



## **Effort and Comfort – towards reconciliation between nature and humanity, in search for harmony and peace of mind.**

**The crisis in our relationship with our natural environment is much more than a problem of excess of CO<sub>2</sub>.**

Climate change, collapse of ecosystems, loss of biodiversity: these many signs of decay are drastic symptoms that call for a deep transformation in the way we live together and a reassessment of our priorities.

This book proposes a new approach to our relationship with nature and the universe that goes beyond conventional ecology as a prescription for managing natural resources. Humankind is not an exception presiding over the rest of Creation that it may exploit at will. No, we belong to nature, to the land. In this belonging lies the solution to our crisis.

**First, this manifesto examines the pathology in our relationships with nature and each other:**

It describes 4 major ways we use to escape from our confrontation with nature, namely through:

1) denial by violence (mobility, speed, virtuality); 2) destruction by domination (energy, technology); 3) accumulation by exploitation (extraction, inequality); 4) and uprooting by isolation (market economy, advertising disconnection).

**Then it shows how we can find the solutions, both practical and metaphysical.**

While the universe is aiming at greater differentiation, subjectivity, communion and depth, our society does exactly the opposite: it aims at standardisation, indifference, competition and materialism. It is why we can find all the solutions we need in nature. When we allow nature to become our teacher of righteousness, we only need to listen and adapt to her.

Yves de Morsier: *Effort and Comfort – Towards reconciliation between nature and humanity, in search of harmony and peace of mind.*

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**You can buy (order) it in each local bookshop... or online.** To learn more: <http://www.desertcreekhouse.com.au/alliance/alliance.html>

### **The author: YVES DE MORSIER**

Born in French speaking Switzerland in the 1950s, architect by training, proposes here a very practical approach that draws from about 50 years of experience in forms of gentle development that aim at a fair share of common resources. He lives on the South Coast of New South Wales (Australia) where, with his wife Ursula, he has built an off-grid solar-powered rammed earth house, facing a national park, where they experiment with new ways of sharing and facilitate times of meditation and workshops. See: [www.desertcreekhouse.com.au](http://www.desertcreekhouse.com.au)