



Fritjof Capra speaks to The Heart of the Matter



Content overview

vimeo.com/capracourse/heartpreview
Video (2 mins)

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Video (29 mins)

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un.org/sustainabledevelopment

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earthcharter.org

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About the makers of The Heart of the Matter

Key messages of this video

- Because our global problems are systemic problems — all interconnected and interdependent — a systems approach is essential for the successful implementation of the Sustainable Development Goals (SDGs).
- The underlying dilemma is the illusion that unlimited growth is possible on a finite planet. We urgently need to shift from quantitative to qualitative growth.
- The focus on qualitative growth is consistent with a new science of qualities that has emerged over the past thirty years.
- We need to become “ecologically literate” to understand how nature sustains life. Systems thinking is critical to design sustainable communities accordingly.
- Systemic problems require corresponding systemic solutions. The shift from industrial agriculture to agroecology would be a systemic solution *par excellence*.
- Beyond the conceptual level, we need a new ethics. The Earth Charter provides the ideal ethics for our time.

Recognizing the role of systems thinking

The “heart of the matter” springs from the realization that our global problems are systemic problems — which demand a different understanding and approach to deliver on the UN 2030 Agenda. Since its emergence in the 20th century, the understanding of systems behavior, also known as “systems thinking,” offers effective science-based possibilities to those concerned with long-term sustainability and the regeneration of a healthy planet.

Steps you can take

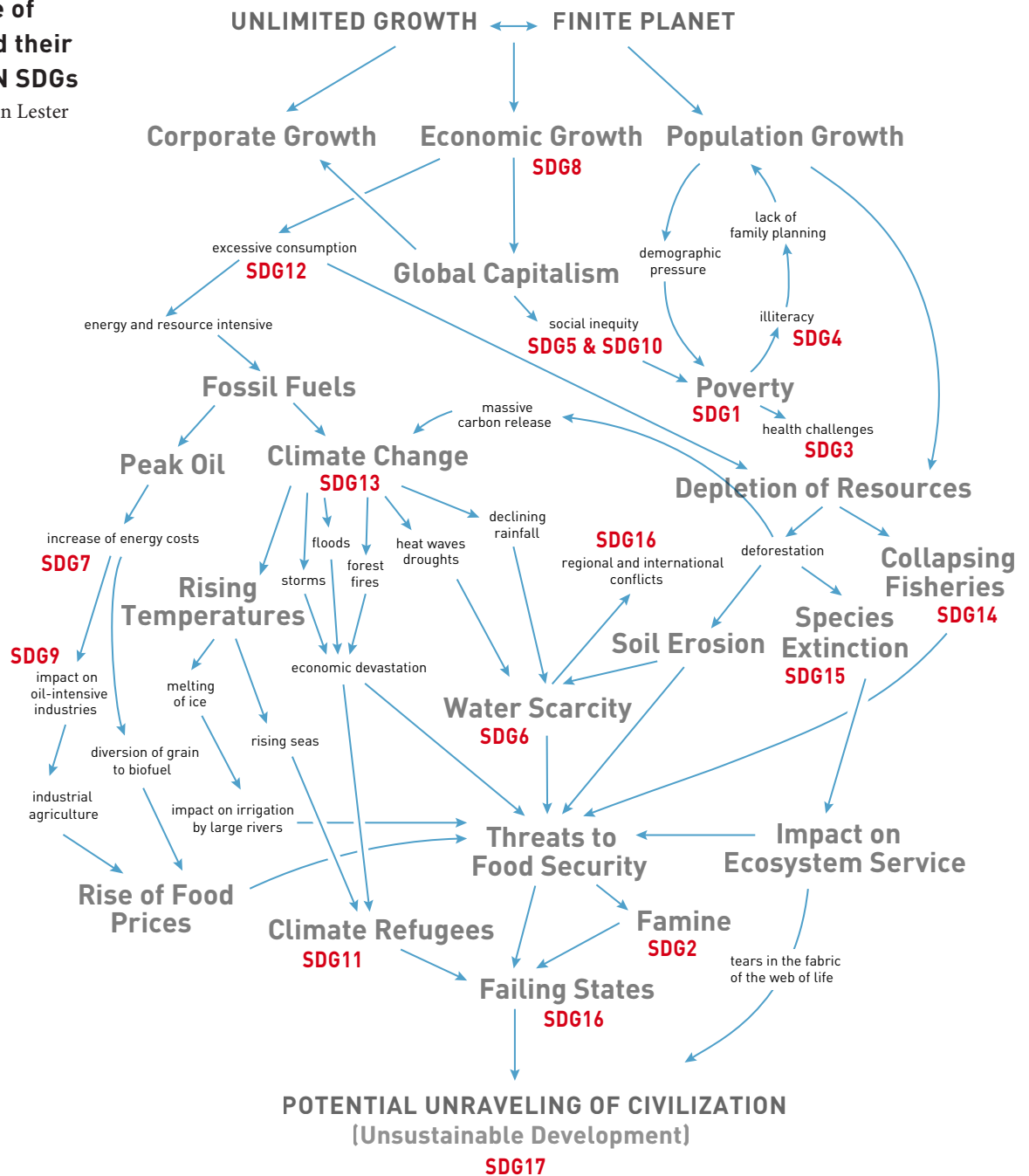
- Learn more about systems thinking and how it can positively impact how you understand and approach problems in your community and beyond.
- Grow your network of associates and practitioners who are working with SDGs, locally, nationally and internationally.
- Apply systems thinking whenever making assessments of proposed solutions and seek options that foster community and regenerate life on the planet.

