

A Plan for a Planet

Five Great Projects for the 21st Century

by

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Introduction

As the end of 2008 approached I began to consider my New Year's Resolutions for the year 2009. Suddenly I realized that here it was already almost 2009, and I had not seen any truly ambitious Resolutions for the **21st century**. It seemed like the turn of the Millennium in our country was dominated by a momentary concern for a little Millennium Bug, and then suddenly in 2001, the whole world was overshadowed by the 911 event and the ensuing expansion of the terrorism issue into a seemingly endless War on Terror. What happened to our **Goals for the 21st Century?**

I recalled that in January of 2004 President Bush announced a plan for our space program with specific goals. (1) The Space Station would be completed by 2010, and then the shuttles would retire. (2) A new Crew Exploration Vehicle would be tested by 2008, and begin manned tests by 2014. (3) Then manned missions with the CEV to the moon would begin in 2015, establishing a base on the moon by 2020. (4) The president also suggested that the lunar base would be a starting point for manned missions to Mars and beyond. This is a fine plan with doable goals at each step. But what about our Planet Earth and its population in the meantime?

We have some Kyoto emission protocols over which everyone has been dragging feet, especially the U.S. Then we have Mr. Gore's Alliance for Climate Protection and his challenge for the US to replace dependence on carbon-based fuels with "Green Energy" within 10 years. Gore laid down his challenge with an example of how America has demonstrated the ability to make something amazing and "unbelievable" into a reality: "When President John F. Kennedy (in 1961) challenged our nation to land a man on the moon and bring him back safely in 10 years, many people doubted we could accomplish that goal. But 8 years and 2 months later, Neil Armstrong and Buzz Aldrin walked on the surface of the moon." In response to this challenge Green Plans are now beginning to sprout in countries around the world, and President-Elect Obama has just made a strong declaration in his "New Chapter on Climate Change" message to the Governors' Global Climate Summit. Speaking with reference to upcoming global discussions such as the Poznan Conference he said,

"Once I take office, you can be sure that the United States will once again engage vigorously in these negotiations, and help lead the world toward a new era of global cooperation on climate change. . . . Now is the time to confront this challenge once and for all. Delay is no longer an option. Denial is no longer an acceptable response. The stakes are too high. The consequences, too serious. . . . I promise you this: When I am president, any governor who's willing to promote clean energy will have a partner in the White House. Any company that's willing to invest in clean energy will have an ally in Washington. And any nation that's willing to join the cause of combating climate change will have an ally in the United States of America." Specifically, the president-elect promised a federal cap-and-trade system that would mandate that greenhouse gas emissions be reduced to 1990 levels by 2020, and then reduced an additional 80 percent by 2050. The government, he said, would invest \$15 billion annually "to catalyze private sector efforts to build a clean energy future." This is a nod in the right direction, but barely a start on a project of such huge magnitude.

Inspired by the affirmative efforts of these leaders, I sat down and wrote an outline of five major projects that we can achieve this century that will bequeath a lasting future for our descendants – **A Plan for a Planet**. The Plan for a Planet that I propose is as doable as going to the moon was in the 1960's, and that project cost only \$25 billion put up by the U.S. government. That investment pales in comparison to the bailouts being tossed about these days just to rescue mismanaged institutions. The U.S. recently put up \$17.4 billion and Canada added \$3.29 billion just to help Detroit and its subsidiaries keep making the same old cars. Surely we can do much better than that. Implementing this Plan will proliferate new products and services, create millions of new jobs and stimulate rapid growth of the economy while reversing the adverse effects our activities have been imposing on the ecosystem.

The Five Projects

- 1. Deep Meditation**
- 2. Belief Management**
- 3. Spiritual Sex**
- 4. Clean Energy**
- 5. Green Economy**

These five projects cover the full range of human experience: spiritual, mental, physical, social, and environmental.

A Brief Description of the Projects and the Benefits to be Derived from Them

Project #1: Deep Meditation

Deep Meditation is an ancient “spiritual” technology that can stabilize a person emotionally, expand consciousness, and develop creativity. I call meditation a “spiritual” practice, because it takes the attention away from the physical world for a few moments of detached silence. This silence extends beyond all boundaries of our conceptions of things and gives a direct experience of the unity that underlies all the diversity of life. The Meditation Project involves informing people of the benefits of meditation and making the details of the technology widely available. The practice must be such that it is easy, fun, relaxing, and effective. It also must not be restricted to or in conflict with any particular religion or lifestyle, but must be flexible and adaptable to the times and to the cultural and religious preferences of a person. Above all the method must take people beyond the boundaries of their self-imposed and other-imposed limitations. The Meditation Project is easily accomplished, because the technology is available and the practice is easy to learn and simple to apply. Any person who can think a thought (which is pretty much everyone) can practice meditation. The only barriers to its widespread implementation in our day are skepticism, intolerance, and a lack of doing it.

