

## Eco-Psychology (Eco-Therapy), Solar Ecology & Biblical Ethos<sup>1</sup>

### Definition & Introduction

**Eco-psychology** connects psychology and ecology. The political and practical implications are to show humans ways of healing alienation and to build a sane society and a sustainable culture. Dr Theodore Roszak is credited with coining the term in his 1992 book, **The Voice of the Earth**. This was a call for the development of a field in which Psychology would go out of the built environment to examine why people continue to behave in "crazy" ways that damage the environment, and the environmental movement would find new ways to motivate people to action, ways more positive than protest.

*Roszak expanded the idea in the 1995 anthology, **Eco-psychology; Restoring the Earth, Healing the Mind**, which he co-edited with Mary Gomes and Allen Kanner.*

This book, with articles by each of the editors and many others who would become prominent voices in the field, is still considered by many to be an excellent primer on Eco-psychology.

### Response stages to climate change and destruction of planet Earth

Stage 1: Denial

- \_\_\_ of the problem
- \_\_\_ of the seriousness the problem
- \_\_\_ of your ability to do anything about the problem
- \_\_\_ of anyone's ability to do anything about the problem

\_\_\_ Stage 2: Semi-consciousness

\_\_\_ Stage 3: Moment of realization

\_\_\_ Stage 4: Point of no return

\_\_\_ Stage 5: Despair, guilt, hopelessness, powerlessness

\_\_\_ Stage 6: Acceptance, empowerment, action

### FOUR CATEGORIES OF OUR 53 SENSES ACCORDING TO ECO-PSYCHOLOGY

1. The **radiation senses**: sense of colour, sense of moods and identities associated with colour, sense of temperature.
2. The **feeling senses**: sensitivity to gravity, air and wind pressure, and motion.
3. The **chemical senses**: hormonal sense, such as pheromones, hunger for food, water or air.
4. The **mental senses**: pain, external and internal, mental or spiritual distress, sense of self, including friendship, companionship and power, psychic capacity.

These many senses are the real substance that feeds our body, mind and soul. Senses and sensations usually feel alien to a modern person brought up closeted from life's sensory connections.

Reason is a sense unique to our species; however it may not be more valuable than the other 52 senses. In fact this sense alone can be our own worst enemy and the guard at the door of our closet. It might be scary to venture out, especially given our cultural attitude about nature being wild, primitive, and destructive.

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<sup>1</sup> Aish lecture 17 Oct. 2009 – [www.peach-alternative-energy.org](http://www.peach-alternative-energy.org) – Dr Abraham (Abe) Abrahami

## Solar Ecology definition

SOLAR ECOLOGY is a term used by Dr Abrahami and others to link ecology and nature conservation with solar energy. Solar Ecology is about combining energy saving measures together with solar energy from the sun and geothermal energy from below the earth surface. This is responsive step to Eco-Psychology, to clean our act, save energy, maximize the use of renewable solar energy and eliminate our dependence on fossil fuel.

## Eco-Psychology in the Hebrew Bible

The first 3 commandments to mankind in Genesis;

### Genesis 1:

**27** And God created man in His own image, in the image of God He created him; male and female He created them. **28** And God blessed them; and God said unto them: 'Be fruitful, and multiply, and replenish the earth, and rule it; and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that creep upon the earth.'

### Genesis 2:

... בְּהַבְרָאָם: **4** These are the generations of the heaven and of the earth when they were created, in the day that the LORD God made earth and heaven.

**5** No shrub of the field was yet in the earth, and no herb of the field had yet sprung up; for the LORD God had not caused it to rain upon the earth, and there was not a man to till the ground; **6** but there went up a mist from the earth, and watered the whole face of the ground.

### Genesis 2:

**15** And the LORD God took the man, and put him into the Garden of Eden to work it and to keep it. **טו**... לַעֲבֹדָה וּלְשִׁמְרָה

**16** And the LORD God commanded the man, saying: 'Of every tree of the garden you may freely eat;

**17** but of the tree of the knowledge of good and evil, you shall not eat of it; for in the day that you eat thereof you shall surely die.'

