

#MANIFESTO

1 GUILTY HAPPINESS

“Being happy” is the most common answer when asking people about their purpose in life. Today, the exhibition of material comforts passes for happiness. It has become a race for Likes. External signs of wealth or lust (in the biblical sense of the term) are displayed as outward signs of happiness. The form comes before the content, we create the amalgam between the two, generating an «Instagram-ready» relationship to life, denying completely the behind-the-scenes reality, which is the only reality that truly exists, the IRL. The scopio impulses profoundly influence the process of changing mentalities. The interface becomes the objective, the goal to be achieved is the representation, as if we were living in an extrapolated Cave Allegory. Our relationship to reality has disembodied. It is like watching violent images on a screen: when engrossed, the viewer forgets that it is real, one does not “realize”, like a mechanism of mental shield. All things considered, nothing could justify the thirst for possession, apart from the relative comfort it provides (since it is immediate and rewarding with regard to the other, #Like), is heredity. But the only real and lasting capital that we bequeath to future generations is our soil, our air, our water, the basic components of our earthly condition. What remains beyond our individual existences, which is the before, the during and the after. I say «our» because this capital is common. We share the Earth’s resources. That is our common heritage. The air I breathe, I do not have to pay to breathe it. Will it be the same in 50 or 100 years? I pay for my rent, I pay for my access to the water, and if the logic follows, I will end up paying for my air.

We have lost our shamanic connection to our environment. It has become a product like the others.

In other times we used to go to the sorcerer or the oracle, today we consult various therapists, we feed ourselves with diverse medicines, are addicted to various anesthetics, but we also turn to alternative medicines, soft medicines, meditation... We consume as many remedies, all of which reflect the same evil: the loss of the sense of happiness of ultra-civilized societies.

We are distracted by multiple factors that prevent us from understanding the basis of our aches. Worse, it is as if we were encouraging the multiplication of these factors. As if it were simpler to get confused in the complexity, rather than disentangling it. General anesthesia. Pascalian entertainment in its paroxysmal stage.

We are building a world of such exponential complexity that it becomes exponentially insane. Let us not invoke the need to liberate ourselves, but the necessity of deliverance through the awakening of consciousness. The entertainment we seek is not linked to a constitutive reality from which we can not escape, but a state of fact on which we have a hold. A state of fact on which we must regain control collectively and consciously.

2 # CONFLICT MY FRIEND

We live in a world where conflict has become the norm. Conflict with a capital C: economic, political, ethical, religious, ecological, ontological.

Like a person abused by his spouse, the definition of love is truncated, we have undergone the system and are witnessing its degradation without the vision of alternatives. In 60 years - hardly a human lifetime- we have lost ourselves, we have abandoned the idea that it could be otherwise and that happiness was possible. We must free ourselves from this society of global slavery where depression is agreed as a form of existential condition. We must stop pretending.

What if we were to seek ways and apply them to move towards the possibility of being free together rather than fighting, maintaining an inextinguishable thirst for conquest as old as the world? This greed destroys our environment.

We are parasites and we make our land sick. On this sick land grows sick, de-spiritualized, greedy, jealous, angry and frustrated societies. Guilty of the 7 deadly sins.

In these sick societies, sick individuals are developed contaminated by land toxified by their own fact. A kind of suicidal behavior. Poorly raised adolescents to whom the capitalist system has said yes or no to too much, generating spoilage or frustration. This system is too old today to be immature. It must evolve, seek a complete renewal in the light of the evidences whose taboos, silences and secrets are no longer tolerable.

We reach a point of no return in this general state of war. To let go is to choose the camp that wins.

Today, crime is the norm. But we close our eyes, we carry on our activities, we observe the information without integrating it, we pass over in silence, we de-dramatize to protect ourselves from the horror of the assessment of this war that has never been named. The race towards the end of the world is maintained in an absurd escalation of the Ego, consumption, misery, hatred, violence and ignorance that must now cease. It is no longer «what world are my children going to inherit?», but «in what world am I going to die?». What a dark vision of existence.

We «take advantage of life», we take profit from it, we exploit it, we are in conflict with it. It is time to do it justice, to reconcile the value it deserves, to make peace.

3 I CONSUME THEREFORE I AM. WHERE HAS THE HUMAN CAPITAL GONE?

To consume is to lose oneself in the absurdity of the number of options. Too much choice kills the choice.

On one side of the chain of consumption there is the ruling mass, on the other the demographic mass. The plutonomy versus the precarious, or the famous 1% of the world population that exponentially collects wealth, versus the rest of the world that is bogged down in the illusion of material comfort or precariousness. Between the two: money.

