

# FINALLY

ANSWERS FOR  
THE LIFE YOU WANT



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# FINALLY: Answers for the Life You Want

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## **FINALLY: Answers for the Life You Want**

***“It is no measure of health to be well-adjusted to a profoundly sick society” —J Krishnamurti***

***“When society supports us, we have the maximum opportunity for the life we want” —T Horn***

### **Is this book for you?**

Here are 2 scenarios:

- 1) You and your extended family and neighbors belong to a community. You meet periodically; have plans and goals for your community. You address the needs and wants that are mutually important. In the background, supporting you and your community, is a servant-based government (public servants). They don't rule you or decide how you should live or how to raise your kids. Instead, at your direction, they do those things that go beyond single communities – things like assuring that safe drinking water is available; that the food you buy is safe to eat; that you are adequately protected. Since they are YOUR servants, their scope and power is limited – they do NOTHING that you in your community can do for yourselves. As parents and extended family you raise, train, educate your children with skills, talents and knowledge to be productive members of your community. Other communities, next door or around the world, may choose to live differently in the goals and details of their lives – and that is perfectly fine.

Or

- 2) You are skeptical of humans living “naturally.” That could lead to the strong overpowering and taking advantage of the weak. So you willingly turn your freedom, fully half of the money you make, and most of the big decisions of your life, over to some “leaders” who you count on to take care of you, keep you safe, feed you and provide medical and emotional care, educate your children, and millions of more details of human life.

So is this book for you? If #1 above has any appeal, if the idea of living passionate, purposeful lives free of the tyranny of a “ruling” class, then read on.

A CAVEAT: Do the strong ever overpower and take advantage of the weak? Certainly they do. If living freely leads to injustice and class distinctions, it is not living freely. It is the beginning of the same tyranny that the U.S. founders were fleeing. So the key word in living freely is a word that modern U.S. politicians avoid like the plague – moderation. Moderation based on love, tolerance and fairness.

### **Why do you need answers?**

You need answers because now you can go for the life you want, knowing that every resource from the universe on down is 100% behind you. With that kind of support, you absolutely cannot fail.

You and I need to stop believing and expecting others to have the answers and to make our choices and decide how we are to live our lives. That's our job. Do you want to be healthy, happy, and successful? Of course – we all do, so we need to know how to do that. We also need to be 100% confident that we deserve and were designed to be 100% human. And we need to know that society, community, extended family all are behind us, support us, have every reason and desire to see us succeed. This is not a fantasy or dream - it is as much our birthright as it is for every other living species. No one has an issue with a squirrel being 100% squirrel, but when it comes to us humans, some of us have the strange idea that living 100% lives is “asking too much!”

### **Who has the answers?**

Politicians (all of them) and world leaders don't have answers. Scholars and CEOs don't. Churches and religions are trying to do the right thing, but they don't have answers either. Scientists don't – in fact, the more they are learning the more they realize the narrow limits of human knowledge.

Parents don't have answers – societies lack them. Our elders apparently don't – otherwise the world wouldn't be in the mess it's in.

Answers sometimes come from wisdom rather than knowledge, data, statistics, facts. Wisdom is sometimes of supreme value it because it resonates in our hearts (rather than our minds). So read what follows with a healthy skepticism, yet with an open mind and heart, to see if the truths outlined here will get you the thing of supreme value for you – a successful, happy life.

### **What answers?**

Who and what are we as humans? What's the profile of a happy, healthy, successful human?

What's keeping us from living the 100% life – the life we crave, lives of passion and purpose?

Do the world's societies support us in pursuing our best lives?

Of all the species of life on Earth, why is there just one species (humans) that apparently cannot be allowed to live freely and naturally, but must be governed, managed, controlled, led, restrained?

Is there a connection between healthy societies and your and my personal success and happiness?

Did humans and their ancestors live freely at one time? If so, when, why and how did it change?

If humans once lived freely, is it possible that they could do so again?

Realistically, how could that happen?

Healthy species raise and train healthy offspring? Are we raising and training our children to be physically and emotionally healthy, successful, mature, balanced, productive?

**How will answers to these questions make MY life better?**

Resolving these questions will change your life completely. Yet if you are like me, you don't always know what is or might be good for you. So read on – this book has the answers for you and I and millions of others. It's our world – together we can make it anything we want.

## CHAPTER ONE: Modern Human Behavior is Unsustainable

### What Specific Human Behaviors Are Unsustainable?

The way we are currently living in the developed world is NOT consistent with our natural design -we are living in conflict with our nature rather than in harmony with it. For example:

#### Modern Human Behavior is Unsustainable

The United Nations recognizes global sustainability as an issue in dire need of addressing. These issues include, but are not limited to: environment and climate change, food and water allocation, human rights, terrorism, and population growth. The UN Conference on Sustainable Development highlights seven key issues in global sustainability: jobs, energy, sustainable cities, food security, sustainable agriculture, water, oceans, and disaster readiness.

