

How a simple change of words can heal for sustainable human progress......

Care for health



Life in Nature is always healthy. Unhealthy elements die and are replaced by new and healthy alternatives. If humankind produces unhealthy situations through pollution out of political or economic tolerance we eventually accept our own replacement by nature....

Nature inspires creativity based on core natural and human values.



After production and consumption we economized the treatment of the consequences of such paradigm. Then we realized that our human core values are based on health, not curing sickness.

Continuum of Care

The definition of the Continuum of Care refers to "the delivery of health care over a period of time, and may refer to care provided from birth to end of life. Health care services are provided for all levels and stages of care". Health-care has become a multi-trillion money dependent business and governance's core instrument of authority.

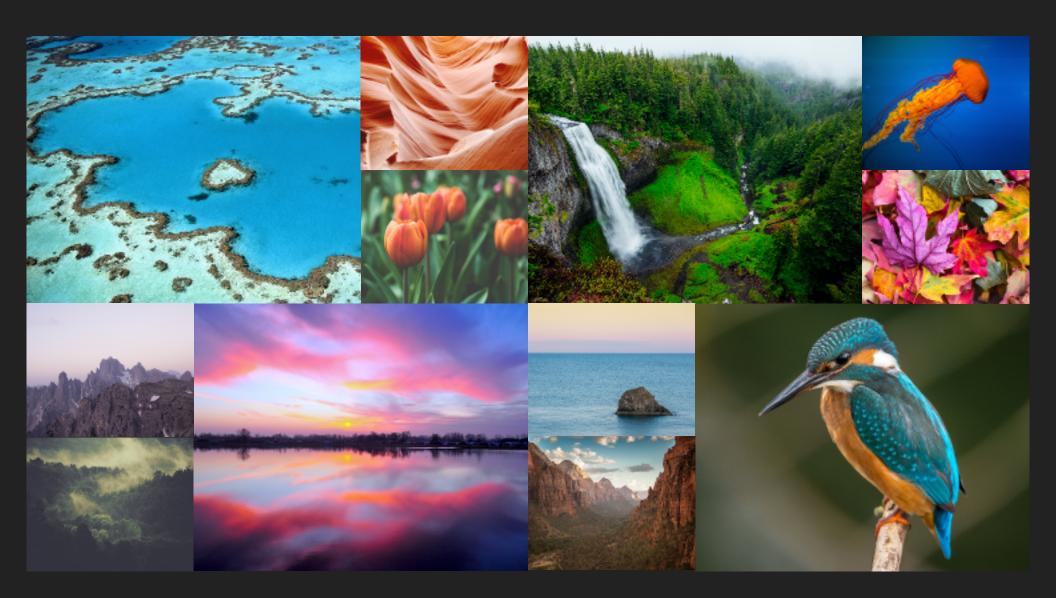
At the same time we have to deal with the consequences of a societal context that produces an unhealthy environment due to the effects of our social, political and economic dependence on fossil fuels, auto mobility, industrialization, logistics, etc. We react to our collective behavior through the "treatment paradigm",

a societal reactive attitude to our mainstream culture of destruction, repairing damage only once it affects us.

This we then economized by structuring the Care Continuum and regulated expensively through bureaucracy.

Proactive change is needed, recognized by climate scientists, proof of excessive pollution around the globe and political expressions of urgency expressed by 195 countries in the 2015 Paris Agreement. Costly remedial regulations and technological innovations do not heal the unbalance. Instead of the reactive health care we need to collectively care for health in a proactive manner.

Nature's core values for life are health, safety, adaptiveness, awareness and basic needs (food, air, water and energy). Naturally the human core values are too!

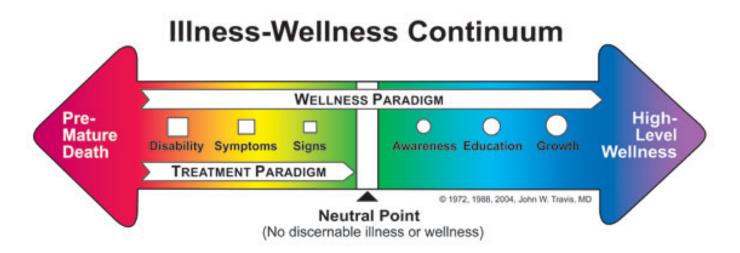


The Continuum of Care is an expensive remedial solution to illnesses produced to a great extent by our own misuse of people and our environment.