Figure 1:
The UN 2030 Agenda of Sustainable Development Goals
The 17 SDGs are conceived as a blueprint to address the global challenges humanity faces, including those related to poverty, inequality, climate, environmental degradation, prosperity, and peace and justice. They were adopted in 2015 by world leaders at an historic UN summit.



sustainabledevelopment.un.org

Figure 2:
The systemic nature of global problems and their connection to the UN SDGs
Fritjof Capra (2018), based on Lester Brown (2008)



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Figure 3:

The Earth Charter

Adopted in 2000, the charter is a universal expression of ethical principles to foster sustainable development. It seeks to inspire in all people a new sense of global interdependence and shared responsibility for the well-being of the whole human family, the greater community of life, and future generations.

earthcharter.org

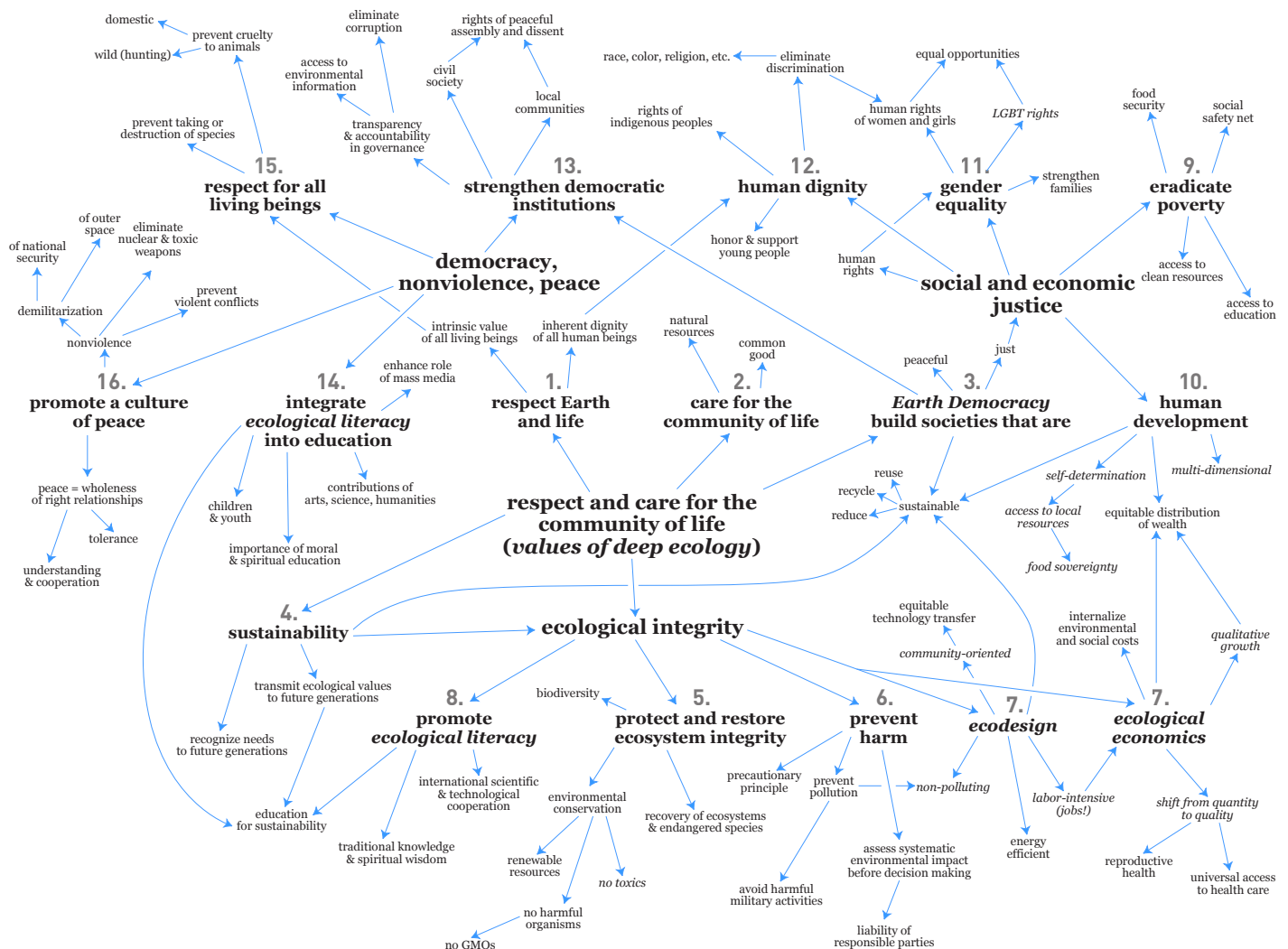


Figure 4:

A systems view of the Earth Charter

Fritjof Capra (2016)

