

Jenna Kay

From: Monica Zazueta <zazuetamonica0813@gmail.com>
Sent: Saturday, August 31, 2024 9:22 PM
To: Jenna Kay; Amy Koski; sylvia@mosaicresolutions.com; Dana Hellman; tlunsford@parametrix.com; Harrison Husting; Nicole Metildi; Ben Duncan
Subject: "Understanding Relationships and Ecology with Fritjof Capra | TGS 138" on YouTube

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<https://youtu.be/sPVnR-FiQ4k?si=qCoHNmpwHOnEl1-v>

The major problems are systemic problems, there all interconnected and interdependent. And underlying most, if not all of these problems is our obsession with economic growth. Our politicians and economists believe in this absurd illusion that continual perpetual growth on a finite planet is possible. That needs to be changed.

- Fritjof Capra

We need to work out a shift from quantitative to qualitative growth is a key issue. A life of quality and not quantity.

Patterns of relationships is system thinking.

Identity is all about relationships.

A formulation of the system's view of life in terms of four principles of life, which are systemic principles that apply to all living beings. So the first is, life organizes itself in networks. It's important to realize that these living networks are not networks of structures, but networks of processes. That's the second principle, processes of regeneration. Life is inherently regenerative. The other two principles are that life is also inherently creative and inherently intelligent.

1. Life organizes itself it networks.
2. These networks of processes are inherently regeneration.
3. Life is inherently creative.
4. Life is inherently intelligent.

So now when your deal with a natural environment that is living that is a living network of networks with in networks that are inherently regenerative, continual regeneration, creative and intelligent. The way of interacting with this environment would not be to try to dominate it and exploit it, but would be to engage with it in dialogue and cooperation and mutual respect. So it's a total change of attitude. That's why it's so important.

That's beautiful.

We need to be an Eco Community.

Wealth originally meant human well being.

Human well being vs. making money

Create and nurture communities for the well being of all.

Form and discover human relationships.

(My Signature 😊)

~You must always be willing to truly consider evidence that contradicts your beliefs, and admit the possibility you may be wrong. Intelligence isn't knowing everything, it's the ability to challenge everything you know. Let's all give up our fear as a justification for not to take action because we are the creators of our reality.

Sending healing vibes

Monica Zazueta

Concerned Mum



360-723-7707

Sharing energy,

1.

Doughnut Economics 7 Ways to Think Like a 21st Century Economist
by Kate Raworth

Free digital copy of the book,

<https://fenix.tecnico.ulisboa.pt/downloadFile/845043405579281/Raworth%20%282017%29%20Doughnut%20Economics.pdf>

2.

29 minute video explaining Doughnut Economics

"How radical ideas can turn into transformative practice. Stockholm impact week 2023"

<https://youtu.be/qwyzsAWRMcw?si=Hut8czYBLqAjOBpb>

3.

Nate Hagens: "Episode 100 - The Great Simplification"

<https://youtu.be/GocuMZX3hIs?si=impadsCjN-aGZzk0>