To heal our human relationship with ourselves and our environment we need to evolve rapidly from the reactive treatment paradigm into the one proactively based on the pursuit of integral wellness through the recognition of our core natural and human values. This simple but very relevant choice represents a new and very positive societal context as introduced in this whitepaper. It is the result of ongoing societal experiments in Eindhoven (Netherlands) with Sustainocracy, a democracy based on core human values, published worldwide and accredited as level 4 regional development.

The Continuum of Care excellence

The Continuum of Care, within the "treatment paradigm", has gone through a tremendous development of knowledge, health instruments and medical technologies. The resulting longevity of people provide the proof of progress. The definition of this Continuum of Care starts at the neutral point of the illustration below as soon as signs are detected for preventive needs of health care. A whole chain of services is organized between early detection, prevention all the way up to end of life support services.



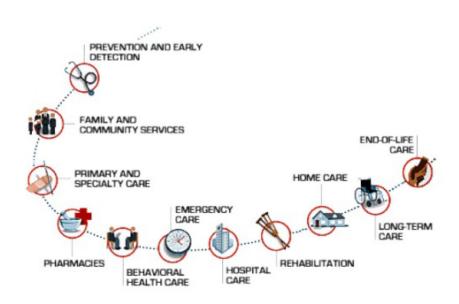
Neutral point

The neutral point is a highly significant psychological position. It refers to the lack of perceived illnesses or wellness. Most people only become aware of their health and the aspect of wellness when it disappears due to sickness or personal problems, not while they enjoy it. Our societal reality has developed in exactly the same way. We only deal with our problems when they appear, we don't anticipate them. The exponential expansion of our human presence on this planet has brought us face to face with unprecedented issues that we have been trying to deal with in our traditional reactive manner. Meanwhile we try to remain doing "business as usual".

The treatment paradigm is not delivering anymore the

solutions that we need to sustain human progress. The amount of issues to deal with are growing exponentially giving us the feeling that we are mopping with the taps open. The neutral point has disappeared and overall concern is now growing that premature death is threatening our communities and even our existence. In order to address our sustainable progress as a species the treatment paradigm does not suffice anymore. Awareness and education bring us to redefine our leadership from a reactive attitude into a proactive one. Instead of doing business as usual with trust in the Continuum of Care we need to convert our business as usual into the Continuum of Wellness. It is not health-care that matters but care for health.

Patient Oriented Processes: Prevention?



The treatment paradigm

One of the challenges we encounter when changing from a treatment to a wellness driven structure is the economized power still resident in the old neutral point "business as usual" attitude of old self-interests. Also the effects of an economized health care service show that preventive and remedial services are introduced as early as one arguably can out of economic interests. A director of a Dutch health insurance company stated that "a healthy person is one that has not been looked at sufficiently". Another consequence of the financial interests covered by this Continuum of Care is that many institutions develop self interest in the field of illnesses. A well known research foundation on health problems stated "we don't produce health, we repair illnesses."

This shows an economized culture within the Continuum of Care that identifies itself with the remediation of problems rather than with their potential contribution to heal. A sick person is a market for the continuum while a healthy person is not. We can ask ourselves to what extend the economic interests in the Neutral Point and subsequently the Continuum of Care contribute to sustaining and even enhancing the care need rather than trying to eliminate it? Wat is leading in the Continuum, human health or the desire to develop the market of curing?

There will of course always be a need for specialized care as illnesses, accidents and age related deteriorations will persist. The Continuum of Care is always relevant in any societal context. But from an evolutionary perspective the question is not how to cure illnesses but how to sustain health. In Sustainocracy the claim is that "In Nature every life-form is healthy. If not it dies and is eaten by another healthier one. The cycle of life in Nature is always producing health and resilience, not curing illnesses". When considering the social, ecological and economic importance of health and an healthy environment we can relate them not just to individual wellness but also to human productivity, engagement, joy, recreation, social cohesion, creativity, resilience, etc. Overall the arguments to care for health are in every aspect more powerful than our old attitude to wait for illnesses to act. Within a family scenario we tend to educate and protect our children with adult wisdom around health and safety risks, why should it be different in our societal leadership?

Societal Context

The Societal Context refers to the way we structure our society, our culture, our priorities and the way institutions interact between themselves and with people.

