

Desert Creek House

802 Desert Creek Road - NUMBUGGA NSW 2550 - Phone: 02 6492 8498

Email: desertcreek@skymesh.com.au

New ecological and spiritual ways of life

INSTRUCTION MANUAL FOR A SHARED HAPPINESS

(by Yves de Morsier)

This essay is an analysis and psychotherapy of our destructive western way of life (seven main imbalances are described) and of the illusory values which support it, as well as a proposal for new attitudes in our everyday life and for our empowerment as simple citizens and consumers: it shows how we can reshape the world and avoid the cataclysm which is already announced in the collapse of our economic system and in the crunch of nature.

The main options of this essay are based on: (1) a spiritual orientation, (2) a capacity for self-limitation, (3) an empowerment of the local community, (4) an awareness of the cumulative effects of our choices, (5) a will for escaping whitewashing and corruption, (6) a commitment for practising the power of truth. And others.

For more detail concerning the orientation of this essay, see below:

[Short presentation of the topic of this essay, of the seven imbalances it describes and of the main options](#)

This essay is composed of eight volumes which can be read independently from one another:

0) COMMUNITY AND SELF-LIMITATION: STARTING A MOVE TOWARDS CHANGE.

The first volume concerns the generalities: it describes the necessity for personal and collective choices based on spiritual values and it explains the role of the local community in creating a move toward change. Change can only happen if it is guided by ethical and spiritual values. Community

takes shape through consensus about the options which concern our common future. The difficulty is not to know how to change; it is mainly to start a move towards change. What can brake our resignation and habits? Twelve thresholds of awareness can be identified on our path towards change.

- *You can download the 00) General introduction of this first volume (which is repeated at the beginning of each volume).*
- *Or you can look for more detail about the content of each chapter with a description of the main options it proposes: 0) COMMUNITY - Content of each chapter and description of the options*
- *Or you can download each chapter or the whole volume: Download part or whole of this volume*

1) EFFORT AND COMFORT: TOWARDS A RECONCILIATION BETWEEN NATURE AND HUMANITY.

This volume presents the first imbalance, between humanity and nature. Nature is our Mother but we are afraid of its power (although it is very fragile) and of its indifference towards us (although it nourishes us). We escape into (1) illusion through violence and virtuality (see the example of how we use cars), (2) into destruction through domination (see the example how we use technology), (3) into accumulation through exploitation of natural resources and people (see the example of climate change and of our use of energy), (4) into uprooting through isolation (see the example of how we use food and how we refuse to rely on our local community).

- *You can look for more detail about the content of each chapter with a description of the main options it proposes: 1) NATURE - Content of each chapter and description of the options*
- *Or you can download each chapter or the whole volume: Download part or whole of this volume*

2) RECESSIVE AND DOMINANT: TOWARDS A RECONCILIATION BETWEEN FEMININE AND MASCULINE.

This volume presents the second imbalance. In preparation.

3) SIMPLICITY AND ABUNDANCE: TOWARDS A RECONCILIATION BETWEEN POVERTY AND WEALTH.

This volume presents the third imbalance.

In preparation.

4) CIRCULAR AND LINEAR: TOWARDS A RECONCILIATION BETWEEN SOUTH AND NORTH.

This volume presents the fourth imbalance. In preparation.

5) VOCATION AND SUBSISTANCE: TOWARDS A RECONCILIATION BETWEEN IDEALS AND MONEY / MARKET.

This volume presents the fifth imbalance. In preparation.

6) KNOW-HOW AND KNOWLEDGE: TOWARDS A RECONCILIATION BETWEEN SUBTLE AND INTELLECTUAL FACULTIES.

This volume presents the sixth imbalance. In preparation.

7) SPIRIT AND MATTER: TOWARDS A RECONCILIATION BETWEEN REALITY AND APPEARANCES.

This volume presents the seventh imbalance. In preparation.

Instruction manual for a shared happiness

Short presentation

A psychotherapy of our society and practical ways of changing our behaviours

This essay tries simultaneously to describe in a simple way the complex desegregation of our modern western society and to propose simple practical ways of transformation of our patterns of development through our attitudes and behaviours in our everyday life. On one hand, it will describe the many deep imbalances which are causing the deterioration of our living conditions and generating more and more injustice and suffering. On the other hand, it tries to propose another vision of a possible future, through very practical ways of changing our behaviours as citizens and consumers.

