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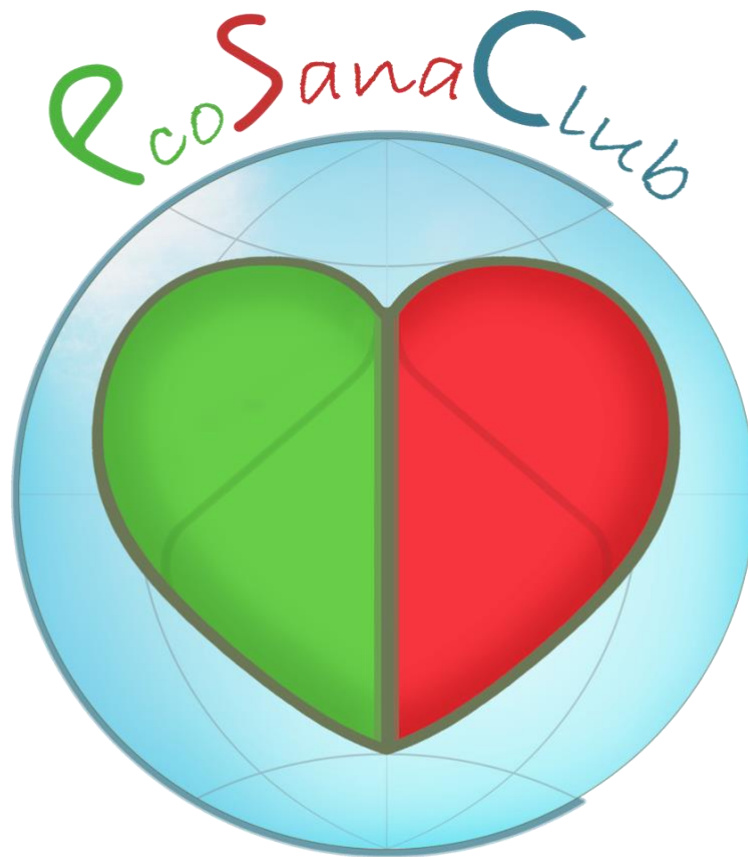
EcoSanaClub

**survival,
well-being
& world order**

formula for

Homo Sapiens (Reasonable)

Inter-Guide for ***eSCape to Life***



The Project in support of Life on Earth.

The Live-Guide for EcoGuards

Ecology, Health, Friendly cooperation.

Fill Life with Meaning and Perspective!

Act today, so we can take care of our Future!

Summary

This book is the starting point of an educational and practical project aimed at solving the most important problem facing humanity - the Problem of Survival and Further Development. Although global, the causes of the Problem and the keys to solving it lie within each individual. Therefore, everyone can and must do their best for the well-being of Mother Nature, for the life of their own and future generations.

What do normal people around the world usually wish for their family and friends, those they truly love and appreciate? First and foremost: Health, Longevity and Well-being. But can a person be healthy and live long if the air he breathes, the water he drinks, the food he eats, the things he uses contain harmful substances? Can we consider as wellbeing the extreme droughts and floods, heat and cold, hurricanes, military conflicts, man-made disasters, mass migrations, riots and other risks and dangers that occur more and more often?

It has long been proven by scientists and recognised by sensible political, social, cultural, religious and other leaders that these environmental, climate and biodiversity problems were caused by people themselves. So people must solve them, and urgently!

Only the current generation still has a chance to save the planet. Humanity can and must change its way of life and learn to live in harmony with nature. This is the leitmotif of the UN General Assembly on International Mother Earth Day. This is also the message of all the world's leading forums: the Davos Economic Forum, the Munich Security Conference, the G7, the G20 and others. As UN Secretary General Antonio Guterres has said: 'Mankind is hurtling down the motorway into climate hell, and is pressing on the gas at the same time'.

But how did we get onto this highway? Is it possible to slow down and turn around? In the Project Book, the author shares his thoughts and answers to these existential questions. Ideas, know-how and practical experience on various scales accumulated in the course of his life and particularly during the last 15 years of activity on the themes of ecology, health and international co-operation in various fields. And on different scales: from the personal-family to the city, state and global.

Recommendations and projects are realistic, well thought out, many have been tested on themselves, in the family and in business. Their use will benefit Nature, the health and well-being (including material) of the participants, positive communication and cooperation. Many can (and should!) be used in politics, social action and business, from start-ups to large-scale business.

And most importantly: the proposed understandings and changes are necessary to give children and future generations a chance at a prosperous life.

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AUTHOR'S FOREWORD

I have a profound passion for the pursuit of truth and meaning, particularly within a **vital** and ambitious project like ECOSANACLUB. This project aims to guide intelligent individuals away from a destructive path and towards a path of survival and well-being. With this goal in mind, I have made a deliberate effort to infuse every aspect of the project, which I will occasionally refer to as the "Book" or "Inter-Guide," with purpose, ensuring that the reader is not burdened with irrelevant content.

Thus, within the book, you will find meaning not only in the content itself but also in the cover design, the logo, and the overall format. I hold deep respect for those who approach it with thoughtful consideration in advance, recognizing that engaging with a lengthy piece on this subject requires both reason and responsibility. Rest assured, I will strive not to disappoint.

Let us begin our journey with an exploration of the cover, setting the tone for the meaningful and transformative experience that lies within.

About the author (Who started the ESC project and why?)

Ancestry. The family name Vakulenko and ancestral roots are from Ukraine (Poltava province, Mirgorodsky povit, village Baranivka, as claimed by older relatives). At the turn of 18-19th centuries, Catherine the Great, the ruler of Russia, resettled Cossack ancestors - the Zaporozhye Cossacks - to the Kuban. It was in this beautiful land, with the Sea of Azov and the Black Sea, the Caucasus Mountains, fields and rivers, where my great-grandfathers and grandfathers lived among distinctive and different peoples.

Parents. Childhood, youth. I was born and lived until adulthood in the jewel of the region, the city of Sochi. It is a mountain seaside resort with beautiful subtropical flora and fauna, which became world famous as the capital of the 2014 Winter Olympics.

At this stage in my life I: a) successfully completed secondary and musical school, b) first encountered with the state (for which I discovered the contradictions in the teachings of Karl Marx and Vladimir Lenin, as well as for the long hair I scolded at the Pedagogical Council of the school), c) won the lottery car "Moskvich 412", d) realized my first projects (basketball team, vocal and instrumental ensemble, own songs).

During my childhood and youth, I learned from my mother (who survived a severe famine in the Leningrad blockade during World War II) that you should never throw anything away, especially food. She was also a model of vital optimism and social activism.

I learnt from the example of my father, Mikhail Kokoshko, a world record holder, and aviation innovator, that ambition on a global scale is OK ("Act locally, think globally!"). My father underwent his greatest ordeal when he fought in the war, when

he was wounded in Stalingrad and went through concentration camps. After liberation by the Allied armies of USA, Great Britain and France he worked together with the Allies for the repatriation of his compatriots, and then he worked in industry. My father behaved with the utmost dignity and creativity and was highly respected by those around him (he died when I was 7).

I can't help mentioning my two grandfathers, who were big gardeners, as their love of Nature seems to have been passed down from them. And, my uncle, Victor Vakulenko, a PhD in engineering and a keen St Petersburg scientist and inventor. The uncle was an ascetic in everyday life, he was not afraid of being called an oddball during public tests of his various inventions. He was also a traveler, an erudite, a musician, and wrote prose, poetry and music. (He wrote a terrific memoir where, among other things, he very truthfully, as traumatically as possible for the readers, depicted life and horrors of the post-revolutionary (1919-1930) and war years in the USSR (1941-1945), with pictures he saw himself and stories that happened to close relatives and friends). His example, as well as that of other ancestors, has also taught me a lot.

Adulthood. After finishing school, I moved to St. Petersburg (then Leningrad) and went to university. The part of adulthood I went through was rich and varied. It included two transitions between eras - the transition from a totalitarian system to democracy under Gorbachev-Yeltsin, and the transition back to Putin. I have a lot to say about those events, but that's for later.

Coming to ecology. I made my main transition 15 years ago when I realized that the most vital thing for me, for my family, for all people is sustainable development, ecology. Unfortunately, there are few people who understand this and even fewer who do it in practice. Therefore, although sustainable development was not my profession or business, I still decided to dedicate myself scientifically and practically to this field.

To get quickly to the main topics, I will only briefly list here some of the statuses, deeds and acquired competencies. (*And to avoid appearing secretive, I give a more detailed biography at the end of the Book, which can be accessed by clicking on [the link.](#)*)

So:

The head of the Eco-Family from Tsarskoye Selo, St Petersburg (www.vakulenko.club), together with his family, have implemented dozens of actions, performances and projects that have been awarded diplomas, certificates and prizes at different levels, from local to UN;

Founder and head of www.EcoSana.Club - UN SDG Centre (for example, on a TV show our youngest, Anton, sang and recited UN SDGs in 15 languages, [a performance](#) watched by over 20 million people from different countries);

Publisher and co-author of ten practical manuals for the transition of the economy and society of the USSR/Russia from a totalitarian system to a democratic, market-based system;

Author of hundreds of publications, interviews (never commissioned paid ones), posts, reports, presentations;

Creator of the YouTube channel "ECOSANACLUB", author/coauthor of eco-themed performances that have received more than 25 million views worldwide;

Creator and head of the Pushkin community

Council for Sustainable Well-Being (St. Petersburg, Tsarskoye Selo) www.ecograd-pushkin.ru

Founder and moderator of the annual Sustainable Development Conference (St. Petersburg, Pushkin);

Founder and President of ECOESTATE Innovation Centre;

The creator and owner of the "First Unique Eco-Hotel in Sochi" is <https://www.bambookhutor.ru/> ;

Founder of the Eco-Development Committee of the Ros. The Guild of Managers and Developers (GUD);

Founder and former head of GUD's International Liaison Committee;

Head of the RuGBC working group on environmental construction of Olympic facilities in Sochi;

CEPI European Commissioner for Energy Efficiency and the Environment;

Founder and former head of the RuGBC (Russian Green Building Council) External Affairs Committee;

winner of the 2018 Triumph Award;

Winner of the 2019 National Grandeur Award for Impeccable Reputation;

Music education;

Higher education in engineering;

D. in Economics;

CIPS (Certified International Property Specialist);

CCIM (Certified Commercial Investment Member);
LEED (Leadership in Energy and Environmental Design),
special education program;
Suffolk University Boston, special education program;
International Delphi Advisor (<https://delphic.org/>)
and more.

These self-portrait reflections offer glimpses into the author's experience and expertise, providing insight into their journey. Throughout the creation of the Project Book, I have strived to incorporate both positive and negative encounters from my life, leveraging them to ensure the utmost meaning and utility. I perceive this endeavor as a catalyst for the next phase of my life, where I aspire to utilize my accumulated potential for the betterment of nature, humanity, and the well-being of future generations.

In conjunction with similar projects undertaken by fellow explorers, I envision the Project Book to serve as a collective and profound portrait. I am aware that numerous individuals share a common sentiment, refusing to passively await the dire consequences we deserve from Mother Nature. After all, planetary life, embodied by nature, has bestowed upon us everything we could ever desire on this exceptional and unparalleled planet Earth, a remarkable oasis amidst countless lifeless worlds. Yet, regrettably, we have been disgracefully squandering it all, to say the least. As the astute and compassionate Russian scientist, Lyudmila Fionova, aptly penned, "We eight billion idiots have killed our own planet!"

However, I choose to believe that not all hope is lost, and that there are still actions we can undertake. In fact, I have tangible contributions to offer in saving Homo Sapiens Reasonable. These ideas, projects, and approaches are not only real and intriguing but also imbued with elements of entertainment. To embark on this transformative journey, we must delve into the pages of this book, engage in discussions, and begin laying the foundation for capable and contemporary structures to address the multifaceted challenges that will be explored in greater depth.

Who will benefit from the EcoSanaClub project?

As explicitly stated on the cover, this project is intended for Homo Sapiens Reasonable. Essentially, there is no individual among the 8 billion members of our species whom I, as the author of this text, would prohibit from studying and utilizing the content, and all of it is freely accessible. Regrettably, however, there are numerous individuals who fail to recognize the significance of safeguarding humanity, other people, and even their own existence. Some argue that preserving life is unnecessary, while others believe it to be unattainable. Both perspectives fall within the classification of Homo Sapiens according to official categorization, that is, Homo sapiens sapiens or "Man with Reason" thanks to the brilliance of Carl Linnaeus, though he was not a visionary in this regard.

How can we label someone who actively destroys their environment, thereby harming themselves, yet shows no intention of changing or transitioning towards a life-sustaining path? It appears to be an inherent contradiction and, in my opinion, an impossibility.

Henceforth, we will adopt the term "Homo Sapiens" as the formal designation for all members of the species, regardless of their relationship with nature and life. However, we will distinguish and refer to individuals as "Homo Sapiens Reasonable" (HSR) to identify those who genuinely embody reason and rationality. Rather than using "Homo Sapiens Sapiens," as seen in some biology publications, we will utilize the term "Reasonable."

By referring to HSR, we specifically denote individuals who:

- a) Live in harmony with nature, actively contributing more good than harm to the natural world.
- b) Aspire for the same conscious actions from their fellow human beings.
- c) Demonstrate a sincere readiness to promptly, conscientiously, and energetically acquire the necessary knowledge and skills through the Book or any other equally suitable source-tool.

Ideally, it would be highly beneficial for every Homo Sapiens Reasonable to either write a book themselves or educate others through social media platforms. This is because one of the most

effective ways to truly grasp knowledge is by explaining it to others. It brings to mind the image of a passionate teacher who, in frustration, exclaims to their students, "Why can't you understand it after the third explanation? I've already grasped it myself!"

By sharing knowledge and insights with others, we not only solidify our own understanding but also contribute to the growth and enlightenment of those around us. Therefore, encouraging a collective exchange of knowledge and ideas through personal authorship or social media platforms can foster a deeper understanding and promote a more enlightened society.

Before delving into a more detailed list of those who would benefit from the ECOSANACLUB Project, let us first address the question of why they require it.

In summary, the primary reason for needing the ECOSANACLUB Project is to navigate and sustain well-being amidst a perfect storm of global crises. This characterization of our time as a "perfect storm" was aptly coined by UN Secretary General Antonio Guterres, the individual entrusted with humanity's survival on Earth. During the Davos Forum 2023, he emphasized the convergence and intensification of several crises: the global economic crisis, the conflict in Ukraine, confrontations between the West and the East, and the North and the Global South. Among these, the most powerful and far-reaching is the Climate Crisis.

In addition to these challenges, we must also consider the species crisis known as the Sixth Mass Extinction. Furthermore, an ecological crisis has emerged, evident in the pollution of nature and the destruction of ecosystems, which are no longer able to sustain human livelihoods and habitats. It is crucial to acknowledge that these crises are primarily caused by the activities of Homo Sapiens, which includes all of us. However, the responsibility for solving the problem lies with those who have contributed to it. Any responsible and reasonable individual recognizes this imperative.

The central inquiry at hand is **how we can swiftly and efficiently address the crises that endanger people's well-**

being and livelihoods. Moreover, how can we simultaneously enhance the prosperity and promise of people's lives throughout this endeavor? The primary focus of this Project is to provide answers to these pressing questions. It encompasses a comprehensive exploration of ideas, advancements, and practices, extending beyond the author and their family to include contributions from esteemed experts, entire cities, countries, regions, international organizations, and more.

By synthesizing the collective knowledge and experiences of various stakeholders, this Project aims to offer actionable insights and practical solutions. It serves as a repository of innovative strategies and successful initiatives implemented by diverse entities across different scales. The ultimate objective is to equip individuals, communities, and organizations with the necessary tools to effectively address the crises and forge a path towards greater prosperity and promise in people's lives. The selection of knowledge and practices included in this Project has been guided by their inherent usefulness for Nature, people, and society. Consequently, they hold significant potential for a wide range of purposes, **including:**

- 1. Promoting the health and well-being of individuals, families, and communities.**
- 2. Facilitating success in diverse career paths and professional endeavors.**
- 3. Supporting businesses across various sectors and fostering social and political engagement.**
- 4. Empowering achievements in culture, art, education, religion, journalism, and numerous other domains.**

The breadth of applicability underscores the versatility and practicality of the knowledge and practices presented. By incorporating these insights into various aspects of life, individuals and entities can unlock their potential for personal, societal, and professional advancement.

Chapter 6 provides a comprehensive list of beneficiaries who stand to gain from this project. Additionally, **it is crucial to emphasize that due to the immense scale and significance of the problems at hand, it is imperative for the most**

affluent, intelligent, influential, and prominent individuals to take urgent action in addressing these challenges.

Given their resources, capabilities, and spheres of influence, these individuals possess a unique capacity to enact substantial change and drive progress. Their engagement and leadership in addressing the pressing issues discussed within this project can have a profound impact on the outcomes and pave the way for effective solutions.

By rallying the support and involvement of those who hold significant influence and resources, we can catalyze a collective effort to tackle these problems head-on. Their participation is vital in mobilizing the necessary resources, implementing innovative strategies, and generating widespread awareness and engagement. Together, we can forge a path towards a more sustainable and prosperous future.

Let us direct the focus towards the young, intelligent, and vibrant individuals, highlighting the opportunities that arise in the age of the Internet and amidst the new challenges and disruptions. It is essential to recognize that many individuals in this digital era can dynamically rise to the occasion and contribute to solving the pressing issues that are vital to humanity's well-being.

To embark on this path, it is crucial for these individuals to embrace a diligent approach, dedicating themselves to the thorough study and absorption of essential knowledge presented in the EcoSanaClub Project or other similar initiatives. By investing time and effort into carefully understanding these valuable resources, they can equip themselves with the necessary insights and tools to tackle the challenges ahead.

The Internet provides a vast platform for learning, collaboration, and engagement, enabling young individuals to actively participate in problem-solving endeavors. By harnessing their intelligence, energy, and passion, they have the potential to make significant contributions and drive positive change. It all begins with a willingness to delve deeply into relevant projects and seize the opportunities presented to them.

The list of social statuses and professions that have the potential to contribute to the survival of humanity and nature, while also gaining fame, recognition, and financial success, is truly extensive. Here are just a few examples:

- Business leaders and entrepreneurs who can drive sustainable practices and innovation.
- Politicians who can enact policies and regulations to protect the environment and promote societal well-being.
- Scientists who can conduct research and develop solutions for pressing environmental and social challenges.
- Clergymen who can inspire and guide their communities towards responsible stewardship of the planet.
- Military personnel who can support efforts to address climate change and protect vulnerable populations.
- Students who can become advocates for sustainability and drive positive change within educational institutions.
- Bankers and financiers who can invest in environmentally friendly projects and support sustainable initiatives.
- Public figures and influencers who can raise awareness and mobilize public support for environmental causes.
- Journalists who can report on environmental issues and promote informed public discourse.
- Teachers who can incorporate environmental education into their curriculum and inspire future generations.
- Artists who can use their creativity to communicate environmental messages and inspire action.
- Schoolchildren who can become environmental ambassadors and drive change in their communities.
- Pensioners who can utilize their skills and experience to contribute to environmental initiatives.
- Housewives and homemakers who can implement sustainable practices within their households and communities.
- Athletes who can use their platform to promote environmental causes and inspire others to take action.
- Doctors and healthcare professionals who can advocate for the intersection of human health and environmental sustainability.
- Workers across various industries who can adopt environmentally friendly practices and influence their workplaces.
- Designers and architects who can create sustainable and eco-friendly structures and spaces.