- N.A. (2016). Global Issues. *United Nations*. Retrieved from <http://www.un.org/en/globalissues/index.shtml>
- N.A. (2011) 7 Critical Issues at Rio +20. *United Nations Conference on Sustainable Development*. Retrieved from <http://www.uncsd2012.org/7issues.html>

#### Massive Human Over-Population is Unsustainable

Overpopulation is arguably the most serious problem people face on Earth today. According to one study, even considerable population control techniques, pandemics, or a new world war would still leave planet Earth with too many people to sustain.\*

“Global population has risen so fast over the past century that roughly 14 percent of all the human beings that have ever existed are alive today. This is considered unsustainable for a range of reasons, including insufficient food, and the impact on the climate and environment.” \*\*

- \*Tran, M. (2014, Oct. 28). Global Overpopulation (is so endemic that it) would “withstand war, disasters, and disease”. *The Guardian*. Retrieved from <https://www.theguardian.com/world/2014/oct/28/global-population-science-growth-study-wars-disaster-disease>

- Farrell, P.B. (2013, Oct. 14). World's top problem is overpopulation, not climate. *MarketWatch*. Retrieved from [www.marketwatch.com/story/climate-report-proves-humans-are-the-new-dinosaurs-2013-10-12](http://www.marketwatch.com/story/climate-report-proves-humans-are-the-new-dinosaurs-2013-10-12)
- \*\*Professor Corey Bradshaw, University of Adelaide

### **Depleting Earth's Resources is Unsustainable**

There are six resources today that are already under severe pressure from our rates of use: water, oil, natural gas, phosphorus, coal, and rare earth elements (Scandium, Terbium, etc.).

We currently have over seven billion people living on the planet and the number is growing. Earth's total resources can only support a maximum of two billion people at the current rate of consumption. At this rate, we are using two to three times the natural resources that our planet Earth can provide.\* Stephen Hawking, noted physicist, believes it is already too late to avoid depleting Earth's resources, and recommends that we proceed without delay to colonize Mars.

- \*N.A. (2014, March 22). Are we using up more than what is available? *The World Counts*. Retrieved from [http://www.theworldcounts.com/stories/consequences\\_of\\_depletion\\_of\\_natural\\_resources](http://www.theworldcounts.com/stories/consequences_of_depletion_of_natural_resources)
- Ruz, C. (2011, Oct. 31). The six natural resources most drained by our 7 billion people. *The Guardian*. Retrieved from <https://www.theguardian.com/environment/blog/2011/oct/31/six-natural-resources-population>

### **Hating and Murdering Each Other is Unsustainable**

200,000 Syrians are dead at the hands of their own countrymen, killed with weapons produced in the West (including the United States). 3.2 million more Syrians and their families have been driven from their homes, communities, and country, and are now living in neighboring countries in barbed-wire enclosures, and are becoming immigrants in Europe and the United States.

## It's no Secret That We Have Social Problems

- What are they?
  - Overpopulation
  - Destruction of the planet leading to mass extinction\*
  - Global sabotaging of youth –
    - 136 million orphans globally\*\*
    - Suicide (second greatest killer of youth in the United States)
    - Reduced life span (in the U.S., kids not living as long as their parents\*\*\*)
  - Lost quality of life\*\*\*\*
  - War, terrorism, murder, displacement of millions of people (in Syria 200,000 people dead, 3.2 million driven from their homes and country – and the west's greed, money and power have contributed significantly)
- These problems are terminal (unsustainable). Our population explosion is causing a lot of these problems, but the uncontrolled population growth is itself a symptom—a symptom of the real root cause

\*SAN LUIS OBISPO, Calif. (MarketWatch) — Warning: Mother “Earth didn’t replace the dinosaurs after they died” in the last great species extinction, reports Nobel physicist Robert Laughlin. She “just moved on and became something different.” But so what, you say, that was 65 million years ago. Right? Wrong. 2,000 United Nations scientists warn that today, humans are the new dinosaurs, the next species slated for extinction. It will happen soon. We’re also causing the extinction, even accelerating a new timetable. We are signing our own death warrants—not millions of years in the future, but in this century.

\*\*It is estimated that 132 million children worldwide are orphans. (UNICEF). See more at: <http://www.sos-usa.org/our-impact/childrens-statistics#sthash.FJBiyJm.dpuf>

\*\*\* BOSTON, March 16 - For the first time in two centuries, the current generation of children in America may have shorter life expectancies than their parents, according to a new report, which contends that the rapid rise in childhood obesity, if left unchecked, could shorten life spans by as much as five years. The report, to be published Thursday in *The New England Journal of Medicine*, says the prevalence and severity of obesity is so great, especially in children, that the associated diseases and complications—Type 2 diabetes, heart disease, kidney failure, and cancer—are likely to strike people at younger and younger ages.



\*\*\*\*Here are some of the ways our quality of life (as well as our excitement and passion) is decreased:

- 1) Society wants us to conform—to dress and speak and act according to certain standards. Some people are better at salvaging their individuality than others
- 2) Many well-meaning parents want us to be successful (by society's standards), so they encourage us to pursue outward success rather than listen to our inner voice
- 3) In an effort to please the adults in our lives and fit in with society, we give up on vital and passionate parts of ourselves

**CHAPTER 1 Questions:**

Are the above points valid concerns, in your opinion?

What are important issues not mentioned above?

If you could change one thing that would have the greatest impact on your life, what would it be?

## CHAPTER TWO: Why Care About an Event or Root Cause?

Our universe was created in a noisy event 13 billion years ago. The Earth was created four billion years ago, and life on Earth first appeared three billion years ago. Seven million years ago, various hominid species broke off from the chimps; bi-pedal human ancestors appeared on Earth over three million years ago (as demonstrated by the skeleton of Lucy, species *Australopithecus*, dated to 3.2 million years\*).

\*<http://humanorigins.si.edu/evidence/human-fossils/species/australopithecus-afarensis>

Our history and our ancestors date back to at least three million year ago. Our ancestors have been breathing in and out without interruption, living and dying, struggling and thriving and surviving and flourishing, and the sum of all that history and experience is . . . you and I.