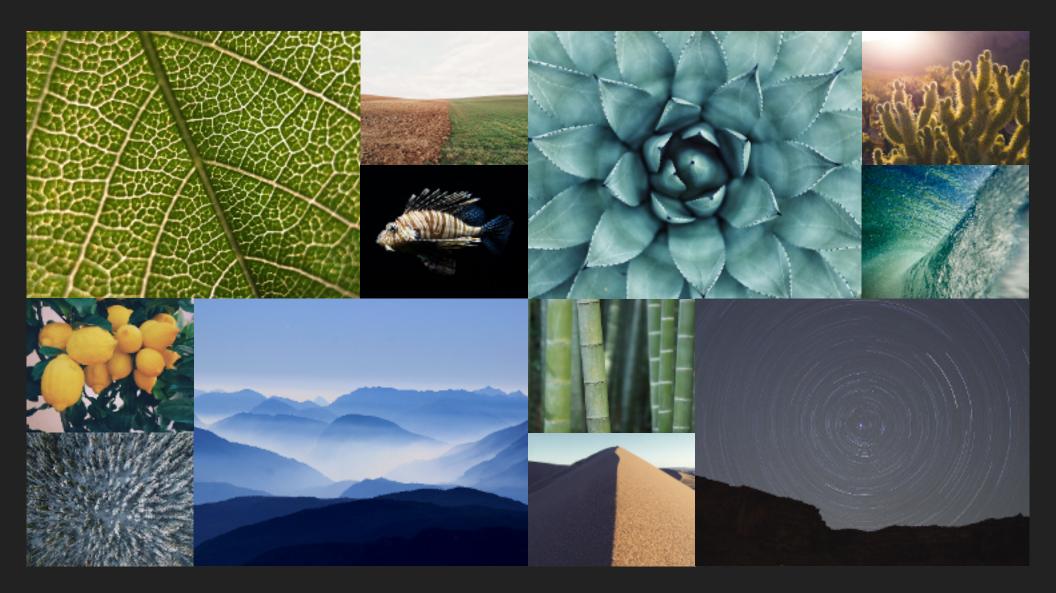
Historic logic

Ever since human beings started dominating fire a huge productive development and geographic expansion of the species has been witnessed. At the same time pollution, caused by the burning processes, had started and affected the species and its surroundings. The global presence of human activities was however too small to claim a noticeable effect on the climate or our environment. Nature itself produces enormous life threatening pollutants through volcanic activities and other natural phenomena. The human activity remained insignificant for a very long time, affecting primarily itself.

When global trade started, after logistics had become possible with sea and river vessels or road transport, the gathering of people around harbor and market places became exponential. Cities developed as the speculative centers of trade. Industrialized productivity further

attracted people to these communities too. These developed strongly around the money based systems which facilitated effectively the interaction between consumption and labor contributions. These vastly growing conglomerates of people disconnected totally from the original interaction with nature in the rural communities. In rural environments the basic daily needs such as food, water, energy and a place to live were obtained by direct interaction with the natural surroundings, without money.

In the context of a city such means were only accessible through theft, gifts or the economy of trade, not through direct productivity. The two human worlds, city and rural, had significant differences in relating between people, institutions, resources and the environment. Harmony is not a status quo, it is an continuous interaction between growth, chaos and (awareness driven) adaptation.



In Dutch two words define success from totally different view points

In the Dutch semantics we developed two words to define success in reference to the two worlds, city and rural based cultures:

* trade well (welvaren): the speculative risks of dealing with trade and the value of shortages

*farm well (goed boeren): the planned interaction with nature to produce abundance

Over time the city based model became dominant worldwide and gradually industrialized also the food production, water and energy supplies. The money based interaction between the institutions and general public became also the key instrument to create reactive services like the Continuum of Care.

Care developed as a remedial service and addressed care in the same way as structured industrial processes deal with repairs. Access to remedial care became equally based on money, just like food or other basic needs, not a humanitarian sense of responsibility. It is a product within economic market mechanisms. In city based communities money has become leading, with public investments in services such as infrastructures, housing, entertainment and health care. City management evolved around institutional and financial interest only. The human being was instrumental to such interests with healthcare and education to assure optimal human interaction with the institutional self interests.