- Engineers and inventors who can develop innovative solutions to mitigate environmental challenges.
- Salespeople who can promote and distribute environmentally friendly products and technologies.
- Farmers and agricultural experts who can implement sustainable farming practices and support food security.
- Environmentalists who dedicate their lives to advocating for nature conservation and ecological balance.
- Builders and construction professionals who can prioritize sustainable building practices and green infrastructure.
- Drivers, pilots, and sailors who can adopt eco-friendly transportation methods and reduce their carbon footprint.
- Restaurateurs and chefs who can champion sustainable food practices and promote local, organic cuisine.

This is just a glimpse of the vast range of individuals from different backgrounds who have the potential to make meaningful contributions to the survival of humanity and the preservation of nature. The collective efforts of people from diverse professions and social statuses are crucial in addressing the challenges we face and ensuring a sustainable and prosperous future for all.

What are the goals of the project and how will they be achieved?

As the name implies, the aim is to promote the survival of *Homo Sapiens Reasonable* and their well-being in the future. This requires: an ecological environment (ECO), good health (SANA) and a healthy society (CLUB).

It is evident that various components of a prosperous life, such as the ecological crisis, poor health of most people, and wars and deadly confrontations, point to the need for substantial changes. Consequently, it becomes essential to "repair" or remake the world order, economic and social systems, as well as individual ways of life and practices.

As a result of studying the problems and solutions, I have arrived at the following understandings:

- 1. Recognition of Nature's rights:** Humanity must acknowledge Nature, its ecosystems, and its elements as legal entities, ensuring their right to exist, conserve, and reproduce, while safeguarding against unlawful interference. Nature's ecosystems should be viewed as sacred, with their integrity and functionality protected from the boundaries and activities of economic objects, settlements, agglomerations, states, and regions.
- 2. Transformation of the existing world order:** The current geopolitical system, including the Westphalian model, should be transformed based on global benefits for humanity as a whole and the well-being of Nature's habitat. It should not be driven solely by the interests of one dominant group of countries in a given historical period, as has been the case in the past.
- 3. Strengthening the primacy of rules:** Existing rules and laws should be filled with messages of care for life and supplemented with new rules. Moreover, the global dissemination, implementation, and enforcement of such rules should be significantly enhanced.
- 4. Transition from a capitalist system:** The share of the current capitalist system, which excessively focuses on market fetishization, the production of unnecessary goods and services, and the reckless depletion of vital natural resources, should be reduced. Instead, the emphasis should be on developing and expanding economic activities that mimic and align with nature, guided by scientifically proven goals, norms, and rules in the interest of all Reasonable Humans.
- 5. Establishment of a dedicated global organization:** The plans outlined above should be developed and adopted at the UN level or through a new, dedicated organization with greater power and effectiveness. A modernized Security Council, for example, could be given a more appropriate and binding name such as the "World Council for the Welfare of Life on Earth" or "World Council for Sustainable Development of Life on Earth." Further details on this proposal will be discussed in later chapters and discussions.

6. Balanced approach to technical innovations: Solutions to environmental and health problems should not solely rely on technical innovations. Past experiences have shown that insufficiently designed and implemented innovations can exacerbate issues. Given the limited time and natural resources available, large-scale experimentation with technical innovations should be approached cautiously.

7. Emphasis on understanding, ethics, and lifestyles: The main solutions lie in developing people's understanding, ethics, lifestyles, habits, and practices to reduce the consumption of natural resources. Priority should be given to resources that contribute to the health, longevity, and well-being of present and future generations, as well as the restoration and improvement of flora and fauna.

The author, drawing from personal and family life, business experiences, and involvement in public organizations and projects, has accumulated significant knowledge. This knowledge, along with the experiences of many other associates, demonstrates that adopting the EcoSanaClub formula not only preserves Nature and Life but also enhances people's health and happiness.

While some may dismiss the input of an individual without special status on such a global issue, it is important to recognize that the United Nations, despite its professionals and celebrity ambassadors, has not been able to bring lasting peace to the world or effectively address humanity's existential problems. Therefore, it is crucial for reasonable and responsible individuals to take an interest in the organization that shapes our world today. Likewise, the same organization should seek to engage with and contact people, a realistic endeavor in the age of the Internet.

In this project, we will engage in in-depth and comprehensive discussions regarding these issues and more. We will strive to shed light on these matters, fostering a greater understanding and clarity.

What are the special features of the Project format?

The prefix "Inter" in our Inter-Guide encompasses four key aspects of the project: Interactivity, Internationality, Internet-ness, and Interest. Let's delve into each facet:

1. **Interactivity:** This denotes the active participation, collaboration, and even co-authoring opportunities for advanced and knowledgeable readers in relevant sections of the project. We encourage interaction and cooperation among participants.
2. **Internationality:** The project has an international scope in terms of its development and implementation. The language-style used facilitates translation into multiple languages using tools like Google Translate. We have aimed for a simplified style that avoids idiomatic expressions and embellishments to enhance accessibility across different cultures and languages.
3. **"Internet-ness":** The project utilizes an electronic format rather than traditional paper-based content. It leverages various Internet technologies for development and promotion, including internal hyperlinks that allow for concise presentation of the main content.
4. **Interest:** While the topic itself is inherently important and captivating, we strive to reinforce essential knowledge and skills effectively, ensuring participants remain engaged and interested throughout. The table of contents is designed to facilitate easy navigation and recall, with chapter numbers matching the beginning of chapter titles. We also employ formatting techniques such as highlighting important ideas, incorporating hyperlinks to external sources, and more.

Additionally, it is crucial to emphasize that our project is dedicated to the survival of Homo Sapiens, as implied by its name. Its significance stems from the fact that the Earth's natural environment, which serves as humanity's habitat, has been severely depleted in our time. We find ourselves amidst a perfect storm, confronting overlapping and destructive influences from climate change, environmental degradation, economic crises, political instability, military conflicts, and other pressing challenges.

Mankind's salvation is still within reach if a critical mass of people takes these threats seriously and makes concerted efforts to prevent them. While it is important to convey the gravity of the situation and motivate action, bombarding readers with an excessive number of horror stories can lead to content fatigue and disengagement. We must avoid this scenario and pursue an alternative approach.

In this project, we will minimize the use of horror stories, recognizing the need to protect your nerves and maintain a positive mood. Instead, we will focus on presenting realistic and often straightforward solutions to the challenges at hand. These solutions are not only effective but also beneficial for nature, health, and overall well-being.

As a reader, I kindly request your understanding and willingness to approach this text and subsequent video releases with a serious and thoughtful mindset. While it may not always be "light, brief, and funny," it is crucial to grasp the gravity of the content and embrace the opportunities for positive change it presents. Together, we can navigate these challenges and work towards a brighter future for humanity and the planet.

What does the emblem symbolize?

We have chosen to call our emblem "The Heart-Leaf," a powerful symbol that represents the connection between humanity and nature. The emblem combines a red human heart and a green tree leaf, enclosed within a circle representing the Club—a welcoming and interactive space for people.

The green leaf symbolizes the heart and essence of the tree, which is nature's magnificent creation and crucial for the well-being of humans and other fauna. The heart, depicted in its conventional form, represents goodness, health, love, and other positive concepts associated with humanity.

The union of the leaf and the heart signifies the restoration of the harmony between humanity and nature, an essential connection that has been increasingly eroded by human actions. Throughout history, humanity has often taken misguided paths, leading to dangerous impasses. The

project-book focuses on breaking these deadlocks and transitioning towards life-saving development paths.

In essence, the project-book encourages reflection on past and planned paths of human development from a vitality perspective. It calls for evaluating the impact of each path, considering whether it benefits or harms life. When a path lacks vitality, the project proposes effective changes. This involves revisiting the point of divergence, where wrong turns were made, and redirecting towards the right path that leads to life. This concept is symbolized by the second part of the emblem, inspired by the computer keyboard button "esc":

ESCAPE to Life!

Now, let us delve into the main chapters of the book. To highlight the author's perspective and facilitate dynamic reading, we will provide essential information in the chapter titles, opening questions, and highlighted maxims. Subsequent publications, including those on our YouTube channel "EcoSanaClub," will further explore the themes, answering questions in greater detail alongside interested and knowledgeable contributors.

Chapter 1: First in origin and significance

Universal Life - cosmic and planetary.

What is Life?

How are the Universe, Universal Life and Nature connected?

Does Universal Life and Nature have subjectivity?

Countless sages from antiquity to the present day have tried to understand, define and explain to others what Life is. But since, we have decided to strive for brevity, simplicity and authoritative verified sources of information, we will take this:

Life is a chemical system able to evolve according to Darwin's laws. This is a concise and practical definition from NASA, the U.S. space agency. It searches for Life in the Universe, spends a great deal of energy and money on it and understands the cost of misdefining the subject of the search.

Life originated on Earth about four billion years ago. Apparently, life appeared even earlier in the Universe and exists somewhere in our time as well. But, unlike Elon Musk, we will focus here on life on Earth in our historical time, not on life on Mars and other planets half a billion years from now. More specifically, the life of Homo Sapiens on Earth. For it is the existence of human beings that is now in mortal danger on the one hand, and on the other hand it is from human beings that many other lives on the planet are in mortal danger.

Mother Nature, who gave birth to and provides life energy, shelter and food for all humanity and every individual, is the abode of Life. The prevailing understanding today is that Life consists of matter, energy and/or algorithms (data). And these algorithms may have been conceived by the Creator, we add. Let us also note, as we will need it in the future, that in addition to Life there is Nothingness in the cosmos.

The question of Universal Life can be discussed endlessly, including from various scientific, metaphysical or religious positions. But practically all agree on one thing (and we accept it as a very important and immutable fact): lives of all living beings and organisms are a part of the Universal Life and depend on it. Including the Life of Homo Sapiens, that is, all of us together and each of us individually.

Therefore, we should take care of the Universal Life embodied in Nature as a good son or daughter takes care of his or her mother. Including, as paradoxical as it may sound,

we must defend Life's rights to Life!

Protect by force the most important international laws: declarations, conventions, covenants and so on;

Protect by state constitutions, criminal and other codes;

Protect with all the might of the security, law enforcement and even military structures and so on!

But, most importantly, all members of society must be involved! **The subjectivity of Nature and Life implies that they are protected in their right to prosperous existence.**

After Cosmic and Planetary Life of which we are a part, Human Life and its properties interest us the most.

Chapter 2: Second Life - Human. A child maiming his mother and killing himself.

When did man emerge and how is he related to Nature?

How important is Life for humanity as a whole and for whom?

How important and valuable is Life as an Individual? What determines its meaning and quality? Happiness or well-being?

Why should and can an individual's life be: healthy, long-lasting, happy, i.e. prosperous, and what does it take?

Man, a species of Homo sapiens, evolved from the genus Homo about 200,000 years ago. Anatomically, other congeners were no less well built, had many skills and some (e.g. Neanderthals) surpassed both Sapiens and other inhabitants of the planet in terms of physical functionality. Why did Homo Sapiens become so dominant that not only the well-being, but also the very existence of many species of flora and fauna now depend on it?

Sapiens' main competitive advantage was an enlarged and more developed brain. And the brain was the soil from which intelligence, creativity, communication and cooperation emerged. Using all this and other talents, Homo sapiens began to slip rapidly ahead of the rest of the species. By now it had spawned 8 billion individuals and... halved its biodiversity, wiping out other life forms. Thus Homo Sapiens "conquers" Nature, not realizing or forgetting that **Nature is its mother, nurturer, family and dwelling place**. And that without it, including without the species of living organisms that make up Nature, he himself would not be able to exist safely!

But there is a second side to the coin. After all, if an individual no longer wants to live (if he is seriously ill, disgraced, has lost a battle or something sacramental has happened that makes life unbearable for him) and it is impossible to rectify the situation by any means, then that is up to him. But **neither any individual nor humanity as a whole has the right to take the lives of others!** Including our lesser brothers, the tame living beings and even plants which are now dependent on humans and would perish without them! And they have been faithful and friendly, they have provided sustenance and without humans they will die painfully, without understanding why and for what!

So, even when deciding about one's own existence and/or well-being, each individual, and humanity as a whole, must be aware of the responsibility for the existence and well-being of other human beings and living beings on the planet. For example, when undertaking any production, business or social project it is necessary to evaluate all possible consequences for other lives and for Nature. Similarly, any other initiatives and innovations in different spheres should be considered. Especially in the political sphere and even more so in the military sphere! Both the politician and the military commander and the last soldier, first and foremost on the aggressor's side, must understand that by

killing "hated" enemies and causing destruction, he is killing a mass of other living beings, crippling Nature, and therefore killing part of his own life as well.

Experience shows that those who have not experienced prosperity, who have lived in deprivation and suffering, and who blame others but not themselves, are more prone to wars, destruction and murder.

What does the life well-being of humans and the lesser brethren **depend on and consist of?** (We could use a related concept, happiness, but this is a more subjective and emotional dimension, while we strive to be objective and scientific.)

Chapter 3: The three components of the Homo Sapiens wellbeing formula: Eco+Sana+Club, where

Eco = *Ecology*;

Sana = *Health*;

Club = *Friendly interaction*.

Together, these common words (Greek, Latin and English) form the short **EcoSanaClub** word-formula. If we abbreviate this compound word to an abbreviation as well, we get **ESC**. This letter combination is found on each computer keyboard (usually in the top left-hand corner) and is called ESCape. One of the

meanings of the word is "return", in our case it can be used in the sense of "return to life" and also it's easy to remember.

Now for the essentials. Why did we choose these components-parameters of human life as the main ones? Although the formula begins with IVF, and it is really the first parameter in importance, we will talk about it later. For now it is less clear to many people than the second parameter - SANA (Health), which we will start with.

The simplest and most convincing explanation for the importance of health lies in the plane of ordinary human relationships. What do we wish for our children, parents, close relatives and friends, all those whom we really love and appreciate? Health, of course! For if a person is ill, wealth, fame, power and other, as many believe, the most important values of life take a back seat and life becomes a torment.

From a logistical point of view, health can be defined as the proper functioning of a device called the human body. Health is defined by biochemists, physicians, economists and the coryphaei of other sciences, as we shall discuss later.

And here is the official wording from the UN World Health Organisation: "**Health is a state of physical, mental and social well-being**". In this definition, in our opinion, WHO has gone beyond its scope and intruded into the social zone, i.e. into the sphere of relations between people, which can also be attributed to culture, for example.

In a conceptual sense, social well-being, it is more correct to consider it as one of the five (Physical, Intellectual, Spiritual, Emotional and Social well-being) components of the concept of "happiness". Which is what the world's acknowledged guru on the subject of happiness, Harvard University professor Ben-Shahar, does.

We will put this concept into the third, concerning human relations, social part of our formula, i.e. "Club". We define this word as - **Space of intelligence, beneficial for all, including Nature, friendly interaction**. In chapter nine we look at **nine scales of this space: eight in the usual geographical plane dimension, and another one involving associations, organizations and interaction in a new dimension**.

It would seem that Happiness, which all normal people consider to be the main desired state, is the ultimate goal of an

individual in society, especially if his health issue is resolved. But, even intuitively, one feels that happiness is a subjective feeling of an individual! And, often, some foolish, short-sighted and irresponsible individual!

Many people today consider themselves happy, even though they live in a deteriorating ecological environment. But can you seriously and objectively call a person's life in an unfavorable environment, in a bad ecology, harmful to health and longevity not only to himself, but also to his children and descendants?

Yes, in real life we see many such carefree idiots. Often they are quite rich, spending their money away, enjoying (in their mind) life, lavishing material wealth on themselves, their children and others around them. At the same time, they do not understand that by their irrepressible consumption of all earthly goods (except purely mental ones) they deprive those close to them and themselves of the prospect of a prosperous life.

A striking example, far from being the only one, but one which is now in full view of the world, are the many Russian oligarchs, including those associated with Putin. They have staked their fortunes on material wealth and territory and have gained incredible power and wealth in Russia, but happiness and prosperity many have sought abroad. In countries and places with good Nature/environment, an educated, ethical, cultured and benevolent society, where one can strengthen the health of one's family and one's own, which they care for above all else. But it is about Nature, about reasonable positive and friendly relations with others that these people clearly did not care enough about. And have brought themselves and the whole world to the brink of disaster.

Examples of this kind of development can be found in myriad ways, at different scales, in different countries and locations around the world. Therefore, **the most important part of our formula is, first and foremost, ECO/Eco.**

By the way, by ECO, very often we also mean ECONomy, which is inseparable from ECOology, like ivy and a tree, like two sides of the same coin. There is now a radical change in the understanding of what the economy should be, in terms of how to run the economy intelligently on a scale from the home to the world. For example, an **Eco-Economy** is evolving to replace the still dominant business imperative of "doing as much as possible,

as fast as possible, with as little as possible". By this globally disastrous logic, the one who made weapons, for example, and "efficiently" destroyed cities wins. Or whoever built an unnecessary house, got money for it, and then broke that house down and made money again. At the same time, the authorities boast in reports about the growth of GDP.

In the paradigm of the Eco-Economy, not only ecologically useful things are considered good, but also "non-action", i.e. inaction in the name of preserving what is useful that already exists, especially in Nature. For **we live thanks to the functioning of the Natural Ecosystems that provide us with air, water, food and other things, without which life is not possible**. To restore Ecosystems is many times or even many tens of times more expensive and difficult than to preserve them. And often it is impossible to restore them at all. So, either we should be guided by the principle "Measure twice, cut once" or it is better not to "cut off" at all, i.e. not to destroy something created by Nature or reasonable people and time-tested.

Therefore, the power, importance and influence in the world of states and other territorial and political entities will be assessed on the basis of the capacity and condition of their Ecosystems, rather than on the availability of minerals. And the importance of currencies and their holders (states, corporations and others) will not be measured by gold reserves, stock exchange quotations or the volume of mining, but by the availability of ecologically vital resources.

In the future, it will also be necessary to base agglomerations and even territories of states, regions, cities and other urban and national political entities on Ecosystems (more on this in Chapter 9).

This will not be easy, as it contradicts thousands of years of established practices and understandings. But there is no other way for humanity to survive. Because, **ECO/Ecology is an environment that is good for Homo Sapiens**. It is what really matters, without which neither SANA(health), nor CLUB(friendship) is possible! Ecology is Nature, it is planetary Life. Based on common sense, it would have to be put first in all congratulations and wishes to the loved ones! But it is not accepted yet. So right now let us introduce a tradition with a new wish format:

I wish all who perceive these lines, prosperous environment, healthy Nature, and good ecology! This is the foundation of your health, longevity and happiness, i.e. Life Wellbeing, which I wish you!

What does it take to make wishes come true? What helps and what harms Universal Planetary Life, Nature and Human Wellbeing?

Chapter 4. The four ecospheres - the abode of Life and the four main threats to it.

What kind of sphere-habitat does man and Nature need?

Four ecospheres: Lithosphere, Hydrosphere, Atmosphere and Biosphere;

Four major threats: Pollution, Dehydration, Global Warming, Biological Extinction.

In chapter three, we named three pillars of a prosperous life. Which is the most important, the most fundamental one? We put Ecology first, in this case understood as Nature and its condition. Why not Health or Society? Because man has learned to strengthen his health by various methods and the trend is generally positive. The situation with society is not bad either: the development, in general, is going in the direction of good and positive (Putin and his likes are an exception, not a rule). But the ecology and all eco-spheres are in trouble! Which eco-spheres are we talking about?