This conceptual map shows how the 16 principles of the Earth Charter are interrelated. The principles are arranged in four groups. These groups, and the principles themselves with their numbers, are shown in **bold face**, and key words from the text are written in smaller print. Some of the terms used are not in the text of the Earth Charter but seem appropriate for making connections with ideas. Terms not explicitly used in the Earth Charter, are printed in *italics*.



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To learn more about the systems approach

The book

The Systems View of Life, by Fritjof Capra and Pier Luigi Luisi

Cambridge University Press (ISBN 9781316616437)

The online course

For details and registration, go to capracourse.net

Order from your local bookstore or
an online service such as:

[Booktopia \(AUS\)](#)

[Dymocks \(AUS\)](#)

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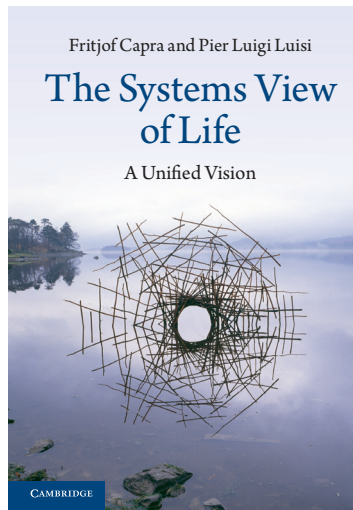
[Biblio \(USA\)](#)

[Barnes & Nobles \(USA\)](#)

[The Book Depository](#)

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[Amazon \(USA\)](#)



‘Partly an enjoyable survey of exciting new developments in systems biology, valuable to any student of biology or science, and partly a bold blueprint for how we might preserve our future on Earth.’