Some Benefits Derived from the Practice of Deep Meditation

- Pure awareness,
- Clear mind,
- Reduced stress,
- Deep relaxation
- Deep rest,
- Expanded consciousness,
- Better concentration,
- Sharper perception,
- Broader vision,
- Enhanced efficiency,
- Better overall health,
- Clarity and creative energy for achieving the other Projects of this Plan.

Project #2: Belief Management

Belief Management is skill in understanding what beliefs are, how they affect a person's life, and how to manage them. One key aspect of the field is study of the modes of perception and experience. A person learns how to feel and experience in these different modes. He also learns how to distinguish what he really believes as opposed to what he believes he ought to believe or simply says that he believes. This fosters greater honesty and integrity. Heightened perception also leads to better appreciation of a situation and creative insights into how best to interact in a situation. Another key aspect of belief management is learning about the will and how it functions. When a person learns how to manage the will, decision making becomes easier. He also learns to manage the attention. Attention skills can have great impact on efficiency, creativity, flexibility, patience, and levels of achievement. Many people today are very confused about issues of identity, personal goals in life, and why they are here on the planet. Many are just plain unhappy and go around blaming their problems on others when they easily could learn to manage their own lives very effectively independent of what others may think or do. Belief management skills can have a tremendous beneficial effect on the achievements and happiness of people, yet such skills are not given much if any attention in the schools. About the closest we come is with classes on business management and some aspects of psychology, but such classes are very restricted in scope and application compared to the generality of belief management.

During the past few decades much research has been done, and programs that teach belief management are now available that produce remarkable results. Any belief management program must steer clear of indoctrination of any particular set of beliefs, as that would tend to preclude the student's exploration and defining of his own preferred beliefs. Even the beliefs that a belief can be created, manifested, modified, and discreated are optional. The student is invited to experience belief in the opposite – that things are fixed a certain way, and no effort at believing can do anything about it. Prescribed sets of beliefs, such as religious tenets or political platforms, can also be explored. However, the student always has the ultimate right of deciding what to believe and what to experience. This approach fosters a sense of complete personal responsibility. Each person makes his own bed and then lies in it. Belief management programs deserve a high priority in our educational curriculum. They hold promise as some of the best tools for developing creative, responsible citizens who will carry forward the building of great civilizations on this planet that can grow, flourish, and expand throughout the universe.

Some Benefits Derived from Developing Belief Management Skills

Shift away from facing the question of what **should** I believe,

Shift toward what would I personally **LIKE** to believe,

Ability to manifest preferred beliefs into preferred realities,

Relief from contradictory beliefs,

Balanced perspective,

Increase of tolerance and compassion,

Reduction of pretense,

Relief from indoctrination stress,

Alignment between beliefs and experiences,

Enhanced will power and decision-making abilities,

Greater achievement,

Greater happiness,

Greater creativity,

Greater sense of self-confidence,

Greater sense of personal independence,

Increased sense of personal responsibility,

Increased integrity and honesty.

Ability to manage ambitious Projects such as outlined below.

Project #3: Spiritual Sex

Spiritual Sex is a delicate issue, because the societies on our planet tend to have many inhibitions and fear-based attitudes regarding sex. This is a major problem, because humanity is a life form that depends for its survival on sexual reproduction. The accretion of suppressed emotions, inhibitions, and other such limiting attitudes results in many social problems that affect health, family life, and the very security of our communities. Much energy in our society is expended on anger, frustration, despair, and other self-destructive modes of feeling engendered by misdirected or misunderstood sexual energies. Another large amount of attention and activity is expended on treating sex as a commodity or as a tool for selling products and services. Sex is not a necessary nuisance or a way of generating business, it is the essence of intimate relations, and a pathway to sublime spiritual growth. We humans are social creatures. We have chosen to exist as a temporary life form that generally lives in communities and reproduces through intimate relations and long-term family structures. The starting point of a society is the intimate relation of sex. This is how life begins. This is the core of a family. If we value life at all, we must start with valuing the creation of life. Cruelty and violence result from a lack of loving relationships and a fear of real intimacy. The truth is that we are all one, and the

social divisions and barriers that we create are labels that we superimpose on that unity to separate it into compartments for local convenience in our lives. These labels also may easily become disruptive of the innate harmony in which we all coexist. The ability to love, respect, and appreciate another person begins with the ability to love, respect, and appreciate oneself. Proper understanding of and training in the management of one's own life energies and sexuality is a fundamental tool for achieving stability and harmony in society. Beyond that there is no limit to the social joy we may generate with another or with a community. Just for starters, imagine a world with something much brighter to look forward to than endless political struggles and tearful soap operas.

