

## **How have I been empowered by NewKind 2019 to increase the GDH (Gross Domestic Happiness) of my local or regional community?**

Attending NewKind Festival 2019 was profound. My world view has altered, my compassion has deepened, and I feel better equipped to play my part.

Since returning home six weeks ago, I have been endeavouring to enrich my family's and my local community's Gross Domestic Happiness.

Recognising the significance of community connection and accepting that change takes time, it became clear that putting down roots in a community is a better choice than being more transient.

I have also been emboldened by the powerful insight that individuals have more ability to cause change than organisations and that our systems are more fragile than we think.

Post-NewKind, I am more able to be gentle with myself and ongoingly put aside my guilt for taking time out of paid work (I resigned in December from what I'd thought was my perfect job).

Our family is living slower and we are connecting better with each other. We are nurturing, reflecting, playing, questioning, getting curious and seeking to realign our lifestyle and life purposes to a bigger and more compassionate world view.

My purpose has returned, and I feel strong enough to look again at the scientific projections of climate change and have offered myself as a mentor to participants in the upcoming Climate Reality Leader's Program in Brisbane where 500+ Australians will be trained.

My confidence to become a voice for sustainability is rising. I am recognising that what I really love doing is having conversations with others to forward their awareness of sustainability – not angrily and in protest, but gentle, accepting, determined two-way conversations so that we might both accept the realities and work together to bring about solutions.

In the spirit of sparking conversations:

- ✧ together with my daughter and our renewable energy electricity company (Diamond Energy) we have created a sign for our front fence that shares with passers-by that our home uses 100% renewable electricity.
- ✧ teachers at my children's school have benefitted from my participation in their sustainability training session and know that I am available ongoingly to support them pro bono with the integration of sustainability into their teaching; and
- ✧ a group of primary school children, whose parents couldn't take time off work, were supported to make their own placards, be involved in democracy and stand up for their future by attending the Schools Climate Strike.

Economically we have begun exploring the options for how to reduce our household debt, our expenditure on corporates, and investigating what our superannuation is really funding.

To support us physically and spiritually, I have joined a yoga community and committed to regular practice.

As I look forward to what my role might be as a social changemaker in Adelaide, what's been getting me curious is 'How do we transition peacefully to an economy that supports sustainability?'

Specifically, I am curious about what alternative instruments, processes and narratives enable, give permission or provide social licence for us slowing down, working less, reducing debt, introducing a universal wage, localising our economy, sharing more and preferencing expenditure on non-corporates.

Embracing recent learnings gained at NewKind 2019, an alternative economic frame could encompass:

- 🌀 An appreciation for slow living. [Recognising that whilst our mind is in busy beta-brain we are disconnected from compassion and that only through accessing alpha brainwaves – moving through our heart centre, achieved through the breath, meditation and being in flow, can we reach a state of connection and truly care for others – and this one act, for each one of us, is the access to changing everything.]
- 🌀 An awakening of empathy for nature and each other through acknowledgement of the fully integrated relationship that humans have with nature, cognisant that we are guests, and reassured that nature will endure, even though humans may not.
- 🌀 Prioritised consumption of local foods and a predominantly local economy that advantages regenerative models.
- 🌀 A decree for a moderation of needs and a re-evaluation of wants.
- 🌀 Clear narratives about how our diverse global and national systems presently work, including the hidden injustices. A multi-system big picture view enabling a choice of actions at a personal or local level that are more effective due to simultaneously bringing about multiple benefits.
- 🌀 In recognition that we are transitioning from a growth economy, strong requirements for corporate social responsibility in recognition that responsibilities to shareholders' presently mandate that corporates first and foremost make money, that due to their corporate structure that the true impact of social, cultural and environmental impacts are largely invisible even to those working within them, and the difficulty in assigning legal accountability for impacts caused by a corporate entity to an individual.
- 🌀 Objection to global trade agreements and perverse economic subsidies where they will result in degradation of cultural, societal or environmental values.
- 🌀 Elevation of the arts, creativity, poetry, song, dance, and play for their powers of persuasion, storytelling, happiness, self-expression, fulfillment and joy.
- 🌀 Citizen's juries for deep discussion and community-led decision making.
- 🌀 Embracement of cultural diversity and reconciliation with first nations peoples as pathways for healing and creating a worldwide movement to a way of living that is more peaceful, safe, fair and equitable.
- 🌀 Strong advocacy for increased collaboration, calling out individualism and competitiveness for the barriers they are.
- 🌀 Holding space for grief, recognising the need for us all to look grief in the face, to spend time with it, feeling the anger and the rage with structures of support for attaining acceptance.
- 🌀 Advocacy for change grounded in acceptance of the situation (not in protest), motivated by love (rather than fear) and achieved by moving forward constructively, determinedly and respectfully.

In closing, thank you Erfan Daliri for curating a cohesive and consistent narrative for a better way of living on this planet. Thank you to everyone involved - organisers, presenters and attendees, for your kindness and generosity.

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