This money is a toy for those who have it. The more they play, the more they generate. Money stands on an absurd basis devoted to perpetual debt, bankruptcy, and therefore failure. This is the time of financialization of the economy.

Our value system is troubled by money because it is the opposite of all ethics. It buys everything. Money, or once upon a faith that is never questioned.

One speculates on money as one speculates on life. The rarer the species, the more they are killed, the more valuable they get, and so on.

A collapsing world that generates problems to generate profit. An eco-genocide, an eco-cide madness, a system based on an imbalance of too much and not enough.

We must reverse the dynamics, reverse the influence in order to regain our rights over our environment. Re-learning and changing the way we consume means taking control back.

Understand production lines, demand transparency on the composition of the products we buy, feel concerned about what becomes of our trash, and the health and sanitary consequences of the products we consume everyday?

«The City Dweller» looks at «the Savage Man» as a species to be protected, in the process of extinction, but also as a kind of model from which he has everything to learn. The vestige of a relationship to life harmonious with its intrinsic principle. Like captive animals which would reintroduce themselves into their natural habitat. The myth of the good savage is ironically and dramatically reversed. The advent of urban agriculture, organic food, vegetarianism, eco-responsibility, short circuit, transparency of production chains, beyond the trend, are the noticeable manifestations of a desire for change, a collective consciousness gradually moving.

4 THE ECOLOGICAL KARMA

Today wealth is material (if it was really the case, we would care about the perenniality of our goods, though ...), it flows through money. But life does not ask us to pay rent. Gaining human skills is what counts. The relationship to material wealth must be transformed.

The economy is based on a system that is going to disappear. This is the era in which it is not the option of the best or the best option, but the least worst option due to a series of vicious circles which irremediably sustain a dynamic of decline.

A dynamic based wastefulness, overabundance and imbalance. What resource or living species (including our own) is not currently threatened? Intrinsic and programmed obsolescence. We do not repair, we consume until exhaustion like parasites. This greedy consumer society generated by the conjunction of the industrial-chemical revolution and the baby boom is a true epidemic.

The era of an energy slump. At this rate, by 2030 we would need 2 planets to survive. 2030 is in 10 years. Each year,

animals that are killed are the equivalent of 10 times the world’s population. Chain working was invented in slaughterhouses. We eat anonymous pieces as if life had never existed «a scallop», «a steak», «bacon», «ribs» ... We must return to the respect of the living which is made mechanical. Understand that the genetically modified that poisons the soil and animals toxify us as well. That the hormones and the medications that are administered to meat-animals make us resilient to our own antibiotics.

We must do everything possible to avoid reaching the point of no return. What we believe are sacrifices, are in fact long-term benefits. You just have to change course. It is a Copernican revolution.

Nature is a dictatorship. You have to submit to it, or you will die. The resources it offers are to be shared. We must find a new logic to articulate together, for the common good. No social model ever considered that resources are exhaustible. We live on the ghost idea of consumerist prosperity against which Jimmy Carter had warned us in his Speech of Confidence in 1979.

Two options are available to us. Continue to observe the world sinking into multiple injustices, wars, violence and inconsistencies by anesthetizing with futile entertainment and materialistic garbage and focusing on real meaningful and lasting change that frees and supports all humans without social outcast, considering and respecting all the diversities.

The real revolution is the revolution of consciousness. We must eliminate the contradictory materialistic discourses that we are conditioned to shout and accept as our only option to exist.

It is our responsibility to create a comprehensive understanding of our environment and its current challenges, to correct our mistakes, to improve human life as a whole. Who wants hatred, judgment, violence, devaluation, stress, illness, pressure, never to be, do, give, earn enough?

After the Carpe Diem, the Mea Culpa.

Use our knowledge, capitalize on our lessons, make an inventory, a library of goods to set up an economy based on available resources and real demand. Promote logic and proximity logistics. Create goods destined to last, to be recycled, to update.

5 NOURISHING

Learning to feed yourself is learning to live. It is learning how to respect your physical existence. I am what I eat. Literally. Scientifically. What I ingest becomes my body, my cells, my bones, my blood, my primitive environment. It is fundamental to reconnect with the respect of the living, to regain the wonder at the miracle of life, our mystery, our cyclic vivacity.

We are a living species in the same way as the others. No better, no less good, just in its place in the natural balance of life, in harmony with the planet. The very evidence of the food chain.

We must make peace and promote it at every moment. Be nice, benevolent, well-loved.

Are we satisfied with a system that gives us the illusion of wealth, while leaving our world so desperately poor?

Can we decently continue to seek happiness in consumption?

We get drunk, we baffle not to see the horror of the show of which we are all co-responsible. We let ourselves be victims of the system of food consumption.