The implementation of the first two projects (**Deep Meditation** and **Belief Management**) will prepare the ground for implementing skills in **Spiritual Sexuality**. The tools for achieving Spiritual Sexuality exist, but there are only a few qualified facilitators available. We need an intensive training program for facilitators who have already mastered the first two projects to some extent. Once a team of competent facilitators is trained, a second phase can provide compassionate facilitation for the wider public. The life energy in the human body is a tremendous creative potential. It can create babies, and it can create bliss. That same energy can also create great athletes, great performers, great geniuses, and great leaders. The few who have learned this in the past through guidance or their own personal discovery have been the great examples of humanity. Greatness in an individual is a social expression of Spiritual Sexuality. We call it charisma. It converts sexual energy into spirituality for the evolutionary benefit of all. The real nature of this energy is pure bliss. With this energy purified and fully developed, we can generate vibrant civilizations beyond our imagination.

Some Benefits to be Derived from Practicing Spiritual Sex

- Profound personal joy,
- Ability to share joy,
- Improved sex life,
- Deeper intimacy,
- Improved family life,
- Better mental and physical health,
- Reduction of STD's in society,
- Integration of physical and spiritual life,
- Balanced perspective,
- Relief from repression,

Happier relationships,
Reduction in physical, mental, and sexual abuse,
Reduction in crime,
Reduction in violence,
Reduction in dependency on alcohol, tobacco, and drugs,
Ability to live in complete harmony with others and with the environment.

Project #4: Clean Energy

Cleare Energy is a major issue in the world today. We have developed a deep dependency on fossil fuels supplemented by nuclear energy. Both of these energy modalities are extremely inefficient and severely pollute the environment. The extraction of such fuels from the environment is a dirty process. The refining of the fuels is a dirty process. The burning of the fuels is a dirty process. Anything we do to mitigate these processes while maintaining a dependency on them simply pushes the dirt around from one place to another. We know the answer, and we know the technology. Why do we continue down the same road when the answer is so obvious? We know that the earth receives almost all her energy resources from the sun. Even fossil fuels are delayed resources that derive from the sun. Sunlight is our primary energy source. Secondary “clean” resources such as flowing wind and water ultimately derive from solar radiation. Solar energy is free in the sense that the sun provides it in abundance every day. The only cost is in the harvesting of the energy into a usable form. The energy system of the future basically has two components: capturing of energy and packaging of it for use in various applications.

Capturing and Converting Clean Energy

The oceans are the world’s largest reservoirs for capturing the radiant energy of the sun. The most efficient method of converting energy for use in applications is to go to the biggest reservoir that captures and stores such energy. Therefore, the first part of this project is to establish the infrastructure for converting the heat energy stored in the oceans into electricity (Ocean Thermal Energy Conversion, or OTEC). This will involve a huge capital-intensive investment in the construction of infrastructure. The technology is known and tested. Pilot projects already exist. In addition there are numerous useful spinoff applications of the conversion process that have been tested and validated. The ocean thermal energy reservoir is a virtually inexhaustible source of “free” and clean energy captured from the sun. It will be available for as long as the sun, earth, and ocean exist in their current relationships – which at the least is probably millions of years. Of course, we can supplement this energy resource with direct solar energy collection as well as developing wind and water secondary

sources. In some places geothermal energy is available. This and other promising clean energy harvesting technologies also should be developed.