There are many options for dividing the Earth into spheres, ranging from the inner core of the planet to the exosphere bordering the cosmos. It is a grand, prestigious, often rewarding endeavor to discover some new sphere and name it. That is why researchers have discovered or invented dozens, perhaps hundreds, of different spheres, material and virtual, classified them differently (*I too could not resist this temptation and made the "discovery" of the Sphere of Stupidity - as an antipode of the Noosphere, in its non-material hypostasis (more details in Chapter 7).*

For the purposes of our book-project, we have chosen the classification that is most important for Life, logical, understandable and widely enough represented in scientific and

popular literature. These are the **four Ecospheres: Lithosphere, Hydrosphere, Atmosphere and Biosphere.**

The threats to life on the planet are similar: there are many of them and many different classifications. So here we did the same thing and chose **four main threats: Pollution, Dehydration, Global Warming, Biological Extinction.**

The main problem, however, is that very few people on the planet are aware of these threats. Even fewer understand their existence and dangers. And there are very few who fight them. Even among those who are vested with power and have an obligation to improve the ecosphere.

And they, **the ecospheres, are the foundation for both health and social well-being/happiness.** And only on this foundation can and should we build a happy and forward-looking society, as well as the health and longevity of people. As well as other members of society - pets. Yes, yes! Man has domesticated, as children affectionately call them, "cats, dogs, cows, birds, fish" and so on. Now all of them, in fact, are members of society, a man is responsible for them and must ensure their well-being! And it is not an easy task. For example, cows alone are responsible for about 20 percent of anthropogenic greenhouse gas emissions! And humans have bred them. And how many cars, real estate and other things have humans "bred", how much Nature has been destroyed or damaged? Man has become the geological force affecting Life on the planet and has created a whole planetary sphere, the Anthroposphere.

Chapter 5. The Fifth Ecosphere - The Anthroposphere and Nature's Five Essential Life Resources.

Humanity, using the resources of the eco-spheres, has created the Anthroposphere (Technosphere) and has

become a geological force greater in destructiveness than many natural cataclysms.

The anthroposphere has become the most important factor in human survival. It is divided into the Noosphere (νοῦς σφαῖρα) and its antipode, the Cacosphere (κακό σφαῖρα). The former is meant to protect the Ecospheres from destruction, restore them and develop them safely. The second destroys the favorable habitat and leads to the destruction of humanity.

Only through a developed Noosphere will man be able to survive and exist safely ... if he manages to create it in the next decade.

Who and what can help or hinder the creation of the Noosphere and human survival?

How does the double (green + digital) EU transition help its development?

What is the meaning of the formula and its components: Noosphere = Ecosphere + Anthroposphere-Cocosphere?

So, the fifth ecosphere to which we are paying increased attention is man-made. **The anthroposphere becomes dominant and determines the state of the four original natural ecospheres, as well as the survival and well-being of humans themselves.** This sphere is very complex, new, understudied and dynamically evolving. Compared to the age of the other ecospheres, its period of existence is an instant. Whether this instant will last or be cut short (together with the lives of people and other inhabitants) is decided precisely in our time.

The outcome of this drama, in turn, depends on the outcome of the confrontation between the two components of the Anthroposphere: the Noosphere and the Cocosphere. If we, humans, understand how the Noosphere works and works and can develop it, then everything will be fine for us and our descendants. If we continue to live as we have been, then the Kakosphere, which is fatal for humanity, will overpower everyone.

It is very important for us to understand how the Kakosphere is formed, to stop it growing like a cancer that is literally destroying us, and for the Noosphere to reign. So in the next chapter we look at what forces (we call them armies) are forming this very same Kakosfera and what weapons they are using in doing so. We will try to understand how all these forces

creating the Kakososphere came about and what can be done to minimize and eliminate them.

Since man physically (as well as mentally and socially) is a part of Nature, his condition, which is called health, depends on the most important components of Nature. These constituents are resources for the human body and its systems and their quality determines the proper functioning of the body, just as the quality of fuel determines the performance of an engine and the quality of water determines the taste of a drink.

Nature's top five resources for human health and well-being are

-air (atmosphere);

-water (hydrosphere, freshwater reservoirs are particularly important);

-flora (plant life, forests, wetlands and fertile soils are particularly important);

-fauna (wildlife, wildlife species are particularly important);

-climate (it includes energies and their balance, its stability is critical for the good survival of humans and other fauna and flora).

It has already been absolutely and indisputably proven by serious scientists and recognised by the UN, its relevant bodies (IPCC, etc.) and all responsible nations that all the above-mentioned components of Nature/Biosphere are rapidly deteriorating. That is, the state of air, water, flora, fauna and climate is becoming increasingly harmful to humans. It has also been indisputably proven that this deterioration has an anthropogenic origin, that is, it is the work of human beings, the result of their economic activities.

Judge for yourself: **in the last two and a half centuries man has caused more damage to Nature-Life than his ancestors did in tens of thousands of years and all other inhabitants of the Earth in tens of millions of years before that!** It cannot be denied that, during this period, humans conducted their economic activity mainly according to the rules of capitalism. The *raison d'être* of the latter, its purpose, was profit. It was this goal-setting that shaped, in many cases, the corresponding ethics and morality. Reflections of this morality can be seen in maxims such as "not a thief is not caught, but a successful businessman", "profit at any price", "if you are so clever, why are you so poor?" and the like.

If businessmen are asked: "How do you take care of the state of Nature and the health of people on the planet?", most will answer, "It's not our business, we are responsible for the profits". But in the current situation, such an answer is totally unacceptable! "How is it none of your business?! Don't you live on this planet? "Are you going to go to Mars with Elon Musk when you're done fouling the place?"

Yes, capitalism has dramatically increased labor productivity, expanded the variety of goods and services to a mind-boggling degree, increased their availability and quantity for people. But let us ask ourselves the question: was all this intensity, all this stimulation to achieve "at any cost and in the shortest possible time" ambitious but essentially often **unnecessary goals and accomplishments for mankind** necessary?

Be that as it may, since the most important conditions for the preservation of the health of humans and Nature were not respected, in the end, all business efforts brought the habitat and humanity itself to a ruinous line. And the most dangerous thing here is that, guided **by wrong attitudes and a short-sighted paradigm, human civilization has formed six powerful armies and armed them with six powerful weapons, with which it is destroying itself.**

Chapter 6. Six armies and six guns destroying the Ecosphere and increasing the Cancer of Nature.

The six armies of the current economic system that ruin life. Silly and harmful (Silly and harmful).

The six main tools of the current system of economic management, hitting Life.

How did they come into being, what do they do?

Who are the Kakokrats, Kakonauts, Kakomakers and other creators, inhabitants and rulers of the Kakosphere?

The cocosphere is quite a scientific concept, formulated and described by the Russian biologist G.A. Zavarzin at the very beginning of our century. Unfortunately, I appreciated this information after I published the first edition of this book and did not use it as a weighty elaborated scientific conclusion. But I was convinced that without being a professional biologist I was digging in the right direction and came to very similar conclusions about eco-pests and their role on Earth. In my opinion this is a very important and underestimated understanding of the world and one should definitely at least have an idea about it. Here are some squeezes on the wikipedia article ([Kakosphere](#)).

"*Kakosphaera* ([Greek](#) κακός 'bad, bad' and σφαῖρα 'ball') is a natural [environment](#) so altered [by human activity](#) that its natural connections are distorted and its capacity for regeneration is limited; an area of [the biosphere](#) disharmonious altered by humans. The concept was proposed by [G.A. Zavarzin](#) in [2003](#) in his article "[The Antipode of the Noosphere](#)".

In a broader sense, the kakosphere is an area [of disharmonious](#) development in the modern world, an area of bad, man-made evil.

... a new [habitat](#), which exists at odds with the natural course of natural processes and is hostile to both nature and man..."

And here are the socio-political conclusions for Russia and beyond:

"If under natural conditions the dominant priority is the survival [of the species](#), and each individual member of the species, or individual, acts in accordance with this dominant, then in the cacosphere this natural priority is reversed: "Within the

population, the 'struggle for existence', the 'survival of the fit' has led to the notion of the primacy of the individual over the population. Hence the development of cacocracy - the dominance of rascals. The Russian word 'rogue' means a person unfit for social relations, not just incapable of fulfilling their duties...

*The Greek term "**kakocracy**", suggested by Academician [B.V. Rauschenbach](#) for the period of the "first initial accumulation of capital" in Russia, means "the rule of bad people."*

We used the concept of "GW - Stupid and/or Harmful" instead of "rogue" and in addition to "Kakokrat" we also defined "Kakonauts" and six subspecies (six armies) of "Kakomakers".

6.1 The six armies of the current economic system that ruin life. Silly and harmful (Silly and harmful).

In the *Emerald City* tale, did Urfin Jus' wooden soldiers set themselves on fire and rejoice in the fire, not realizing that it was destroying them? They were wooden fools, the epitome of stupidity, and any sane person would laugh at them and not call them clever.

Can we consider intelligent those who destroy their habitat, themselves and their fellow human beings, including the lesser ones, in a friendly, powerful and cheerful manner? If they do not know what they are doing, then they are stupid! Because a reasonable person should understand what he does and should not do harm to himself and others. And if they understand what they do, but anyway, they do harm to others, then they are vile or harmful. But if they understand what they are doing and still take the life of not only their children and descendants, but themselves as well, then they are both harmful and stupid at the same time. Consequently, as part of the armies of pests of life mentioned below, every "soldier" is either simply Stupid or Stupid and Harmful.

In order not to repeat in all paragraphs the unpleasant words "stupid and/or harmful", we will use the abbreviation "GW" listing the armies of pests of Life on Earth. They can also be called more scientifically, using the ancient Greek word - Kakomakers (i.e. creators of the Kakosphere), or purely Ecopests (Ecopredators).

So:

The first army is the **GWP consumers/users** - they are the most numerous and include many of the other armies. It is their

demand (needs) that generates the supply of all sorts of goods and services, most of which are harmful to Nature. And to these consumers themselves they have been imposed and in reality are not needed, but on the contrary are harmful. Nevertheless, in the final analysis, everything on Earth depends on ordinary people (inhabitants, buyers, voters and the like), but they poorly understand this, act without meaning and do not bear their responsibility;

The second army **is the GW inventors/designers** and other creative people. Unfortunately, this includes most of those in these professions who were not taught biology at university, and in business they were not required to take care of Nature and human health. The main thing for them is to come up with something new, something easier to make and sell.

And they justify themselves:

- (a) The need to feed his family and associates,
- b) the insignificance of their contribution to the damage to Nature on a global scale and the fact that
- c) "If not me, others will do it, and even worse";

Roughly the same excuses are used by the "soldiers and commanders" of the following armies:

The third army **is the GIV extractors of natural resources (fossil, marine, plant, etc.), manufacturers, builders, fabricators** and other activists in the extractive and manufacturing industries;

The fourth army **is the Giv vendors, marketers, delivery people, logisticians, transporters, stockbrokers** and other servants of circulation;

The Fifth Army - **Give artists, bloggers, propagandists, journalists, thinkers, religious figures, analysts and other "producers of meanings"**, chiefs of staff, political officers and chaplains of all these armies;

The sixth army **is the GW politicians, military, security forces, big businessmen, financiers** and other representatives of the state administration and the oligarchy;

Unlike the first four armies, the soldiers and commanders of the last two cannot afford to look stupid. So they try to prove that they have heard about the problem of the demise of Nature and Homo Sapiens, but do not believe in it. Or that they do not agree with the anthropogenic origin of these phenomena, i.e. with the culpability of humans, and therefore see no point in

exerting themselves and changing something in their (perfectly arranged) life-experience.

And some even reinforce their position with a counterattack: "On the contrary, since the end is approaching, we should enjoy the remaining time of existence in order to take everything from life and not regret anything when it comes to the end" ... Such VIPs try not to think deeply about the fate of children and grandchildren in order not to lower the level of comfort, including mental.

These groups are the least numerous but have the strongest influence on the broad masses of Homo Sapiens. Firstly, by virtue of their power and financial capacity, and secondly, by virtue of the publicity backed up by PR. Most of the human masses believe that "because he is so rich (or powerful), he must be smart".

Often, however, even the world's oligarchs are rather uneducated people, because apart from "debit and credit, your balance" they have little interest in life (well, except art, and even then only when it is profitable for investment or PR).

And certainly not many of them have delved into problems of biology, ecology, sustainable development, anthropology, noosphere, etc. unless it is for profit. For the latter, even according to the charters of commercial structures, is the main purpose of their existence. Ethical tensions do not bother most entrepreneurs too much either: "Not a thief is not caught, but a successful businessman!".

Therefore, much more important in business and in the policies that support it, the six striking types of business weapons are considered (not without reason in many business textbooks to treat markets as a battlefield) and it is our responsibility in this project to show these weapons to destroy them before they destroy us all, including even their owners.

I am not claiming that everyone who belongs to the above social or professional groups is Stupid and/or Harmful. But that they exist and are in the majority is a fact. Otherwise, where on Earth did the Cocosphere come from and is still growing? Who created all those buildings, vehicles, terminals, industries, agricultural industries, products, products, quarries, mines, logging and other things that **are not a necessity of life**? And the same kind of harmful landfills, the emission of sewage into the oceans, into rivers and lakes and so on! Who created all that? Not the animals and the birds and the fish!

6.2 The six main tools of the current economic system that are hitting Life.

The formula for the development and functioning of capital, the accumulation of which is the main aim of the activities of the subjects of the capitalist economic system, is Money-Commodity-Money+. The one who has sold the most goods is the best! But how can we sell if people already have normal clothes, food, housing, transportation, and other **necessities of life**? And that's where the sorceress FASHION comes in, paired with the lazy fool COMFORT. The pair are supported by a vice called VANITY, which we'll talk about in the next chapter.

-So what if you already have it? You don't wear that nowadays! (You don't ride it! You don't eat it! ...You don't look at it... etc., etc.). And the duration of this "now" is reduced to the limit. Earlier there was fashion for years, then for a season, and now in clothes it has already come to "fashion of the week"! Adherents of fashion are full of junk, which is used once a year, or even not used at all. And they do not care that for the production of one pair of jeans consumes more than 10 tons (!!) of water, and for one kilogram of manufactured goods / clothing people take from Mother Nature more than 100 kg of her body - the natural resources (forests, air, water, soil, fauna, etc.). Comfort seekers surround themselves with all kinds of motors and other utensils that are harmful to Nature and human health.

The main harm of fashion and comfort is that by following them, people consume not what they really need for life, health and well-being. The masses of everyday people imitate their idols, who in turn are hired by the manufacturers. Incidentally, even models, for whom fashion is their daily bread, are becoming aware of the perniciousness of the craft: for example, according to <https://yle.fi/novosti/3-12670301> "A Finnish model who shot for Vogue and Elle has quit the fashion industry because of her beliefs - 'Fashion is one of the most difficult to control polluters of nature', she said.

So even if an eco-fashion emerges, it will not save the situation. For it will still be unthinking and ultimately useless and bad environmental consumption. Therefore, at the top of the list of the six weapons of mass destruction

- **"Fashion and comfort"**, which **have arguably become the main killers of Nature, and with it, of man's health and himself!**

The other five implements (we are talking about when they are not directly aimed at conserving Nature and man) largely serve this couple:

- **Invention** (manufacturing) invents all new goods and services in order to sell them to consumers, regardless of their real needs, and to make them want or have to buy something else as soon as possible. Very often, the main justification for innovation is to strive for even greater comfort and to follow fashion. The logical pinnacle of manufacturing invention in its pursuit of speed, simplicity, fashion and comfort were one-off products, which began with napkins and hygiene products and evolved into one-off clothing and sophisticated and expensive technology;

- Conveyor **production** seeks to cut costs and make the product as cheaply as possible, so that the customer, without thinking about quality, would buy what was produced. And so that even the most uneducated and unskilled people can participate in the production of this crap (excuse me, products that are so beautiful and fashionable, but that lose their useful properties very quickly, if at all);

- Globalization **and regional specialization** serve roughly the same purpose, but on a global scale. And so this tool includes untold fleets of monster freighters, similar fleets of ships but by air, endless strings of trains, hordes of long-haul vehicles and endless ports, terminals, logistics centers, etc..;

- **Marketing** looks for ways and means to sell inventions invented by inventors and produced by manufacturers. The arsenal continues to include founder Philip Kotler's teaching that "If there is no demand for the product you make, then you must create it. Producers and retailers continue to repeat the mantra that "advertising is the engine of trade! And the pinnacle of marketing thought, the shortest, most vivid, all-conquering maxim - "Packaging sells the product! This idea has even penetrated into the heads of the most conservative subjects of the economic system - village grannies, gardeners and vegetable growers. In recent years, it is difficult to fend off the plastic bags, boxes and cups into which they pack every handful of berries. And when one looks at the rows and rows of shelves in a modern

grocery shop, there seems to be more packaging in terms of weight and cost than the food itself.

Packaging is a terrible disaster for Nature and man!

But, looking ahead, this scourge can be overcome more easily than others, as we will discuss in more detail later.

And finally, the sixth gun:

- Automation and mechanization for comfort and staff reduction without borders or meaning.

In industry, logistics and trade, this is a total trend. It is easier for company owners to manage machinery than live staff, who have various human situations and rights. That is why automated lines are installed, staff is laid off, and more products are produced, cheaper and in beautiful packaging.

And then this or that society and humanity as a whole puzzles: where to dispose of these mountains of products, often not only useless, but even harmful to both Nature and people? What to do with the packaging? And, most importantly, what to occupy the laid-off? How to rid them of hypodynamia, support their health, provide them with socialization and money allowance? That is, to provide everything that before automation people actually had and provided for themselves.

Automation and mechanization in the home is also often absurd. We buy a mixer or a robot Hoover, clutter up the house with unnecessary things, burn electricity, clog up the atmosphere with energy waste, deprive ourselves of natural exercise, buy fitness equipment or take a car to the fitness center for a treadmill.

One can argue endlessly about whether it is better to work in a fitness center or to do chores in the garden and at home (which, incidentally, can be done with the right muscle strain, stretching, etc.). But now there is **no time for a debate: Nature's resources are running out, the Environment and the Climate have been ruined.** So, if we want our children and grandchildren to live at least a little worse than we do (and for some this is a question of survival as such!), then we must give up resource-intensive machines, gyms, equipment and the like. It is necessary to choose such kinds of physical education and sport, which require a minimum of premises, equipment, simulators and expenditure of non-muscular energy, and to do a maximum of household and domestic activities, which include movements useful for health. On the other hand, it is also important **to carry out household activities in such a way**

that postures are ergonomic and movements are healthy. This is how professionals (carpenters, cooks, mechanics, fighters, gardeners, etc.) do their work and therefore it also looks very beautiful.

In fact, this has been the case for human beings for many thousands of years. So **maybe it's time to just remember the "well forgotten old" and bring back the best and most useful things to life? Long-standing, time-honored notions of sins, vices and virtues, behavioral ethical principles and precepts can be important aids and supports in this transition (return to life).**

Chapter 7. The seven deadly eco-sins and their fiefdom - Sphere of Stupidity. The seven eco-virtues and their champions - EcoPro.

The New Eco-Ethics: "Be sensible and useful!"

The New Eco-Economy: "Do only good or do nothing!"

What do sins have to do with "six armies and six guns"?

Why are Christian sins singled out when there are many other religions in the world?

How are deadly eco-sins different from Christian deadly sins?

How do major religions and philosophies relate to ecology and Life?

What is the Sphere of Folly and what harm does it do to Life and its abodes?

Business for the benefit of people and Nature!

How do you turn sins into virtues and become an EcoPro?

Where do the Six Armies and Six Weapons, described in the previous chapter, come from, destroying the Biosphere, turning it into the Cocosphere and impeding the development of the Noosphere? Who mobilizes, arms, supplies and feeds them? Well, of course people themselves - "the most intelligent beings on the planet"! Not bears and elephants! And not palm trees with birches! And they are driven to these "achievements" by misunderstandings and harmful, perverse behavior. In the language of religions - sinful behavior, sins.