Growth has been the main driver for stability as it would produce a continuous flow of new labor opportunities and related economic processes. Cities are for nearly 100% dependent on resources from outside their boundaries to cover the basic needs of their populations and industrial processes. The global system of industrialized supplies provided a continuous flow of perceived abundance against a price. The origin of this availability and possible consequences for the climate and planet were not necessarily of the city's concern. It was of no one's concern because the fragmented chain of activities had no overall claim on responsibilities that we still out of the sight of our collective awareness.

The overall picture is one of growing negative stress and a continuous threat of collapse.

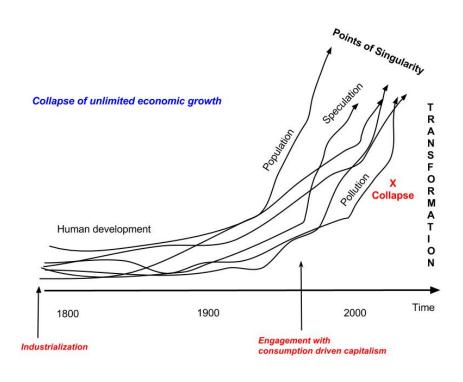
Meanwhile the rural based interaction with nature had largely disappeared and was replaced by industrialized mass production of our basic needs using our soil and environment for economic efficiency not cyclic natural productivity. As the global human population grows exponentially, in decades rather than millenniums, the consequences of this evolution on our environment become painfully evident. We lost our self aware connection with our environment and grew into the 6th cause of mass elimination of lifeforms on Earth ever since the existence of life on this planet. Over decades governments have tried to remediate this unbalance by expensive regulations introducing and control mechanisms which resulted in expensive bureaucratic structures for control. No one can be held solely responsible for the destructive forces of our historically justified culture. Locally we only had remedial options through the treatment paradigm.

The latest city development is therefore focused on investments in technologies that define the modern "Smart City" and help optimize city management even further yet again with an extra layer of costs.

The tension between the desire to harmonize our relationship with our environment and the economized growth patterns, both needed to sustain the existing human populations and systems, put pressure on the societal context.

One of the measurable effects can be seen in the Continuum of Care. The costs of society are growing exponentially both at the side of citizen's expenses and government. The human productivity is in decline through automated process, lean cost optimization and reduced labor requirements. The main remaining motors of the economy are found in speculative activities that generate even more social differences among the people, debt development of cities and citizens, demand for care, and capital injections that try to sustain instruments in detriment. The overall picture in this societal context is one of growing negative stress and a continuous threat of collapse. The political and economic remedial mechanisms within the old societal context don't seem to produce the necessary relief anymore. The exponential growth of the issues are seriously endangering all progress.

Change of State



In mathematics, physics and biology a point of singularity represents a dot on the line of an exponential growth curve where further growth has become impossible. When such point is reached then the exponential growth either collapses or a change of state is perceived. Such change of state can either be observed as the explosion into fractal miniatures of the original, or the appearance of a totally new physical state. The latter connects in a totally different way with the surroundings and starts a new growth curve.

Within STIR the understanding developed that within the evolution of lifeforms this phenomenon is also relevant to species that outgrow their size in such a way that they cannot sustain themselves through the feeding mechanisms that produced their exponential growth. They either collapse into a population size that is within the limits of the available resources, or the species develops adjustments to a lifestyle that fits new feeding mechanisms within a new area of abundance. Humankind has reached such point. In this whitepaper we claim the change of state from remedial health care to generalized care for health.

Competition for resources is then avoided and a new period of growth can be enjoyed. The human species is showing signs of both collapse and adjustments. When our self aware consciousness demands us to make a choice then the vehicle of adjustments produces better evolutionary perspectives than collapse or the effort to try to sustain the past. Only the unaware seem to be affected by a collapse because they had no time or wit to adjust. But if adjustments are needed to provide sustainable human progress, what adjustments would that be?

The purpose of life is awareness while change is the only sustainable constant.

Economies respond in the same way.

Once a market is saturated there are no growth mechanisms anymore for that product or service. When more than three competitors tend to feed economically from the same market definition their competition develops into value detriments due to cost optimization processes and market shake outs up to a level that one or more competitors collapse, are being absorbed by others or a disruptive innovation takes over. In the process the fragmented survival mechanisms of the parties involved leave destruction in their vicinity caused by their blind battle against collapse.

