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**„NATURECULTURE“ : Holistic Strategy for Green Lifestyle based on Nature´s Wisdom:
how Nature & Culture promote Health**

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Nature in our modern civilisations is suffering due to dominance of economy & profit, with the tendency of „emancipation from nature“ acc. to the term „anthropozen“. However, „a culture without nature is no culture“ due to the fact that we depend on mother earth, *pacha mama!* This is the basis of „bio-civilisation“ the vision of UNO (2009) - the subtitle of the book NaturKultur (lit.1). „Our rational thinking makes us deaf for crying earth“ is the slogan of the bio-civilisation as explained in the other lecture of the author on nature´s wisdom representing the fundament of NatureCulture! The problems on earth with ecological and social dimensions are wellknown including the increasing gap between rich & poor, the „nature-deficit-syndrome“, the loss of fertile soil area, climate change. However, the magnitude of problems is not in our consciousness: consumption on nature depends on growth in human population (+50% in next 25 years), increase in welfare (250%) and can only be managed with better technologies, which, however cannot realize alone a reduction factor of more than 20! Thus, the only chance to keep alive our mother earth is the drastic change in our lifestyle i.e. consciousness. This was explained in detail in the other lecture on nature´s wisdom (lit.2) with a 3-fold wisdom as basis for the needed re-integration of our world into nature with its carrying capacity. Thus, activities must follow the path of wisdom with effective, non-invasive & creative handling!

These holistic principles are then applied during the lecture in case of 4 areas of our human world. **A) economy:** the principle of limits means that inside economy should develop effectively which means that more than one criterion must be fulfilled each with an optimum. Nowadays only one criterion is obeyed i.e. profit, this is efficiency! The 3 criteria are economical, social & ecological. The principle of embeddedness means that the areas outside of economy which are human beings and nature are to be handled non-invasively by respectful treatment! This type of economy is called „**Eco-social Market Economy**“ and was designed by Josef Riegler, der former vice-chancellor, 1996! **B) education:** similarly Fritjof Capra followed the same intuitive way of nature´s wisdom and designed in 1992 his education for deep sustainability called „**Eco-literacy**“ including brain & heart! **C) Ethics:** There is a third case based on the same strategy in the area of ethics, where another person, HH the Dalai Lama developed independently his „**Ethics for a new millenium**“ in 1999! **D) Medicine:** Recently the area was also treated with the aid of the same strategy resulting in the **NatureCultureMedicine** in 2012. Fig.1 illustrates the 4 fields of environment, metabolism, social relations and spirit resp. soul, which exhibit strong interactions forming a whole! It is to be added here, that spiritual forces are the most essential energy in our body, and they govern the whole! In 2007 an international society „NatureCultureHealth“ was founded by Prof G. Tellnes in Norway. All areas of our world are reintegrated into nature using the same path of nature´s wisdom (lit.1)!

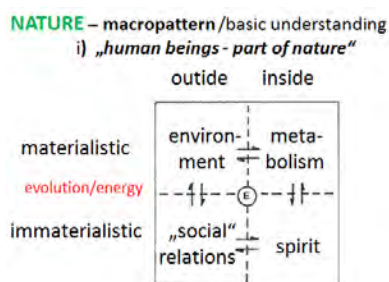


Fig.1: Macropattern of nature with mankind as part

Literature: (1) Moser A. (2009 & 2011) „NaturKultur-Systemlogik der Biozivilisation“, ÖNB Stmk (ed.)
(2) Moser A. (2013) Nature's Wisdom –the new consciousness, Green World Forum Wien, 19.april