It has long been proven by scientists and religious thinkers from ancient times to the present day that all good and all bad in the anthroposphere (i.e. in the sphere of man-made things) stem from, respectively, right or wrong understandings and behavior of people. This is particularly evident in wartime by the enormous power and resources spent on propaganda, especially by the aggressor, to motivate (i.e. encourage the necessary actions) some people and demotivate others.

Many understandings and behaviors of people are largely determined by religious teachings and primarily by their most important sections - the commandments, definitions of good and evil, vices and virtues. Since the majority (80-90%) of people on earth are believers, it is important to know their paradigms, their ideas about the world order. For it is these beliefs and behavior that make (or not make) many people a) "soldiers" of the armies of GW consumers, GW producers and others; and b) destroyers of the biosphere and Nature with the aforementioned six and other implements. Such people we will call EcoPest.

In terms of influence in the past and the potential for future influence on the earth's biosphere, Christianity is the most influential religion in the world.

First, his followers are the largest in number (about 2.2 billion).

Secondly, it was the Christian countries that pioneered the industrial order, based on the unbridled appropriation from Nature of its resources, accumulated over hundreds of millions of years, and turning them into a sea of goods, often harmful to humans and Nature alike.

Thirdly, all this was accompanied by the formation of appropriate behavioral patterns through art, culture, education, flows of meaningful information, etc.

In the end, the Christian West, with its economic rules of the game and the industrialisation of production and consumption that it has promoted around the world, has largely created the Casosphere and the threats to life that emanate from it. It is fair to say that the Christian West, especially Europe, has been doing more than any other to tackle these problems lately ([The twin green & digital transition, etc.](#)).

But the volume of negativity previously created still prevails. So does the potential for influence in the Christian world.

How are deadly eco-sins different from Christian deadly sins?

The most common list of sins was formulated by St Thomas Aquinas in the 13th century.

Human character has many facets. And each facet of character has two sides - negative (vice) and positive (virtue). In order to understand on which scale of facets of human character these vices are set, we will immediately (on the right) point out the virtues corresponding to these facets of character, in which direction one should move away from vices, according to Christianity:

- (1) vanity, pride, (1) humility;
- (2) greed, avarice, (2) charity;
- (3) lust, sexual promiscuity, (3) chastity;
- (4) envy, (4) gratitude;
- (5) gluttony, including drunkenness, (5) moderation;
- (6) anger or malice, (6) patience;
- (7) laziness, discouragement, (7) hard work.

It seems that the sin list was formed on the basis of the most important problems and concerns of society, business and government at the time. There was no sign of an environmental catastrophe, no understanding of the vital importance and limited amount of natural resources on earth.

In many religious and ethical teachings of Christianity and beyond, the list of vices begins with vanity (pride), which is recognised as the most important sin. From the point of view of the stability of the social order and governance systems of those times, this is probably justified.

But from an ecological perspective, the ranking of vices is changing and we criticize vanity, mainly because it encourages the accumulation of palaces, yachts, insanely expensive watches, jewelry and other luxury goods. On the whole, however, in the age of the internet, vanity-ambition can serve as an engine for good eco-positive causes. And such a sin as stinginess in the context of consumer bacchanalia even looks like a saving virtue. So we had to revise and correct the list of "seven deadly sins" from the position of importance for human survival in the current conditions. And we called it a little differently.

The word "mortal" is taken as a synonym for "terrible", "unimaginable" and the like, but does not directly entail the death of sinners. Ecological sins, however, do entail, inevitably, the

destruction of the human race. That is why we have called them "mortal sins" (vices). Let this scary word be feared now, when there is still time to save the situation and survive, then later, when it is already too late!

The Seven Deadly Eco-Sins (vices) and their impact.

-**Stupidity** (thoughtlessness) is the first vice in order and importance, the progenitor of all other vices leading to ruin (Agree with Oscar Wilde that "There is only one sin - stupidity")

- **Meanness (maliciousness, mendacity)** - often acts instead of and/or together with stupidity, undermines trust, cooperation, does not allow adequate understanding of what is going on, does not allow to find the right solutions, destroys society;

- **Greed** is the desire to appropriate everything, while survival goals require sharing and minimizing personal appropriation;

- **Aggressiveness** is bad for the health of individuals, society and nature, it leads to irrational expenditure of resources, including vital resources and, worst of all, when aggressiveness leads to wars - people and Nature die;

- **Wastefulness** - with the depletion of natural resources - is a particularly damaging vice, manifest in domestic life, in business, in government and in a wide variety of other activities;

- **Gluttony (including drunkenness)** - it literally devours most of the flora and fauna, takes resources away from Nature for the food and catering industry, generates an insane amount of packaging and leads to disease, which also requires huge resources for the treatment industry;

- **Laziness (discouragement)** - prevents one from doing what is necessary to rectify the situation, interferes with health, which requires movement and effort, but even worse, "laziness is the engine of progress" generates all kinds of objects and devices for comfort, which kill Nature and people.

Since many people consider themselves experts of sins and vices, and yet one and the same thing may seem to some as a virtue, and to some as a vice, let us make an important caveat. The author in this work speaks from the ECO-SANA-CLUB position and evaluates everything from the perspective **of usefulness or harm to the health (welfare) of nature - Man - Society** (ECO-SANA-CLUB). So it is from these positions that one must understand the composition and order of the chosen seven sins.

In re-examining the composition and significance of sins from an ecological perspective, we would also like to emphasize the

significance and potential of the semantic content of sins, beneficences and commandments. And most importantly, the potential and significance of the very institutions of religions, quasi-religions and philosophical and ethical teachings. Humanity has come too close to the abyss, which it is diligently digging for itself by most of its representatives. It is not realistic to think that we can manage to change the behavior of a sufficient number of people by thoroughly spreading knowledge, skills and habits. But it must still be done, and with increased vigor.

But those who cannot be promptly changed by education need to be energetically and universally armed with moral, ethical, behavioral imperatives. And in this, the potential and importance of religious institutions, to which people have placed their trust for centuries, cannot be overestimated. Undoubtedly, enlightened, responsible and caring religious leaders are already making efforts in this direction and will increase them.

Some religions will need to fundamentally review and reprioritise their teachings and some religions have their doctrines originally based on the priorities of Nature and harmonious coexistence and respect for it on the part of human beings. Such religions could expand their influence and do a great service to humanity by sharing their sacred knowledge on this subject more widely with their counterparts in other religions and with all humanity.

In my view, **among the world's major religions, the most eco-positive knowledge and experience is found in Hinduism, considered to be the oldest religion, but also in Buddhism, Confucianism and some others.** Sacred attitudes towards Nature and life are also characteristic of many small and indigenous religions, in lost or nearly lost pagan and polytheistic beliefs. In general, it should be noted that, in ancient times, people reckoned more with Nature and this was wiser behavior than the behavior occurring in modern history, when they started to intensively destroy their environment.

How is it that human beings have developed and accumulated knowledge, including about Nature, and yet they have brought themselves to ruin?

The short answer is **foolishness!** Before substantiating such an impertinent accusation, an important disclaimer should be made. As I pointed out in the preface, I was not a professional

ecologist, but I have always been an inquisitive and socially indifferent person. And when I found out how bad things are in ecology and what kind of threat it poses to descendants, including my own children and grandchildren, I felt it necessary to devote all my efforts to this area.

*What frightened me the most was that many professionals in this field are not in the business of saving humanity and Nature from an impending catastrophe, but rather of bringing the latter closer (see chapter six). I had to thoroughly deal with this problem and I have understood some essential points. And I did all this without spending any money from the state or anyone else, but exclusively at my own expense and using my own resources. So maybe, generous reader, you will consider it possible to credit me, after Noosphere, Kakosphere and others, with the discovery of another sphere, the Sphere of Stupidity! I have not even been lazy and found it a scientific Greek name - **βλακεία σφαῖρα**. But first things first.*

*The fact is that the Noosphere, the Sphere of Mind, was only defined a hundred years ago and is still only in the process of being understood and created (we will discuss some ways of its development later). The **stupidisphere**, on the other hand, **has been** in existence for hundreds, if not thousands, of years and is growing by leaps and bounds. Since Greek (**νοῦς σφαῖρα and κακό σφαῖρα**) was used to designate the Noosphere and the Cacosphere, connoisseurs can suggest "**βλακεία σφαῖρα**", or *vlakeíasphere* in English transcription) in the same language of the ancient sages.*

Here, for that matter, I venture to share with the enlightened public my latest insight, or rather a hypothesis, made at the intersection of the military, business, conspiracy science and cosmogony. It reveals the roles of the most important antagonistic entities:

***Mind (cosmic) is the warlord of the realm of Life;
Stupidity (cosmic) is the warlord of the realm of
Nonexistence.***

Yes, it looks like Good and Evil, Heaven and Hell, the acts of God and Satan (by the way, recall that Satan was one of the angels), but in a lighter, softer form. Stupidity does not always look like Evil in the flesh, but usually leads to the same results and paves the way to Hell.

These warlords are forever and everywhere fighting a fierce battle for life and death respectively. Foolishness in the service of

Nonexistence has clearly prevailed over the last centuries. It has created and nurtures the Kakosphere, which suppresses the Biosphere. It has cunningly and insidiously infected humans with the Seven Vices/Sins formulated by Thomas Aquinas and the Seven Eco-sins previously listed by yours truly.

Thus, Cosmic Stupidity (not to be confused with individual stupidity), in fact, turned out to be not so stupid. In any case, it had enough intelligence to understand: the most effective is to influence the consciousness and behavior of individuals, so that they serve not Reason and Life, but it - Stupidity and its mistress - Nonexistence. Having understood this, the insidious Stupidity with different means, sometimes with informational infections, sometimes with a kind word, sometimes with a gun, and sometimes all at once, has gradually replaced the beneficial for all and everything, with which Homo Sapiens lived for tens of thousands of years, with harmful vices.

A vivid literary and artistic image of an eco-pest behaving stupidly and viciously can be the heroine of the fable "A Pig Under an Oak Tree" by A.N. Krylov. There, the heroine mentioned in the title, having eaten acorns, began to spoil the roots of the oak tree, explaining that she needed the fruit and the tree (on which the fruit grows) is not needed. Initially, the fable writer did not put an ecological sense into the fable, but in modern times it is this facet that becomes the most important. It is a vivid image of a fat, stupid and insolent animal that harms Nature, other relatives, itself and its descendants.

Such "piggybacking" judgements and behaviors abound on Earth, and on many different scales, from the domestic to the global. They do incalculable harm to Reason and Life, and reinforce Stupidity and its sphere-objects.

How to reclaim the spaces of the Sphere of Stupidity for the Sphere of Reason and Life? How to defeat Stupidity itself and its fellow eco-vices? This is where the wise experience of religions, and simply the wisdom of life, comes in handy.

We must turn sins into virtues!

Namely:

- Stupidity into Reason;**
- Smoothness into Decency;**
- Greed and Generosity;**
- Aggressiveness to Peacefulness;**
- Wastefulness to Thriftiness;**

-Heaven in Temperance;

-Lazy into Hardworking.

Accordingly, the **EcoPest** sinners should become **EcoProducers**, i.e. those who are FOR (PRO) the environment, who care about it and do their best for it. Also this prefix means **Professional, Promoter, Propagandist**, etc. And it is necessary to achieve these transformations at all levels, which will be discussed in chapter 9. It is best to start at the personal level (with yourself) and work your way up to the global level. It is not that difficult - it is proven on ourselves, family and others. It is simply necessary to be once imbued with the importance of the health of man, society and nature, and then to evaluate and do everything in pursuit of these goals. Just as people who truly believe in their god or ideals do everything with the love and goodness of their faith.

In essence, the point is that **a new Eco-Ethics must form, spread and take hold in individuals and society, encouraging people to treat Nature as sacred**. In many traditions, cultures and religions Nature is called "Mother", "Abode", "Cradle". All these are quite sacred notions, but in practice the same people - bearers of these traditions and cultures ruthlessly destroy their "mother", "cradle" and so on. It is necessary to restore the true meaning and understanding of these sacred concepts and the proper attitude towards them.

In fact, the basic ethical rule, which exists explicitly or implicitly in many religions as well as in non-religious ethics, is summed up roughly as follows: "Do not do to another what you do not want others to do to you". But in the age of survival this is not enough, for here, as in many other cases, Nature has been forgotten. Therefore, the **actual ethical rule for the survival of Humans** should go something like this:

"Don't do things yourself and don't let others do things that can harm yourself, Nature, other people, society".

More briefly:

Don't be silly and harmful,
Be sensible and helpful!
(Don't be silly and harmful,
Be smart and useful!)

Finally, for better memorability, more concise and vivid:

Don't be a fool and a sneak!

In fact, if you do something harmful to your health and life, you are stupid.

If you do something that harms others, especially children, descendants, you are mean or harmful!

This also applies to people's business activities, i.e. the sphere of the economy. Now, in the vast majority of cases, businessmen treat Nature according to the mafia-business formula of treating competitors after a massacre: "nothing personal, just business!". Like, "yes, I did something bad, I understand that, but don't be offended or punish me for the harm done, because I did it as a business, i.e. for profit". And you get complete idiocy! As if for the sake of people, their comfort, employment, income and so on, many "legal and natural persons" do something that ruins Nature and the health and often the very lives of people. And the same businessmen and many others.

Well, for example, the harmful production of unhealthy foodstuffs. Or logging, which uses vital trees for unnecessary products like packaging or endless disposable knick-knacks. What about the growing wildfowl food business? They cut down the forest where the birds had everything they needed and lived safely. They make fields, grow seeds on them, killing the grasses and insects the birds used to eat with chemicals. They build factories, logistics, shops to sell feed, in packs of course. They make and sell all sorts of feeders, houses and so on.

Do you think if you asked the birds, they would prefer the forest or this industry of "caring" for the birds? It would all be funny if it wasn't so sad! And if you think about it, suicidal and moronic. And similar logic and meanings can be found in almost all traditional businesses because they are about money and not about benefits for man and Nature!

Businessmen, like everyone else, should not be given "license to kill their congeners" and profits should not be taken as an indulgence or insurance against punishment for violations of eco-ethics or eco-commands.

The "Business is us usual" paradigm, with which businessmen explain their harmful deeds, needs to be changed to an ethical rule of thumb:

**"Business for the benefit of people and Nature"
("Business for the benefit of people and nature!")**

Or

**"Do only useful things or do nothing!"
("Do only useful or do nothing!")**

Ultimately, it is widespread ethics which determines people's behavior. If, for example, ordinary citizens stop buying goods and services which are harmful to their own health and to Nature, there will be few people willing to produce such goods and services. It is no coincidence that even the conservative United Nations has increased its focus on Behavioral sciences in the hope of saving the climate, Nature and Homo Sapiens.

So **ordinary people can play a key role in their own, their children's and their descendants' survival, if they realize the importance of this mission and internalize and support the new ethics and eco-economy.** *The eighth chapter outlines the basis for this in the form of "Eight Eco-Rules" which play the same role as precepts in religions and codes, declarations and conventions in the functioning of political, international and other secular structures.*

Chapter 8. Eight simple eco-rules for the health and well-being of humans and Nature, feasible and mandatory for all Homo Sapiens everywhere.

**Eco. More nature, less stuff,
(Down with the Kakosphere from the planet of men!)**

Sana. Nutrition, movement, connection to nature!

Club. Share, unite, develop the Noosphere!

For the sake of preserving Human Life on Earth, every intelligent Homo Sapiens must oppose apparent evil and support efforts in favour of life.

The point of any rules is that they should become a habit, a daily practice and a reference point for people in all spheres of life and in different situations. Rules should be simple, universal, logically grouped and easy to remember (hence, a poetic form is desirable). Otherwise, they will not work well. What are the simplest, most effective, comprehensive and reliable ways to

save and improve the well-being of People and Nature? This is what the **ECO-SANA-CLUB** formula is all about, which means focusing all our thoughts and efforts on a GOOD for Nature (ECO), for Human Health (SANA) and for Society (CLUB, where people befriend and cooperate).

But, we are reminded that the foundation of all life, the foundation of human life itself on Earth is Nature, it is ecology, it is the eco-systems of Nature! It is their destruction that brings all humanity to the brink of death. So, the restoration of ecosystems is the main task of the decade 2020-2030, which has been defined by the global community, represented by the UN. And our rules are and can help to meet this challenge, if most of the earth's people will abide by them.

Now let's elaborate and elaborate on each part of the formula. For those who want to remember these rules better, we will help with a simple rhyme. May connoisseurs of high poetry forgive us...

ECO. MORE NATURE, LESS STUFF,
(DOWN WITH THE CACOSPHERE FROM THE
PLANET OF MEN!)

Rule 1: MORE NATURE

The more pristine biosphere with the potential to regenerate itself, the one in which Homo Sapiens emerged and developed, the better!

This means: unless you are absolutely sure that your actions (projects, plans) will not harm Nature, you should not carry them out! All doubts are in Nature's favor! Presumption of Nature's interest! This is not just a good wish, but one of the UN principles in the field of sustainable development, which is formulated as "reasonable precaution".

One of the top three secrets of Finland, the country voted the happiest in the world for the last six years, is that Finns feel that nature [is important to them because it provides them with peace of mind,](#) energy and [relaxation](#).

As traditional connoisseurs of nature, Finns continue to study every nuance before having even the slightest impact on Nature.

Mankind needs to considerably reduce the value of its knowledge and understanding of Nature. Especially since in the last decades there has been a general degradation of Homo Sapiens and a decline of interest in the life sciences, in favor of technical, economic, ICT, medical, legal and various other fields of knowledge, which are actually harmful to Nature and Life.

Rule 2: LESS THINGS! The New Eco-Economy should encourage the production of only useful things, or "non-action":

the fewer things made from virgin natural resources, the better!

THINGS, including REALITY, should only be created that are useful for Nature and Man, in acceptable quantities, of good quality, durable, really necessary for life. Otherwise things should be repaired, reused, adapted for other uses and the like.

If we Homo Sapiens Reasonable, normal citizens, don't allow ourselves to be manipulated and consume less stuff, energy and natural resources, then the developers, manufacturers, retailers, transporters etc. of it all will be forced to scale down their operations! And that will save a lot of natural resources, add to everyone's health and chances of survival.

Everybody wins, even the downsized producers, because without prosperity their scale and billions mean nothing. The most intelligent of them can take their rightful place in the new ECO-economy which needs to be urgently created and developed instead of the all-consuming hammer of the existing mindless orthodox capitalist economy. By the way, it cannot, strictly speaking, be called an economy. Aristotle called such a system of economic management CREMATIC, i.e. acquisitiveness, the worship of profit and accumulation.

The main thing in the New Economy, i.e. the ECO-Economy (we can call it the true Economy, because the existing one has become chrématisme), is that it must be friendly to Nature, Man and Society and serve them, not destroy them. Its emphasis should be shifted to the proper manufacture of all things, their

ergonomic use, repair and recycling. Specific ways of realizing these principles are already being worked out by scientists and practitioners and will be considered by us in due course and in due time.

For now, let us note once again that the quickest and most realistic way to save ourselves in the current critical situation is to reduce the production and consumption of things and energy. It must not be forgotten that 1kg of stuff, on average, consumes 100 kg of natural resources, i.e. Mother Nature's body!

That said, **the most obvious, uncomplicated and effective thing to do is to do away with disposable packaging as much as possible!** In many respects it is what creates the Casosphere, Plastic has already poisoned about 80% of the world's oceans! And the area of landfills in Russia alone exceeds the size of an average European country! But it is not only harmful packaging that should be discarded, but also a lot of things, chattels and real estate themselves. If we think about it from the perspective of a person's vital interests, it will become clear that among them are many things that are unnecessary or of little use. We are reminded of Socrates, who said more than two millennia ago: "When I walk through the market, I see how many things there are that I can do without.