About 50,000 years ago, *Homo sapiens* emerged from Africa and spread to Asia and later to most places on the globe. They lived in groups, as hunter-gatherers, a part of the balance of nature (both predator and prey), living in the moment, day after day, over a span of three million years—up to this point, they were living in balance with the rest of life on Earth. Humans were still living in 100 percent accordance with their design, living in groups, eye to eye, face to face, everyone known, everyone needed.

Then, somewhere between 17 and 40,000 years ago, a unique event occurred: humans became self-aware. Life was already hard, and self-awareness was a mixed blessing. This self-awareness happened in conjunction with an increase in our brainpower, allowing us to create tools and weapons. However, self-awareness also made our lives much harder. To the tasks of surviving were added the burdens of:

- Memory (what someone did five years ago, what I did two months ago)
- Anticipating the future (what “might” happen)
- Chronic guilt, shame, envy, jealousy, hatred; chronic self-doubt, fear, greed

All the psychological burdens that we still struggle with today began at this ancient moment of self-awareness.\*

\*In his book, *The Curse of Self*, Dr. Mark Leary of Harvard describes the terrible burden imposed upon our ancient hunter-gatherer ancestors by the advent of self-awareness. Without downplaying the advantages of self-awareness, he states “[self-awareness] is single-handedly responsible for many if not most of the problems that human beings face as individuals *and as a species* (emphasis mine).”

Given time, humans would have integrated self-awareness into their lifestyle, but that wasn't meant to be. This is because some enterprising individuals saw an opportunity and proposed a plan:

“We see that you are struggling, afraid, full of (chronic) fear and self-doubt—we can make you safe, secure, prosperous, and powerful. The tribe over the next hill will no longer come over the hill and attack you. A year or two of drought will no longer result in sure starvation and death. And all you need to do to get all these benefits is to pledge your allegiance to us, give us part of what you make and grow. And, by the way, you will also need to send your young men and women to us, where they will build icons (pyramids) to show the world the extent of our power, and fight in our armies as we conquer and subdue the enemy.”

Life was hard; this proposal offered relief; and our ancient ancestors agreed. What they couldn't know was that they were beginning the process of giving up their freedom, passion, purpose—everything that makes life . . . life! They were transferring their reliance instead on a different power (power promised by other men, rulers). All this happened 17,000 or more years ago. There is proof in the form of indirect evidence. At the time of our earliest recorded history, 5,000 or so years ago, ancient Egyptians were not living freely, naturally. A handful of rich and powerful lords and overseers ruled them. Worse, the rank-and-file lived in denial, believing that humans had ALWAYS lived that way, never questioning that at some point in the past they had lost their freedom, passion, and purpose, the precious wisdom of three million years of a species living freely.

Just as elephants or gorillas would never voluntarily give up their natural habitat and allow themselves to be captured and caged, millions of humans could not have been enslaved by a handful of rulers, against their will. Our loss of freedom could *only* have happened if our ancient ancestors allowed it. Is it possible that a species (especially a supposedly intelligent one) would voluntarily choose enslavement? Incredibly, yes, because it doesn't happen all at once – slavery imposes itself on us gradually – as we reluctantly accept the next restriction on our freedom, others are waiting in the wings. It is a little like wild animals begging – if a bear or squirrel learns that they can get food by begging, it may spoil them for what is required for survival in the wild (and it could even cost them their life).

That is exactly what happened, and by the time of earliest recorded history 5000 years ago, humans had already been ruled for at least 12,000 years, and could not remember or imagine having ever lived any other way. Their glorious three million year history as a free species was blotted out—forgotten.

If we are teaching our children that the last 5,000 years is our “history,” we are teaching them what is untrue. Not only is the last 5,000 years *not* the total sum of our history, but it is

instead a snapshot of a brief time when we were *at odds* with our true history, when we had given up our natural free state and were living in bondage, under the rule of others. As such, what we call our “history” is actually a brief period of recent time when we had forsaken our true design. All the wars and dark ages and suffering in our history books are not our history, but are a chronicle of a frustrated, neurotic, caged species, a species fighting against the bondage we allowed, a bondage that in the deepest places of our hearts we desire to be free of.

Our three million year ancestry is as sure as the modern elephants (who were preceded by the woolly mammoth and the mastodon), or our modern tiger (who was preceded by the saber-toothed tiger—their remains have been found in the La Brea tar pits in California).

### **Humans are Neurologically Incapable of Ruling Thousands or Millions of Other Humans**

There is evidence that the human brain is simply not designed for or capable of ruling, leading, or managing millions of people. This is proof that the ruling of millions by a few cannot, could never, and will never work. When we attempt to do so, measurable neurological changes occur both in the rulers and those ruled, resulting in the unintended consequence of large-scale oppression and suffering, and even extinction. Those neurological changes have been studied, such as the phenomenon of Hubris Syndrome\* (which overtakes leaders who have been given excessive power), and its companion, Normalcy Bias\*, in those of us who are being led. (Normalcy Bias allows us to accept our otherwise unacceptable dependency and still function in our lives, jobs, and families).

**\*<http://brain.oxfordjournals.org/content/132/5/1396>**

### **Our Real History**

Sadly, through our violent and turbulent history, we as a species have turned away from our true nature. The history we teach is a mere snapshot of recent time in which we have *strayed* from our birthright, from our history, and have adopted false ideas about ourselves and the world, adopting ambitions and values that are in direct opposition of our human design. As such, these ideas are a deadly threat to us as a species, as well as to Earth and the rest of life on it.

