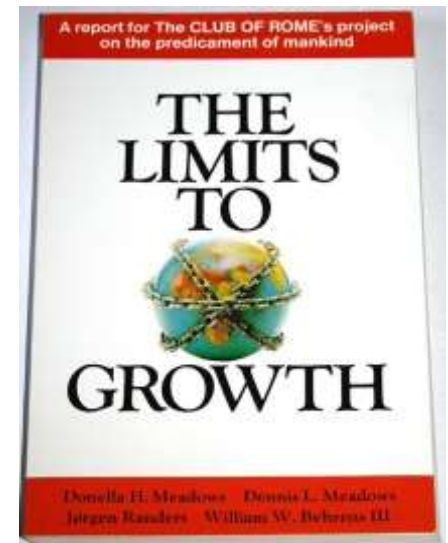


The Inner Development Goals (IDGs) and the search for a deep eco lifestyle

Important trigger events...

Despite our good intentions, we seem to be unable to get to grips with our biggest global problems. Why? Because we are stuck in the old mindset that created them. We could do so much better, but to do so we need new tools and skills. And we need to start with ourselves.





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The woes /adversities of our time

According to **Otto Scharmer**, the current global crisis can be summarized in a simplified way like this:

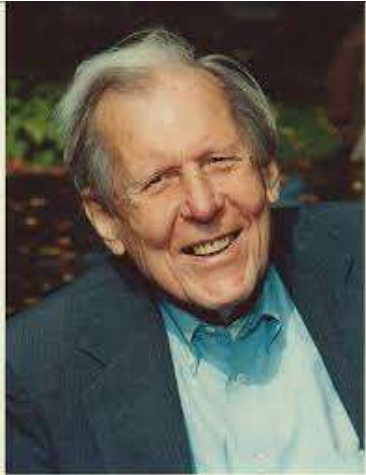
- ecological crisis (environmental degradation)
- social crisis (poverty, inequality)
- spiritual crisis of meaning (burnout, depression)

Every crisis starts in our heads (chasm between our self and nature, our self and others, and our self and the Higher Self (the Absolute, God)).

If Kolping society credibly wants to claim **building a better future**, than we can not restrict our focus to the sufferings of the excluded, the social crisis, we have to be engaged and concerned as well with the environmental and spiritual crisis.



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Some heroes of
deep ecology :

Thomas Berry
(„Earth saint“)
Joanna Macy
Fritjof Capra



Thich Nhat Hanh
Vandana Shiva
Leonardo Boff



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More ideas from the deep ecology philosophy

The solution of living in harmony with the Earth does not begin with fixing the environment, but with **fixing ourselves**. And especially with fixing or changing our perceptions about Earth and the universe. In other words: the ecological crisis is fundamentally about who we are, as individuals and as a people.

What is required today is a new definition of wealth and mental-psychic health. It is crucial in this context to work for the change of the economic direction of our industrial society.

The short-term, shallow approach stops before the ultimate level of fundamental change, often promoting technological fixes based on the same consumption-oriented values.

Deep ecology is not concerned with facts and logic alone, we need ecological wisdom, an ecosophy. It is about changing minds.



Environmental, economic and social ecology

- „We are faced not with two separate crises, one environmental and the other social, but rather with one complex crisis which is **both social and environmental**. Strategies for a solution demand an integrated approach to combating poverty, restoring dignity to the excluded, and at the same time protecting nature“. LS, p. 41
- „The **same mindset** which stands in the way of making radical decisions to reverse the trend of global warming also stands in the way of achieving the goal of eliminating poverty“ p. 50
- „Many things have to change course, but it is **we human beings** above all who need to change. **We lack an awareness** of our common origin, of our mutual belonging, and of a future to be shared with everyone. This basic awareness would enable the development of new convictions, attitudes and forms of life. A great cultural, spiritual and educational challenge stands before us, and it will demand that we set out on the long path of renewal“.
p. 58



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Quotation from the encyclical paper „Laudato Si“

Human beings and material objects no longer extend a friendly hand to one another; the relationship has become confrontational. This has made it easy to accept the idea of infinite or unlimited growth, which proves so attractive to economists, financiers and experts in technology. It is based on the lie that there is an infinite supply of the earth's goods, and this leads to the planet being squeezed dry beyond every limit. (...). Our freedom fades when it is handed over to the blind forces of the unconscious, the immediate needs, of self-interest, and of violence. In this sense, we stand naked and exposed in the face of our ever-increasing power, lacking the wherewithal to control it.

We have certain superficial mechanisms, but we cannot claim to have a **sound ethics, a culture and spirituality** capable of setting limits and teaching clear-minded self-restraint. LS, p. 31.

„There needs to be a distinctive way of looking at things, a way of thinking, policies, **an educational programme, a lifestyle and a spirituality** which together generate resistance to the assault of the technocratic paradigm“. LS, p. 33



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Some basic assumptions of the topic

“The way to achieve environmental sustainability is through ecological lifestyle. The way to achieve ecological living is ultimately through spirituality.

The changeover to ecological living requires a conversion away from the dominant paradigm or value system of our culture, and the active development of resistance to that value system.

Such changeover requires rejection of that value system, the rejection of consumption and waste as a lifestyle, and the embrace of frugality as a core principle.”

Source: John E. Carroll. Sustainability and spirituality. 2004, p. 4



The climate vehicle, electric car (VW ID. Buzz)





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The campaign „Klimamobil / climate vehicle“

Kolping International is currently using a „climate vehicle“ to draw attention to the global consequences of climate change throughout Germany. Various attractions are intended to motivate people to reflect on issues of energy consumption, climate protection and sustainable lifestyles.