So, by observing the first two eco-rules, we will have accomplished the important task of the call:

DOWN WITH THE CACOSPHERE FROM THE PLANET OF MEN!

Briefly and succinctly about the Casosphere, Wikipedia says. To what we wrote earlier, let us add that this sphere includes everything bad that is man-made, everything that harms the biosphere, Nature and Homo Sapiens itself. This includes landfills around cities and towns, and dumps of earthly rocks from mining, houses and neighborhoods not built according to eco-rules, and manufactured products, from household small things to huge vehicles, and so on and so forth. But the Kakosphere is not just about objects, it is also about culture and minds and souls. Aggression, barbaric behavior are also elements of the Kakosfera.

"Diseases of civilization", including cardiovascular disease, obesity, cancer and genetic diseases caused by constant exposure to polluted environments, use of modern chemical-pharmaceuticals, consumption of poor quality food, are also part of the Kakosphere (Wikipedia, "Kakosphere" article).

Of course, all this must be removed from the human planet!

SANA. NUTRITION, MOVEMENT, TO NATURE CONNECTION!

Nowadays, medicine and technology can already extend an individual's life to 120 years or more. Research and strategies such as: genetic engineering, drug therapy, organ transplantation, body part replacement (cyborgization), cryopreservation, life slowing, consciousness uploading, changing the microbiota and microbiome in general, habitat modification and others are aimed at this. But these strategies have a few "small" drawbacks that make them largely pointless.

Firstly, the older generation may not have time to take advantage of them, as much of the research has not yet been completed and tested properly. Secondly, the younger generation may not take advantage of these technologies because by the time they age, the environment will not be suitable for healthy living. Thirdly, the research and production itself will take a lot of good from Nature and add a lot of bad to it, thus harming both Nature and longevity.

Therefore, while not denying the overall usefulness of promising research in this area, we believe that the most reliable paths are those that have been tested for thousands of years and millions of people in the past and in our time. In addition, these paths cost almost nothing to man or Nature. They are the ones mentioned in the title of this section and they are the ones on which we propose to bet.

Rule 3. EAT HEALTHY!

Properly acquire, prepare, consume and assimilate: clean air and water, healthy foods, medicines, sunshine, and useful information and other resources. **Man is what he is made of, and he is made of what he consumes.** This is a huge, multi-faceted topic that concerns everyone and we will devote quite a few issues and discussions to it.

Rule 4. USEFUL MOVEMENT

Life is movement. But in order not to make movement for movement's sake, it makes sense to choose or create for yourself activities and lifestyle in general that will involve useful movements and useful activities and their results. Therefore: develop useful talents, potentials (skills, abilities); acquire a lifestyle (work/leisure/activity) that includes ergonomics and useful movements, movements/travels, recovery, and the use of personal positive potentials as much as possible.

Rule 5. USEFUL AND COMPLETE CONNECTION TO NATURE

macro and micro are the two types of connection.

This was discussed in Chapter 4, in the description of one of the roots that feed life.

MACROLIFE is the incorporation of our organisms into the organism of Nature, the Biosphere. In other words, the incorporation of the "small" life of the individual into the macro-life of the Earth or the Cosmos. These are interconnected and mutually nourishing constituent parts, and they should not just be included in each other, but have as extensive an exchange of elements as possible.

MICRO-CLINKING is the activation of all the channels within our body through which all the trace elements in our systems move, supplying our organs and parts with the necessary oxygen, energy, various chemical and biological elements and everything else needed for proper functioning.

In general, **SANA aims to** protect, improve and prolong life. In it, piece by piece, we will collect useful knowledge and skills on effective physical, organizational, legal, medical, technical, software, information (including Big Data, AI, ML, NN) and other means of protection and restoration.

We will also identify what is harmful and learn how to protect ourselves from it. From harmful anthropogenic, environmental, climatic, informational, chemical, radioactive, bacteriological, physical, energetic, psychological, social, power and other harmful influences on health and longevity.

CLUB. SHARE, UNITE, DEVELOP THE NOOSPHERE!

In our ECO-SANA-CLUB formula, the last component has the most conventional character. A club means a place

where people gather voluntarily, on the basis of their interests, and in friendship and cooperation do what they and others enjoy.

Overall, it symbolizes a positive, intelligent community. It is not about profit, as in primitive business, but about development, communication and interaction with others, which ideally leads to happiness.

The guru Tal Ben Shahar, mentioned earlier, also believes that "happiness is not about money or prestige, but about the quantity and quality of time we spend with the people we care about". Writers in particular have mastered this theme. Saint-Exupéry called human companionship "the highest luxury on earth". Another writer, the Georgian Chabua Amirejibi, extolled "unhurried human interaction".

So the Club as a format and a place where positive communication, business and leisure cooperation, the possibility to receive necessary useful services, including medical, educational, where trust reigns - is an important component of the triune formula for the preservation and development of Nature and people's lives. Let's see what the rules are for the successful organization and development of the Club itself, which, it is important to remember, can have any scale - from the family to the city and the world.

Rule 6. Share your talents and things (more fully: talents, things, knowledge, energy)

Reasoning to the contrary: What is the point of having talents or possessing important knowledge, skills, if they are not shared with others, with the public? Why keep things that are very rarely used? It is not only useless but also harmful for the "holder", for Nature and for society. Conversely, by sharing a talent, we develop it and gain greater social status and opportunities. And by sharing things, we gain economic mutual benefit, strengthen social relations, not to mention the vital environmental gain.

Rule 7. CONNECT (co-operate, socialise, have fun)

"Share" and "Unite" are two sides of the same coin. When we willingly share talent, knowledge or even things, we enter into a positive relationship with a certain number of people. In doing so, we bring them together on some basis of mutual interest.

-Share&unite - share&unite;

-Forget "divide and conquer";

-Unite your friends, help your companions, protect and survive.

All these seemingly simple, unpretentious slogans are in fact the most effective life strategies. It has already been proven by scientists and practitioners in the most advanced countries and institutions that broad cooperation, trust, sharing or exchange of everything possible, from ideas and performances to things and large objects, is much more effective than various levels of autonomy. Of course, if our goal is not to quickly destroy Nature and ourselves, but to have a life strategy based on the ECOSANA CLUB formula.

Rule 8: For your own, your children's and your grandchildren's sake, develop the NOOSPHERE!

Add to the world's piggy bank of useful, reliable information and its clean, verified sources.

Make sure that what people create does not harm Nature and the people themselves.

Even the founding fathers of the Noosphere doctrine themselves, Vernadsky and de Chardin, had slightly different views on the subject they generated. Here we will understand the Noosphere as the connected totality of human minds and human-generated intellectual and material creations. If these creations have a positive impact on the biosphere and humanity itself, we will refer them to the Noosphere. If this influence is negative, then we attribute it to the Cocosphere.

There are many phenomena and creations destroying the Noosphere and replenishing the Casosphere. Chief among them is the degradation of people, manifested in reduced cognitive abilities, minimisation of knowledge, clogging of brains with false information and understanding. In the material realm, this manifests itself in the creation of unnecessary things and real estate, killing the biosphere and Nature.

Therefore the development of BIG DATA, AI, ML, NN, the creation, maintenance and use of quality databases with useful, important, reliable information, must be accompanied by a cleansing of harmful lies and myths. To include as many people as possible in the Noosphere, useful and sensible rules, ethics, and laws should be dynamically promoted and disseminated as widely as possible.

And, most importantly, something practically useful for the environment, health and society needs to be done all the time and everywhere. There are millions and billions of opportunities. There are as many as there are people on the planet, for everyone contributes in some way to these spheres through their activities. The leaders of the largest, global media and IT companies, whose activities and policies affect millions and billions of people, have a special opportunity, and therefore a special responsibility.

Today it is no longer permissible to take a neutral stance, referring to the interests and rules of business. **For the sake of the preservation of Human Life on Earth, every intelligent Homo Sapiens must oppose obvious evil and support efforts in favor of life. Even a doctor, on whose operating table will be a recognized world villain, bringing death to people and Nature, must ponder: must he save his life?** Yes, such a formulation of the question breaks stereotypes and will cause many strong objections and demands of specific detailed rules and algorithms. But let us think about how many wonderful people and creations mankind would have saved, if some doctor, helper or guard had stopped the atrocities of Hitler, Stalin, Pol Pot and the like at an early stage. And not just politicians, but also businessmen, propagandists, scientists and others who have deliberately caused enormous damage to Nature and humanity.

Of course, this approach requires the actor to have at least a basic knowledge and understanding of Life Sciences. What is needed is for everyone to think about and determine what, where and how they can do useful things given their potential. And to do it in the most efficient way, i.e. providing maximum results with minimum costs. To do on the scale that the individual can, while striving to reach out to even larger spaces and communities, nine of which we describe in Chapter Nine.

Mankind knows many examples when one or another of its representatives, having got in trouble, defined new adequate rules of life, changed behavior and saved himself and others (Viktor Frankl, Louise Hay and many others). There is no doubt that **in the current critical situation with Nature, caused by the misbehavior of people, the latter may improve the situation if they start living according to new rules appropriate to the situation.**

Note that there are many other sets of eco-rules from the same UN: the 17 SDGs, the 10 principles of ecosystem restoration and others. These are more complex to understand, sometimes contradictory and ultimately difficult to implement. This is why we offer our 8 Eco-Rules in the belief that they are simple, easy to understand and easy to remember, which is not unimportant. But in the end, it is important that certain rules are followed by as many people as possible. Then the previously crippled Ecosystems will begin to recover and heal over time. This will be the best contribution to **saving themselves, their children, grandchildren, and descendants**. People will show themselves as Homo Sapiens Reasonable, EcoPro, and especially active as EcoGuards. They will become healthier, live longer and wealthier. What else do we need?

Who, how and where can and should promote these rules-commands, on what scale-spaces? About this in the next chapter.

Chapter 9

Changes in former spaces and structures, the emergence of new ones and the system of interaction between them.

Inter-National Alliance of Eco-Development (INAED)-

as a model and organizational basis for a new world order.

The most important conclusion from the previous chapters of this book is the following: **we all live on the same planet, depend on the state of global eco-spheres and eco-systems, which, now, due to our increased power and stupidity, have approached the abyss and their preservation depends on us .**

In other words, **all people in all countries, regions and cities are bound by one destiny. Our well-being, health and lives themselves depend on the behavior of ourselves, as well as other people living not only nearby, but also in all other places on the Earth.** Of paramount importance in behavior are Eco-rules, a simple and easy-to-remember set of which is given in the previous chapter 8.

The more people, the sooner and on a larger scale they begin to follow these or similar rules, the more chances for survival and a prosperous life will be for the living and descendants. **Eco-rules (Eco-ethics, Eco-economics, etc.) must permeate all levels, all spaces of civilization and become a reinforcing mesh of a solid reinforced concrete foundation for a new eco-well-being .**

Who, where, how and when should do it ?

Who? From now on and forever every Ho mo Sapiens Reasonable must become EcoPro (eco-responsible, eco-positive) and take care of the environment not only in their home and settlement. He must also take care of the ecology of his city, region, country, continent and planet as a whole. As a rule, this also involves the fight against eco-pests (Eco - Pest), their

views and deeds. As a matter of fact, such filling of the life activity of the individual will be a sign of his belonging to the "subspecies" - Homo Sapiens **Reasonable** . In this chapter, we will consider the scope-spaces of human activity, including some new ones that have appeared in the era of the Internet, social networks, Big data , artificial intelligence, neural networks, etc.

Each person is at the same time a family member, someone's neighbor, countryman, citizen, etc. It is very important to understand your responsibilities and opportunities in these roles and find the scale in which you can bring the greatest benefit to people and yourself, revealing your potentials and talents. There is something to think about and work on, in order, firstly, to prevent mediocre (or even gifted, but malicious) power-hungry people from gaining excessive power to the detriment of people and Nature. And secondly, not to let highly competent, but conscientious perfectionists get lost, who think that they are insignificant and few people need their work. But it was they who often turned out to be the authors of important discoveries, the founders of very useful businesses or useful social movements on a global scale.

To the answer to the question "Who?" we will only add that with all the growing role of individuals, settlements and cities, in the context of globalization and the World Wide Web, the role of interstate alliances and the global center (UN or successor) is also growing.

Where? In the geographical planar dimension, eight scales-spaces can be distinguished (in parentheses we indicate the roles or nature of relations between people in a particular space).

- 1. Individual.**
- 2. Home (Family) / Home (family);**
- 3. Village (Neighborhood) / Estate (Neighborhood);**
- 4. City (Countrymen) / Town (Countryman);**
- 5 . Region (Countryman) / Region (Countryman);**
- 6. Country (Citizens) / Country (Citizens);**

7. Europe (Europeans) / Europe (European's);

8. World (Humanity) / World (Humanity).

These scales are traditional and generally understandable. In normal democratic systems of government, at each of these levels, governments are elected and act under the control and in the interests of the citizens. Of the trends of recent years and decades, I would note the growing importance of municipal and city levels. From the standpoint of sustainable development, this is a good trend for Nature, for the local economy and for people's health. It's also important for peaceful coexistence, since cities don't go to war with each other these days.

But states, especially autocratic ones, like to make war. More precisely, wars and other conflicts are usually resorted to by their leaders, who need it to retain power and / or to inflate their "greatness". These leaders are especially zealous in promoting their concern for the "sovereignty of the state", in fact striving for wealth and absolute power over their people.

This desire is legitimized by the Westphalian world order, according to which the sovereignty of the state is above all. However, in our opinion, this norm is outdated and completely unsuitable as a cornerstone in the existing world, which is on the verge of an ecological catastrophe. **The role of states and their borders should be reduced** in much the same way as it is done in the European Union.

Ideally, for the well-being of mankind and Nature, **the main factor that forms the borders of states, settlements, cities, agglomerations and other territorial entities should be Ecosystems of appropriate scales - from global to regional and smallest.** This would make it possible to more clearly define areas of responsibility, tasks, powers, resources, etc. , as well as evaluate the results of the efforts of the relevant territorial stakeholders to preserve ecosystems. However, proceeding from geopolitical, and even more so from ideological and behavioral realities, it is very risky to question the Helsinki Final Act of 1975 in terms of the principles of determining and inviolability of the existing borders of states.

It seems to us that very little attention was paid to environmental issues in the Helsinki Security and Cooperation Act, but now they have become the most important for a long time precisely as a factor in the security of mankind. Therefore, in the near future it is necessary to make an upgrade - the Helsinki Act 2.0, in which, in accordance with the prevailing realities, to bring the protection of Homo to priority positions Sapiens Reasonable against environmental and climate threats.

First of all, it is necessary to put this most important topic in the first place. Now it is hidden under the banner of " environmental-activities " among the 22 OS CE activities (<https://www.osce.org/environmental-activities>). Or at least put it on the same level with the theme of "Protection of human rights", which is presented as a paramount one. Because it is Nature and climate that provide humanity with the main right - the right to life! It is humanity that violates the rights of Nature, depriving both her and herself of well-being. So, first of all, it is necessary to fix the subjectivity of Nature, its rights to well-being, and then (well, or at the same time) the dominance of human rights. And this understanding, together with all the sub-goals and tasks arising in different directions, must be dynamically, steadily and on a large scale (in volumes and with an intensity thousands of times greater than now) to bring to all citizens of the OSCE countries, and indeed the whole world .

*(I note here that I have similar proposals for the UN, its structures, other global, regional and other organizations and business structures that are striving to do something for humanity. Everyone should remember that "Nature first!" ! **Everything else** later Man and his, as it seemed until now, " vital needs » is relevant only if he preserves Nature and survives himself, as part of it. **The dead don't have vital needs " ! So first you need to think about the Life of people, about Nature, and then, taking this into account, about certain areas of life, such as: sports, culture, economics, fashion, tourism, etc. But nothing else! The same for each individual: " **You can be anyone, but first of all you must be an ecologist!" - " You can be anyone , but first of all you must be an ecologist ! " . It's not about the profession, but about education.)*****

In 1975, Helsinki turned out to be a very suitable place for the Final Act and thus glorified itself, Finland and did an important

job for the whole world. I think that in our years, in view of the highest world achievements of Finland in many areas (happiness, well-being, etc.), and most importantly in the field of ecology, Helsinki is very suitable for the birth of the **Helsinki Act 2.0** with environmental issues at the forefront.

This could serve as another, perhaps the most important, support for construction and development of the Noosphere, which should become the Ninth global space:

9. Noosphere (Reasonable Homo Sapiens) / Noosphere (Homo Sapiens Reasonable).

For the further development of the Noosphere, in our opinion, **a very serious upgrade and strengthening of the UN itself is needed, which should become a global democratic power similar to the one created in the EU** . But first of all, the UN must increase the efficiency of the work of employees and increase the volume and effectiveness of educational influence a thousandfold.

In addition, it is necessary to aim for the successful survival of Homo Sapiens Reasonable , the formation and development of the ninth space - the Noosphere and organizations that create a material network basis, the supporting frame of the Noosphere. Let's give them a working title that reflects their essence:

Inter - National Alliance of Eco - Development (INAED).

We emphasize that these organizations can be of various configurations and scales and unite: states, cities, households, public and business structures, and so on, and in different combinations. The important thing is that they should be international and aimed at eco-development.

How should they work?

Prerequisites. In recent years, organizations operating in the virtual space have become more widespread, widespread and important. They may coincide with the geographic space, when neighbors in the village, in addition to live offline interaction, also communicate in a social group or other online community. But more importantly, there are no boundaries for such organizations, communities. They can be created and unite

people from any geographical point on any issue that interests them together.

In our opinion, it is precisely such organizations that could be the seeds / seedlings of the Noosphere, from which branched fruit-bearing trees will eventually grow, which in turn form forests (by the way, the researchers found that between the trees in the forests there really is something similar to Internet social networks) . At the time of the creation of the corresponding theory about the Noosphere by Vladimir Vernadsky and Teilhard de Chardin, there was no Internet yet. But the authors spoke about the importance of a sharp jump in information exchange for its formation. Nowadays, this is provided by the World Wide Web and related gadgets, technologies, applications, etc.

So there is one of the most important foundations for the Noosphere, and the task is to prevent people from littering it with stupidity too. Some hopes in this regard are inspired by the success of Wikipedia, the preservation of the positions of respectable, time-tested media, scientific and other resources, the development of reasonable new info projects, etc. In the development of the Noosphere (Nature) of fundamental importance will be organizations, countries, persons, etc. , with the highest ratings of honesty, commitment to truth, global involvement, sustainable development experience, etc. As one of the countries that clearly have what is needed for the foundation of the Noosphere, I could name Finland, about which I have an idea not only by world rankings, but also by my own long-term observations from the inside. There are many other worthy countries, but I know them worse and I won't risk listing them here. We will leave this for discussion in future thematic issues.

It should be noted that the more civil organizations of various kinds will arise, the deeper their participants will understand the general vital meanings of transformations, the better. Therefore, the UN Sustainable Development Goals (SDG 17) and similar EU programs attach great importance to inclusion. That is, the conscious participation of all citizens in the important affairs of society in all structures and at all levels: house, municipal, regional, state and international. Here, Switzerland can serve as a model - perhaps the most prosperous country in the world, in which referendums are held almost every week, like Sunday

prayers. By the way, Vernadsky also called the task of inclusion as one of the ones that form the Noosphere.

Ecosystems of the Earth - this is really the main thing in the Ninth space! They are like systems in the human body - circulatory, muscular, cardiovascular, and others . They can function properly only if they are whole and not divided into pieces in an arbitrary way (therefore, holistic medicine was popular in the historical past and is gaining popularity again).