Does it make sense that all living things except for humans live freely and naturally, while humans live and have always lived under the necessary governance and management of some other “rulers” who apparently need to control us, since we (of all 10 million living species) are incapable of living freely? The history we teach (about 5,000 years of it) has been about

control of humans by other humans: wars and conquests, and leaders and power (and the abuse of power). It is also about industry, tool building, and domination of the planet for human purposes. Our kids see pictures of millions of workers in fields and factories as well as soldiers fighting and killing, as if we evolved to own, conquer, destroy and subdue Earth and the rest of life on it—as if our mission or purpose is to fight and kill each other to establish who is the strongest. We are teaching our children that Earth and all the life on it is ours. We “own” it, to use or destroy for our own purposes.

As a kid in school, I didn't like history. I think I know why. I have inside me a desire for a passionate, powerful, and expressive free life, and the history we are taught is about control and domination by others. We have given the world's governments and leaders, the rich bankers, and corporate moguls our freedom and power. We have given them billions of dollars of our hard-earned money believing their promises of a better life, only to find that whether it is education or safety or medicine, conditions continue to get worse while the leaders get richer and more powerful.

### **We could be living in Peace, Safely and Freely**

With all the education, advanced tools, medicine, technology, and knowledge that we have access to, we humans should be living safe, free, happy, and natural lives. Yet the world has never been more dangerous, deadly, over-crowded, and bankrupt. This fact alone should tell us that something is fundamentally wrong.

### **Wild Animals Who Learn to Beg**

An analogy that compares with giving up our freedom is the habit of begging exhibited by wild animals that hang around humans. Once animals learn to beg, they stop exhibiting their natural survival behaviors, which often leads to their premature demise. Is that what we as a species have been reduced to—immature, dependent, beggars at the trough of rich, powerful ruling elite to whom we have given away our freedom, power, passion, and hard work (money), leaving billions of us groveling for unfulfilling lives of quiet desperation?

### **Our Modern Lives Are At War With Our Human Design**

What's the problem here? The problem is that we are living in direct opposition to our human design. We are designed to live and function and thrive in groups, villages, and tribes, working and living eye to eye and face to face, everyone known, everyone needed. Our success comes from combining our various skills, talents, dispositions, and personalities. We struggle

together, love and communicate, work, and resolve issues together. A daily dose of this is the formula for a happy, healthy, human life.

Want proof? Just look around. Anecdotal evidence of the human need for living and finding meaning in groups or communities includes:

- Humans and their ancestors have lived communally for virtually all of their 2.3 million year history
- Those primate species closest to us (gorillas, chimps, and bonobos) live that way
- Humans given a choice (children and adults affluent enough to select their living conditions) choose to live in groups, communities, in close contact with other human beings

My daughter loves to watch reruns of *Little House on the Prairie*, a television show about hard but satisfying lives in a harsher but simpler time. Children crave that simplicity—the trendy clothes and sexual innuendo that permeate children’s shows and advertisements today set children up for failure. With a steady diet of this fare from toddlerhood through all their formative years, no wonder they end up with a warped sense of what life is about and what is important. We adults need simplicity too. Complexity is fine for going to the moon, but it is disastrous when applied to living productive, intimate, happy lives. Anything that affects our lives and is too complex for you and I (being reasonably well-informed) to grasp, has no place in our daily lives.

### **The beliefs of a people, nation or culture can impact our individual lives**

An example of how society manifests itself in our individual lives is seen in the writing of the U.S. Constitution 230 years ago, designed to establish a country that was not ruled by a despot, a tyrant, or a handful of leaders. Instead, they envisioned a country where there were checks and balances against excessive power, and where the people had a voice.

But let’s look a little deeper. As insightful and forward-thinking as our Founders were, they were operating from one piece of historically bad information. In their view (taken from thinkers who preceded them), human behavior ran to two extremes: tyranny and anarchy.

- Let the rich and powerful take control, and you have tyranny
- Turn the people loose with no restraints, and you have anarchy (“red in tooth and claw”)

Our Founders set out to design a country that existed between these two extremes. Now this is a paradox: there are 10 million other species of life on Earth, and they all live 100

percent freely. Yet humans, self-described as the most intelligent species, with dominion over the rest of life (according to them), at the top of the food chain, can't be allowed to live without being controlled, restrained, managed, or ruled—by other humans. Doesn't that seem strange? And it is this restraint, this loss of the opportunity and challenge to live natural, free, 100 percent human lives, which is robbing us of our quality of life, of our passion and purpose and self-determination, robbing us of all the things that make life worthwhile. By veering from our natural design, we have launched a dangerous, destructive, and deadly experiment.\*

\*“We are conducting an unintended evolutionary experiment in producing a line of highly intelligent but emotionally challenged reptiles wielding technologies capable of disrupting or even terminating the entire evolutionary enterprise.” Korten, D. (2008, July 30). *We Are Hard-Wired to Care and Connect*. *Yes! Magazine*. Retrieved from <http://www.yesmagazine.org/blogs/david-korten/we-are-hard-wired-to-care-and-connect>

### **If Those 17,000-Year-Old Promises Were a Lie, What is the Truth?**

- 1 Humans in their natural state live in intimate groups, communities, villages, and tribes
- 2 We interact face-to-face in community; we are not solitary like bears, nor are we hive animals like ants or bees or termites
- 3 In a community, each of us is known and needed; there are no masses of anonymous, faceless humans roaming huge city streets, without work or purpose, amidst drugs, gangs, terrorism, killing, AIDS, or countless orphans

### **If the above is the truth of how we live natural, healthy, and happy lives, then knowing this, what can we do?**

- 1 Thanks to technology, the world's communities can connect and communicate, helping each other, even deciding what does and doesn't happen in world affairs
- 2 The locus of power can shift from governments and dictators and leaders to humans in their communities. *The rule:* government does *nothing* that humans can do for themselves
- 3 Governments can be reduced in size, charged with those tasks that transcend communities (such as safe drinking water, global commerce, protecting our shores, etc.). Their proper role is as *public servant*.
- 4 Government agents and politicians will no longer have independent power to make decisions or drive projects important to them. They act *only* on the wishes of us citizens, who they represent
- 5 As the size and scope of governments globally are reduced to servant size, we, all of us, people and shops, farms and businesses alike, would get a *huge* and immediate raise,

proceeds from the reduced cost of no longer being ruled by others, plus the eliminated cost of graft, corruption, waste, and interest (in the United States, the interest on our debt alone costs us over \$400 billion a year). All these billions of lost and wasted money will return to us to use in our families and communities.

