

# Realise A Better World

Newsletter Issue #002

July 2006

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## WELCOME NOTE

Hello to all my peeps and welcome to the second edition of the Realise Newsletter.

This last month (June) has been one of those months that involved being very busy doing work for the group with an indirect impact. It seems like very little has been achieved but I'm sure it's a matter of time until the rewards appear.

This month I will personally be practicing the word "no". For us to achieve the goals we set for ourselves it is necessary to refuse others' requests for assistance sometimes. As selfish as it can feel when we set aside time for ourselves it needs to be respected. For if we keep putting off our relationship with ourself it becomes impossible to honestly and fully help others.

Therefore it can be a wise decision to be "selfish". The key to making wise decisions about prioritising yourself over others is considering others in your decision to address your own needs. Realise is working towards making it easier to understand the balance one must achieve between your own and others' needs.

I trust this issue will bring you inspiration and hope that moving towards responsible freedom means a better world for all.

## STRAIGHT TO THE POOL ROOM

The Pool Room this month presents "Harry the Scarecrow" - a sculpture by Julie Hauritz on the website.

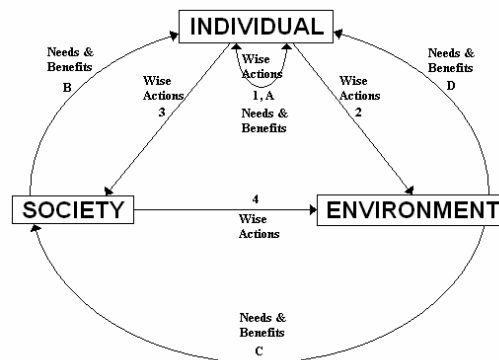
The sculpture is intended to inspire the combination of 'form with function' in permaculture gardens. The piece is an example of how reusing materials can create something that looks good and fulfils a role in food production. Thanks Julie.

If you have any creative pieces of your own with an inspiring, positive outlook to moving towards a better world, please contact us. We'd love to hear from you.

## MAPPING WISE DECISIONS

Many people wonder what we can do about the many issues that surround energy consumption, mining and the increased need for power stations. Realise suggests that to reduce the impact of mining and power station issues it is important to reduce the need for electrical energy in our daily lives. As always, this movement

towards reducing the need for electricity begins with each and every individual.



## Wise Actions

1. Personal goals for own health. Reducing electromagnetic radiation.
2. Using energy more efficiently and for multiple uses.
3. Reducing the actions that cause energy to be consumed while we work, rest and play. Reducing money going to companies that mine or invest in less ethical ventures.
4. Reduce market demands for mines, power stations, hazardous waste dumps and pollution taxes.

## Needs and Benefits

- A. Goal achievements for your health.
- B. More money to invest in local economy for the benefit of the local community. Healthier communities.
- C. Healthier atmosphere. Cleaner air. Less chance of environmental catastrophe. Reduced impact of environmental catastrophes.
- D. Cleaner air. Healthier natural and built environment.

When individuals have been given an understanding of how they relate to the situation they can begin to take responsibility for their decisions. It is moving towards responsible freedom to allow individuals to choose to make wise decisions in situations in this way.

We reduce our consumption of electricity firstly by increasing our understanding about the situation and what ways people can take positive action.

Some of the ways we can reduce our power consumption are listed below:

- Turn off the lights when not in use.
- Install energy saving devices and products in your home.
- Install a solar hot water system.
- Commit to using appliances less frequently.
- Equip your home to reduce the need for air conditioning.
- Invest in solar or wind energy.

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The great thing about reducing our electrical energy consumption is that it brings only benefits to the survival and the prosperity of humankind in the long-term. It is however acknowledged that to make sudden changes to the current system would cause initial problems such as unemployment and readjustment difficulties. A gradual transitional period dictated by individuals making their own wise decisions in their own time should then steadily curb the amount we rely on electrical energy.

When you have become committed to your own goals for reducing your own energy consumption it is acceptable to raise awareness for what others can do. It is then up to others to choose their own paths towards responsible freedom in energy consumption.

#### CONFLICT AND WISDOM

I was discussing with a mate about the story of the ANZACs at Gallipoli and we found it an absurd thing to jump out of a trench and run at machine guns facing certain death. Yet many soldiers through the ages have believed that by fighting they were moving towards a better world. A better world in that their families, communities and nations could survive and prosper peacefully with ample opportunities.

The first point to emerge from this conversation was that if people can achieve that state of mind where they will face certain death for a better world then surely one could get them to do something that's good for them too.

The other point to surface was that a war or conflict of any type could be caused by a lack of wisdom. Wisdom can be viewed as an overlap of knowledge, experience and responsibility in decisions in any given situation. During conflict a lack of knowledge about another party can mean a lack of understanding and result in a breakdown of communication. Additionally a lack of responsibility can result in reduced consideration for the other party.

By increasing our consideration for other parties we also improve the quality and strengthen our relationships with them. Considering others, as well as our own interests, builds trust and reduces the chances of degrading trust. Strong relationships will generally overcome misunderstandings.

One way we can adequately achieve responsibility for others is to consider them as you would wish to your needs to be considered by others. Then if conflict occurs and wisdom prevails it is both parties' responsibility to each other to:

- allow the relationship to repair, and...
- work towards repairing the relationship.

In this way wisdom can prevent the chance of conflict and reduce the impact of it when it happens.

#### LENDING A HELPING HAND

First of all, a big thanks to Christina from BrisLETS for the extra donation of units towards the group. These units will go towards advice for the setup of the group.

There's always room within the group for peeps that are passionate towards a specific group goal. It is encouraged that people involve themselves in a passionate and enjoyable way so please get in contact with us.

Some of the suggested jobs are as follows:

- Create a brochure for people interested in the group.
- Help with Newsletters.
- Ideas and examples for inspirational creative pieces to add to the Pool Room.
- A book review.

If you see something that could be better for your intervention and you have a passion for it then we would be only too happy to listen to your ideas.

#### WHAT NEXT?...

As the website gains clarity and the group gains momentum Realise has started to think about setting some short-term goals.

One such goal is to increase the membership base. To brainstorm ideas for membership a workshop will be organised for a Saturday in August. The venue is Northey Street City Farm, Windsor, Brisbane. Organic markets take place from 6-10am so come and do your grocery shopping first. Please let us know your preferences for which Saturday in August and what time.

Details of the workshop will be in next month's newsletter.

If there is anyone with advice, comments or suggestions about what should happen next, please get in contact with us as we are only too happy to receive feedback.

#### Realise A Better World



To add yourself to the mailing list simply send a blank email to: [realiseabetterworld@yahoo.com.au](mailto:realiseabetterworld@yahoo.com.au)

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