This we see happening in the global competitive world of industrialized processes. Survival mechanisms of the industries and money dependent governance has grown in dominance over the ethical reflection of the consequences of such choices. Many participants in these processes are blind for the points of singularity that they approach and focus on upholding their status rather than considering a change of state. The consequences on the

natural surroundings grow now exponentially too, developing points of singularity of their own. One of such points is the potential elimination of the human species itself, or at least a huge collapse of the societal context in which we developed ourselves for a long time.

Management of processes is blind for change and only tends to take responsibility for optimization and growth of the same as usual. The purpose of life is awareness and the ability to adjust in accordance in order to produce sustainable progress. This we refer to a "leadership", the ability to anticipate, to make visible the invisible, to take responsibility for change as only constant for sustainable progress. Global management routines demand business as usual while trusting remedial care to repair any damages. Leadership demands the change of societal context and the state of human and institutional interaction as our point of singularity has been reached. Care for health is justified and produces a new wave of sustainable progress, economic resilience and wellness as well as growth.

The most important resources of a community are its citizens.

STIR places the Continuum of Care experimentally within the new leading state of a societal context called **Sustainocracy**, based pro-actively on "care for health" as evolutionary complementary and necessary societal function to remedial "health care". This simple change of state of the societal context, from health care to care for health, leads to a healing process of the local economy, social cohesion and long term productivity, with a positive human health evolution. It also has a huge impact on the way human beings, institutions and governance interact to sustain and develop such core values and its spin-offs within the systems of care, education and economic development.

A change of state corresponds to the law of opposites, the change of polarity witnessed when passing through a particular point in a continuum. This characteristic is not just known in astronomy, also in molecular behavior, the string theory and finds an analogy in economic cycles. It does not affect the material composition of the element, just its resonance with its surroundings. The same

mechanisms are used in business initiatives that produce new market leadership perspectives by addressing an opposite energetic positioning to a market leading organization. Examples are: a car versus a horse, large mainframe against mini computer systems, fast versus slow postal services, blue versus red label cola's, remedial health care versus proactive care for health.

Every point of singularity reveals an opposite that produces relief and a new wave of progress.

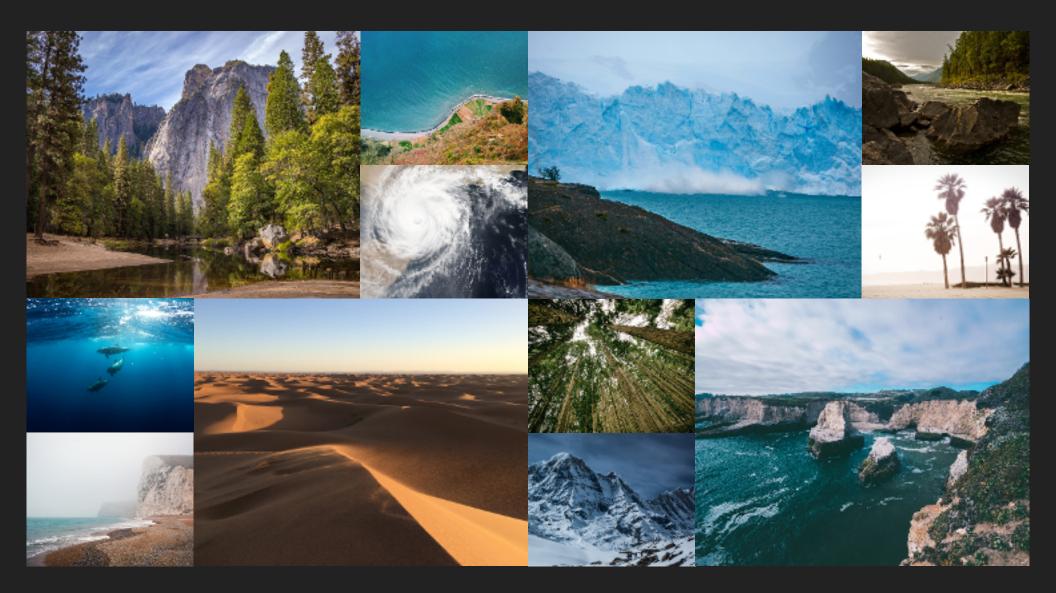
The polarity change of the societal context, from remedial health care to care for health, does not immediately affect the people and institutions within society as they remain functioning as usual. They all start to resonate with the health demand judging their own contribution to the solution or the old problem. A self regulating mechanism then takes care of the healing process within society as participants adjust their behavior according to the new energetic resonance within their surroundings. Those who adjust survive and grow, those who can- or do-not adjust disappear according to the laws of nature. New initiatives also start populating the economic and societal eco-system, producing a new wave of progress without the stress of the old paradigm.