Money is a means, and we must feel responsible for how we use it and see the Earth differently, not as a supermarket where products are restocked as soon as they run out.

The hedonistic ride in which we always make a turn must stop. We behave like spoiled children. We are never satisfied. A sated desire does not fill the sidereal void of our dissatisfaction. One wants always more, and today the more is the enemy of the good.

We do not let a child choose between vegetables and a Happy Meal. He is taught why vegetables are good for him, and why too much fat, too much sugar, too much red meat, too many dyes, too many pesticides, too many what so ever will not do him any good. Junk food remains junk food, even if it is fat-free and sugar-free. The same dirt is concealed behind decalifying labels. We are manipulated.

Brands exploit the vulnerability of our physical insecurities that they generate themselves via advertising.

It would be smarter to be re-educated about food.

School is not a break in nutritional education. School must also help to understand what we eat, and why we eat. School must teach the origins of life in order to understand it and respect it better. Food is not an object. Food is our relationship to the earth, to the living, to us.

But it has become an industry, dependent on a lobbyist system. Nutrition and physician studies are funded by lobbies. The worm is in the fruit. Global conflict of interest. Global mess. People are being fed like geese to generate money. Always more money. A system of opulence and depletion of resources that operates in parallel. A system that opposes obesity to starvation, bulimia to anorexia, too much and too little, as two worlds devolving at the same rate but in two opposite directions. How far?

I like to think we are comparable to soil. Principles, ethics, knowledge are both the seeds that are sown and the water that allows them to grow.

The more love you place in the soil, the more you care for it, the more you listen to it, the better you understand it and the better it cultivates.

If the soil is well tended, the fruits that it grows are clean and healthy. When they die, they become nutrients, feeding a new cycle, perpetuating soil and clean crops.

Simply add pesticides to the soil changes the entire cycle. As long as the cycle remains unchanged, the movement remains the same. QED.

Change is never isolated. Each change causes another. This is the principle of the cycle. And everything is cycle. The wing flap of the butterfly.

For us, human, it is the same. We are made up of the same material: alive.

In nature, there are no punishments, only consequences. The only thing that does not change is change, its intrinsic functionality being the change itself. Understood knowledge assimilates better, it takes root. It grows a new generation of applied knowledge, while the environment adapts. Both in harmony.

However, we are dependent and accountable to our environment. To nature. Starting with ours, the one that begins in our bodies, our atoms, our cells, our organism.

Being healthy should not be an exception, a luxury or a detox occasion from time to time. We are told to eat and to move. Why ? To burn more calories? The invective of consuming, whatever happens, like hamsters in wheels.

We are getting fast fed because we do not have time to figure out why we should go so fast.

Besides, why should we go that fast? Let us stop for a moment to understand why.

6 TAKING THE TIME

Understand the relationship to time. Understand that everything is reborn, but that it takes time. In a society where everyone is in a hurry, it is impossible to understand it. Let’s stop for a moment. The Earth will continue to spin and it will turn better. [PAUSE] In meditation one learns to listen to one’s inner silence, reuniting itself in the only infinite temporality that exists: the present time. Since the past is no longer, and whose specter arouses frustration or nostalgia, since the future does not exist as an immediate reality and is the origin of anxiety and impatience, the present is thus the only one Temporal reality.

The generations that preceded me were possessed by the principle of «time is money».

But time is Life, as Pierre Rabhi likes to say. It is even its inherent principle. And we are so eager to «earn our living», that we end up losing the track of time. We do not «see it fly», our children «grow too fast», we are always under water, overbooked, in a rush, overwhelmed. As if it was a sign of good social health.

I work therefore I am. What am I ? «Bankable», profitable, legitimate consumer and instigator of a system that prevents me from being happy. I maintain a system that makes me unhappy. I convince myself that I am happy because I am afraid to get out of this comfort zone yet so uncomfortable. I give up before trying to change. Because it’s always too late, or there’s not much to do, because it’s like that or it’s the fault of one or the other.

But there everything is to be done.

To take leisure time is to be guilty of the feeling of non-productivity.

There is a need to produce. Necessity of return with expiration date: from the moment I was born, until my ineligible death. These are the rules of the game.

Produce what? For whom? Why?

We are under the pressure of time.

We always run out of time. We never have time. We are anxious.

This probably explains why meditation and yoga are becoming more and more popular lately.

We are all addicts to something that will make us die faster, or in disease. What is euphemistically called «bad habits». We minimize the tragedy of the collective suicide we participate in. The simple fact that people continue to smoke despite the writing «Smoking Kills» and the macabre iconography on packs of cigarettes or even the symptom of Karoshi - to name only two examples - should make us stop everything.