Packaging, Storage, and Transportation of Energy

The second aspect of this project is to develop efficient methods for the packaging, storage, and transportation of energy. This is critical because the OTEC efficiency is not universal in the oceans, and conversion plants will have to be located where they have the maximum efficiency. Then the energy will have to be packaged for storage and transport. This is especially critical for the use of energy in the transportation sector. The fuel of choice is hydrogen. The best source for this fuel is water, because water is abundant on the planet and can be harvested without any noticeable pollution. The technology of using hydrogen as a fuel requires an efficient means of hydrolysis (splitting the water molecule into hydrogen and oxygen). Then it requires an efficient method of storing the hydrogen in a lightweight, safe, and portable format. The stored hydrogen must be easily retrievable on demand. When burnt as a fuel, it combines with oxygen and produces pure water. Thus, it is a clean fuel. Hydrogen is an ideal mechanism for storing and transporting the energy captured by a stationary conversion facility. The hydrogen probably should not be stored in bulky and heavy pressure tanks. It is easier to store it chemically and then release the hydrogen on demand through a controlled chemical reaction. This system of energy conversion, storage, and transportation has been used by plants for over three billion years (since life forms developed the ability of photolysis and photosynthesis), and therefore is a highly tested and reliable clean technology. Simple methods already exist for hydrolysis, and the efficiencies of hydrogen extraction techniques are improving all the time, hindered only by the skimpy budgets under which the development programs proceed. The same is true for the storage technologies. The next few years should show remarkable progress in both these areas. The question is: how far are we going to let the degradation of the ecosystem proceed through the heavy pollution created by fossil and nuclear fuels before we start serious implementation of clean energy technologies from the viewpoint of a total global solution rather than a bit here and a bit there? There will always be a role for limited use of non-renewable fossil resources, but mostly not as a fuel. And most of those needs can be met by renewable bio-resources. There also is a very limited range of usefulness for nuclear materials, but not as a fuel. There are interesting possibilities of efficient heat generation that may be achieved through certain electrolytic processes. However, the vision for the transportation industry lies primarily in the direction of hydrogen. I have serious reservations with regard to the use of fuel cells, because the widespread proliferation of them may also lead to pollution problems due

to the fuel cells. The hardware issues have to be addressed by Project 5.

Some Benefits to be Derived from Widespread Use of Clean Energy

Reassignment of fossil and other carbon resources to other purposes,
Retirement and cleanup of all nuclear power plants,
Massive reduction in air, water, and soil pollution,
Unlimited energy resources derived directly or indirectly from the sun,
Development of highly efficient hydrolysis technologies,
Development of efficient hydrogen storage and retrieval systems,
Use of hydrogen as the primary portable combustion fuel,
Large-scale development of Ocean Thermal Energy Conversion,
Development of highly efficient electricity generators and motors.
Low-cost clean energy available for the foreseeable future.

Project #5: Developing a True Green Economy

A Green Economy is an economy that remains in a permanent balance with the environment. The rules are simple. We do not use up non-renewable resources. Such abuse of resources deprives future generations of the possibility of using them. Any non-renewable resources that we use must be scrupulously recycled or simply not used. Life on the planet, and prehistoric humans did not use non-renewable resources simply because they did not know about them. The status of a non-renewable resource can change when a way of renewing the resource is discovered. For example, we have learned to manufacture diamonds and certain other precious stones at a level of quality that is good enough that diamonds, at least of a certain quality, may be reclassified as renewable resources.

In general, we must learn to design and manufacture products in such a way that all components of a product will either manually recycle under human intervention or will naturally recycle in the environment within a reasonable time frame without any hazardous consequences to humans or other life forms. We must learn to tread lightly on the planet if we expect to stay here much longer than a few more years.

The primary thrust of the **Green Economy** project is to develop materials and products that are totally eco-friendly. For example, this means that our buildings and vehicles, and the infrastructure that supports them, must be made of materials that are safe and will recycle or naturally degrade on command within a reasonably short time. The best technique is to build a chemical or biological process that can be triggered to biodegrade the product. Houses, cars, and consumer items – even

computers and high technology devices of the future should become “biological” entities that can be treated so as to biodegrade for recycling when they become trash.

The secondary aspect of this project is the process of cleaning up the mess we have made in the past, a process that is already partially underway with the help of the EPA superfund programs. This means cleanup of community and industrial dumps, hazardous waste sites, and the various polluted rivers and streams. Unfortunately the oceans and aquifers that have been polluted with chemicals and plastic trash will take a long time to purify themselves, and there may be little we can do except wait patiently for thousands of years.

Desalination and detoxification of soil is an important part of this aspect of the project. Soil recovery can also derive from the ending of deforestation and the widespread implementation of reforestation. The development and use of organic farming methods will eliminate the deleterious effects of fertilizers and pesticides on the soil and in the water. It makes no sense for Midwestern farmers to use fertilizers to increase yields, and thereby create a dead zone in the Caribbean that puts fishermen out of business.

