

12 Invitations to Ourselves

1 MOBILITY

We are looking for ways to travel in a more climate-friendly manner.

Even if this point will make many people cry right at the start: We are freeing ourselves as far as possible from energy-intensive forms of mobility. This has much less to do with renunciation than with the decency to thoroughly question some of our habitual privileges.

2 TOLERANCE

We see ourselves as part of a colorful, cosmopolitan and tolerant society.

Even if it should be a matter of course: We actively and patiently stand up against direct and subtle forms of prejudice, racism, misogyny and homophobia – including that perpetrated amongst ourselves.

3 COMMUNITY

We actively network, get to know one another, and support each other.

It can be exhausting but also enriching to experience yourself as part of a community, whether at work, in a partnership, as a family, as part of a self-chosen community or in a neighborhood. It is important to practice living together more and more and to develop a cohesion in which we feel comfortable and in which we can develop.

4 CREATIVITY

We educate ourselves poetically, artistically, and spiritually.

Painting a picture, reading a book or writing a poem are relevant methods to counter the multiple crises of our time. This creates inner balance, self-efficacy, happiness and a deeper understanding of ourselves and the world we live in.

5 CONSUMPTION

We buy second-hand, repair, share, swap, and make things ourselves.

We have far too much of everything. Whether fast fashion, fast food or planned obsolescence: through our consumer behavior, we ensure that as few new consumer goods as possible are produced to meet our needs. We organize regional services and neighbourly help. Creating de-commercialized spaces at the local level is a subversive and highly socially active action.

6 ENGAGEMENT

We are politically, activistically, and socially engaged.

We oppose human rights violations around the world that are committed because of the power interests of a few. We are radically committed to justice, peace, and diplomacy in society. Be outraged, get involved, and organize yourselves as a local, democratic community.

7 FOOD

We garden and eat a plant-based diet as we are able.

The way we eat makes a huge difference. That's why we buy more organic and regional food as consistently as possible and be conscious about our choice. If we create the opportunity to grow and process some of our own food, we take a huge step forward both personally and in terms of civilization.

8 PLAY

We sing and play together and alone.

People are fully human only when they play. Consuming less and not merely define ourselves by our careers, we will have much more time to play and experiment. We can explore the world in all its facets artistically, musically and scientifically, get to know ourselves and the world better and make a "career" in a broader sense.

9 HEALTH

We keep ourselves mentally and physically healthy.

Our mental and physical health is our greatest asset. Not only physical exercise and positive thinking, but also meditative practice, such as yoga & tai chi provide a good basis for connecting with the unseen strata of life.

10 BEAUTY

We are poeticizing ourselves and the world.

When we are less preoccupied with gainful employment and consumption, we have more time for the beauty of the world that surrounds and permeates us everywhere. We can find it if we take the time to look for it. We find it in nature, in art and poetry, and in the free play of a child. We find it outside in the cosmos and within our own thoughts and ethical actions.

11 TECHNOLOGY

We use digital resources carefully.

The belief in more technology as a solution to our civilization's problems prevents us from changing our attitude towards the world. The digital world is not only becoming increasingly resource-intensive, it is also collecting our data in order to send us and our children more tailored advertising in our living rooms with the help of its algorithms. We are making a fundamental effort to merge less rather than more with our cell phones and to be more mindful of our digital consumption.

12 RESILIENCE

We question our conventions and emerge stronger from crisis.

We understand the multiple crises that we are increasingly facing as an invitation to ourselves to change culturally in a very fundamental way. We will try to understand these crises not quickly, but thoroughly; we balance contradictions within ourselves. This also involves critically questioning our conventional concepts of activism, progress, solution-oriented thinking and hope.