

## Jenna Kay

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**From:** Monica Zazueta <zazueta\_monica0813@gmail.com>  
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**To:** Jenna Kay; Amy Koski; sylvia@mosaicresolutions.com; Dana Hellman; Ben Duncan; Harrison Husting; Nicole Metildi; tlunsford@parametrix.com  
**Subject:** Policy recommendations

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Wisdom, Purpose, and the Search for Coherence with John Vervaeke | TGS 158  
[https://youtu.be/AvgLmTkCwc4?si=C\\_yJ\\_gGad-tLt6Nc](https://youtu.be/AvgLmTkCwc4?si=C_yJ_gGad-tLt6Nc)

Here is a concise qualitative summary of the key points from the video:

The discussion explores the "meaning crisis" - the growing sense of meaninglessness and disconnection in modern society. John Vervaeke, a cognitive scientist, explains that this crisis arises from the loss of the functionality previously provided by religion, which helped people cultivate wisdom, connectedness, and meaning.

Vervaeke argues that human beings have fundamental needs for optimal gripping of their environment and self-correction against self-deception. Historically, religious and spiritual practices helped meet these needs, but secularization has left a void. This has led to unhealthy "replacement strategies" like spiritual bypassing and conspiracy theories.

The solution, Vervaeke suggests, is to cultivate new "ecologies of practices" - communities engaged in transformative dialogues, rituals, and embodied practices that enhance meaning and wisdom. This could draw on ancient philosophical and spiritual traditions, adapting them for modern contexts.

Vervaeke emphasizes the importance of humility, as true wisdom requires the ability to monitor and correct one's own cognitive biases and limitations. He encourages listeners to explore these ideas through group practices, rather than as isolated individuals.

The discussion highlights the role consciousness, altered states, and mystical experiences may play in this process of rediscovering meaning. Overall, the text presents a vision for a cultural transformation to address the current "meaning crisis."

Based on the key points from the discussion on the "meaning crisis", here are some recommendations for strong growth management policies:

1. Prioritize Meaning and Wisdom over Materialism

The text highlights how modern society has become overly focused on "having" and material accumulation as a proxy for meaning. Policy should shift the emphasis towards cultivating "being" - the development of wisdom, virtue, and deep connectedness. This could involve incentives for participation in transformative practices and communities.

## 2. Support the Development of "Ecologies of Practices"

The text advocates for the creation of collaborative, dialogical environments where people can engage in practices like meditation, contemplation, and philosophical discussion. Policies should provide funding, infrastructure, and other resources to establish and sustain these types of meaning-centered communities.

## 3. Integrate Ancient Wisdom Traditions

Rather than rejecting traditional religious and spiritual frameworks, policies should facilitate the integration of ancient philosophical and contemplative practices into modern contexts. This could include partnerships with diverse faith communities to revitalize their wisdom-cultivating functions.

## 4. Prioritize Humility and Self-Correction

Given the text's emphasis on the importance of humility and the ability to monitor and correct cognitive biases, policies should incentivize the development of these metacognitive capacities. This could involve incorporating humility-building exercises into educational curricula and organizational training.

## 5. Shift from Individual to Collective Approaches

The text suggests that individual, autodidactic approaches to meaning-making are often insufficient. Policies should therefore encourage and support collective, dialogical practices that leverage the wisdom of groups and communities.

## 6. Integrate Consciousness and Altered States

Recognizing the potential role of consciousness, mystical experiences, and altered states in the rediscovery of meaning, policies should explore ways to responsibly integrate these phenomena into meaning-centered programs and initiatives.

By implementing these types of growth management policies, society can begin to address the underlying "meaning crisis" identified in the text, fostering a more holistic, wisdom-oriented approach to development and progress.

To address the complex challenges of the meaning crisis and foster sustainable development, a Growth Management Act could include the following overarching policies:

### 1. **Promote Sustainable Economic Growth**:

- Encourage economic models that prioritize long-term sustainability over short-term gains, focusing on renewable energy and green technology investments.
- Support small and medium-sized enterprises (SMEs) that contribute to local economies and community well-being.

### 2. **Enhance Community Engagement and Well-Being**:

- Develop community programs that foster social connectivity and collective intelligence, emphasizing participatory decision-making and inclusivity.

- Encourage urban planning that prioritizes green spaces, public transit, and walkable communities to enhance quality of life.

3. **Cultivate Wisdom and Meaningful Practices**:

- Integrate educational curricula that emphasize critical thinking, emotional intelligence, and philosophical inquiry to cultivate wisdom from a young age.

- Support initiatives that promote mindfulness, stoicism, and other practices that enhance individual and collective well-being.

4. **Address Inequality and Access Issues**:

- Implement policies that address wealth inequality and ensure equitable access to resources, education, and opportunities for all citizens.

- Promote ACTUAL AFFORDABLE HOUSING BASED ON ONE PERSON'S MINIMUM WAGE INCOME and healthcare solutions to reduce stressors that contribute to societal disconnection and anxiety.

5. **Encourage Cultural and Ecological Responsibility**:

- Foster cultural understanding and respect through programs that encourage dialogue and collaboration across different traditions and communities.

- Implement conservation policies that protect biodiversity and promote ecological stewardship as intrinsic values.

6. **Support Technological and Innovative Solutions**:

- Invest in research and development for technologies that support sustainable agriculture, energy, and transportation.

- Encourage the responsible use of technology, ensuring it serves to connect rather than isolate individuals.

7. **Facilitate Cross-Sector Collaboration**:

- Engage stakeholders from government, private sector, academia, and civil society in collaborative efforts to address complex growth challenges.

- Establish frameworks for transparent and accountable governance that align with these goals.

8. **Monitor and Adapt Policies**:

- Regularly review and revise policies based on data-driven insights and community feedback to ensure they remain effective and relevant.

- Encourage adaptive management practices that can respond swiftly to emerging challenges and opportunities.

By focusing on these areas, the Growth Management Act can help create a balanced approach that not only addresses economic growth but also enhances societal well-being and meaning.

(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



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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>