— New Scientist

‘... today, rebuilding our thinking, language, and actions around Darwin, not Descartes, and around modern biology, not outmoded physics, creates rich new options. Driven by the co-evolution of business with civil society, these can build a fairer, healthier, cooler, safer world.

The Systems View of Life is a lucid, wide-ranging guide to living maturely, kindly, and durably with each other and with other beings on the only home we have.’

— Amory B. Lovins, Rocky Mountain Institute

Capra Course consists of one lecture per week for 12 weeks and includes a discussion forum in with Dr Capra participates for the duration of the course. The course will provide you with the conceptual tools to understand the nature of systemic problems and the range of solutions being developed around the world.

capracourse.net

CAPRA COURSE

LEARN MOREREGISTRATIONALUMNICONTACTBLOG

Join Fritjof Capra and explore the new systemic conception of life at the forefront of science and its application in economics, management, politics, design, medicine, and law.

Fritjof Capra's Capra Course

from Capra's Courses

This course will give you the conceptual tools to understand the nature of our systemic problems and to recognize the systemic solutions that are being developed by individuals and organizations around the world.

Registration for the **Fall 2019 Capra Course** opens on July 15, 2019.

The course begins on September 25, 2019.

LEARN MORE

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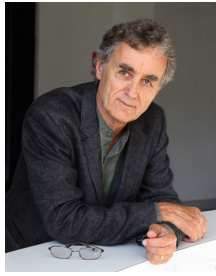
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Research institutes and centers of learning of the global civil society

This short list of NGOs is arranged in three groups, according to three dimensions from
The Systems View of Life, pp. 395-96.

| I. Cognitive Dimension | | |
|---|---|--|
| State of The World, and Systemic Solutions | Intergovernmental Science-Policy Platform on Biodiversity & Ecosystem Services | ipbes.net |
| | Earth Policy Institute | earth-policy.org |
| | Worldwatch Institute | worldwatch.org |
| | Wuppertal Institute | wupperinst.org |
| | Tellus Institute | tellus.org |
| | Global Footprint Network | footprintnetwork.org |
| | Redefining Progress | rprogress.org |
| Education | Center for Ecoliteracy | ecoliteracy.org |
| | Second Nature | secondnature.org |
| | Schumacher College | schumachercollege.org |
| | Resurgence Magazine | resurgence.org |
| | Bioneers | bioneers.org |
| II. Social Dimension | | |
| Economics | International Forum on Globalization | ifg.org |
| | New Economics Foundation | neweconomics.org |
| | Foundation on Economic Trends | foet.org |
| International Relations | Institute for Policy Studies | ips-dc.org |
| | Global Trade Watch | citizen.org/trade |
| Global Social Justice | Third World Network | twinside.org.sg |
| | The Cultural Conservancy | nativeland.org |
| | Grameen Foundation | grameenfoundation.org |
| Sustainable Business | Natural Capitalism Solutions | natcapsolutions.org |
| | Social Venture Network | svn.org |
| | Business for Social Responsibility | bsr.org |
| | Ecotrust | ecotrust.org |
| III. Ecological Dimension | | |
| Climate Change | The Climate Reality Project | climaterealityproject.org |
| | 350.org | 350.org |
| | Sierra Club | sierraclub.org |
| | Greenpeace | greenpeace.org |
| | Rainforest Action Network | ran.org |
| | Transition Network | transitionnetwork.org |
| Energy, Water | Rocky Mountain Institute | rmi.org |
| | Council of Canadians | canadians.org |
| Biodiversity | Navdanya | navdanya.org |
| | Green Belt Movement | greenbeltmovement.org |
| Food And Agriculture | Via Campesina | viacampesina.org |
| | Slow Food | slowfood.org |
| | Sociedad Científica Latinoamericana de Agroecología (SOCLA) | agroeco.org/socla |
| | | |
| Ecodesign | Zero Emissions Research Initiatives | zeri.org |
| | Biomimicry Institute | biomimicryinstitute.org |
| | World Green Building Council | worldgbc.org |
| | Global Ecovillage Network | gen.ecovillage.org |