- 6 Once power is transferred from governments to communities, we will have to continually fight to keep our power where it belongs—in our communities.

### **As we shift power to communities, what results can we expect?**

- 1 Recession is replaced by prosperity
- 2 Prosperity leads to abundant jobs, globally
- 3 People become busy with their families and communities, so they stop hating and killing each other
- 4 The big nations of the West, now with power redirected to community, stop manipulating and exploiting cultures and peoples who should be (and should have always been) left alone
- 5 The unsustainable human population automatically begins to adjust to healthy, sustainable numbers. Prosperous communities are motivated to keep their population at healthy and sustainable levels, and to aid communities who are struggling
- 6 The economy is simplified and balanced
- 7 We enjoy bountiful prosperity, as we stop paying 50 percent of everything we make in taxes, most of it for promised services we never see
- 8 The ties, linkage, collusion between governments and business (corporations) is severed—*permanently!*
- 9 Children, youth, the future, take on a whole new passion and joy when raised in prosperous communities
- 10 Communities look different—everything is local and available in the community. Technology will make this much easier to implement. Instead of spending billions shoring up rotting infrastructure (bridges, highways, pipelines), the new community model eliminates the need for cities and suburbs.
- 11 Finally, people can attain true safety, found only in strong communities (see Peter Block's *The Abundant Community*)
- 12 100 percent passionate, purposeful, happy healthy human lives, lived everywhere

### **Can this complete reversal really happen?**

**Yes!** It has happened at critical points in the past, and it can happen now. It *can* and *will* happen if:



- 1) We adopt a shared vision\* of the life we want (which must be consistent with our human design)
- 2) We unite

\*The way to achieve a *shared* vision is for each and every member to give *their* suggestions, ideas, and concerns to an organization who listens. Our organization, Community Groove, is a non-profit company with the goal of uniting millions of members around a common vision of a life consistent with our human design.

### **Can't We Just Regulate Away the Problem Areas in our Present Society?**

No. Modern life is so complicated that *no one* can control, regulate, or even understand it. To make matters worse, the unintended consequence of big, central, one-size-fits-all governments and mega-corporations is to weaken and destroy our natural groupings (in villages and communities). Furthermore, governing thousands or millions of people centrally is a neurological impossibility. Humans are only designed to live, succeed, govern, and be governed in groups where they interact eye to eye and face to face. Current society cannot continue with business as usual because:

- Modern life is not sustainable
- It's too complicated
- It is not aligned with how humans live
- Those who would "help" us are taking away our initiative and determination. We are de-maturing. Greed and fear have all but robbed us of passion, purpose, and self-determination, and the values of honesty, sincerity, and integrity
- Central governments and big corporations have opened the gates to graft, corruption, abuses of power, destruction, and even murder
- There are billions more people than the Earth can support; however, that is not the root cause, but is itself a symptom of a deeper dilemma

### **Examples of Why "Business as Usual" Won't Work:**

1. Scientists estimate that, as the world moves to western levels of consumption (as is rapidly coming to pass), the resources of four planet Earths will be required to support the population.

<http://www.guardian.co.uk/science/2004/nov/11/thisweekssciencequestions1>

2. Education is deteriorating globally

- For example, children in the United States today for the first time are less educated than their parents
- They earn less
- They won't live as long
- As other nations move from developing to developed, they will experience a similar pattern

<http://letterfromserendipity.com/is-it-really-true-our-kids-wont-live-as-long-as-their-parents/>

3. Death from drugs, gangs, terrorism are on the increase. Another dubious milestone—fueled by prescription drug episodes, deaths by drug abuse and overdose are now more common in the United States than car accidents!

<http://articles.latimes.com/2011/sep/17/local/la-me-drugs-epidemic-20110918>

4. The Arab Spring is showing that people can and want to throw off oppressive regimes. However the big, wealthy, powerful western governments to which these countries aspire are not succeeding either. The United States and Europe are bleeding wealth, technology, and power at an unprecedented pace—*we are experiencing the greatest transfer of wealth in the history of mankind.*

<http://www.321energy.com/editorials/moriarty/moriarty081008.html>

<http://www.foxnews.com/politics/2011/10/24/senators-outraged-us-borrowing-big-from-china-while-also-giving-it-aid/>

5. Conceding that climate change may be caused by many factors, if humans are doing *anything* to accelerate or alter the Earth's climate or environment, we must stop. As polar ice caps melt, the white ice turns into black water. White reflects the sun's rays, while black absorbs it. So the more ice that melts, the faster the heat from the sun is absorbed, raising the Earth's temperature and causing accelerated melting. Black carbon, residue from human factories and automobiles, add to this process.

<http://www.buzzle.com/articles/how-do-glaciers-melt.html>

The Earth's surface is one-quarter land and three quarters ocean. Yet humans have so

polluted the oceans (with toxic chemicals) that pregnant women are told to avoid eating fish, because toxins like mercury, though they don't have an immediate impact on the mother, accumulate in the fetus.

