/WHY IT MATTERS

Research has indicated that the experience of oneness with Nature has a direct connection to shaping a more sustainable society and planet. However, this is not mainstream.

According to a 2018 United Nations study, over 55% of the world's population lives in urban areas, a proportion that is expected to increase to 68% by 2050. As a result, for many of us, the disconnection from Nature is rather "natural." Hectic life in large cities makes it difficult for us to remember that we are more than individuals moving through traffic and buildings.

We need to re-connect with Nature and re-establish the experience of oneness that has been lost, causing not only spiritual alienation but also the artificial separation from the ecosystem. It has been found related not only to spiritual alienation, but is the root cause for many unsustainability behaviors.

We may know it in our head, now we have the opportunity to make room for a sensorial, intuitive understanding. It is not something to be learned, but rather an experience that we allow to happen, and which makes us remember something we have always known, but had forgotten.

How your group balances the cognitive, behavioral and affective dimensions

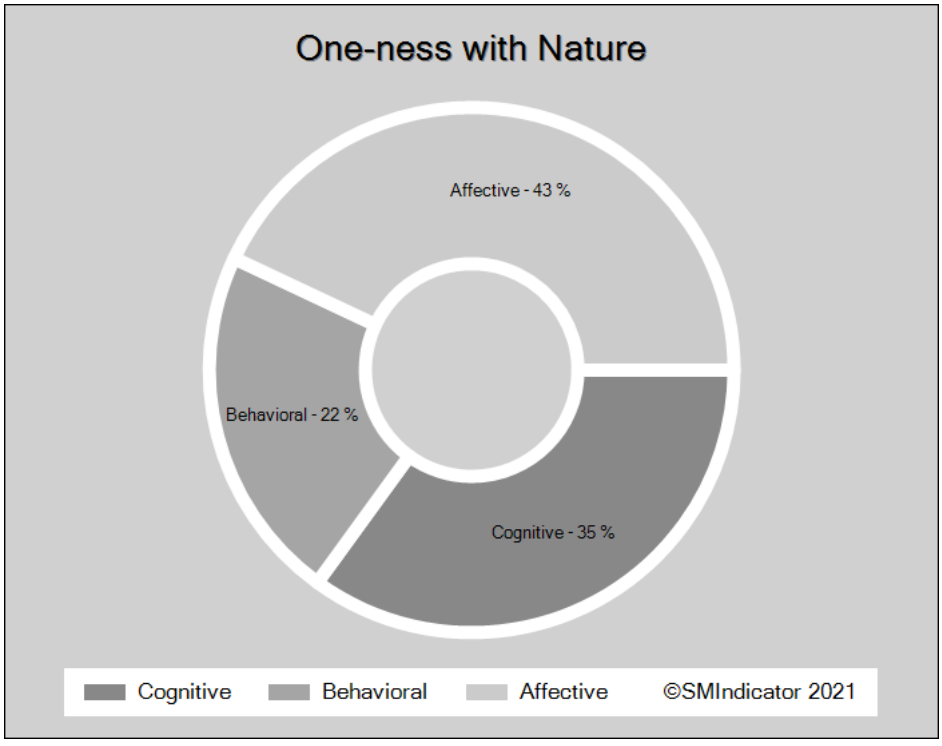

Figure 15