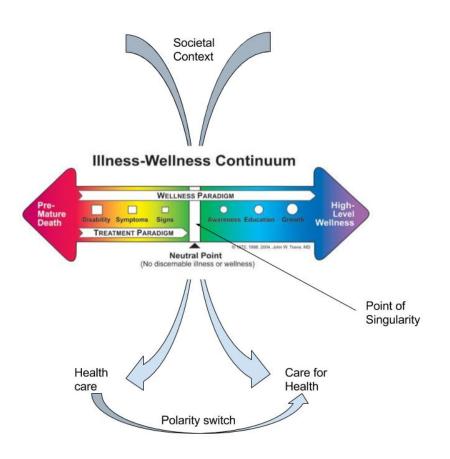
Each human being is the linking connection between natural core values that successfully evolved over 4 billion years and the structured human systems of productivity, economies, education and care. The human being can be seen as producer and consumer with an unprecedented growth of massive global presence. On this human characteristic we can base politics and economies of scale developed by financial mechanisms. At the same time the human molecular

composition within mechanisms of life's evolution makes us a member of the variety of species populating the planet, subject to the mass destruction caused by pollution and misuse of our environment. The integral human complexity is hence a powerful source of inspiration to look for sustainable human progress. In many communities the human being is becoming recognized as the main resource for sustainable progress, not material resources, money or institutionalized initiatives.

Within Sustainocracy the human being has the freedom, wit and creativity to overcome any challenge through clustered cocreation.



Polarity change



The market of health care is now a subset of the integral Wellness Paradigm while societal costs transform into societal engagement and shared responsibilities. The human being and our sustainable evolutionary progress as a species becomes the center of attention, with health as one of the natural leading triggers for innovation and progress. The main change of this new societal context and its polarity switch is the positioning of the human being at the center of all operational attention rather than our political and economic interaction with our material surroundings. The new resonance gradually affects every element of society as a natural process of evolution.

It is interesting to note that such change of polarity at first was thought to be a voluntary choice with the need to persuade other people and institutions to participate. After a while it shows as a natural process of change that accelerates when we reflect about its benefits as in this White paper. The process of change involves both the awareness breakthrough and the need to overcome our long term connectivity to the old resonance. "Letting go" is then an energetic issue of perceived old emotional comforts that grow obsolete but temporarily blind or block us from accepting the new resonance. In terms of mental shifts the pain of letting go is experienced as a personal or institutional drama with the tendency to blame our surroundings of our suffering in an attempt to sustain the unsustainable. On the other hand, once we let go, the engagement with the new resonance fulfills us with a sense of liberation, opportunity and growth.

This White paper, from a human emotional and rational point of view, is hence a proof of concept of a new societal context that is real, comfortable, full of growth perspectives and simply subject to old societal dependencies and structures to let go and overcome their fears. The simple acceptance of Care for Health as a leading instrument for one's own resonance within a new reality, whether personal or as professional representative of an institution, takes care of the integral transformation towards the new environment of infinite growth.

Change of State invites everything and everyone

The same laws of the opposite that apply to the point of singularity also affect the structuring of society. Our old resonance with money driven systems had created a interrelationship between people and institutions, and institutions with institutions, based on the exchange of money. None of the fragmented entities in the chain of economic relationships could be made responsible solely for the damaging effects that brought us to the points of singularity. None of them individually could be held accountable of pollution or social detriment as the societal context justified and even rewarded their behavior. The parts where accountability was feasible became subject to regulation while the consequences found a solid remedial representation in the treatment paradigm within the Continuum of Care.

Within the paradigm switch, as an effect of the polarity change, we see that the fragmented money based interaction does not apply anymore because all together are held responsible for the contribution to health. Instead of repairing what we break we try to avoid breaking it, not by not using whatever we need but by safeguarding its reuse for the long term. This does not just apply to our material needs in terms of a circular economy, it also applies to our natural habitat and resources that cover our basic needs (food, drinking water, healthy air and protective warmth). In the new resonance with a different, core values driven reality, we see dynamic, multidisciplinary human and institutional clusters appear that address issues together in an innovative way. The clusters contain typically the four functional pillars of society shown here....