Planet Earth and its Nature is also a single organism with many life-supporting systems - Ecosystems. Ocean currents, forests, grasslands, river systems, underwater rivers, wind roses, glaciers, farmlands, habitats for plant and animal species, and much more - all these are Ecosystems. They cannot be cut into pieces by random state, regional and other borders.

And this applies not only to planetary ecosystems. City park and pond, forest and swamp outside the city, farmland, rivers, streams, lakes, habitats for birds, animals, and so on and much more - all these are also ecosystems. (*The author and his family, in the Olympic city of Sochi, saved a bamboo grove with several thousand beautiful stems (stem), planted another fifty subtropical plants and built a small eco- hotel Bamboo Khutor. But even such an " **Urban oasis** ", as we called this concept, actually preserves a piece of the eco-system and provides the surrounding concrete-asphalt " human hills " with invaluable, in every sense, ecosystem services*).

Also, commercial / non-profit structures, public organizations, groups, etc. acquire huge potential and prospects in our time and in the future. on the topic of ecology, health and social welfare. You can create them yourself or be included in the work of already created associates. The Finnish organization Motiva ([www . motiva . fi](http://www.motiva.fi)) can be cited as a striking working model of such a state structure , which helps to find and implement sustainable development solutions for all interested parties: from individuals and companies to municipalities and government agencies.

In our opinion, such a structure is absolutely necessary within the framework of the UN and Motive could serve as its core and operate on a global scale in the

near future. For Finland has the highest world achievements in ecology and the creation of a happy society, which are worthy of distribution throughout the world.

It is important to note that Finland itself needs this, because the ecology is global and no matter how beautiful it is in one country, the purity of air, water, climate, biodiversity, etc. depends on the state of affairs in other countries and not only neighboring ones. No one can afford isolationism, at least in the field of ecology. On the contrary, cooperation and mutual control are necessary.

Nowadays, the Internet and various social networking tools provide great opportunities in this area, including those that prepare decisions and even bills for their adoption by local or country parliaments. Such tasks are successfully solved, for example, by " www . Change . org ". **Today, it doesn't matter where a person is physically located: it is possible from Japan to influence the state of the Amazon forests, and from Australia to the purity of water in Russian Baikal** . But we can talk not only about large-scale objects of global significance. With the same success, the inhabitants of a small town in one country can influence the pollution of a river in another town in another country.

That's what we need the above organizations: **Inter - National Alliance for Eco - Development (INAED)** . We present this name not as a single brand name , but as a short formula that reflects the essence of the respective organizations. If someone considers it important to remember the name, we can offer another: **Cross - Regional Eco - Development Organization (CREDO)** . Or our general formula for the device of an intelligent civilization - EcoSanaClub (ESCape to life !). There are many other names, which we will name later. It can be various already existing organizations, with their own names, the main thing is the essence. And **the bottom line** is that people from some Regions (here we give the word "Regions" the broadest meaning: countries, ecosystems, agglomerations, states, lands, regions, cities, districts and even quarters and villages) on the basis of reciprocity help people from other Regions to solve environmental problems in their Regions. This makes sense for a number of reasons:

- firstly, as already noted, ecology, Nature, on Earth are interconnected and environmental problems in one place on the planet can affect the well-being of people and Nature in other regions;
- secondly, in one of the Regions more progressive experience can be accumulated than in the other, and then there is a dissemination of the best achieved technologies in the interests of all;
- thirdly, in one of the regions or in both interacting regions, there may be persecution of local environmental critics (a very common practice, especially under authoritarian regimes), but this government will not reach foreign critics. Therefore, they can receive information from local associates and influence public opinion and decision makers regarding eco-problems on their behalf, while remaining protected from unrighteous revenge.

The networks and practices of sister cities, in particular, can serve as a basis and prototype for creating such a network and a system for protecting Nature and Life. There are a huge number of them on Earth, but most of them were created without much meaning and do not bring significant benefits to citizens and Nature. Usually, at meetings of heads of cooperating cities or regions, issues of economic cooperation are discussed as a priority with an eye to increasing the income of businesses, citizens and regions. Few people thought about what the endless growth of GDP and the economy leads to. As a result, we approached the line when, due to the threat to Life itself, ecology became the main one. Now, first of all, it is necessary to discuss issues and agree in this area. Not the supply of materials, goods and other things, not the unbridled improvement of logistics that satisfies all the whims of consumers and producers should be the main ones.

The main issues should be cooperation in the conservation of ecosystems, in strengthening the health and well-being of respectable citizens, in the cultural and educational sphere (which, by the way, should also be directed to eco-enlightenment and education, and not to any extravagant creations of original designers, inventors, artists, etc.). That is, **it is necessary to make ECO-LOGISTICS dominant in the world, as a system for supplying information, technology, finance, objects,**

and other things that support Nature, the well-being of people, the Noosphere, etc. And not the logistics of raw materials and things in its current state of insane, destructive increase in speed and volumes of deliveries of everything in a row! We are not talking about the abolition of material needs, industries, businesses and the like. The point is that **it is necessary to fill all types of human activity with life - supporting, nature -saving meanings, deeds and creations**

There are also quite a few, especially in Europe, powerful associations of cities, including on the platform of environmental ideologies. For example, one of the oldest in this area is the Aalborg Charter of European Cities. There are many other alliances of states, regions and people directly. They can and should be created and developed according to the principle “the more the better”, but the main goal is to establish eco-development.

We summarize: **no matter what place you choose as a point of application of forces, the main thing is that your and your colleagues' activities should be aimed at solving the existential problems of mankind to the maximum extent possible: the preservation of Climate, Ecology, Biodiversity** . For you are a representative and interested person of this very kind of Ho mo Sapiens .

It may not even require any special, special additional work or means to ensure said directionality. You just **need to accept ecology and survival as the most important mission and coordinate your plans and actions in any area with it** . As in the famous parable:

The traveler asked two workers who met him, who were carrying bricks,

- "What are you doing?"

- "Yes, we are carrying bricks!", One answered,

"We are building a temple!" said another.

Both did the same thing, but one had a mission - to build a temple, and the other had no mission, because “carrying bricks” is not a mission, but a banal part-time job for the owner. This parable is not about religion, it is about the meaning of activity, and in the end, about the meaning of Life itself.

The ECOSANA CLUB formula will help even an inexperienced builder to participate in the construction of an "eco-temple" . Most of us are like that, because earlier this task was not so acute for mankind and we did not learn how to solve it.

But we have left unanswered the last in order, but by no means least important question, "When?". Let's move on to it.

Chapter 11∞ Synergistic cooperation of generations for the survival of people and Nature. Declaration of Generations.

The real inclusion of young people in ensuring their prosperous future: from the Alliance of Universities and Schools, to the Intergenerational "Alliance for Life".
What does Greta Thunberg 's experience show ?

For example, Greta Thunberg , with whom we are familiar and which we will talk about, as well as about many other outstanding defenders of Nature and life on Earth.

The most important factor that provided Homo Sapiens with unsurpassed power and dominance on Earth is the cooperation of generations in transferring knowledge and experience from older to younger. Moreover, according to anthropologists, civilization did not begin with the mastery of fire, the manufacture of a stone ax or the construction of a pyramid. Civilization came into being when one of the younger members of the primitive family-community bandaged the grandmother's broken leg and looked after her until her death. And the grandmother, in turn, taught the youth how to catch a hare and fish, cook food, hide from saber-toothed tigers, raise children and cooperate.

However, in the conditions of mass material prosperity and mass debilitation, the most important topics are almost gone

from among the topics on which information is exchanged: the issues of survival and long-term sustainable development. Therefore, **it is necessary to sharply and on a large scale strengthen the cooperation of generations in the transfer of the most important useful experience, especially in the field of preserving and promoting health** . And also in the material sphere, in order to ensure prosperity, but without harm to Nature. This cooperation must be made as large as possible and inclusive of all Homo Sapiens , which will contribute to their transformation into Homo Sapiens Reasonable .

As UN Secretary General Antonio Guterres said at COP 27: **"Humanity has a choice: cooperate or perish. It is either a climate solidarity pact or a collective suicide pact ."** (Humanity has a choice: cooperate or perish. It is either a Climate Solidarity Pact – or a Collective Suicide Pact. *António __ Guterres , UN Secretary - General*). He meant cooperation on climate issues between developed and developing countries. Antonio scares with catastrophes and calls for cooperation no less regularly than the conductor announces bus stops . And with the same passionarity. As a result, by his own admission, it is not getting any better and humanity is still "pressing on the gas while moving along the highway to the climatic hell." (Our friend Greta Thunberg alarmed the imperturbable high-ranking UN members and politicians much more , and even then not for long, about an interesting meeting and communication with whom we will tell later).

Maybe it makes sense to supplement the UN vertical of management with horizontal international cooperation of people? What if we organize and support cooperation between the generations of Ho mo Sapiens ? How did this happen from prehistoric times, when there were no nations yet, no organization uniting them (with all due respect to it)? This is well in line with the goals of SD Gs , especially the requirements for inclusion.

In general, once again I note that the UN should more often address people directly, and not their rulers. Because among the rulers there are many who do not care about the environment and people's health, but there are even killers for whom human lives are worthless.

the Generations Eco-Pact. Green Deal "), or "GenerationsDeclaration ", for better sound and rhyme.

The Declaration/Covenant could be based on the following provisions:

1. The older generation (parents and their parents, hereinafter referred to as "Senior") undertakes:

1.1. Recognize the imperative: **"We do not inherit the Nature of the Earth from our ancestors, we borrow it from our descendants. And we undertake to return Nature to the descendants in a better ecological condition than they took"** (*author's note: this is an ancient maxim, which I only slightly supplemented and specified*)

1.2. To conscientiously understand the state of the Nature of the Earth, what are the real threats to their children and grandchildren, what needs to be done to save Nature as much as possible;

1.3. Communicate the information received to the children, ensuring its understanding and readiness for appropriate actions;

1.4. Together with the younger ones, make every effort and available means to slow down the catastrophe and begin to correct the situation seriously and for a long time in all available areas of life (in everyday life, in business, in social activities, in public administration, in education, etc.);

2. The younger generation (children and grandchildren, hereinafter referred to as "Younger"):

2.1. Recognize the imperative: **"We do not inherit the Nature of the Earth from our ancestors, we borrow it from our descendants. And we undertake to return Nature to the descendants in a better ecological condition than they took"**;

2.2. To conscientiously understand the state of the Nature of the Earth, what are the real threats to the living and future generations, what needs to be done to save Nature as much as possible;

2.3 Conscientiously accept the information received from seniors, understanding and preparing its practical use;

2.4. Together with the Elders, make every effort and available means to slow down the catastrophe and begin to correct the situation seriously and for a long time in all available areas of life (in everyday life, in business, in social activities, in public administration, in education, etc.);

2.5. In the future, when the Elders need help to maintain health and living conditions, provide it as conscientiously as the Elders conscientiously help preserve Nature for the Younger.

Further filling of the "Eco-Pact of Generations" (Generations Green Deal) "Declaration / pact of generations" can be carried out with the help of " crowdwriting ". As a result, it can become a list of the most important intergenerational themes and tasks, as well as a tool for their coordination and promotion.

Particularly important is the participation of children and youth, who are most interested in preserving the living environment and who have more strength and other potentials to solve this problem. However, for the most part, they are little familiar with this issue in general and with the ways of solving problems, even more so. However, it is the Juniors who should become Eco-Promoters (EcoPro), that is, those who protect, support and promote the sustainable development of Nature. And even better - the Eco-Guard (EcoGuard) - an advanced combat detachment, a kind of special forces EcoPro . The role of Eco-collectors is also appropriate, who will seek the return of debts to Nature, which, as we indicated earlier, is a LEGAL PERSON, which should be enshrined in international and national legislation.

And it is the duty of the older generations to support this activity with all the accumulated assets, capital, knowledge and connections, and also to do everything possible themselves. For it is today's older generation, who are the parents and grandparents of the younger generation, who squandered natural resources on a particularly large scale and intensively, which actually belong to their descendants.

Youth, for more effective activities, it is advisable to unite organizationally. I can suggest the name of such an organization, which reflects its essential aspects: the Public Movement "**Intergenerational Network Alliance for the Development of the Noosphere and Global Prosperity**" (Social movement "

InterGenerational network Alliance for the development of the noosphere and global well - being ”), which can be briefly called

Social movement Alliance for Life!

(Social movement "Alliance for Life") .

In theory, the most advanced and promising young people for such a project are university students. Therefore, in our opinion, **Nature Positive could serve as a basis for creating such an Alliance. Universities Alliance (NPUA)** , created under the auspices of the UN and UNEP in connection with the UN Decade of Ecosystems. This Alliance is headed by the authoritative Oxford and many universities of the world have already joined it (my son-student and I got acquainted with this project and took some part in its development).

But, unfortunately, the tasks of the Alliance created under the auspices of UNEP are rather narrow and the bar of ambitions is lower than **it could** be. Moreover, given the urgency of the problem and the importance of universities participating in solving it, the bar **should** be set higher! I really hope that the NPUA Alliance will understand this and decide to raise its ambitions to global goals. And also decide on larger, more important and, I would even say, more daring actions worthy of students of the best universities in the world. **Nature and humanity are in desperate need of motivated, brave and at the same time smart, creative protectors - Eco-Guards of the Earth (Eco - Guard earth) . Who is this if not students of the best universities!?**

In addition, in our opinion, the Alliance should cooperate with high school students. **On the example of the movement " Fridays for Future "founded by Greta Thunberg, the whole world saw that schoolchildren can do a lot in this area .** By the way, both the NPUA Alliance and the Alliance for Life (AfL) should adopt Greta's organization's format of work: a minimum of bureaucracy and a maximum of effective action. This is quite in the trend of creating and operating organizations of the future. However, this format of organization will not interfere with the development of meanings, goals, strategies, coordination with associates, etc., together with the older generation.

Here are some more tasks of the parties in the Alliance of Generations, which can be reflected in the Declaration or other basic documents of the organization:

The younger generation (youth) should:

- control investment and other long-term programs and projects of communities, cities, countries, regions and the world;

- To do this, fully participate in the work of the relevant legislative, supervisory and control structures.

- The elders should be able to explain and prove to the younger ones the usefulness of their projects for them and for future generations.

-Everyone must take exams (tests) on knowledge of biology, ecology, sustainable development and other components of the survival formula. Just like now they pass English for admission to universities, for work and other needs.

-Those who have knowledge of biology and a confirming certificate, diploma and above should have advantages in participating in government and in remuneration.

And once again we suggest thinking: Who is most interested in ensuring that a prosperous life on Earth lasts as long as possible? Who can do this most effectively, using the most advanced technologies and tools to meet these challenges? Who, therefore, can and should solve the tasks outlined earlier, implement understandings, rules, practices and projects? It is obvious that these are young people. But, of course, with the support and the most active participation of older generations! Therefore, **we consider the organization of the Public Movement " Intergenerational Network Alliance for the Development of the Noosphere and Global Well-Being "** to be the most important, basic (if you like, umbrella) project.

The mission of this social movement is to preserve the life and well-being of Ho mo Sapiens Reasonable (HSR), through the formation of correct understandings, life practices and, ultimately, a way of life that is beneficial to the health of the HSRs themselves , Nature and Society. The implementation of this mission should take place not so much through the implementation of some special actions or programs / projects, but by observing the basic rules of ESC (formulated in Chapter 8) in any activity that each of the people is engaged in (domestic, business, social and other).

In the next chapter 12, we will show 12 projects, very different in scale and scope, but subordinate to the answer to the main challenge to all reasonable humanity. Namely: how to prevent or at least minimize the catastrophic consequences for Nature and people of the global ecological crisis, primarily in what is associated with wars in Ukraine and other regions of the world. How to most effectively restore the destroyed and disturbed in Ukraine and in the world.

Chapter 12. Twelve real projects - examples of the implementation of eco-rules and other proposals of the ECOSANACLUB inter -guide.

"The main goal of education is not knowledge, but action ,” said the great Herbert Spencer .

In the first (pre-war) edition of this book, we did not yet know that Ukraine would become the biggest modern wound and the biggest hope for the entire civilized world. Then it became obvious and therefore all projects were rethought, from the standpoint of their usefulness and feasibility for healing the gaping wound and restoring the health of Ukraine and the world. Moreover, **it is necessary that the cure make Ukraine even healthier and more beautiful than it was before all this destruction, deprivation and sacrifice. And so that it becomes a place where the best, exemplary solutions and technologies for the whole world will be used to create environmentally friendly, healthy and prosperous households, settlements, cities and the country as a whole**

Ultimately, this is necessary for healthy people and their descendants to live happily in Ukraine, which suffered peace and freedom with the blood of its citizens and enormous destruction. This is objectively necessary for all countries of the world, including Russia, which has caused all these catastrophic destructions, and even for those of its inhabitants who do not understand this.

Because if events develop in favor of a ruthless aggressor who barbarously destroys Nature, civilization and people, then the world will be on the path leading to a general catastrophe and the death of Homo Sapiens as a species. And it will be almost impossible to turn it off!

Given the above, **further proposals and considerations should be considered, first of all, from the standpoint of their usefulness for Ukraine** , although many of them are supposed to be implemented in other countries and regions, and with benefit for them too.

Before moving on to the specifics, let's clarify the prerequisites and participants in the planned cases. The mission of the EcoSanaClub Project is to promote the survival of Homo Sapiens in every possible way , through the development of the Noosphere, Human Health, Positive cooperation between everyone. This development is supposed to be ensured mainly through education and training in right habits. This is what **EcoSanaClub is aiming for - a living guide** for those who

decide to support this life-saving , interesting and useful trip to save Homo Sapiens Reasonable .

The organizational basis for this campaign is called upon to become the " Alliance for Life / Alliance for Life ", the full name of which, revealing its purpose, is " Intergenerational Network Alliance for the Development of the Noosphere and Global Well-Being" (InterGenerational network Alliance for the development of the noosphere and global well - being).

The participants of the campaign (and, accordingly, the Alliance) are **supporters of the environmentally friendly development of Nature and the Ho mo community Sapiens we call EcoPro** (eco-supporters, eco-professionals, eco-promoters, etc.) . And the leaders of the Alliance, **its forward detachment, the most active and effective EcoPro , we will call Eco-Guards (EcoGuard)** . EcoPro and EcoGuard are planned to be involved everywhere, and their activities are expected on all scales - from individual to global.

The main direction and battlefield with evil and destruction, for good and creation for the benefit of Nature and people, at first, it is supposed to consider Ukraine. There, it will be necessary to provide the necessary assistance with various kinds of resources and, together with talented, honest and positive Ukrainians, restore and / or re-create infrastructure, cities and towns using the best available technologies and solutions.

Now let's move on to the projects.

The first five projects will be based on the experience and achievements of Finland. This is a leader in terms of people's happiness, education, ecology, economics, etc. , and I was lucky enough to be here during the work on the third edition of the book and its publication. The remaining seven projects are based on eco-rules.

1. Project E coPro . Start saving and developing from yourself, not forgetting about others!

This is a key project, because if you don't start with yourself, then others won't either.

Who should become an EcoPro and why ?

For those who want to survive themselves and help other people and Nature to survive. At the same time, society will inevitably highly value those who can help it survive. For the older generation, this is honor, respect, awareness of the duty done to the children and grandchildren and the life not lived in vain. For the younger generation, these are prospects and potential for positive career growth, since without a doubt, EcoPro will occupy high positions in business, government, public and other institutions.

How to become EcoPro ?

