

Mother Earth Needs Retreat

by Caroline Brandelius

We have pushed her limits. She is not in balance anymore. It has gone so far that she is entering a new era because of us. Today we search for inner balance and healthy lifestyles more than ever, but we forget about the health of Earth.

Holocene is the geological era that started 11,500 years ago. It is the most stable and warm period in Earth history. An era where humans discovered the revolutionary farming which was the start of the modern civilisation journey. This worked fine all the way up to having 3 billion people on the planet, but after that we interrupted the balance. That is why scientists today say that we are entering a new geological era caused by the human, Anthropocene. An era where nature's resources are drained and the only way to keep the planet in its perfectly balanced Holocene, is to deeply change the way we live our lives, now.

It can sound very dramatic and depressing that we are the ones responsible for Mother Earth's illness. Maybe, you don't even know where to begin, to stop this major bleeding. On the other hand, now is the time to make a change. Today we know we can make great impacts on the environment and

change a whole geological era. Even if it's just an ant's step, we can make a change.

Johan Rockström is an international well known environmental scientist in the field of global sustainability. He is a professor at Stockholm University in Sweden and executive director of Stockholm Resilience Centre. His message is that our planet has already tipped over, away from stability because of the impact from humans. The new era Anthropocene is a revolutionary insight. Like the one in the 1700 century when we discovered that the planet is not the centre of Universe and when humans started to more understand their relationship to planet Earth.

Anthropocene shows us that we can affect the planet and therefore we have to take responsibility to keep it healthy and in balance. Today we know that our planet's resources are stretched to its maximum capacity and that the change in the climate is already a fact. What we need to do now is to make sure that Earth doesn't tip over too much; this would change the human development radically. Instead, we need to keep it in its perfect balance.

The responsibility we have now is to help Mother Earth to find her balance again. Now, when we know that we



make impacts. We need to send her on retreat. Give her the break she needs from human abuse, stress, anxiety and depression. Give her a long meditation, a yoga class with cacao, a time for reflection and a surf on the perfect wave. Then she can come out on the other side. Stronger than ever. We need to make sure that our body, mind and soul are connected and united with nature. We need to listen inside and search for our own Holocene. Tune into Mother Earth's voice and maintain our inner balance connected to nature. Let her show us the way we should live and always remember...

She's the queen who rules the world.

Caroline Brandelius is a Swedish freelance journalist who writes about health and environment, now situated in Byron Bay. She just finished the Creative Writing program at Southern Cross University in Lismore.

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