### Deuteronomy 20; 19:

**19** When you shall besiege a city a long time, in making war against it to take it, you shall not destroy the trees thereof by wielding an axe against them; for you may eat of them, but you shall not cut them down; for is the tree of the field [is like] man...

כִּי הָאָדָם עֵץ הַשָּׂדֶה

**20** Only the trees of which you know that they are not trees for food, them you may destroy and cut down, that you may build bulwarks against the city that make war with you, until it fall.

### Genesis Rabbah (Midrash), 13; 3:

"Rabbi Shimon Bar Yochai said; three things are of equal importance, earth, humans, and rain. Rabbi Levi ben Hiyata said: ... to teach that without earth, there is no rain, and without rain, the earth cannot endure, and without either, humans cannot exist."

### Zohar, 2:127a:

"Rabbi Yohanan ben Zakkai ... used to say: if you have a sapling in your hand, and someone should say to you that the Messiah has come, stay and complete the planting, and then go to greet the Messiah (Avot de Rabbi Nathan, 31b).

**Ezekiel Chapter 47:**

**9** And it shall come to pass, that every living creature wherewith it swarm, whatever the rivers shall come, shall live; and there shall be a very great multitude of fish; for these waters are come thither, that all things be healed and may live whatever the river come.

**10** And it shall come to pass, that fishers shall stand by it from En-ge-di even unto En-eglaim; there shall be a place for the spreading of nets; their fish shall be after their kinds, as the fish of the Great Sea, exceeding many.

**11** But the miry places thereof, and the marshes thereof, shall not be healed; they shall be given for salt.

**12** And by the river upon the bank thereof, on this side and on that side, shall grow every tree for food, whose leaf shall not wither, neither shall the fruit thereof fail; it shall bring forth new fruit every month, because the waters thereof issue out of the sanctuary; and the fruit thereof shall be for food, and the leaf thereof for healing.'

**Commentary:**

The prophet Ezekiel is speaking about water flowing between Jerusalem and the Judean desert in an area near the Dead Sea, which will become an oasis at the time of redemption. But significantly, the text above states clearly that marshes shall not be healed / sweetened. Why?

Latest scientific evidence suggests that marshes, wetlands, mangroves etc. in coastal areas are essential for our eco-systems' balance.

They are also ideal CO2 sinks, called 'blue carbon' spaces that absorb large quantities of CO2 pollution.

The Talmud and Jewish Law prohibit a factory that creates bad odour or pollution to be too near a town, and also mandate preservation of nature, animals and fish.

**WHY ECO-PSYCHOLOGY & SOLAR ECOLOGY? CLIMATE CHANGE:**

1. Bees are dying in massive quantities (30-40% of colonies in the UK/USA) – no pollination – no fruit; no life.
2. 7-10 years left to save ourselves (Professor William McGuire & others).
3. At current rate, 20 years left for North Pole icecap to melt, unless stopped.
4. 2 degrees C + warming must be avoided to prevent global catastrophe.
5. Water level rises up to 20 meters would affect quarter of world's population.
6. 387 ppm CO2 in atmosphere must be stabilised & reduced; if not - floods, heat waves, water & food shortages, disease (e.g. malaria) would spread.
7. Present annual emission (50 Giga-tonnes) of CO2 must be reduced to 20 by 2050 to avoid global catastrophe.
8. 50% of world's CO2 emissions are generated by 7% of the world's population.
9. Poorest 50% of the world's population generate 7% of the emissions.
10. See 13 commandments of eco-psychology & solar ecology for solution.

### Summertime blue for North Pole as study finds that ice cap will be gone in 20 years

*The Times 15 Oct. 2009*

Ships will be able to sail in open water to the North Pole in the summer of 2020 according to a study that found a rapid acceleration in the loss of sea ice. This would cut more than 3000 miles from the Far East to Europe via the Suez Canal.

Martin Summerkorn, climate change advisor to the WWF (World Wildlife Fund) Arctic Programme, said that the loss of sea ice predicted by the Cambridge study would have profound consequences beyond the polar region.