Adopt the right attitudes in life and follow them purposefully and creatively, overcoming the initial rejection of many people and other objective and subjective difficulties.

All the problems of survival on Earth were created by people who did not care about the environment, that is, Eco-pests (EcoPest). And not only those of them who had a lot of money and / or this or that power, but also ordinary inhabitants, of which there are billions (for more details, see Chapter 6). And the main task is to turn these EcoPest into EcoPro (Eco-promoters) or, in extreme cases, somehow neutralize them.

EcoPro is a building block for the temple of the Noosphere. This is the beginning of all beginnings, connection and mutual nourishment with the Universal life, conscience and saviors of the human race. **If EcoPro does not become the leading force and elite of the world community, humanity will perish. But EcoPro is also a powerful, smart and positive life strategy.** This is clearly seen in the example of the Attitudes that help a person to supplement life with high meaning, health, well-being and value for others, and thus become an EcoPro .

EXAMPLE SETTINGS Humans - EcoPro .

Mission .

To promote the ecological development of Nature, society, people and all their positive creations, healthy longevity, safety, growth in the number and influence of EcoPro .

Goals .

And it is interesting, dignified, as long and healthy as possible to live;

To do the maximum useful and good for yourself and your family, relatives and friends, those around you, society and nature in the direction of your chosen mission;

Maximally develop and realize your and your family's positive potential in life and business, helping relatives and others in the same way;

About wandering a lot of interesting, significant, reliable, status, eco-oriented friends, associates, partners, clients;

To create and consolidate significant spiritual and eco-material values for yourself and for really close and loving people.

Status (state).

Good health and appearance, harmoniously developed, reasonable and influential person, whom many worthy people know, respect and support.

Family.

Healthy, strong, friendly, positive, hardworking.

Love reigns, the cult of health, intellectual, spiritual and physical development, mutual respect, mutual support, proactivity, resourcefulness, humor.

He knows how to protect himself, his spiritual and material values and has everything necessary for this.

Has living conditions and material wealth, necessary and sufficient for the above.

Business (labor activity).

Profitable, reliable, not harmful to health and the environment.

Social activity.

Locally and globally important, interesting, promising, useful for the health of one's own, family, employees, contacts, society, humanity and Nature.

Leisure.

Interesting and useful activities for health, family and business, training, events, meetings, trips, travels that give the necessary survival skills, positive impressions and emotions, incentives for life and development, recuperation, new friends and contacts, strengthening relationships with them.

Friends.

"100" friends in different cities and countries, good, not forgetting "in sorrow and in joy", able and ready to help in serious situations; receiving help, friendly attitude from me and family.

These Attitudes provide a set of basic life goals for an individual who has realized the need to become an EcoPro , including the creation of an ordinary family. But families are different in composition and life circumstances. In our time, there are many complete or incomplete families who are outside their home, city or country. There are also families consisting of one person.

And in such a situation, perhaps someone will be helped by the example and experience of the outstanding Ukrainian wandering philosopher - Hryhoriy Skovoroda, who is called the Ukrainian Socrates. He did not create a family, did not have a house and property, lived with various friends and acquaintances. But he lived a long happy life and brought a lot of benefits to his relatives, fellow citizens and all of humanity, not only as a thinker, but also as an example of his way of life and consumption.

Now a lot of migrants, who for the most part are sociable, educated and inquisitive people, ended up in different countries of Europe and the world, advanced in the field of ecology and social organization. If they are interested in the best solutions for a healthy eco-life, this will help them develop as an EcoPro and will be very useful after returning to their homeland to make it better. *(Our family is in a similar situation - outside our homeland, in another country - and we act in the same way as we advise others. This is generally my old principle: "For myself as for others, for others as for myself").*

The aforementioned example of Grigory Skovoroda refutes the well-known meme that "There is no warrior alone in the field." One person can also do a lot, but it's still better to involve family members in the business first. Moreover, according to survival experts and anthropologist historians, **living with a family, moreover , a multigenerational one , gives more chances to survive in extreme conditions** . So it makes sense to unite with the family if someone has left it, or to create a family, if there is such an opportunity in principle. It will be an expansion of the EcoPro community , mutual support and ESC investments in the closest people and many other benefits.

2.ecoFamily (+ Native home / Sweet home).

EcoPro's first zoom level is family . She is a molecule of the Homo community Sapiens .

-How to make a family a strong stronghold and a team in the struggle for survival and building the Noosphere?

-How to make a family and home a health abode, a physical and psychological shelter from cataclysms, a stronghold of ecology, a source of positive - that is, EcoSanaClub ?

All this is a very difficult job, but very useful, interesting and rewarding, if done wisely. In this area, everyone has a useful experience (positive and negative), which we plan to learn, analyze and share with interested readers.

Another specific topic that has become very relevant for millions of people, primarily from Ukraine, but also from Russia, Belarus and other countries. There is a massive illegal seizure of real estate belonging to refugees or displaced persons by criminal elements and groups, often in corrupt relations with criminals from power structures. It is obvious that numerous victims are unlikely to put up with this. It is in their right and interest to unite and start acting as early as possible, using all kinds of legal and other instruments. Apparently, many would be interested in discussing the existing ideas about effective ways to solve the problem, exchange ideas, best practices and join forces in their practical implementation.

3.ecoEstate . An eco-settlement should be like a community of "Native Homes " with native neighbors, where everyone or almost everyone knows each other personally .

But no matter how wonderful a house and a family we create, we must also go out into the street, and there are neighbors. They are also close (at least geographically) people with whom one must be friends and cooperate, because, as a rule, one does not choose neighbors. In recent times, many city dwellers even flaunt the fact that they do not know their neighbors, with whom they have been living in the same house for many years. This is unreasonable. Neighbors should be friends and come to each other's aid when necessary. Fortunately, there are many such examples and they should be promoted.

An eco-settlement should solve the same tasks as an ecoFamily , plus additional common neighbor tasks and on

a larger scale . This approach gives a considerable multifaceted effect to those who apply it. The scale of the territory implies pedestrian accessibility of all its components and elements. We study a variety of best practices, in particular our own. Our company, which is called " EcoEstate ", is the oldest in St. Petersburg and the Russian Federation, and for me personally, "the title of the founder of eco-development", received from colleagues, is more expensive than any state awards. So, there is considerable experience in this area, but here we will note only two cases.

The first one, for housing sharing, we called " EstateSharing ". The second, embodied the author's concept of "Urban oasis" in the form of an eco- hotel " *Bamboo Farm*" ([www . bambookhutor . ru](http://www.bambookhutor.ru)) . A successfully built and functioning e coEstate object . Experts and media have called it "The First Unique Eco-Hotel in Sochi", "Oasis in the Asphalt-Concrete Desert", etc. Guests give the highest ratings, which we are especially proud of.

Located on the territory of the Olympic Park (now the Federal Territory "Sirius") **Eco-guest house "Bamboo Khutor" works like exhibition , educational and experimental base with a flow of guests and those interested. We called his concept "Urban Oasis"** . We believe that such green oases in cities should be created as much as possible in order to make living in them healthier and more pleasant, and also to at least partially compensate for the rapid deforestation on the planet.

4.ecoPolis . Small eco-city or area of a big city ("A 15-minute city" in which everything can be reached on foot or by bike). How to make it from an existing non-ecological one? Or how to build a new one?

In the days of ancient Greece, policies were the main state unit. In recent decades, **the role and independence of cities in developed countries has been steadily increasing** . In our scale-system, **ecoPolis - can be described as a cluster that includes a set of EcoEstate** . Plus: a) even more in terms of variety and quantity of public infrastructure than on the scale of EcoEstate , and b) connecting public and state institutions to the management system on a large scale.

At this level, the depersonalization of individuals begins, in the sense that, with rare exceptions, residents do not directly know the majority of their countrymen. Another **important parameter of ecoPolis is the size of the territory and the developed pedestrian and bicycle infrastructure that provide cycling accessibility**. This, at first glance, simple, parameter is in fact a very pivotal, eco- city-forming, complex and promising.

5.ecopower . EU , Eco-powers and their alliances should become the geopolitical stronghold of life on Earth, which requires international support from citizens of different countries.

EU , with its strategies Green Deal (Green Pact), Twin Transition (Double transition) and others, is the most advanced and powerful global locomotive of sustainable development.

It makes sense for reasonable people of all countries to study and promote the experience of the EU and other influential EcoPro countries that have the greatest potential and best practices for the sustainable development of the continents and the whole world. More cooperation from EcoPro countries and their positive influence on Eco-Pest countries should be sought. This will help save the human race both by improving the environment and by preventing all kinds of wars, since environmentally oriented countries and people do not accept wars.

After the five projects linked to different scales of activity, let's move on to seven projects linked to the respective Eco-rules, which we will mention in the titles of the projects.

6. More nature! More trees!

I am convinced that **increasing the number, quality and mass of trees is the most effective, reliable and comprehensive solution to environmental problems on Earth** . Trees are the largest form of life on the planet, and the forest is the pinnacle of the development of the Biosphere. Trees improve the environment, climate and biodiversity. Their cultivation and related activities are affordable, useful work for residents of the most remote corners of countries and continents where there are problems with employment. This is also a job for the citizens, who will be released when environmentally harmful industries are closed. The preservation of forests, the prevention and extinguishing of fires is an excellent occupation for various kinds of security forces, soldiers and many types of military and auxiliary equipment. *(Once we happened to publicly call for this and in a matter of days receive a positive reaction from the top Russian leadership) .*

There is another amazing lesson that Nature has given through the evolution of trees . Those who have reason cannot fail to see great philosophical, ethical, aesthetic and other meanings in it. The fact is that flowering plants came to replace the relic plants and trees that covered the Earth, which for the most part were covered with hard thorns and were not conducive to friendly hugs and cooperation. And for the last 100-200 million years, they clearly dominate, displacing their thorny and evil predecessors and replacing them with beautiful flowering trees. And they achieved this due to diversity, beauty, friendliness and mutually beneficial cooperation with insects and other inhabitants. A good example for aggressive xenophobes and warlike barbarians, if of course they can understand it...

Trees are also the most important tool for people's health , which, first of all, is meant in our sixth eco-rule - "Connecting to Nature". To implement it, it is necessary that trees and their various arrays are everywhere: around houses and in the countryside - alleys, gardens; in cities - parks, squares; in the regions - forests; on the continents - the Siberian taiga and the Amazonian jungle.

But the most important thing for the coming months and years is **to help restore those ruined by the war and further increase the mass of trees and other vegetation in Ukraine** . This task can be solved most effectively if Ukrainian specialists publish what trees and plants, in what form and in what areas are

most needed. And people from different countries will already begin to prepare seedlings of these plants, growing them on their plots and even in apartments, in order to deliver seedlings en masse at the right time and organize (finance) planting. Moreover, for a greater ecological effect, small seedlings should be grown and delivered in containers made of containers and packaging suitable for recycling or reuse. Among other things, this project would provide highly useful employment for Ukrainians who lost their jobs because of the war.

For the implementation of this project, the proven know-how that our family has can be of help. It will simultaneously and sharply increase the planting of trees (not only in Ukraine, but throughout the Earth) and reduce the number of unnecessary or, at least, less needed than trees, things. And at the same time, it will not be necessary to strain the budgets of cities or families.

We are talking about gifts for birthdays and other occasions. **Usually people give each other things that are not very necessary and, most often, unhealthy and unhealthy for nature. At the same time, they express wishes for health and long life. But with their gifts, on the contrary, they reduce each other's chances for health and longevity.**

Everything makes sense if you give a tree or some other plant. Moreover, it will be very good if it is also planted together with the hero of the day and the guests. By the way, the cost of a gift tree can be shared with other participants or united and donate an entire alley or square. We have been practicing this for fifteen years now and more and more friends are also adopting this experience. By the way, you can donate and plant trees not only in spring and autumn, as is customary in the regions of the four seasons, but in any corner of the Earth, and therefore at any time of the year. For many years there have been businesses that help to do this with the help of the Internet, issue beautiful certificates and documents - geotags of landings.

Note that the name of this 6th project, as well as subsequent ones, coincides with the corresponding eco-rules, which is logical, since everything in this guide book is ultimately intended for practical implementation.

7. Less stuff! Even Socrates, walking through the bazaar, said: "How many things there are that you can do without!".

It was 2400 years ago. Since then, people and things have become millions of times more! Moreover, most things (from clothing and household appliances to vehicles and real estate) and almost all packaging, one way or another, harm people's health and destroy Nature. This happens during the process of their creation, often during use and, as a rule, after the end of their life cycle.

Packaging and disposable products bring particular harm . Those that are made of metal or plastic - encourage the extraction of oil and ore, strengthening petrocratic and other " resource-cratic " regimes that live on the sale of the Earth's resources, often anti-people and aggressive. And those products that are made from paper, wood and other plants additionally lead to the death of forests and soils. Meanwhile, let us once again note that **the Earth, together with all its riches and problems, is the common home and common pantry of all mankind** .

In the process of developing and implementing 6 and 7 projects, we will consider how it is possible to: a) reduce the number of things with the help of a special " E co-things Award" and at the same time improve the quality of things and life; b) save nature; c) weaken barbarian aggressive regimes; d) to help Ukrainians and other peoples who are under the threat of aggression.

8. "Down with the cacosphere from the planet of people!". The creation of a new Eco-Economy in different formats and scales is intended to fulfill the call of the 3rd Eco-Rule.

The Cacosphere is the antipode of the Noosphere and it includes everything that is harmful to Nature and Life that has

been done by people and accumulated not only on Earth, but already in space. Basically, this geosphere was created in the last two or three centuries of rapid industrial development. In fact, it includes not only everything produced that is harmful to Nature, and hence to people, junk (we will use this rude word even in relation to "masterpieces of architecture, technical thought, design, etc." in the form of palaces, yachts, super jets, superweapons and other "super"), but also the productions themselves and infrastructure facilities (factories, salons, boutiques, etc.), with the help of which this junk is produced and is shaved off by unlucky moneybags. As a rule, the creations of human hands are components and a product of the capitalist economy, as it has developed. And what can give its antipode - the socialist economy?

In 1990, the largest socialist economy, the USSR, collapsed: shops and warehouses were empty, factories stopped and people were threatened with starvation. At that time, as the founder and head of the ROST Innovation Association, I was the initiator, head of the team of authors and co-author of a package of 10 practical manuals "How to create a new type of company and organize its effective work", as well as on the privatization of housing **and real estate** . It was a very successful project that gave new opportunities to many firms and their employees in different cities across the country. In that situation, market methods of managing and the dismantling of central planning helped the economy to rise, and many people to survive.

But, as we noted in previous chapters, primitive capitalism, with its fetishization of profit, is not capable of solving environmental problems, especially on a planetary scale. It looks like we need to prepare again such practical manuals for all sections of economic activity. But now for the era of " Ecologism " or, in our opinion, " EcoSanaClubism " .

We need a new Eco-Economy that will generate Eco-businesses, Eco-startups, Eco-innovations . I am not an adherent of socialism, because I saw from the inside the vices of this social system. But such a tool as central planning, and covering the country, regional and global levels, would be relevant now. It should not be directive, rather indicative. But it is necessary and, in fact, it is practiced in various forms in various advanced countries.

Without entering into a detailed description, we note that in essence the new **Eco-Economy should be an economy of**

useful knowledge, skills and practices of people. In it, **the main indicator of the success of a company or individual should not be "What you have", but "What you do for Nature and other people."**

Another important feature of Eco-Economy should be the dominance of the Japanese approach to planning corporate activities and beyond. Even in the last century there were disputes about the effectiveness of the American and Japanese paradigms in this matter. The first involves the rapid adoption of decisions / plans, which in the end often turn out to be poorly thought out, take a long time to be implemented and give poor results or too high costs. Under the Japanese paradigm, decisions and plans are made slowly, very thoroughly. All participants in the process coordinate with each other numerous nuances and only then approve action plans that are quickly implemented. The Americans ridiculed the Japanese with "it takes forever to plan," and the Japanese replied, "and you take forever to implement." And they added: "after we have agreed on all the plans, we can throw them in the trash. The main thing we achieve is that everyone has discussed everything and is ready for a variety of situations in the course of implementing the plans."

In my opinion, the Japanese paradigm is more reasonable and more relevant in our time, when it is necessary to treat the resources of Nature as carefully as possible. An American-type approach leads to the production of a huge amount of unnecessary, little-needed and / or low-quality things. And besides, he does not care about their disposal.

In general, in my opinion, **Eco-Economy should move away from industrial mass production** . Things need to be produced in smaller volumes, most of them should be made based on a specific consumer, by localized productions such as manufactories with new technologies (3D printers , etc.). The quality must be higher, the life cycle of the product and subsequent "reincarnations" must be carefully planned. It is extremely important to eliminate or at least minimize disposable packaging and products.

The theme of Eco-economics is as important as it is multifaceted, so we will devote many issues and discussions to it. But now let's move on to projects on the topic of health.

9. Healthy Nutrition is the most important factor in health.

This project No. 9 completely coincides with the fourth eco-rule and we will just copy-paste with small additions (we will do the same with subsequent projects that match the rules).

*Properly acquire, prepare, consume and assimilate: clean air and water, healthy foods, medicinal substances, the sun, as well as useful information and other resources. **Man is what he consists of, and he consists of what he consumes.** This is a huge multifaceted topic that concerns everyone, and we will devote many issues and discussions to it.*

Moreover, this aspect has a huge impact not only on people's health, but also on the economy and the environment! There are many products whose consumption is harmful to health, and their production kills forests, soils, atmosphere, water bodies and other elements of Nature.

10. Useful movement is the basis of a healthy life.

For thousands and millions of years, our species and great-ancestors needed to move "on business": to move, get and cook food, escape from the enemy or fight him, prolong the family and have fun, and much more. Then they began to use internal combustion engines, electric and others, with which people ruin Nature and their health. Why not return some physical labor-effort for the benefit of Mother Nature and ourselves?

Isn't it possible to whip cream or grind coffee by hand? Swim on oars, not on a motor? Sweep the sidewalk with a broom instead of a stinking and noisy motor wind blower? Mow the grass with a scythe instead of a lawn mower? And how useful are small-motor movements, such as sewing, embroidering, cutting food, making dumplings, repairing something, etc., etc. , and so on , and so on ! After all , why avoid cycling? Or the queens of useful physical education - ordinary walking and Nordic walking with sticks especially?! Often it even saves time! But even if it's slower, where are we rushing to? To ecological catastrophe and into the coffin?

It makes sense to choose or create for oneself activities and a way of life in general, which will involve useful movements, useful activities and their results . Therefore: develop useful potentials (skills, abilities, talents); acquire a lifestyle (work/leisure/activity) that maximally includes ergonomic conditions and useful movements, movement, travel, recovery, as well as the use of personal positive potentials.

This project is quite specific and multifaceted. Among other things, we will look at the amazing possibilities and results that qigong therapy, yoga, beneficial dances, chores done correctly, healthy modes of transportation and vehicles provide.

eleven. share talent and things. And also, experience, energy, knowledge, emotions, happiness, ideas, dreams and much more .

Justification from the opposite: What is the point of having talents or having important knowledge, skills, if they are not shared with others, with the public? Why keep things that are very rarely used? This is not only useless, but also harmful for the "holder", and for Nature, and for society. And vice versa, by sharing talent, a person develops it and acquires greater social weight and various kinds of opportunities. And by sharing things, it generates economic benefits, strengthens social relationships, not to mention a vital environmental benefit.

And, of course, it is necessary to share emotions, dreams, ideas, preferably positive ones, optimism and many others, which is typical of normal positive people. In the end, it's just beneficial, because as the old half-joking wisdom says: "If you have an apple and I have an apple and we swap them, then each will have one apple. And if you have an idea (knowledge, skill, etc.) and I have an idea and we exchange them, then everyone will have two ideas." In addition, if you implement my good idea in the field of ecology, and I implement yours, then we all will win, and even our descendants.