<http://www.americanpregnancy.org/pregnancyhealth/fishmercury.htm>

6. Besides toxic chemicals, the oceans also support a floating human garbage dump twice the size of Texas - there are 100 million tons of plastic and waste floating in our oceans. [\[1\(source: Wikipedia\)5\]](#)

7. Banks and investment companies continue to reveal their worst numbers ever. They are stealing from us; we are going bankrupt while financial leaders accumulate millions of dollars. One insider says there is no way of knowing what these organizations are doing, because their reach is global, and no one person, group, or nation can monitor all the variations and loopholes that are being contrived. When a new law is made, tactics to circumvent it are immediately devised.

<http://www.zerohedge.com/contributed/wall-street-banks-too-big-be-accountable-subprime-crisis>

8. As the West (Europe and the United States) struggles to respond to and deal with the incursion of opposing ideologies (communism vs. democracy, Christianity vs. Islam, etc.), what is not acknowledged is that years of misused power, abuse, and manipulation in third-world countries—including the exploitation of people for cheap labor, plus our continuing addiction to cheap goods and oil—has altered the growth and progress of entire peoples (the West divided up the Ottoman Empire in the Middle East, and they created the countries that now make up Africa). The West continues to exploit the resources and people (labor) of those countries without regard for their welfare, their path, their progress, or what is best for them.

9. Add to this:

- Economic meltdown in the United States and Europe (we're on the wrong end of the above-mentioned transfer of wealth)
- Declining status of education and children's health (our future), globally
- Huge ideological differences between the West, communism, and the Middle East

- Distrust of anyone in power or authority, including governments, banks and investment companies, and corporations (e.g., the Occupy Movement)

**CHAPTER 2 Activity**

Do you believe that you and the rest of us humans are not capable of living freely and naturally, but instead must be managed, led, and controlled?

## CHAPTER THREE: What Difference Does it Make?

Assuming all the above, why does it matter?

Here's why it matters.

Since:

***“It is no measure of health to be well-adjusted to a profoundly sick society”*** (J Krishnamurti),

It follows that when we correct society and return to living in harmony with our human design, our personal lives magically improve as we find our purpose,\* what we were created for.

***\*“The purpose or niche of human beings is to be servants and protectors of Earth and life on it, and to carry life in its highest form, to the planets and stars”*** (T Horn)

### **Is Life in Community Compatible With Modern Life Today?**

Is this vision (of humans living naturally, in groups) compatible with modern society, with advances in science and technology, and is it compatible with the reality of our massive population (seven billion, soon to be 10-11 billion)? Yes and no. Certainly we have made advances in science and technology and industries that are beneficial. But these advances have become objects of greedy, materialistic worship, while we discard the bonds that have held humans together for 2.3 million years. Some evolutionary psychologists believe we need to adapt our behavior and lives to the new reality, but they are wrong. Instead, we must fearlessly adhere to our human design and insist that society support and conform to that natural design (which is as a species that lives together in groups). We must fight to regain, and then retain, our birthright. Who are we fighting? We are fighting others who would take our power and passion for their own selfish gain. But really we are fighting our own apathy, our willingness to let others take our power and passion and quality-of-life. And we must also be the heroes and heroines, warriors, courageous servants, and protectors of our mother-ship, planet Earth, and the rest of life on it. *This is worth fighting for.*

### **Uniting Around a Vision That Aligns With Our Natural Design**

Any vision of successful, healthy humans must be in harmony with our natural design, which is how humans have lived for over 2.3 million years. The skeleton of ancient Lucy

(*Australopithecus*) shows us a young female looking just like us, a little shorter, walking around just like us on two feet. Those who say that these ancient people were not our ancestors are deluded, and as they pass their delusion onto their children, they set them up for the failure that will always result from living on the basis of a lie. These ancient people were just as much our ancestors as the Mastodon and the Woolly Mammoth were the ancestors and precursors of the present species of elephants.

### **What Kind of Community are We Proposing? How Will We Create Them?**

Humans are designed to live in groups, with a common vision and goals and plans for their group. This is not an alternative way of living (like a commune or kibbutz) but a natural one. Communities could be located in cities, high-rises, rural areas, anywhere in the world. Thanks to modern technology, communities can be linked together globally for support, sharing of ideas, and safety.

How to create these communities? This is not a problem, because since groups and communities align with our natural design, people will gravitate to them naturally. What *must happen*, though, is the heavy-handed governments, the collusion between corporations and governments, and the taxation (with little or nothing returned to those taxed) must be significantly reduced to their proper, intended, servant levels, and responsibility for our lives (along with those greatly reduced taxes) immediately returned to us in our groups and communities—*forced* upon us, if necessary. Once this process has begun, it will catch fire on its own as people realize they have the autonomy and the money to again take control of their lives (and that if they don't take control, no one else will!). The Three R's, described later, is a three-step process for making this transition happen in gradual, manageable increments.

### **Over-Population is a Cancer**

Our massive over-population is not a sign of species success, but of blight, plague, or pestilence—the sign of a species out of control. Successful healthy species *control their numbers* to assure their ongoing success. Mother Nature will not allow any species to over-populate to the extent of endangering the fragile balance of life on Earth. She is already dealing with this issue (via disease, natural disasters, war, hate, killing, endangered youth, etc.).

### **The Proper Role of Leadership and Government**

Are we proposing the elimination of government? No, but the unintended consequence of excessive rule (by leaders and governments) is to weaken family and community, robbing us

of our passion, purpose, the very quality of life that is the essence of living (watch any animal if you don't know what that essence is). When we take our lives back, government is reduced to its proper role—as the public or civil *servant*.