Without ice to reflect sunlight the Arctic Ocean would warm even faster. This would result in the release of greenhouse gases stored in the arctic permafrost soil, which contains twice as much carbon than in the atmosphere.

This would accelerate melting of the Greenland ice sheet, speeding up the sea level rise.

This would lead to flooding - affecting one quarter of the world's population, and extreme global weather changes.

### The 13 commandments of 'green living', Eco-Psychology and Solar Ecology

1. Mankind and nature are one, not separate, and must and work together.
2. Mankind must enrich and maintain healthy soil to produce food for a growing population.
3. Stop destruction of forests and natural habitats including acidizing the oceans, and recreate 'blue carbon' environments to absorb CO<sub>2</sub> – clean oceans and marine ecosystems, such as seagrass, salt marshes and coastal wetlands remove large quantities of carbon from the atmosphere.
4. Avoid toxic waste and cleaning up waste after it is formed.
5. Chemical products should be as innocuous as possible and recyclable.
6. Energy requirements to manufacture products should be low; extreme temperatures and pressures should be avoided.
7. The use of fossil fuels should be minimized and ultimately avoided.
8. The use of clean renewable energy should be maximized.
9. Raw materials should be from sustainable sources and recyclable.
10. New homes and buildings should be designed and built with solar energy and/or heat pumps as standard to maximize energy usage efficiency and prevent leaks.
11. Existing homes and buildings should be modified to maximize energy usage efficiency and savings, and be equipped with solar energy and/or heat pumps.
12. All lights at homes and in buildings must be energy efficient (LED / CFL).
13. Government should provide much bigger grants and greater incentives for home owners and businesses to move over to solar ecology and sustainable living.

#### (1931) Thomas Edison in conversation with Henry Ford and Harvey Firestone

- “We are like tenant farmers chopping down the fence around our house for fuel when we should be using Nature's inexhaustible sources of energy — sun, wind and tide. ... **I'd put my money on the sun and solar energy. What a source of power! I hope we don't have to wait until oil and coal run out before we tackle that.**”

### **The Gaia-Naturopathic hypothesis**

The Gaia hypothesis is an ecological hypothesis proposing that the biosphere and the physical components of the Earth (atmosphere, cryosphere, hydrosphere and lithosphere) are closely integrated to form a complex interacting system that maintains the climatic and biogeochemical conditions on Earth in a preferred homeostasis. Originally proposed by James Lovelock as the earth feedback hypothesis - it was named the Gaia Hypothesis after the Greek supreme goddess of Earth.

This idea is very similar and parallel to naturopathic/holistic medicine, whereby all organs, cells, tissues, bones, nerves, energy centres, biochemical and bio-magnetic processes, actions and reactions are interdependent and integrated into one body, mind and psyche.

### **Reference material; books, films & DVDs**

Reconnecting with Nature: a book by Michael J. Cohen, Ed.D

Sacred Demise: a book by Professor Carolyn Baker

Pine Mountain Institute, California, Dr Sarah Edwards

An Inconvenient Truth: Al Gore – Oscar winner

The End of Suburbia Oil Depletion and the Collapse of the American Dream: Hosted by Barrie Zwicker, Directed by Gregory Greene.

What a Way to Go, Life at the End of Empire: Sally Erickson Timothy S. Bennett

The age of stupid – The Age of Stupid is the new movie from Director Franny Armstrong and producer John Battsek. Pete Postlethwaite stars as a man living alone in the devastated future world of 2055, looking at old footage from 2008 and asking: why didn't we stop climate change when we had the chance?

### **About the Author / Lecturer**

Dr Abe Abrahami is a;

Rabbi, consultant, educator, author, lecturer, mentor, counsellor, cognitive psychologist, regression therapist, alternative medicine practitioner, expert in renewable-sustainable, solar, wind and geothermal energy, designer, project engineer, business analyst and compliance specialist.

He also studied and lecture on climate change, geography, feng shui, ancient civilizations, kabbalah (cabala or kabala), mysticism and Judaism.