It should be noted that sharing (this English word is more suitable and has already entered many languages) with talents,

resources, ideas and other things is of great importance both in the eco-economy and in everyday life. The more it is multivariate, fair and easy to implement, the higher the efficiency. How much less, for example, household items would be required if neighbors could easily exchange them! The same is true in the business sector and in real estate and others. But here all sorts of risks and fears arise: "What if they ruin the thing? What if they refuse me later when I ask? etc".

The solution to the problem can give, firstly, a further growth of ethics, which from the inside will not allow some people to deceive others, and secondly, appropriate IT solutions. (*I have a project for setting up such a program / platform, as well as experience in implementing large-scale and advanced international IT projects. So, if a suitable partner is found, it will be possible to do this business, for the time being, on the basis of contractual terms. But over time, which I would like to approximate, such cooperation can increasingly take place on the basis of ethics without contracts*).

Through this project, we, among other things, plan to modernize, create and perform current world song hits. First of all, by the efforts of our eminent younger family member - Anton, who became famous for his linguistic and vocal talents. For example, when he was 11 years old, Anton sang the anthems of different countries on the leading children's TV show and recited the UN Sustainable Development Goals in 15 languages! ([Anton on the show "Best of all!"](#) , *Many other performances, and not only by Anton, but also by other family members and our associates, can be viewed on the YouTube channel ECOSANA CLUB*).

In order to diversify the content of the releases, as well as for Art Therapy, the effectiveness of which, like nature therapy , has already been scientifically proven, we plan to include useful and uncomplicated dance movements, singing and qi-gong exercises in the releases. We will also try to involve our comrades-in-arms - the audience in this useful, pleasant and not difficult business. We will be glad if families with children join our issues, since the most important project is the Intergenerational " Alliance for Life!"

For starters, Anton with other children can learn a cycle of songs about ecology in English. It was presented to us by the winner of the most prestigious world music award "Grammy" twice, an Indian, young professor Ricky Cash (Ricky Kei). These songs received a high international award ([that's how it was](#)) and in addition to important knowledge about ecology, they will give knowledge of English and vocals. There are other interesting ideas for joint implementation.

We will be glad to unite and fruitful cooperation in this direction with other associates. This is exactly what the 12th project is aimed at, covering the 8th and 9th eco-rules.

12. Unite allies, develop the Noosphere! For yourself, children and grandchildren .

Sharing talents, ideas and other spiritual and material values and best practices in such vital areas as ecology, health, society (EcoSanaClub), it is logical to strive for results. But the results that are essential for humanity and Nature, as I have tried to show in this Book, can only be obtained with massive coordinated efforts to achieve them. Therefore, " For the sake of yourself, children and grandchildren of your comrades-in-arms, unite, develop the Noosphere!" - this is a completely meaningful slogan, including the goal, the means to achieve it and the motives. And given the vital importance (I will not tire of repeating this!) of the goals we are striving to achieve, this is a most important task, but a very difficult one.

It would be good if the unification and coordination of associates took place automatically, as happens in networked horizontal volunteer communities, in which everyone, like fish in a school, synchronously swims and maneuvers. But what if not? Already a very unexplored problem and too little time to solve it. A mistake can cost the life of the whole species and not only him. Therefore, without losing faith in new forms of organization, we will offer in the end something from the time-tested.

application .

E coDeal is a universal algorithm for creating and effectively implementing projects of any scale.

Main stages implementation	Content of actions and <i>organizational and information forms</i>
<p>goal eco -Goals and Strategies for Projects (activities) for the implementation of the Mission</p>	<p>Definition of goals, strategies, necessary tools/resources for projects to implement the Mission. Preparation of business proposals and search plans for Tools, co-Employees, Info and other resources (forms for work: <i>POR-Project, concepts, synopses, petitions, appeals, etc.)</i></p>
<p>tool Tools/resources for project implementation</p>	<p>Implementation of search plans and finding the desired Tools, co -Workers, Info and other resources (<i>forms : DP (Business Proposal); RPPR (Plan of Search and Attraction of</i></p>

	<i>Resources))</i>
<u>real</u> Implementation of Projects/plans and formation of new eco-skills	Organization of cooperation with the owners of Tools, Skills and other Resources. Preparation of agreements, design <i>and estimate documentation</i> , <i>plans</i> , <i>acts</i> , etc., control over the execution and acceptance of work, deliveries, <i>etc.</i>
<u>final</u> Getting results , identifying, mastering and improving best practices	Receiving results, reviews, criticism, rewards, awards; analysis and identification of best practices, their development and inclusion in world databases (Big Data, Noosphere) , identification of ways to further improve strategies, resources, practices (<i>form: PONA (Payments, Reviews, Awards, Upgrade).</i>

Afterword

The theme of the world order is closely related to another, no less important, but less noticeable and tangible facet of the Noosphere, to which wars also cause enormous damage. This part of the biosphere, apparently consisting of information and algorithms, should be pure as a spring of a global system of verified and important knowledge. But in wartime, it is polluted by lies and can turn into a dirty sewer. Moreover, the wars themselves often arise due to the distortion of historical or other information concerning the parties to the conflict. So history, philology, branches of culture, religions and other subjects can be quite attributed to the security factors of states and the world order. They must be protected from ignorance and lies no less than airspace from enemy aircraft and bombs.

During the war, lies are considered quite justified and affect not only the hostilities as such, but also many things around. Mark Twain said: "Nowhere is it easier to lie than in court." Maybe the satirist exaggerated about the trial, but in war this is

considered the norm, especially for the side that even before the war lied shamelessly. How to prevent catastrophic poisoning of information sources of the Noosphere? What filters will help clean up the streams of dirt? How to switch people's attention from confrontation and destruction to cooperation and creation?

Only immersion in life-affirming, creative and positively developing topics! The greatest scientist-psychologist of the last century, who went through the horrors of the war and the fascist concentration camp, lived for 92 years and became a world-famous moral authority, Viktor Frankl , wrote: “ **In inhuman conditions, only those who strive for the future, who believe in their calling and dream, can survive. Fulfill Your Destiny**” (Man's Search for Meaning).

And one more of his great and relevant understanding: “ **We must learn it ourselves and explain to the doubters that the point is not what we expect from life, but what it expects from us** ” (book “Say Yes to Life!” Psychologist in a concentration camp).

Viktor Frankl had in mind (and this can be confirmed by millions of his like-minded people and, I am sure, many of those reading these lines) that the meaningful fulfillment of the reasonable requests of people, society and Life itself is not only a way of serving society, but also a way to one's own success and happiness.

The project-book “ ECOSANACLUB ” is intended for a joint search by interested people of what Life expects from us. I have only defined the structure and some directions of this search in order to make it more systematic and efficient. I also intend to continue to share the important information I have gained and the quality sources of it. But I expect to seek many specific answers to specific questions together with those who are also not indifferent to the emerging world problems. With those who are ready to conscientiously, correctly and persistently seek solutions and share their knowledge, practices and experience, respecting their interlocutors and gaining like-minded people, associates and friends in the process of this “expedition for the main meanings”.

CONCLUSION.

People living today are living in a unique time that has never been and probably never will be. For the first time in the observable history of life on Earth, one of the animal species, namely Homo Sapiens, has come to two incredible milestones. On the one hand, it has become a geological force and can completely destroy its habitat, and therefore its species, along with many other types of life on Earth. On the other hand, the same Homo Sapiens, through the development of science and technology, approached the real possibility of becoming immortal or, at least, significantly increasing their longevity.

And now it depends on people whether they will live a healthy and prosperous life for centuries, millennia, and maybe millions of years, or they will destroy their habitat, make it unsuitable for many species on Earth and die themselves. Moreover, **humanity has a decade left to solve this, in the literal sense of a vital, existential issue**, which is what world scientists and specialists shout about and the UN officially declares.

In this project book, we will try to figure out how this happened, what is happening, and what needs to be done in order to survive and move on the path to the well-being of both people and Nature. This task is not easy, it requires rethinking and changing many of the prevailing understandings and realities of our life. But at the same time, this task is terribly interesting and real, as the author was convinced by his practical experience.

The author has a wide multifaceted experience in science, in business, in social activities, I have seen many countries and different localities. But the most significant for the study, analysis, selection and implementation of the best solutions by societies, states, environments of existence, the author chose: 1) Russia (as the abode of various kinds of experience, often negative, but important for study by the whole world); 2) Finland (as the happiest, highly developed country, as a model and source of positive experience in sustainable development); 3) Ukraine (from the point of view of excluding negative experience and applying positive experience, the author always had Ukraine in front of her eyes). This is the country of the author's ancestors, this is the country that the whole world is now looking at, which helps the positive forces in the world to survive and develop successfully, and therefore people of good will from all over the world also help Ukraine in confronting the Russian forces of evil.

The most developed countries of the world, officially, not only in words, but also in deeds, confirmed that they would support Ukraine both in wartime and in post-war reconstruction. So it is difficult to imagine a land more destined by history, fate or higher creators, where it is possible and necessary to bring to life the sphere of reason - the Noosphere, the co-creator of which was the outstanding Ukrainian, as well as Soviet and European scientist Vladimir Vernadsky.

Ukraine is an ideal place for implementing the most advanced ideas and at the same time preventing the implementation of Bad ideas from the evil empire. She is the center of attention of the whole world, she has done more than others for the forces of good and the embodiment of the ideas of good, few people else would have been so eager to help the progressive forces of the world as Ukraine, and few where else this help is so necessary and fair.

Annex 1.

ABOUT THE AUTHOR (optional)

- Studying and successfully obtaining a diploma of an engineer in power plants of the Marine Technical University, former LCI (1975-1982);
- Creation of the Student Mentoring Organization at his university and the corresponding movement in the country (1978-1980);
- Creation and leadership of the Zonal student construction team (something like a youth construction company numbering 800 people) (1980 and 1981);
- Work as a researcher at the leading Central Research Institute for Economics, Management and Informatics, the largest shipbuilding state corporation in the USSR (1982-1988)
- Postgraduate studies at St. Petersburg (former Leningrad) University of Finance and Economics, preparation and successful defense of a dissertation on the topic of the sustainability of the economic and logistics systems of industry in wartime, obtaining a Ph.D. degree in economics (1984-1988);
- Creation and management of the organization of Young Scientists and Specialists, numbering about 35 thousand people (1986-1988);
- Development and implementation of the first non-state form of enterprise in the USSR - Centers for Scientific and Technical Creativity of Youth (within the framework of Gorbachev's Perestroika 1986-1987);

- Creation and management of one of the first scientific production cooperatives in the USSR (NPK "GAOS") for the creation of automated training systems (1988-1990);
- **Acquaintance with Finland** and the creation of one of the first Joint Soviet-Finnish enterprises " Juritus Valmennus - SAOS "(1989);
- Creation of own enterprise " Innovative Association "ROST" (1990),
- Development and publication of the country's first package of Practical Guides "How to create a new type of company and organize its effective work", consisting of 9 volumes, conducting trainings for business leaders from all over the country and assisting in the transition from a planned to a market economy (1990-1992));
- Development and publication of a Practical guide on the privatization of housing and other real estate (more than 1 million copies, 1991);
- Establishment of a joint-stock real estate company ("ROST-Realty " JSC, which still exists and is the oldest in St. Petersburg), management of this company, pioneering the development of new business solutions in the field of development, urban planning, etc. Specialization in real estate for health and development (from 1991 to the present);
- Creation of the International Cooperation Committee in the Association of Realtors of St. Petersburg, and then a similar structure in the Russian Guild of Managers and Developers, studying international best practices, organizing cooperation with Russian companies and organizations (1996-2008);
- Studying under an international program and obtaining one of the first in the country the status of CIPS and CCIM (international real estate and investment specialist);
- Cooperation with the International Delphic Council (International Delphic Council) and Obtaining the status of "International Delphic Advisor" from the founder of IDC Christian Kirsch .

REALIZATION THAT THE MOST IMPORTANT THING FOR PEOPLE'S LIVES ON EARTH IS SUSTAINABLE DEVELOPMENT AND IN REAL ESTATE IS ECO-DEVELOPMENT.

(This important peak was reached in 2008).

- Establishment of the country's first "Eco-development Committee" in the Russian Guild of Managers and Developers (2008).
 - Work as Commissioner for Energy Saving and Ecology in the European Association of Real Estate Professionals CEPI (2008-2009);
 - Creation of the St. Petersburg Pushkin Council for Sustainable Prosperous Development, holding annual Conferences and Festivals on Sustainable Development and other events (2012 - present);
 - Creation and leadership of the Working Group on the sustainable creation and development of the Olympic clusters in Sochi (2012-2014);
 - **Refusal to build an already designed** 10-storey apart-hotel on 20,000 sq m, in order to preserve the bamboo grove and the creation on the same site of the "First unique eco-hotel "Bamboo Farm", which not only preserved, but also increased the volume of flora and fauna (2012-2014);
 - Preparation and publication of hundreds of posts, speeches, presentations on the topic of eco-development (2008-present);
 - Conducting more than 10,000 situational campaigns for the environment, for the rejection of packaging, excessive consumption, waste of natural resources, etc. (2008-2022);
 - Connecting the whole family, including growing children, to advance this mission (2010-present);
 - The performance of the youngest son Anton on the leading TV channel, in the popular TV show with the famous host Maxim Galkin, where Anton sang and recited the UN Sustainable Development Goals in 15 languages. The speech was of great benefit to the promotion of the SDGs and with great success - it has already been watched by more than 20 million people from different countries and continues to watch more and more new viewers (2018);
- After this speech, we were even more often invited to many international eco-events, in particular:
- Performances by Anton and family at the SDGs World Festival in Bonn (2019);
 - Performances at the Green Festival in Munich (2019)
 - At the International Forum of Strategists, where Anton spoke at the opening of the forum with a song and a parting call to the heads of ministries, regions and corporations (2019), and the eldest son Maxim made a presentation on eco-mobility;

-After the pandemic, the whole family made presentations on various topics at the same Forum. Received unusual thanks from the head of the Federal Office as "Vakulenko Eco-family from Tsarskoye Selo" (a kind of new brand ...) (2021);

- Acquaintance and expansion of cooperation with Vyacheslav Fetisov. This world's most decorated hockey player turned out to be a champion of sustainable development and the UN Envoy for the Arctic and Antarctic. We performed with him at very large events in Moscow and St. Petersburg in support of the environment.

(A very interesting thing happened when Slava invited us to participate in a unique project together with his friend and colleague. This is Lewis Pugh, a Briton living in South Africa. including a swim at the North Pole in sub-zero water and many others.

Lewis has sent Anton an official invitation to join his support team for an unprecedented swim in Antarctica's glacial lake to engage the world in catastrophic ice melt. Doctors did not agree on a huge unpredictable flight for a teenager with cerebral palsy, but we participated in supporting the Lewis swim online and were among the first to know and inform the world that a unique swim took place.

Another curious incident occurred three years ago when Anton spoke on the day of the naval parade in St. Petersburg, which was attended by President Putin. At that time, millions of hectares of forests were burning in Siberia, and Anton, seeing a huge number of ships, planes, helicopters and other things at the parade, called on the stage to use all this equipment to extinguish fires. A couple of days later, Putin, as if having heard this call, gave such an instruction to the Minister of Defense. Most likely it was a game for the public or his instructions were not followed, since nothing was heard about the successful results of the fight against fire).

- These and other stories can be viewed on our YouTube channel " ECOSANACLUB ", which we created in 2018. There are also recordings of other performances, including performances with a symphony orchestra at Open - air , Joint performance of a song with the famous Finnish "Police Tenor" Petrus Schroederus , Anton's numerous performances (successful, victorious) at vocal competitions, where he always said something in support of ecology even in front of the official jury.

- Recently, Anton, who became the frontman of the family media project-mission " EcoSanaClub - ESC ape to life ", performed significantly less. This is due to the mutation of the voice, during which experts recommended to reduce the concert load as much as possible so as not to lose the uniqueness. In addition, we had to leave St. Petersburg, where we had the main connections and partners in this area. But before leaving, Anton and I performed an anti-war song in the Hermitage, and at another event we made a presentation of the first edition of this book of mine.

Speaking frankly, I consider the results of our and other associates' eco-educational activities to be extremely insufficient. Although I personally lead her, almost 24x7, in all spheres of life: at home, in business, in social activities, even when traveling, at leisure and meeting friends. But, one has to agree with UN Secretary General Antonio Guterres that "humanity is losing the fight for climate and ecology."

The most important, the simplest and at the same time the most difficult (how paradoxical!) is changing one's own habits, primarily consumption habits. In this area, my family and I have achieved a lot. We began to buy much less of anything. Shopping, which once gave us pleasure, has become indifferent and even unpleasant.

We got rid of any pretentious furniture and other things, replacing them with solid, simple and functional furnishings and household items. We got rid of the second car, and the rest was used very rarely, focusing on bicycles and public transport.

We save water, electricity, heat, not so much for economic as for environmental reasons. We do not take single packages and packaging in stores. Living in an apartment building, we made a composter and throw organic waste into it, and then we use it for the soil.

My family and I often follow the philosophy of " non-doing ", meaning that it is often much more useful not to do something, not to build, instead of doing-building something not useful for people and Nature, and then getting problems or breaking-remake.

That's what is absolutely useful for Mother Nature, for its ecosystems and inhabitants, including people, so it's TREES! People harass them for the sake of all sorts of nonsense, and even destroy them with fires, bringing their disastrous end closer. And fifteen years ago I came up with this project: "A tree is the

best gift!". I asked all my friends to give me not some thing for my anniversary, but a planted tree.

Then we applied this rule on birthdays and other holidays, on which it is customary to give something. We have planted whole alleys in various places of interest and constantly experience pride and satisfaction from this. This is a great project, fun, useful and easy to implement. And it is more logical and reasonable than traditional celebrations, when guests and the hero of the day sit, eat, toast and drink for the health of the hero of the day, but the ritual itself - hypodynamia, overeating and alcohol achieve the opposite - spoil health.

Another useful rule is "Don't buy new, make it yourself or repair it." This develops cognitive abilities, and adds health, and self-esteem, and is economically beneficial. I have worked hard all my life and we are not a poor family and for us not economic but environmental considerations are a priority. But no one has canceled the economy yet (although the modern economic structure and attitude to Nature, laid down since the time of Francis Bacon, should have been radically changed, and this will also be discussed in the book).

The main thing we do not save on, in addition to the environment, is health. But even here, as it turned out, there are much more effective, cheap, time-tested, and even pleasant ways of healing and treatment than operations, expensive medicines, procedures, etc. We will gladly share our discoveries in this area, which is understandable and important for every normal person.

Here are just some of the touches to the self-portrait. But that's not all. The purpose of this book and the project as a whole is to make a huge collective portrait together with colleagues who also do not want to sit back and wait for severe punishment from Mother Nature. After all, she gave us everything that one could wish for on this UNIQUE, BEAUTIFUL planet Earth, and we all squander it all so ingloriously, to say the least. As the intelligent and caring Russian scientist Lyudmila Fionova wrote: **"We eight billion idiots killed our own planet!"** .

I really want to believe that not all is lost. In any case, I have something to offer to save Ho mo Sapiens Reasonable . And these are real, interesting and even entertaining and not burdensome ways and projects, some of which are described above, while others we will bring up for discussion in the course of further publications on YouTube and other resources.

about the author (optional)

- Study and successful completion of a Diploma in Power Plants Engineering at the Naval Technical University, formerly LKI (1975-1982);
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