### What is Our Human Design?

We are not solitary creatures like bears. We are a species that lives in groups like our closest primate relatives (and like the other human and proto-human species that came before us). We live intimately, working and struggling, overcoming and succeeding together, with a sincerity, integrity, and honesty that is only achieved personally, eye to eye. The community is an extended family, supporting every member from children to the elderly. Each of us is part of this community: that is our design, and it's time we took "it" back.

### What is the "It" We are Proposing to Take Back?

\*"It" means taking our power and lives, our work and what we produce, how we live and raise our kids, where we put our effort, back into our groups and communities. Living in groups has been our way of life for 2.3 million years—it is our natural design.\*

\*Here's a popular definition of humans: "A **human** (also called a **human being** or **person**) is a member of the [species \*Homo sapiens\*](#), which means "wise man" in [Latin](#). [Carolus Linnaeus](#) put humans in the [mammalian order](#) of [primates](#). Humans are a type of [ape](#), and [chimpanzees](#) (*actually Bonobos*) are their closest living relatives. Humans are social animals. They usually live in groups. They help and protect each other. They care for their [children](#). Humans are [bipedal](#), which means they walk on two [legs](#)."

The above definition also addresses and confirms the following characteristics of humans:

1. What is the purpose or niche that humans fill? ("They help and protect each other." The following is my expanded definition: "They also help and protect other life on Earth, and Earth itself, and are uniquely designed with the intelligence to carry life, *in its best aspect*, to the planets and stars.")
2. In stating that humans are bi-pedal, the connection to our ancestor Lucy (Australopithecus), living on Earth over 2.3 million years ago, is established. Her skeleton looks just like ours—she was in every way our ancestor, in fact more so than the "ancestors" we teach our children about. These more recent "ancestors" (in Egypt and Ancient Greece) lived only a short time ago, when humans had already *lost* their natural design and had become addicted to dependency on other corrupted humans to rule, lead, control, and make decisions for them. Like animals who have learned to beg,

they no longer were able to fend for themselves. Over the last 12,000 years this dependency has worsened, leading to the unsustainable plight of humans today (issues such as massive over-population, hate, and killing of each other, destroying the planet and the rest of life on it, rampant reproductive disease, and youths in crisis).



## CHAPTER FOUR: Real, Lasting, Human Change

*“Where there is no vision, the people cast off restraint” Proverbs*

Do you want change, real change, change with a vision, a purpose, a bright, peaceful, prosperous future? Then let’s change to be the humans that we were designed to be.

### **Action**

Now we know the root cause (a 17,000-year-old event)

And we know what change we want (to live in harmony with our design)

So our next question: *How to get from here to there?*

The Answer: UNITE. Unite around a shared vision of humans living naturally, at peace, in groups (villages, communities), where people are known and needed, communicate eye to eye, and work together to achieve what they could not achieve alone

### **Specific Steps to Take Our Lives Back**

For those who wonder how we could realistically reduce the size and power of governments, see the short description of The Three R’s (in Appendix II and covered in detail in another book) for a specific set of steps which will:

- Return governments (leaders and rulers) to their proper role
- Return vast sums of money (from our hard work) back to us in our families and communities
- Break the ties between corporations and governments, where our money and power is used against us

Of course present “leaders” will fight this new vision tooth and nail—they have made their success off our hard work, on the money and power we have given them, and they won’t willingly relinquish it. But when millions of us unite, leaders will (as always) change their tune—because they have no power or authority other than that which we hand over to them.

## Exactly How do We Begin to Create This Change?

We've discussed how we were designed to live, but what we must unite around is the answer to the question "How do we *want* to live?" Then we can begin creating a global grassroots movement to get there. Once we unite around a vision or picture of what the natural, healthy human looks like, our vision will become VERY appealing to millions of humans globally, appealing enough to start a paradigm shift (and if our motives are on-target, this could happen with surprising speed). When a relatively small critical mass alters their vision, marvelous things can happen. What we see in today's quick-fix world is change without a vision, which does little more than put Band-Aids on problems, while the root causes go untreated and become worse. Politicians love this Band-Aid approach—they keep promising more and more, taking more money, passing more laws, amassing more power, and all the while the issues in question and the quality of our lives get steadily worse as we lose more and more of our freedom. And we once-proud humans continue to believe the lie that these individuals want what is best for us. We have only ourselves to blame, but that is also *good news*, because if *we* are to blame, then we can choose to fix what is broken. Action is certainly important, but it comes *after* (as a result of) a new and changed vision. We need to climb back up the ladder, but we also need to be sure the ladder is leaning against the right wall.

## Consumer-Based VS. Community-Based Societies

Peter Block and John McKnight, in their book *The Abundant Community*, state the huge difference between the consumer society that we have become addicted to, and a society that is community-based. After reading their book and weighing the two lifestyles, the one so heavily outweighs the other that the reader is forced to wonder how we could have strayed so far from who we are. This is the state of modern society. The series of movies beginning with *Planet of the Apes* fictionally depicts this unnatural state of affairs exactly.

In his book *Tribe*, Sebastian Junger (author of *The Perfect Storm*), describes the community-based culture of Native American tribes compared to that of the market- and government-based Europeans who came to the United States. The lifestyles were (of course) completely different, but Junger points out that many Europeans who were captured and drawn into tribal life chose to remain in those native tribes. In contrast, virtually none of the Native Americans who were exposed to the western living model chose to remain there when given the opportunity to leave. They invariably chose to return to the tribal way of life.