Seven imbalances

As a way to structure this essay, I have identified seven main imbalances which threaten our world. I intend to describe each of these imbalances, one after the other, but I want to do that in a positive way, in order to demonstrate that these imbalances are not only a threatening problem for our survival but that they are also the key for the solution; each one of these seven imbalances can be described as a special polarity between two terms, where one term (usually mentioned as the first) dominates the other term and prevents its expression; it means that the domination of the first term over the second prevents the second to be fully expressed; thus the polarity also represents the key to the neglected potential of unexpressed faculties which challenge us to become more creative in order to express what has been lost; it is why these same polarities offer also the means for a deep transformation of our society; they will be described in the reverse order, where the second term (the weakest) will be mentioned first, as the guiding force, and the other term will be mentioned in second, as the energy which has to adapt. According to this new order, these imbalances or polarities are the following:

- 1) Effort and comfort: towards a reconciliation between nature and humanity
- 2) Recessive and dominant: towards a reconciliation between feminine and masculine
- 3) Simplicity and abundance: towards a reconciliation between poverty and wealth
- 4) Circular and linear: towards a reconciliation between South and North
- 5) Vocation and subsistence: towards a reconciliation between ideals and money / market

- 6) Knowledge and know-how: towards a reconciliation between subtle faculties and intellect
- 7) Spirit and matter: towards a reconciliation between Reality and appearances.

Each of these parts will be presented as a separate volume which can be read independently of others, in any order which suits the reader, according to his or her centres of interest.

Main options

Before I describe, further on in more detail, the different options which this essay will propose, we can summarise the main orientation of the proposed change in mentioning the principal options which constitute the spine of this way of life based on self-limitation:

- Spiritual orientation: change cannot happen for material reasons only, but it has to be guided by spiritual values such as justice, peace, harmony, compassion.
- Self-limitation: we have to learn how to reduce the impact of our way of life by choosing simplicity, by giving priority to human values over material ones. This form of intentional self-restriction is a form of liberation which brings real happiness: small is beautiful.
- Local community: we are all parts of a wider common social and natural body and we are all interdependent. Co-operation is the base for a harmonious development. Although it can be considered as healthy when it remains limited, competition is only an illusion, a bet in which each one hopes to be quicker and smarter than the other, but in which there are many more losers than winners. The local community is the place where change can take shape, according to a common project which grows with time and with the maturity of its members. This project slowly takes shape, even in a kind of marginal way, through the personal action of a few members.
- Cumulative effect: the world is what it is because of the cumulative effect of our respective personal impacts (for each of us negligible) or of our personal renunciations (for each of us a high cost). There are no other actors than people, although certainly some people have more impact than others.
- Whitewashing and corruption: the goods we consume are generally produced in conditions based on the exploitation of the poorest or of poorer countries and on the destruction of the environment. When these goods are repacked and presented on the shelves in our local supermarket, they have lost all traces of this form of corruption which has generated them. They have been whitewashed as so many disruptive aspects of our modern society have become hidden: this form of virtuality makes truth difficult to grasp.
- A choice is a vote: each choice we make is a vote which encourages the production or the behaviour or the belief which is validated by this choice. We are therefore responsible for each choice because it shapes the world as it is.

The power of truth

Gandhi practised his own truth with a very high rigor and freedom. He showed us the way of integrity (the way to remain whole) and how much our own testimony is important to foster the change we want to see in the world. In being faithful to our understanding of life and to our own spiritual path, which is more a search than a ready made answer, we become really creative and capable of following our own vocation in this way.

00) General introduction

Download the general introduction and summary of this essay:

[General introduction \(43kb in pdf\)](#)

This introduction is repeated at the beginning of each of the 8 volumes.

0) Community and self-limitation: starting a move towards change

Download one part of this essay:

[General introduction \(43kb in pdf\)](#) (same as above)

[1\) The dimension of our testimony \(85kb in pdf\)](#)

[2\) The dimension of our choices \(124kb in pdf\)](#)

[3\) The dimension of community \(141kb in pdf\)](#)

[4\) The power of Truth \(63kb in pdf\)](#)

[List of the proposed options \(28kb in pdf\)](#) (like below)

Or download the whole volume:

[The whole essay about community and self-limitation \(374kb in pdf\)](#)

1) Effort and comfort: a reconciliation between nature and humanity

(in preparation - below only temporary files - not complete and with still many typing mistakes, etc)

Download one part of this essay:

[Table of content \(47kb in pdf\)](#)

[General introduction \(41kb in pdf\)](#) (same as above)

[1\) The twist of landscape \(84kb in pdf\)](#)

[2\) Escape through denial \(82kb in pdf\)](#)

[3\) Escape through destruction \(83kb in pdf\)](#)

[4\) Escape through accumulation \(139kb in pdf\)](#)

[List of the proposed options \(15kb in pdf\)](#)

Or download the whole volume (still incomplete and temporary!):

[The whole essay about nature and humanity \(350kb in pdf\)](#)