The climate vehicle is an innovative instrument to reach a big audience at many locations with the aim to raise awareness . The vehicle contains a lot of educational materials and tools to promote ecological topics and to inspire people to reflect on their lifestyle and responsibility for a sustainable future.



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Groups and schools can book the vehicle for all kind of events.





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Many tools and games are on offer

Eco-trainer

Illustrative material on different energy sources

World map

Possibility to calculate the ecological footprint

Philosophical corner (space to talk)

Hidden object picture

Climate wheel of fortune

Bookshelf etc.





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The Inner Development Goals (IDGs)



- 1 **Being** — Relationship to Self
- 2 **Thinking** — Cognitive Skills
- 3 **Relating** — Caring for Others and the World
- 4 **Collaborating** — Social Skills
- 5 **Acting** — Driving Change



There is a blind spot in our efforts to create a sustainable global society and the dominant approaches have not catalyzed the necessary change. We are neglecting one important part of the story: our minds, our inner lives, and our inner capacities. It is not enough to accumulate much knowledge about environmental problems, climate change, poverty, public health, various social ills, etc. There is a huge gap between knowledge and action.

The purpose of the Inner Development Goals project is to draw attention to the need to support development of abilities, skills and other inner qualities for people and organizations involved in efforts to contribute to a more sustainable global society.

The IDGs framework

Table 3: Overview of the Inner Development Goals framework

Being – Relationship to Self	Thinking – Cognitive Skills	Relating – Caring for Others and the World	Collaborating – Social Skills	Acting – Driving Change
Inner compass	Critical thinking	Appreciation	Communication skills	Courage
Integrity and Authenticity	Complexity awareness	Connectedness		Creativity
Openness and Learning mindset	Perspective skills	Empathy and Compassion	Co-creation skills	Optimism
	Sense-making		Inclusive mindset and Intercultural competence	Perseverance
Self-awareness	Long-term orientation and visioning		Trust	
Presence				
			Mobilization skills	



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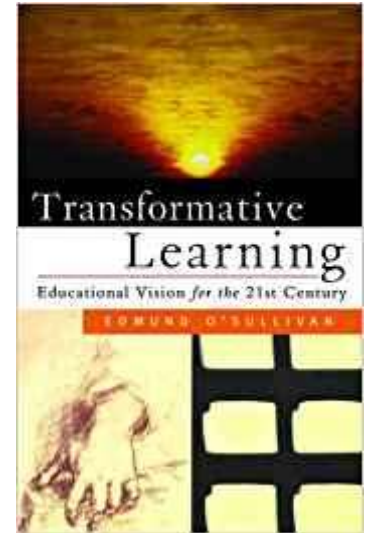


Cultivating our inner life in how we develop has been the aim of many wisdom traditions throughout history as well as modern psychological research and practice. Here are the **5 IDGs and 23 skills** to be developed:





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Transformative learning

Transformative learning theory says that the process of "perspective transformation" has three dimensions:

- psychological (changes in understanding of the self),
- convictional (revision of belief systems), and
- behavioral (changes in lifestyle).

A definition of transformative learning was put forward by **Edmund O'Sullivan**:

Transformative learning involves experiencing a deep, structural shift in the basic premises of thought, feelings, and actions. It is a shift of consciousness that dramatically and irreversibly alters our way of being in the world. Such a shift involves our understanding of ourselves and our self-locations; our relationships with other humans and with the natural world; our understanding of relations of power in interlocking structures of class, race and gender; our body awareness, our visions of alternative approaches to living; and our sense of possibilities for social justice and peace and personal joy.

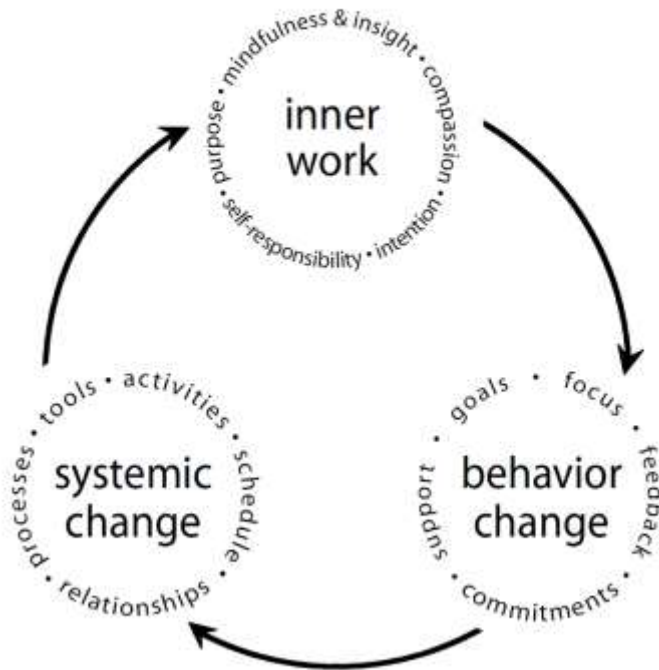


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THE WHEEL OF CHANGE for individuals

To create real change for individuals (including ourselves), we must work in an integrated way with the three major domains that comprise our human system:



© Robert Gass 2007

Source:
Robert Gass, What is transformation? And how it advances social change, 2014.



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Principles of transformative social change, Robert Gass

- Attend to the whole system
- Be the change
- It's all about "we"
- Practice, practice, practice
- What we appreciate, appreciates
- Engage the heart
- Balance Yin and Yang: focus and flow
- Connect to the source
- Go the distance