Pillar of Society	Perspective
Local government	Infrastructures and public means
Local citizens	Culture and behavioral engagement
Entrepreneurship	Productivity and creation
Science and education	Knowledge and knowledge sharing

The emerging world of Sustainocratic participative leadership.

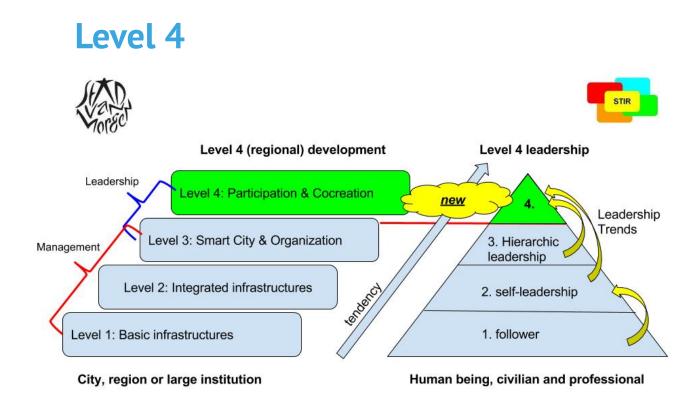
The new interaction is based on values driven co-creation with the individual engagement of talent, time and energy, as person or institutional representation. This process is project driven within the new societal resonance while producing proof of progress at every clustered event. Clusters of interaction are relevant to the priorities ad project's defined. They dissolve again when the projects have finalized. Since the efforts in this process engage both citizens and a diversity of institutions it received the denomination of "participation society". The dynamic clustering process became known as the "awareness driven eco-system". From a historical perspective this invitation to get involved into values driven processes has been sensed as a new layer of regional development, on top of the existing layers of the old paradigm, not a replacement.

In the old, underlying paradigm the involvement in societal processes, based on political and economic directives, was rewarded with money and measured also in money based deliverables. The new layer does not make engagement accountable in terms of money in and money out. It is more complex and defines itself from the perspective of investment of resources (money, talent, time, energy,

infrastructures, technology, etc) and reciprocity in the shape of new values in a variety of forms (new policies, products, services, health, value of the house, knowledge, awareness, harmony, social innovation, social cohesion, care savings, wellness, improved environmental quality, trust, etc). Each of those new values can find its destiny again in new waves of economic growth and political standpoints.

Layer 4 regional development

The extra layer is considered by all involved to be an evolution that places the historical old paradigm in perspective with the new. The evolution is hence seen as progressive rather than disruptive, despite the intense sense of change experienced by all the participants. The new resonance has relieved the stress off the old paradigm in anticipation of one or more points of singularity, opening up to a new reality full of opportunities and progressive growth. The three layers that support the fourth become necessary elements, including those people already involved in the management and maintenance of those layers.



Emerging world of Sustainocratic participation

The fourth layer starts to interact with the underlying three, producing a progressive process of innovation based on the new Over time the entire resonance. community transforms while most people involved act within the new resonance as if it has always been this way. For them the changes are not experienced as change but business as usual. In fact, for 99% of the population the changes are a natural progression and lay no significant claim on their awareness or rational thinking patterns. Their behavior transforms gradually within the energetic resonance of the new era and the positive invitation of the surroundings.

Initiating such new societal context is however a leadership, not a democratic issue. It was car manufacturer and entrepreneur Ford who said about this: "If I had asked society what they expected from innovation in mobility they would have wanted a faster horse".

Our current democratic systems, within the political economic reality of the old societal context through self interests contained in political party definitions, leave little room for the type of leadership represented by industrials like Ford. Such leadership of change through product innovations is traditionally reserved for entrepreneurial activities and reactively followed by politicians. Politicians tend to expect this still of business development and spend buckets full of money on subsidies for such developments. They do not dispute their own contribution to the global problems through the democratic characteristics to create hierarchies of greed. The change of state is primarily a societal issue, not an industrial one. Level 4 is therefor committed to the core human values and not anymore to party political or economic directives. This causes temporary stress among those who claim authority still in politics or economics rather than level 4 shared responsibility. The core human values are however so powerfully recognized that new contextual leadership will rapidly replace the old.



Economy of Growth is no guaranty for stability, a transformation economy is.