About the makers of Fritjof Capra speaks to The Heart of the Matter



Fritjof Capra, Ph.D., physicist and systems theorist, is a founding director of the Center for Ecoliteracy in Berkeley, Calif., an organization dedicated to promoting ecology and systems thinking in primary and secondary education.

Capra serves on the faculty of the Amana-Key executive education program in São Paulo, Brazil. He is a Fellow of Schumacher College, an international center for ecological studies in the UK, and serves on the Council of Earth Charter International.

After receiving his Ph.D. in theoretical physics from the University of Vienna in 1966, Capra did research in particle physics at the University of Paris (1966-68), the University of California at Santa Cruz

(1968-70), the Stanford Linear Accelerator Center (1970), Imperial College, University of London (1971-74), and the Lawrence Berkeley Laboratory at the University of California (1975-88).

In addition to his research in physics and systems theory, Capra has been engaged in a systematic examination of the philosophical and social implications of contemporary science for the past 35 years. His books on this subject have been acclaimed internationally, and he has lectured widely to lay and professional audiences in Europe, Asia, and North and South America.

He is the author of several international bestsellers, including *The Tao of Physics* (1975), *The Web of Life* (1996), and *The Hidden Connections* (2002). He is coauthor, with Pier Luigi Luisi, of the multidisciplinary textbook, *The Systems View of Life: A Unifying Vision* (Cambridge University Press, 2014).



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Produced by Capra Course Alumni in collaboration with The Commons Cluster of the United Nations NGO Major Group

The video and its preview was a creative effort of these individuals:

Written and narrated: Fritjof Capra, Ph.D.
Project lead: Marilyn Fowler, Ph.D.
Advisor: Lisinka Ulatowska, Ph.D.
Producer: David Peters
Design and visualization: David Peters
Video editor: Derek Dockendorf
Videographer: Gino Rose
Music: Chris Zabriskie
Coordination: Mira Michelle Kennedy, M.A.
Project support: Phoebe Tickell, M.A.

Marilyn Fowler holds a Ph.D. from the California Institute of Integral Studies in San Francisco, CA (USA) and a Master's Degree from John F. Kennedy University in Pleasant Hill, CA (USA). Her career focus, both as a university professor and as an organizational consultant, involves integral leadership practices for environmental sustainability. In her academic work, she launched the Leadership and Deep Ecology Masters Certificate program at JFKU, the first program of its kind in the US, and developed the post-graduate capstone course for the Eco-Resilience Leadership Certificate at CIIS. Her organizational consulting work has focused on helping Fortune 1000 companies around the US redirect their business goals towards greater social responsibility and more environmentally sustainable business practices.

Lisinka Ulatowska, M.A., Ph.D. has been associated with the UN since 1969, including as Guide/Lecturer for Public Information, Co-Founder and Chair of the UN NGO Task Force on Financing; and Co-Founder and Coordinator of the Commons Cluster of the UN NGO Major Group. She has led lobbies at the UN for diverse NGOs; is author of among others: *A Self-Financing World Marshall Plan: A Basic Income for All People and a Marshall Plan for the Earth* (English, Dutch); *Fearless: Ordinary People Doing Extraordinary Things in a World Grippled by Fear*; *A World Citizens Manual* (English, Dutch, German, Chinese); a *Handbook for Effective Global Action*; and co-authored numerous documents on sustainable development that have been distributed among national governments and the UN.