A robot will learn from his mistakes and he will not make them again. With artificial intelligence, they can share their errors through the network which makes the evolution faster, better, stronger. Another way of working is therefore conceivable. Not to produce more, but to produce better, and allow us to fully live our earthly existence. No longer be slaves of jobs cheats that make us mechanical, apathetic, which deepen inequalities.

A healthier society begins in equality.

We have to reconnect to the hope that this can change. Because it must. And we must act in this direction all together dropping the masks and social uniforms. Consider each other, naked. Take the time to watch, to tame the energy of the other, as an animal takes time to consider another animal.

To meet. Look at each other. Sniff each other’s (ass or not). Ask each other how to live in Peace.

7 TOWARDS A NEW HUMANISM

Our time invites us to redefine what Humanism is. The one that places Human at the center in its infinite potential in a society more and more material and immaterial at the same time.

In a society that creates virtual bonds between individuals and places material comfort at the center of concern, we must be careful not to forget human comfort so that the living remains always at the center without being sacrificed. May the Human be sublimated, be paid homage, and be honored. Ensure to limit the collateral damage of a materialistic period to protect our Essence and the sense of Sharing. That we finally learn to live together on the same planet.

Enlarge the ladder, zoom out, take of the setback. While NASA has just discovered a new solar system similar to ours. While we still do not know how to answer the «Mystery of Life» question, and that we will probably never know what to answer.

The twentieth century was the adolescent age, and it consolidated a system of vices. Deprived of all poetry, rude, provocative. Generation wanker. The 21st century is adulthood. The one who gains in maturity. The one who exposes, communicates, explains. The one who takes the risk of starting a new life cycle. New century, new energy, new page in the History of Civilization. Paul Degryse, Toltec Shaman, speaks of a third Civilization after that of Religion and that of Materialism. In my opinion, its stake and its vector is the Internet.

We are at a critical juncture of the foundations of this Civilization. Internet can save the world. I sincerely believe in it.

To understand is to give oneself the means to transform for the better. Hence the great importance of education, of intellectual curiosity. It is by educating that we mobilize. Restore confidence and enjoyment of learning. Clarify the world by finding the right tone, the right words and the right means. By understanding the world in which I live, I can reverse the dynamics of complexity. I use the weaknesses of the system to make it change. I educate myself, I teach myself, I try to understand, to amaze myself, to awaken.

Going to school is not a punishment, learning must not be torture, but an investment in life skills, accompaniment and openness to guide us in our individual and joint lives. The desire to understand should be the passionate drive of our lives. Not only in school, but throughout one’s life. We are not machines on which we install practical productivity software, we are not algorithms.

We need to understand the world in order to grasp the current challenges, develop our sense of empathy and reintegrate ethics.

Understand to better explain, better convey.

Restore a sympathetic link with knowledge. Demonstrate, explain the basics with passion, sincerity, honesty, love and rationality. State the facts without conflict of interest.

Understand to transform.

To convey what we have learned, to learn the lessons of the history and to evolve it towards a more coherent system with our Human and Natural Environment. Update.

8 INTERNET MY LOVE

The Internet is our Tower of Babel. It is the multiplicity of options. All that one can learn by oneself, the self-made. Tutorial generation. Connected generation. Sharing generation. Like, comment, tag-a-friend generation. Vlog generation.

We are the ones with no borders.

Social media generate a bipolarity of the individual. On the one hand, I am a limited self. It’s my offline self. My organic self. My ego who lives in a physical society, in the tangible collectivity, in my natural environment.

On the other hand, I am my immaterial self. My online me. My self without limits. My self, all possible avatars, all possible lives, all information, all knowledge, all possible learning and connections. And that self is there, in my pocket. Sometimes hidden, sometimes exposed. Multiple. My ego, which also lives in society, but a society without limits and virtual that is being built at this very moment and in which I actively participate. This self is vertiginous, infinite. It is in direct connection with my brain. I spread myself. Super Brain.

We communicate more and more quickly with more and more interlocutors at the same time. We are everywhere all the time. And it’s just great. These two selves construct me in a bidimensional parallel.

The first one places the brain as head of my government. He willingly forgets the «second brain» (the digestive system) and the Heart. Now the belly is the place of emotions, the heart our intuition. Here lies one of the great challenges of our time: to find a balance between the three.

We are the people of the planet Earth and the people of the Internet. Let us try to find the balance between these two moods.

The common point between the two is corporality, the organic. Land life not versus, but with virtual life. The physical reality remains the same. There is no shield of emotions behind a computer screen. The Internet has brought a deep downfall of mentalities and we come to a crucial point in its young history where it is possible to carry out an initial active assessment.