A drastic reduction of dependency on meat, poultry, and fish in diets can be achieved through development of highly nutritional alternatives. Industrial farming of livestock is a major polluting factor in the world today and does not lead to compassionate treatment of livestock. Overharvesting of undomesticated plant and animal resources for commercial purposes puts tremendous pressure on these resources for survival and is not in our own best interests. So also does the excessive conversion of wildlands to agriculture and livestock.

A final, and very delicate, aspect of this project is population management. Currently population densities in many parts of the world exceed the sustainable levels for their respective ecosystems and put extreme stress on the environment beyond what it can manage from a resource and recycling perspective. My viewpoint on this problem is that by implementing the first three projects, people will naturally sort out their own preferences for environmental comfort and this problem will resolve of its own accord without any interference from “authorities”.

Some Benefits to be Derived from a Green Economy

Design of products using fully biodegradable or recyclable materials,
Efficient recycling of waste materials,

Management of renewable resources to prevent overharvesting,
Reduction or total elimination of nonrenewable resources from economy,
Elimination of hazardous materials from products,
Development of methods for green production and recycling of materials,
Widescale implementation of efficient organic farming technologies,
Massive reduction of pollution (in air, water, soil),
Cleanup of old waste sites and hazardous material dumps,
Reversal of salination and desertification trends,
Intelligent population management for stable land occupation and use,
Provision of abundant clean water resources,

Comments

The first three projects are easily accomplished, even within a few years, because the technologies for them exist and cost very little to implement. All it really takes to accomplish them is to let go of skepticism and prejudice and make the decision to implement them. The fourth may take a little longer, but I believe it can be achieved to a high degree with proper focus. The essential technologies are known and simply need refinement and implementation. The fifth is complex, will take some time, and requires a number of technological advances, but I believe that we can be well on our way to complete achievement of that goal by the end of this century.

When I read about the hundreds of billions of dollars being forked out for “bailouts” to financial institutions and corporations that have behaved irresponsibly, I can not understand why that same money is not used to accomplish doable goals such as these that will create a safe, secure, and comfortable world not only for this generation but for countless generations to come. Why are we throwing good money after bad when we can invest in our future and at the same time create countless new jobs and stimulate the economy?

Mankind has proliferated on this planet to the point where the human footprint is having a major impact on every aspect of the environment. If we continue to live according to a philosophy of using up the nonrenewable resources to make consumer products, and continue to make products with no thought for their recycling in the environment, we will soon find ourselves on an uninhabitable planet. We will have to summon the Junkions and Wall-e to sort out the mess while we take a vacation for a few million years.

“Soon” may not be tomorrow or in a hundred years, but it will be sooner than you

expect. This planet has evolved as a viable ecosystem for over three billion years. For most of the first billion years life was in the form of archaeans and bacteria. For most of the second billion it added unicellular eukaryotic life forms. For the last billion years it has been evolving multicellular life forms. It may yet have a billion or more years as a sustainable ecosystem and can lead to an unprecedented flourishing of enlightened life forms if we allow that to happen. At this point it is all up to us.

Humanity has had a noticeable footprint on the planet for only a few thousand years. Yet at the current rate of human “development”, we probably can not look forward beyond another thousand years, and maybe not even that long. If we allow the ecosystem of the planet to continue degrading at an ever faster pace, it may return to the unicellular or bacterial levels from which life first arose. That may be an exaggeration of the “worst case scenario”, but any movement in that direction would be a terrible shame for us as a species, because humanity now has the opportunity to create a wonderful planetary civilization that can last for millions of years and render our Planet a jewel in the universe.

This opportunity is only possible if we bring ourselves back into balance with the overall operation of the planetary ecosystem. The five projects outlined in this plan will be sufficient to achieve that goal in my estimation. These plans are doable and can be accomplished within this century. For thousands of years humans lived organically. Whatever they used in the environment was part of the environment and naturally recycled back into the environment. The population size was small enough that even techniques such as slash-and-burn clearing of forest had no appreciable effect on the ecosystem, because the area involved was so small compared to the overall environment that the system naturally healed itself and maintained its balance. This is no longer the case. With every new incursion into the wildlands and wetlands we threaten the survival of our companions on the planet. We have no right to feel that we can cause the extinction of many life forms and not expect our own extinction as a natural consequence. Why do we not have a goal to uplift life forms rather than bring them to extinction?

Let us dedicate our efforts during 2009 and for the rest of this century to the achievement of these 5 Projects in a **Plan for a Planet** – and beyond that for the accomplishment of much more. Once we stabilize our mode of life as a civilization in balance with the natural rhythms of our Planet, we will be able to explore to our hearts content the knowledge and technology, art and expression of our most amazing dreams.