David Peters is a communication designer, researcher, and curator who is based in San Francisco. He advocates for ethical design as a force for positive change and has served as the lead consulting designer to progressive organizations like the Wikimedia Foundation, Creative Commons, Wiki Education, Ocean Conservancy, and the 2005 UN World Environment Week. In 2016, he co-led and programmed Social Innovation Week for AIGA SF. David is a graduate of the Nova Scotia College of Art and Design (CA), studied at the European Graduate School (CH), and has taught in the design programs of his alma mater and Yale University.

Derek Dockendorf is a filmmaker and documentarist based in Santa Cruz, CA. Over the past 15 years, he has crafted content for National Geographic, PBS Nature, and international brands with focus on renewable energy and human health.

Gino Rose Gino is a director, producer, actor, and solo performance artist living in the San Francisco Bay Area. He has directed videos on six continents, and has won international awards for his work.

Chris Zabriskie is a prolific composer and musician specializing in ambient, electronic, and experimental soundscapes. Since 2009, he has released more than a dozen albums and hours of studio recordings online, all with Creative Commons licenses so as to encourage free culture and popular innovation. He currently makes his home in Orlando, FL.

Mira Michelle Kennedy M.A. (Psychology with a concentration in Ecopsychology) has worked in the field of education and sustainability for the last 20 years. She was the coordinator for the Program in Community and Agroecology at the University of California Santa Cruz, which focused on fostering the next generation of leaders in sustainability and food justice. Mira is currently teaching graduate courses on leadership and transformative change at the California Institute of Integral Studies.

Phoebe Tickell is a scientist, educator, and systems thinking entrepreneur. She started her career at Cambridge University from where she graduated with a first-class degree in Biological Natural Sciences, followed by two years working as a research scientist in microbial metabolic engineering. She has designed and delivered education programmes internationally on topics of sustainability and science and is an Associate Lecturer at Schumacher College (UK).

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Commons Cluster of the UN NGO Major Group

The Commons Cluster was co-founded by Lisinka Ulatowska and James Quilligan under the name Commons Action for the UN. Upon requests by UN colleagues, this was enlarged to encompass more UN-accredited organizations and renamed the Commons Cluster of the UN NGO Major Group. Its aim: to foster unity in today's diversity out of which a Nature-inspired global community can emerge, rooted in the well-being of ALL, both people and Nature. We gather ideas and best practices from people worldwide; and through targeted mailings, we bring these to the attention of Heads of State and Government and delegates

to the UN of all 193 Member States. We also address UN conferences, and work with individual delegates to, together, promote an all-win world.

We come from quite diverse cultures and walks of life, many represent organizations that are UN ECOSOC accredited which allows us to speak at UN Conferences. All are welcome to join us by going to the allwinnetwork.net website and requesting to be placed on our mailing list.

We function as a commons, which is like an ecosystem in that all attending our strategy meetings make decisions together; we jointly decide, design and carry out the actions we decide to adopt; and we all share in the fruits of our labour. In this way, we have produced numerous articles, reports, books and most recently, videos.



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We encourage you to foster this important conversation by including hashtags such as these:

#CapraSpeaks
#SDGs
#GlobalGoals
#SystemsThinking
#SystemsSolutions
#QualitativeGrowth
#Regeneration
#DesignEthics
#EarthEthics
#AllWin
#CommonsCluster
#CapraCourse

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| Olga Yakimenko | Ise Anahi Carrasco | College |
| Protoplasma Kid | Kirill Ignatyev | CGIAR |
| Dori | Gail Hampshire | CIAT |
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| Mick Thompson | Amgueddfa Cymru | Visualization |
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| Fred W. Baker III | Joanna Penn | |
| James Petts | Myriam Fotos | If your work has not been |
| refractor | rayons de miel | acknowledged, we sincerely |
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| Meszaros Zsuzsanna | Christopher Michel | contact us so that we may |
| Tom Fisk | | remedy this. |
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| Stanley Zimny | | |
| Yun Huang Yong | | |