## What We've Learned so Far

In previous chapters we discovered:

- What a happy, healthy human looks like in their natural state (and because this is our natural design, it should be how we want to live)
- What happened a long time ago when humans became self-aware
- How our ancestors responded under tremendous pressure, with choices that made sense at the time
- That those choices, compounded for over 17,000+ years, have given us the crowded, complicated, destructive, and sometimes deadly modern life and society in our global world today

### **What Would We Do if We Knew We Could Not Fail?**

If only a tiny fraction of the seven billion souls currently alive united around a vision or idea, there is *no* group of people or powers that could deny them. After all, it is *our* lives that this is about—no one other than us can or should decide how we choose to live. But our rational, over-active 21<sup>st</sup> century minds kick in with negative comments such as the following:

- We can't go back
- There are too many people to live in a community
- Modern life is too complex
- Without governments, there would be anarchy and the poor would suffer
- The way we are living today is just "human nature"
- What's wrong with modern human life? We've never been safer, happier, or more prosperous

### **What Are We Afraid Of?**

We humans are threatened by change. Out of fear and greed, we cling to what we know, often long after it has stopped serving us. Referring back to Krishnamurti's suggestion that we are trying to adjust to a sick society, it is time in the evolution of human life for a paradigm change. Japan is currently trying to return to a society of local self-determination because they realize that this creates an empowered society, and this is equally true wherever humans live.\*

\*Ohsugi, S. (2007). People and Local Government – Resident Participation in the Management of Local Governments. *Tokyo Metropolitan University*. Retrieved from [http://www3.grips.ac.jp/~coslog/activity/01/04/file/Bunyabetsu-1\\_en.pdf](http://www3.grips.ac.jp/~coslog/activity/01/04/file/Bunyabetsu-1_en.pdf)

People globally have lost confidence in governments, leaders, politics, and the corrupting influence of rich and powerful corporations in collusion with politicians and government officials. \*

\* *ibid*, N.A. (2015, Nov. 23). *Beyond Distrust: How Americans View Their Government*. *Pew Research Center: U.S. Politics & Policy*. Retrieved from <http://www.people-press.org/2015/11/23/beyond-distrust-how-americans-view-their-government/>

### **Turning Our Excitement and Passion Into Action!**

As this new vision or paradigm begins to attract attention, we will begin to feel the momentum and energy of the change we seek—not random change, but change with an electrifying, unifying purpose. Imagine the excitement in communities globally as we see power, choice, options, and money begin to return to its source (which is to us, you and I). Does this sound like something you want, something that would enhance your life and the lives of those who follow, something the world needs? If so, simply be willing to give this new paradigm a chance. Decide to hitch your wagon to this star, become involved, give your comments and input when asked—we can create the global grassroots movement that will return us to living in harmony with our natural human design, in harmony with Earth and the rest of life on it.

**END**

### **APPENDIX I**

Can a global change in human attitude change the entire course of a species? Yes, it absolutely can. So if this book has created excitement in you at the prospect of a new, peaceful, sustainable era in human evolution, it has done its job. Would you like to throw your hat in the ring, be a part in this global grassroots movement? Do you have suggestions, concerns, or issues that you want addressed? To check out or join this movement, to get more information, to give us feedback, to make a contribution, go to [TonyHornBlog.wordpress.com](http://TonyHornBlog.wordpress.com) or [Facebook/TonyHornAuthor](https://www.facebook.com/TonyHornAuthor).

## APPENDIX II

### **The Three R's: Restoring Sustainability**

The Three R's (described in the book by the same name\*) is an example of one way to reduce the influence of big central governments and large, wealthy, powerful corporations to return our power, passion, and money to us in our communities globally. This system is designed to be implemented incrementally in small stages (i.e. 5 percent quarterly reductions) until government size is reduced to be consistent with its proper role (as civil or public servant). It is when governments begin to exceed their size and role as public servant that they diminish our human passion and purpose that comes from living naturally in groups, extended families, and communities. The Three R's are:

#### **Reduce**

Small (i.e. 5 percent), periodic across-the-board reductions are made in the size of government departments and programs.

#### **Return**

At each reduction, the money saved (including the cost of massive bureaucracy, waste, and fraud) is immediately returned to people in their communities.

#### **Restrict**

While allowing businesses free reign to operate in the free-market environment, this step restricts and ends the collusion between business and government. Gone is *any* connection between corporation and government leaders, politicians, political parties, and candidates. Businesses are then 100 percent free to conduct business activities, including:

- Providing goods and services to fill consumer needs
- Making a profit when they do well
- As employers, hiring and managing employees to accomplish their goals
- Being a good neighbor in the location(s) where they reside and do business

The beauty of The Three R's is that at each incremental reduction, the substantial savings are immediately returned to us in our communities and families, motivating renewed possibilities and opportunities in communities everywhere. Technology can further link communities, allowing more affluent, successful communities to help those struggling and in need.

It goes without saying that “leaders” who have built their careers on the backs of those they propose to “help” will fight this trend toward local- and self-sufficiency with every threat and lie they can muster. How to overcome that? *Unite!*

\**The Three R's*, Tony Horn, Authorhouse, 2013

#### **ABOUT THE AUTHOR**

Tony Horn is an author, teacher, and instructional designer with degrees in Psychology and Education. His other books include *The Three R's: Government for the way people live* (2013), and *An End to Terrorism: Vision for a sustainable world* (2005). He has done volunteer work in Ghana, West Africa, and has traveled to Asia, Europe, and Central America. He lives in Sun Lakes, AZ where he writes about contemporary political, social, and global issues.



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