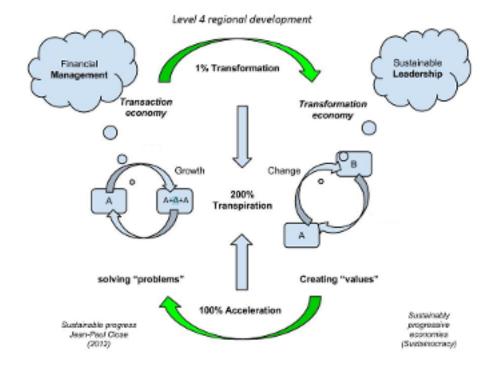
One of the impediments of the old era to accept the invitation of a new one is the self interest of sustaining the past. The point of singularity is often dismissed through negation and hence the invitation is put aside. As long as anyone (person or institution) has (semi-)sustainable access to enough life support the process of engagement to something new is delayed, even when such engagement would provide better perspectives to themselves, others or the worldwide community. Large economic crises are normally suffered because of governance which made itself irrevocably part of the past instead of embracing progress by keeping an open mind and experiment with change including changing itself.

Change is as much part of a reality as growth. Plain focus on growth only invariably gets anyone into trouble as explained with the appearance of points of singularity. The open mind introduces the need for change when certain measurable signs appear that suggest the forthcoming collapse and introduce the need for change. Managing growth and change in one economic system is only possible when its management places itself above both variables from a perspective of harmonic resilience by accepting an economy to be part of the ecosystem of nature instead of leading it. This is achieved by introducing the fourth level of regional development, governed by the core values of sustainable evolutionary progress rather than the political or economic interests that govern the layers below. Change always tends to deal with the unknown but the law of opposites replaces that by dealing with the desired as opposed to undesired. Unhealthy situations are undesired while health is desired. Health is an undetermined abstraction but in the public resonance it is a tangible reality in the face of climate issues, pollution, rising costs of care, etc. Public support can hence always we expected as a silent democratic fact without need for implicit or explicit political projection. It is a silently accepted leadership responsibility, not a democratic choice. It only becomes a political issue when the leadership responsibility is omitted and public representatives are made politically responsible by their populations. Unfortunately this tends to happen when it is too late.

From Smart City we evolve into the Awareness driven eco-system referred to as a Sustainocracy

For the first time in human history we become aware of such unspoken responsibilities and the way our old societal context has deviated from them. The change patterns hence are always directed at establishing health, or any of the other core values. This gives comfort to the establishment that needs to deal with the innovations and motivation to change, including the often painful declaration of obsolescence of elements of the past. Normally such obsolescence gradually phases out over time as the new instruments build up. Having established the permanent backbone of sustainocratic core values and the combined responsibility of all fragmented expressions of a society in an operational layer 4, the trigger for innovative change is always initiated when one or more of the core values are in jeopardy. Measurement infrastructures are created that produce the triggers for change. These become part of the "Smart City" component of new societal instruments, linking the past with the new level 4 societal context. Such instruments link with the values driven innovation clusters that use the input to stimulate their creativity. The clusters contain the variety of possible partners that can subsequently divide the value creation processes over societal patterns (policy, new products, new services, new behavior, new scientific insights, new education) within their own fields of institutional or personal self interests. The cyclic process is reflected in the drawing below indicating also the tremendous effort (transpiration) that change represents for those who initiate it and

the powerful effect it has on progression (acceleration). If, on the other hand the transformation economy is omitted the acceleration comes to a hold and even produces the undesired consequences the global and local communities suffer today. The transformation economy, based on the natural core human values is hence seen as the natural healing factor of an integral economy of regional harmony and resilience.



Practical level 4 examples in Eindhoven (Netherlands)

1



Healthy City through air quality, human health measurements and awareness driven human regional dynamics. Projects:

- * Intelligent Measurement System
- * Health, air and lifestyle research
- * Civilian participation in health
- * Integrate Air Measurement with Traffic Management

www.aireas.com

2



Civilian and institutional engagement in innovative productivity of basic needs such as food, recreation, education, energy, safety and health, including water and healthy air. Projects:

- * Edible forest, urban farming
- * Direct urban food connection with city consumption
- * Happiness by making it happen

3



School of Talents is a global Sustainocratic learning community. Projects:

- * Participative learning
- * STIR HUBs, entrepreneurial clubs
- * Workshops
- * Links with AiREAS and FRE2SH www.schooloftalents.nl



